



MENU OF THE WEEK

Order by Wednesday May 27th at 12:00pm
or until ordering is closed.

Manhattan + Brooklyn + LIC / Astoria	Delivery Options
Sunday May 31 th	8:00 am – 1:00 pm
Monday June 1	8:00 am - 1:00 pm
Hamptons Monday June 1	9:00am – 3:00pm

** Astoria + LIC times Sunday Only 10:00 am to 2:00 pm

What's special this week....

Sopa Azteca!!!

The ultimate tortilla soup. Home made chicken broth, tomato, mild ancho chilis, shredded chicken. With crispy tortilla strips, lime and avocado for topping. With simple cheese quesadillas.



*Check out the very bottom of the menu for some fun new pantry items that may help make life easier (and yummier)! **New!***

Bon Appétit, Enjoy, Provecho!

Jennie



- *New This Week* -
Portion Single \$19.80 Regular \$33 Large \$40

New This Week

Turkey Shepherd's Pie

Traditional Shepherd's Pie but healthier because it is organic lean turkey. Ground turkey, peas, carrots and a hint of tomato all under a layer of mashed potatoes. Fully cooked, ready to heat in the oven! Served with a kid friendly Ceasar (romaine + dressing).(GF)

Cantina Night Filet

Copied from our favorite Cantina in Mexico City... tender bacon wrapped filet mignon flash baked at 500 to rare (so it will not overcook when you reheat) with green olives, celery, a jalapeno and a compound butter made from garlic, parsley, cilantro and garlic. Served with fresh Mexican bolillo rolls and extra compound butter to soak up all the juices. With corn tortilla mushroom quesadillas on the side.

Cuban Picadillo

One of Grandma Jan's recipes from the 1970's! Grass fed ground beef simmered with raisins, green olives, tomato and a hint of vinegar. With steamed jasmine rice and crispy fried plantains.(GF, Dairy Free)

Herb Marinated Boneless Pork Chops with Morello Cherry Sauce

The sauce for this dish is what makes it amazing. We marinate boneless pork chops overnight then roast them and send the with an amazing sauce made from Morello (sour) cherries and port wine. Served with oven roasted fingerling potatoes.(GF)

Carne en Su Jugo!!

The dish is somewhere between pho and a plate of carne asada tacos. It's a brothy stew of finely chopped skirt steak and tender beans in an intensely savory beef stock fortified with Worcestershire and soy sauces, onions, garlic, and tomatillos. Served with corn tortillas, lime, cilantro & onion, cotija and bacon for topping (GF, DF)

Wonton-Less Wonton Soup!

Yummy chicken meatballs made with ground chicken, toasted sesame oil & cilantro and chives... so they taste just like the inside of a wonton! The soup also has enoki and shitake mushrooms and bok choy. Sent with cilantro, lime and bean sprouts for a garnish. This soup is a meal on it's own! With orange wedges to cleanse your palate.(GF, DF, Contains Sesame)

Chicken Lettuce Wraps

Yummy ground chicken sauteed with water chestnuts a little soy and ginger and sent with lettuce cups, shredded carrots and hoisin plum sauce. Also with coconut rice. Yum! (contains sesame, dairy free).

Mediterranean Turkey & Spinach Burgers

A super clean recipe from Gwentyth Paltrow's cook book, served with a cucumber yogurt sauce and roasted cauliflower (GF, DF).

Italian Wedding Soup with Buttermilk Biscuits!

Ina Garten's recipe for this meal size soup. Turkey meatballs, carrots, celery, spinach, 'pastina' pasta & herbs all simmered together in a home made chicken stock. We send it with amazing buttermilk biscuits and orange honey butter.



Oven Roasted Salmon With a Warm Cherry Tomato Vinaigrette

A great way to use the wonderful cherry tomatoes available at the market. Simple oven roasted salmon served with a light and bright roasted cherry tomato sauce with a hint of vinegar. Served with fresh corn couscous.

Greek Turkey Meatballs

No one would guess that these are so good for you because they taste amazing! Tender organic turkey, fresh oregano, a little lemon zest give these juicy meatballs a Greek flavor. Served with Greek style lemony baked potatoes and home made tzatziki sauce (yogurt, cucumber, mint) and a cucumber & tomato salad.

