

PURE GRUB

SMALL BITES

- Bean Dip and Plantain Chips \$6
- 4 Seed Cracker and Avocado Salad \$7
- Balls of Goodness (Nut Based Sweet Treat) \$6
- Ice Cream Sammy Bites - \$6

ENTREE CHOICES \$14 PER PERSON

Delivery Included. Full service available
for additional fee

Choose One

- Quinoa Stir Fry
- Beans and Rice
- Seasonal Squash (Zucchini Noodles, Spaghetti Squash)

Choose Two

- Roasted Cauliflower
- Sautéed Brussel Sprouts
- Grilled Asparagus
- Roasted Mushrooms

Add Protein

- Chicken \$6
- Turkey \$6
- Salmon \$8
- Tempeh \$4

All ingredients are organic, free of gluten, dairy and processed sugar. We put thought into each of our ingredient choices