



SMART EATS

Signature Meals

Pick up: Saturday 10-11 a.m. and 4-9 p.m.

Breakfast

Sausage and Peppers Breakfast Hash \$12

Garlic parmesan hash browns, scrambled eggs, sauteed peppers, onions, and mushrooms topped with chicken breakfast sausage

Strawberry Donut Oatmeal Bake \$8

Baked cinnamon oats stuffed with a strawberry chia seed jam, finished with cinnamon coconut sugar.

Salad of the Month

Buffalo Kale Salad \$13

Chopped kale, parmesan, buffalo seasoned chicken, chickpeas, sourdough buffalo blue seasoned crouton crumble, lemony yogurt Caesar dressing

Meals are good for 5 days
Meals are made fresh
New menu every two weeks

Main Meals

Beef Stroganoff \$12

Lean ground beef in a creamy house mushroom sauce, served over whole grain noodles, topped with a dill yogurt

Sloppy Joe Stuffed Sweet Potato \$12

Ground Turkey cooked in our house sloppy joe sauce, and broccoli stuffed in a sweet potato, topped with white cheddar, and jalapenos

Greek Chicken Couscous Salad \$13

Greek Seasoned Chicken, pearled couscous, tomato, cucumber, red onion, feta and fresh herbs in a lemony vinaigrette

Family Meal

Take & Bake Spicy Pepperoni Pizza & Salad \$40

(Feeds 4-6)

Spicy pepperoni pizza with the choice of a House or Buffalo Kale Salad.

We would love to hear about your meals on social media or Google Review!

@planshoplive