Teriyaki Salmon

Oven roasted salmon with a light (not too sweet) teriyaki glaze, steamed Japanese short grain rice and sauteed veggies. With wasabi soy sauce on the side.

Chicken Burgers with Chipotle BBQ and Mexican Corn

Tender and juicy chicken burgers with a smokey chipotle BBQ sauce on the side and brioche buns. Sent with Mexican Elotes! Fresh sauteed corn (off the cob) sent with the traditional garnishes of chili lime powder, fresh cilantro, cotija crema and fresh lime.

BBQ Turkey Meatloaf with Dinosaur BBQ Fried Rice!

Tender turkey meatloaf full of veggies baked right in (shredded carrots & zucchini) and glazed with a mild BBQ sauce. Sent with our rendition of the yummy fried rice from Dinosaur BBQ full of veggies too!

Vegetarian

Tostadas with Creamy Roasted Poblanos & Corn

Roasted poblano chiles and cream are a classic—and irresistible—combination. Here we toss the roasted poblanos with cream, caramelized onions and corn and send it with crispy tostada shells, black beans and Spanish rice. Yum.

Herb Crusted Cauliflower with Cherry Tomato & Bean Salad

Yummy colorful cauliflower with an herb and panko crust roasted until tender. Served with a yummy salad (that can be eaten warm or cold) made from green beans, white beans, cherry tomatoes, parsley, garlic and chives. Yum!

Vegetarian Minestrone Soup

Full of veggies and a few cannellini beans. Served with a romaine salad with home made ranch.

Spinach & Mushroom Lasagna

Fresh lasagna noodles layered with fresh spinach, mozzarella, parmesan, mushrooms and a simple tomato sauce. With a baby romaine salad with creamy lemon vinaigrette.

Baked Feta with Cherry Tomatoes & Basil Oil & Tomato Soup

One of our favorites for Summer. Bulgarian Feta (in a block) sent ready to pop in the oven with organic heirloom cherry tomatoes and our home made basil/garlic oil. Served with ciabatta and roasted tomato soup for the perfect comfort food vegetarian dinner. So yum!

Cheese Stuffed Chiles Rellenos

Mozzarella, corn & diced zucchini stuffed into fire roasted poblanos . Served with a light tomato sauce (on the side). Served with cilantro rice.(GF)



Taco Tuesday!!!

Cheezy Shredded Beef Tacos!

Tender shredded chuck roast braised until fall apart tender and sauteed with mild poblano, caramelized onion and tomato. Topped with cheese and ready to bake to a bubbly goodness. Sent with pickled red onions, spicy red salsa, flour tortillas and black beans. Yum!

JK Classics

BBQ Pulled Pork Enchiladas

Tender slow roasted pork shoulder stuffed into yummy corn tortillas (GF) and topped with BBQ infused enchilada sauce and jack cheese. So yum. Served with fresh pico de gallo salsa, and fresh corn rice.(GF)

Gwyneth Paltrow's Salmon Burgers

Fresh ground salmon burgers with an Asian flair. Served with steamed cauliflower and sriracha aioli. (DF,GF, Contains Sesame)

Whole Roasted Chicken with Lemon & Thyme

Tender organic whole chicken (partially cut off the bone) roasted with Meyer Lemons, fresh thyme and garlic. Served with rosemary mustard potatoes. Yummy & healthy! (GF)

Turkey Meatballs in Tomato Sauce

With zucchini noodles or spaghetti (just tell us which you prefer) (GF, Dairy Free)

Chicken with Curry, Coconut, Mandarins and Banana!

A real favorite recipe from our Swedish friends. Slow roasted chicken, taken off the bone and simmered with coconut milk, mild curry, bananas and mandarin oranges. With basmati rice.(GF, Dairy Free)

Veggie Sides.....

Add more veggies to the table! Each comes in a 32oz container. \$16.50 each.

Just Fresh Corn

Lightly sauteed fresh corn and a little butter. Yum.

