



THE MENU

AVAILABLE
3/24
FOR PICKUP

SALADS

CHOPPED KALE SALAD \$6.24

540K 40F 42C 8DF 9P
P

CLASSIC EGG SALAD \$6.50

270K 21F 5C 1DF 16P
P K 30 21

BREAKFAST

BLUEBERRY PANCAKES, MAPLE SYRUP / \$6.95

540K 33F 55C 7DF 17P | P

BACON AND SPINACH SCRAMBLE / \$5.75

480K 36F 4C 1DF 33P | P K 30 21

CHIPOTLE PORK BENNY / \$6.75

510K 40F 9C 3DF 28P | P K 30 21

SOUPS

TEXAS CHILI \$6.20

350K 18F 16C 4DF 33P
P K 30 21

CREAMY CHICKEN & WILD RICE SOUP \$5.50

370K 18F 26C 2DF 27P
PRIMAL

ENTREES

HOT ITALIAN BEEFLOAF \$11.24

WITH GREEN BEANS
520K 33F 15C 5DF 39P | P K 30 21

SMOKED MUSTARD BBQ \$10.70

**CHICKEN & GERMAN
POTATO SALAD**
600K 25F 43C 6DF 50P | P

CHORIZO TACOS \$10.95

640K 41F 44C 7DF 26P | P

CHIPOTLE CHICKEN BREAST \$10.75

LOADED SWEET POTATO
630K 35F 45C 8DF 36P | P 30

BEEF STROGANOFF ON \$11.24

SPAGHETTI SQUASH
310K 12F 15C 3DF 38P | P K

LEMON ARTICHOKE \$11.24

CHICKEN WITH BROCCOLI
410K 21F 16C 5DF 41P | P K 30 21

CREAMY CAJUN \$10.99

CHICKEN & SHRIMP
470K 28F 9C 2DF 45P | P K 30 21

BEEF BOURGIGNON \$10.95

430K 24F 19C 4DF 25P | P K

SUNDRIED TOMATO \$10.95

TURKEY BURGER
760K 51F 28C 7DF 49P | P K 30 21

CAJUN PORK CHOP, \$10.90

RICE & GREENS
540K 17F 44C 4DF 51P | PRIMAL

P: PALEO K: KETO
30: WHOLE 30
21: 21 DAY SUGAR DETOX

HEALTHY
PREMADE
MEALS
JUICES
SNACKS

ALWAYS FIND THE
LOWEST
PRICES ONLINE

DESSERTS

**DOUBLE CHOCOLATE
MOUSSE CAKE** \$7.24

710K 52F 57C 7DF 12P
P

**APPLE CINNAMON
STREUSEL CAKE** \$6.24

460K 36F 32C 6DF 9P
P

**DOUBLE CHOCOLATE
CHUNK COOKIE** \$4.90

410K 31F 30C 5DF 9P
P

PICK UP &
DELIVERY

EATTOEVOLVE.COM