

September 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.

Vegetarian Inside Out Stuffed Pepper (V, GF) \$12

Steamed brown rice mixed with roasted colorful peppers all in a house-made marinara sauce. Steamed green beans with garlic butter on the side.

Mustard Berry Steak Strips (GF, DF) \$12

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 yellow squash – just specify on your order form if desired.

Smoky Honey Rustic Chicken and Vegetables (GF, DF) \$12

Roasted [skinless & boneless] chicken breasts and thighs with a rainbow of roasted vegetables such as carrots, Brussels sprouts, broccoli, colorful baby potatoes, radishes, purple onions, and herbs with smoky paprika and cumin and all drizzled with a dash of honey.

Pork Carnitas & Black Bean Enchiladas \$12

Slow roasted pulled pork with a house made carnitas sauce, black beans, shredded Mexican cheese, and cilantro, all wrapped into low carb tortillas. A sauté of fajita vegetables on the side.

Hippie Cheese Crisp Pizza (V, GF) \$10

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) \$10

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.

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!

Mini Stuffed Colorful Peppers (GF) \$6

Mini colorful sweet peppers stuffed with brown rice and mini sausage meatballs in marinara sauce. Green beans drizzled with butter on the side.

Steak Strips (GF, DF) \$6

Tender steak strips in a honey mustard sauce with smashed potatoes and honey roasted carrots on the side.

Honey Rustic Chicken (GF, DF) \$6

Roasted chicken legs brushed with local honey and baked until crisp. Roasted broccoli on the side.

Mini Pork Carnitas (GF) \$6

Corn tortillas filled with slow-roasted, shredded pork and a carnitas sauce crumbled with queso fresco cheese. Fajita vegetables on the side.

Mini Hippie Cheese Crisp Pizza (V, GF) \$6

A 6-inch round pizza made with a cheese crisp crust* topped with a house marinara sauce, roasted olives, and mozzarella cheese.

Mini Farmer Cheese Crisp Pizza (GF) \$6

A 6-inch round pizza made with a cheese crisp crust* topped with a house marinara sauce, pork sausage, and mozzarella cheese.

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

<p>V = vegetarian GF = gluten free DF = dairy free</p>

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.