Just Black Beans

Maple Roasted Brussels Sprouts with Raisins

Tender brussels sprouts roasted with a little maple and raisins.

Roasted Broccoli with Lemon Aioli

We brush broccoli with a little garlic olive oil then roast at high heat to caramelize the natural sugars in the broccoli. Served with a home made lemony-garlic-y aioli on the side.

Colorful Carrots with Honey & Lemon

Little carrots in different colors with a yummy honey-butter-lemon zest glaze. Yum.

**Veggies & Orzo**

Orzo, kalamata olives, tomatoes and feta cubes. Yum.

Baked Purple Okinawa Sweet Potatoes

These purple beauties are well known for their powerhouse of nutrients. The primary nutritional benefit, and the one for which Okinawan sweet potatoes are especially prized, is their high antioxidant levels. The antioxidant known as anthocyanin is the pigment which is responsible for the brilliant purple color of the flesh. It is the same pigment that gives blueberries, red grapes and red cabbage their color. Okinawan sweet potato actually has 150 percent more antioxidants than blueberries. We roast them in their skins and send them whole ready to quickly heat and serve with the included amazing maple, cinnamon butter.

Ready to Bake...

All items here come in one size and are frozen and will last up to a month in the freezer. Each is \$16.50

Blueberry Scones!

6 ready to bake yummy blueberry scones.

Best Buttermilk Biscuits

Our buttermilk biscuits have layers and layers and layers. and are so yum. Bake them for breakfast or dinner! 6 biscuits.

Monster Cookie Dough!

Created back in the 70's this is a real kid's favorite.... we send the dough frozen ready to bake. Oats, peanut butter & mini M&M's.... yum! (*contains nuts*)

Confetti Cookie Dough

These are so good because of the Mexican vanilla and cream cheese in the cookie dough. A yummy sugar cookie rolled in colorful sprinkles and ready to bake. (*no nuts*)

The Consummate Chocolate Chip Cookie

From Smitten Kitchen... yummy chocolate chip cookie dough made with dark and milk chocolate wafers. Yum. (*no nuts*)

Cinnamon Sugar Scones

These scones are flaky and layered with cinnamon sugar for an ultra decadent breakfast or snack. Pop in the oven and the whole house will smell good! 6 scones

Burritos !!

All burritos come with 3 per order and are \$8.50 per order. They are great for breakfast or a snack!

Sausage, Egg & Cheese! *New!*

Breakfast sausage, fluffy eggs and cheddar. Yum.

Black Bean & Muenster Cheese Burritos

Yummy home made black beans, muenster and a really great tortilla make these a favorite.

**Chicken Machaca Burritos**

Tender shredded chicken breast simmered with a little tomato, mild poblano and sweet onion. Simple but so good!

Turkey, Spinach & Sweet Potato Burritos

Back by popular demand Yummy ground turkey, oven roasted sweet potatoes and fresh spinach.

Beef & Cheddar Burritos

A copy-cat of Taco Bell! Ground beef with a little tomato and chili spice with cheddar.

Veggie, Egg & Cheddar Burritos

Zucchini, mushroom fluffy eggs and cheddar.

Yummy Baked Goods + Treats \$16 each**Cranberry Almond Granola, 32 oz.**

All natural cranberries, grains, almonds, and honey, this granola is perfect for snacking or for breakfast.

Mac & Cheese Bites, 6

Elbow macaroni, organic cheddar, organic eggs... made into little muffins perfect for snacks.

Turkey Spinach & Sweet Potato Hash

So yum for breakfast! We roast sweet potato squares then sautee ground turkey with spinach then toss it all together. (DF, GF)

Banana Oatmeal Blueberry Breakfast Cookies (GF, egg free, dairy free, nut free)

Bananas, oats, dates blueberries. These will be your new favorite breakfast!

Spinach Cake Muffins!!! (12)

What a fun idea... brought to me by one of you! Little mini muffins made with fresh spinach and applesauce (pls all the regular cake stuff, but very little sugar). A great way to get the kids to eat veggies!

