

SHEFIDGETS SHOPIN CHOP



Healthy Meals

These meals are delivered ready to heat and enjoy. Or order them fully prepped and ready for you to cook. Dinner for 1 or 4.

- Roasted Pasilla Pepper and Vegetable Enchiladas** \$12 \$36
Chayote Squash, Cauliflower, Pablano peppers, Pasilla chili's, and chick peas are all slow roasted with the rich flavors of Oaxaca. Then layered with fresh corn tortilla's, goat cheese, and house made Cashew Mole. Served with pinto beans and yellow rice.
- Thai Chicken Lettuce Wraps** \$12 \$36
Lemon grass and sesame marinated chicken, local carrots, snap peas, and bok choy fill crisp lettuce leaves. Top with chopped cilantro and cashews for crunch. Served with sautéed asparagus and green onion brown Basmati rice.
- Pear Hazelnut Stuffed Chicken** \$13 \$39
These packages of goodness are made by stuffing fresh boneless breasts with quinoa pilaf and baking them in a pear hazelnut cream sauce. No dairy needed. Served with Lemony Arugula Fennel Salad and fresh asparagus.

Soups & Stews

All organic and made from scratch. Comes in pint and quart jars.

- Cara's Coconut Miso Soup** \$5 \$10
A creamy vegan soup that fills the belly with carrots, potatoes, and Chinese greens.
- Flank Steak Chili** \$6 \$12
Marinated and grilled Angus beef slow roasted with Ancho chili's, beans, beer, and bone broth. The perfect flavors for our favorite chili!

Stock the Fridge

Prices are for containers that are for 1 and 4 servings.

- Lemony Humus** \$2 \$6
Our house made humus is taken from an old Moosewood cookbook and then tweaked slightly with the addition of fresh turmeric and a few white beans. A delicious snack or addition to a meal.
- Pineapple-Tomatillo Salsa** \$2 \$6
The best fresh green salsa ever. Sweet and citrusy perfect for chips or chicken.
- Spring Veggie Pasta Salad** \$4 \$12
Asparagus, fresh herbs, shallots, baby greens, and first press olive oil are the highlights of this pasta dish. Eat heated or cold. Hidden secret...its gluten free.
- Roasted Root Vegetables & Quinoa** \$4 \$12
Sweet potato's, beets, sun chokes, fennel, garlic, onions, and olive oil are slow roasted with pink salt and balsamic vinegar then tossed with quinoa for a hearty side dish or meal.
- Goat Cheese & Thyme Potato Cake** \$4 \$12
Kind of like gratin and sort of like a strata. It's cheesy goodness is backed up with the heartiness of eggs. Can be eaten by itself or as a side for any meal.
- Turkey Chorizo Layered Omelette** \$5 \$15
Vashon Island farm fresh eggs, house made enchilada sauce, goat cheese, fresh ground turkey chorizo, are all layered together and eaten sliced into like a pie.

*We specialize in menus to reduce inflammation and promote good health. Cow dairy products and wheat are not included in any of our recipes. We do not use GMO products. VEGAN SUBSTITUTIONS HAPPILY MADE!