

# June Menu



We have partnered with the Hippie and the Farmer, Cosmic Charlie Bread Adventures, and Oakview Farm Meats to create dietitian approved meals! All of the meal options are made with organic, fresh ingredients and products that are sourced locally. All meals can be modified to be gluten free\*, dairy free, vegetarian, and low-carb. You will be able to note any special dietary needs and modifications on your order form.

## meals

### **Dixie Chicken**

Chicken breasts baked in a melted butter sauce along with fresh mushrooms, tomatoes, broccoli, scallions, herbs, and topped with mozzarella cheese. Served on top of your choice of whole wheat pasta, gluten free pasta, or zoodles – please specify your noodle preference on your order form. This dish can easily be made dairy free by omitting the mozzarella cheese and butter sauce – just specify on your order form if desired. Be sure to ask Pam how this dish got its name!

### **Mustard Berry Steak Strips (GF, DF)**

Tender strips of round steak simmered in a sauce of smashed berries, olive oil, and Dijon mustard. Served with roasted, garlic-infused smashed potatoes with a drizzling of the sauce on top. Cherry roasted carrots with a drizzle of local honey come on the side. Potatoes can be subbed out for roasted turnips – just specify on your order form if desired.

### **Pulled Pork Summer Night Dinner (GF, DF)**

Pork simmered in apple cider and roasted until it falls apart. Served on top of baked apples with a side of roasted yellow squash and zucchini.

### **Vegetarian Inside Out Stuffed Pepper (V, GF, DF)**

Steamed brown rice mixed with roasted colorful peppers all in our own house-made marinara sauce. A sautéed mix of broccoli, asparagus, and sugar snap peas come on the side. Rice can be subbed out for zoodles – just specify on your order form.

## Pizzas

### **Hippie Cheese Crisp Pizza (V, GF)**

A 9-inch round pizza made with a cheese crisp crust\*\*. Topped with a house marinara sauce, roasted olives, roasted peppers, sundried tomatoes, and mozzarella cheese.

### **Farmer Cheese Crisp Pizza (GF)**

A 9-inch round pizza made with a cheese crisp crust\*\*, topped with a house marinara sauce, pork sausage, roasted olives, roasted peppers, mushrooms, and mozzarella cheese.

\*\* Cheese crisp crusts are a gluten free, crispy crust made only with baked sharp cheddar cheese and herbs.

# Wild Child Menu

In hopes of making moms and dads feel good about what their kids are eating, we bring you fun, kid-oriented, and kid-portioned meals. When your wild child gets hungry, you can now reach into your freezer for a ready-to-heat and eat cuisine!

## Chicken and Waffles (DF)

Crispy, baked organic chicken breast strips served on top of a vegan Belgian cinnamon waffle (egg-free and made with almond milk) with cinnamon baked apples on the side.

## Mini Sausage Meatball Pasta

Tiny sausage meatballs baked with mini bowtie pasta all in an Alfredo sauce with yummy broccoli mixed in.

## Mock Bourbon Chicken (GF, DF)

Tender pieces of chicken that are slow roasted in a child-friendly bourbon sauce. Served over brown rice and honey roasted carrots.

## Wild Child Whole Wheat Pizza

A 6-inch Cosmic whole wheat crust topped with a house made pizza sauce, sausage, green olives, and mozzarella cheese.

## Wild Child Cheese Pizza (V)

A 6-inch Cosmic whole wheat crust topped with a house made pizza sauce and mozzarella cheese.

## Strawberry Fields Forever

Sausage, apple, and sharp cheddar cheese popovers (Cosmic popovers using the Hippie's vegan dough recipe) with a sprinkled brown sugar topping. Served with a house made strawberry jam for dipping.

<b>V</b> = vegetarian
<b>LC</b> = low carb
<b>GF</b> = gluten free*
<b>DF</b> = dairy free

\* While we offer gluten-free options, menu items are not made in a gluten-free kitchen. Cross-contamination could occur and we are unable to guarantee that any item can be completely free of allergens. We encourage you to consider this information in light of your individual requirements and needs.