Mini Apple Carrot Muffins (12)**Mini French Toast Bites**

We take pride in our french toast made with organic eggs, Mexican vanilla, cinnamon & nutmeg! Here we send little mini french toast made from the best ever baguettes. Pop in the microwave and serve with your favorite syrup for a quick, yummy protein packed breakfast.

Fig & Graham Quick Bread

A wonderful breakfast bread nice and moist with figs and graham crackers in the mix. Yum.

Peanut Butter & Chocolate Quick Bread

Unsweetened cocoa powder makes this so good but not too sweet.. with peanut butter swirl and chips. Yum.

Banana Bread

Ultra moist... our favorite recipe. Yum.



Salted Caramel Chocolate Chunk Brownie Bars!*New!*

Salted caramel brownies, chocolate wafers... yum! (6)

Peanut Butter & Chocolate Energy Bars (6)

Peanut butter, chocolate, dates... no added sugar. A great snack! (GF)

German Apple Bread!

A favorite. Full of apples, extra moist.

Protein Packed Banana, Blueberry Pancakes!

Yum!

Tomato & Zucchini Egg Frittata Cups(GF) (6)

Tomato, zucchini, cheddar, mozzarella & eggs. Yum.

Anytime Snacks.....

Each is \$16.00

Make morning easy with these yummy B-Fast items!

Just Chicken Salad

A container full of yummy chicken salad made with celery and mayo.

Just Salmon Salad

A container full of yummy salmon salad made with mayo and fresh dill.

Ham & Swiss Wraps (6)

Ham, Swiss, romaine and honey mustard in a flour tortilla wrap... yum!

Beet Hummus with Colorful Carrot Sticks *New!*

Beet hummus! Yum.. with colorful carrot sticks. Great snack (*contains sesame*)

Chicken Salad Wraps (6)

Tender shredded chicken breast, mayo & celery wrapped in flour tortillas.

Chicken Buns! (6) *New!*

Soft brioche slider buns, flash fried boneless chicken breast and pickles. Like our box-o-burgers, but chicken!

Box-O-Beef Burgers! (6)

Little grass fed beef sliders on mini potato rolls. The perfect after school snack... heat for 30 seconds and eat!

Cauliflower Carrot Cheezy Tots (12)

A great way to get the little ones to eat veggies... cauliflower, carrots and mozzarella flash fried with a little panko.

Box-O-Turkey Burgers! (6)

Organic turkey and little potato rolls... yum.

Cheese Pizza Empanadas(6)

Empanadas stuffed with mozzarella, pizza sauce. Baked, not fried. So yum.

**Chicken & Veggie Nuggets (10)**

These little nuggets are made from ground chicken & ground veggies then coated in panko and baked. So healthy! Serve with your favorite sauce.

Mozzarella Sticks with Marinara

Panko coated and flash fried with home made marinara.

Soups \$16 each

Serves 2 adults, 1 toddler as a side dish.

"Flu Season" Chicken Soup

Organic chicken, carrots, celery, leeks & herbs... so yum. No noodles, just lots of veggie goodness. (*dairy free*)

Lemony Greek Chicken & Orzo Soup *New!*

Home made chicken stock, fresh lemon, orzo and fresh dill. Yum!

Creamy Tomato Soup with Feta & Orzo

Roasted Veggie Soup (*GF, dairy free*) Tomatoes, carrots, zucchini & Shallot slow roasted then pureed. Roasting gives the veggies a natural sweetness and depth of flavor! Yum.

Roasted Tomato Soup (*DF, GF*)

Yum.

Salads \$17 each

Serves 2 adults, 1 toddler as a side dish.

Farro & Beet Salad with Creamy Lemon Dressing

I copied this from a restaurant in Chicago called Publican. It is the best beet salad I have ever had! Cubed roasted beets, farro, little bits of orange, a little cucumber, Parmesan and a creamy lemon vinaigrette.

Sugar Snap Salad with Miso Dressing

Thinly sliced nappa cabbage, fresh crunchy snap peas, radish, green onions and toasted sesame seeds. With a honey miso dressing that is super yum! (*contains sesame*)

Our Favorite Caesar Salad

Fresh crispy baby romaine shredded Parmesan, sourdough croutons and home made garlicky Caesar dressing (no raw egg).

Quick Snacks

Each is individual sized and sent in a 12oz container \$6.50

Beef & Lentils with Veggies

Ground beef, lentils, tomatoes, carrots, celery, tomato all stewed together for a super healthy winter snack!



Home made Spaghetti-o-s with mini grass fed beef meatballs

Chicken & Broccoli Penne Alfredo!

Mini penne pasta, small pieces of broccoli and chicken in a creamy sauce.

Cauliflower Mac & Cheese

Elbow macaroni, yummy home made cheese sauce and hidden cauliflower!

Grown Up Quick Snacks.....!!!

Each is individual sized and sent in a 16oz container. \$8.25 each. *All include sesame and pine nuts.*

Beets & Greens (vegan)

Beet hummus, cubed balsamic roasted beets, whole chickpeas, arugula and toasted sunflower seeds.

Sushi Salad!

Sushi rice, pickled carrots, cucumber, poached shrimp, sesame seeds and fresh wasabi micro-greens!

Red Quinoa & Goat Cheese Salad (vegetarian, contains nuts)

Red quinoa, whipped hummus with goat cheese, fresh apple, apricots, parsley, white balsamic, goat cheese crumble & walnuts for crunch.

Lentil Veggie Salad (Vegan)

Lentil salad with micro chopped veggies and a little balsamic... topped with shredded carrots, arugula, tomato and micro greens.

Stock The Pantry..... *New!*

We have had requests to include convenience items in the boxes we deliver... so for the time being during this chaos we will search far and wide for yummy conveniences we can add to your box! Here are a few...

Quinoa Granola with Chocolate & Huckleberries

Puffed quinoa, an excellent source of protein, forms the foundation of this granola. It's flavored with blueberries, huckleberries, and dark chocolate. It makes a great topper for yogurt or a quick snack right out of the bag. 8oz Bag, \$8.99

Basket of Fresh Blueberries

Sometimes called "black-caps," blackberries are a delicate, mildly tart fruit high in antioxidants. 6oz basket, \$5.50

Basket of Mixed Heirloom Cherry Tomatoes

Colorful cherry tomatoes.. yum! \$5.50

Bag of 6 California Oranges, \$6.00

Bag of 6 Anjou Pears, \$6

These green-skinned pears have a short, squat body and almost no neck typical of a pear. The flesh of the Anjou pear is bright white, dense and juicy with a slightly sweet flavor and subtle notes of citrus.



Bag of 6 Fuji Apples, \$9

Medium to large apples. The skin is a light red with hints of yellow. They have a creamy white flesh that is juicy, and crisp. The flavor is mild and sweet with hints of honey and citrus.

Broccoli Crowns, 2lbs, \$8

Large Romanesco Cauliflower, \$9

Large Romanesco Cauliflower produces almost fluorescent lime-green heads with tightly-beaded pointed florets. Crunchy and nutty, this unique cauliflower offers a sweeter and milder flavor than regular white cauliflower.

Best Ever Flour Tortillas, a dozen \$5.50

Extra Creamy Brie, 7oz round, \$5.75

Canadian brie, Eiffel Tower brand. Classic French soft-ripened cheese.

Local New England Camembert

This creamy and mild camembert is made with all-natural ingredients and local pasteurized Holstein cow's milk, sourced from New England's premier dairies. The small rounds are aged gently for several weeks to result in a bloomy rind and smooth interior. Balance the mild sweet cream flavor and unique rind with a glass of sparkling hard cider, Champagne, or a light white wine such as Chenin Blanc. Follow through with the crisp apple theme by serving with sliced apples and ripe melons drizzled with honey. 3.5oz package, \$8.50

Salad Dressings

We use top quality olive oil, fresh herbs and French mustards in our yummy dressings. Each is an 8oz bottle, \$6 each

- ❖ **Our Favorite Caesar**
- ❖ **Thyme Vinaigrette**
- ❖ **Dijon Vinaigrette**
- ❖ **Italian/Oregano Vinaigrette**