

WEEKLY MARKET MENU

Heat and Serve Meals

[single / couple / mid-size family (serves 3 - 4) / big family (serves 4 - 6)]

LASAGNA ROTOLO

TENDER LASAGNA NOODLES STUFFED WITH HERB RICOTTA FILLING & BOLOGNESE SAUCE, ROLLED & BAKED WITH MARINARA & MOZZARELLA/PARMESAN CHEESE

\$13 / \$25 / \$35 / \$45

TURKEY SALISBURY STEAK (GF)

OVEN BAKED GARLIC & HERB ALL-NATURAL GROUND TURKEY PATTIES, MUSHROOM MARSALA GRAVY, GARLIC MASH POTATOES, GREEN BEAN ALMONDINE

* MAKE IT LOW CARB WITH CAULIFLOWER RICE *

\$13 / \$25 / \$35 / \$45

CAROLINA HONEY MUSTARD BBQ CHICKEN

BBQ RUBBED SPRINGER MOUNTAIN FARMS CHICKEN, HOUSE-MADE HONEY MUSTARD QUEEN, CAJUN ROASTED POTATOES, BROCCOLI FLORETS

\$13 / \$25 / \$35 / \$45

Frozen

(all pizzas can be low carb with cauliflower crust)

ITALIAN STALLION PIZZA

PEPPERONI, ITALIAN SAUSAGE, ARTICHOKE, MUSHROOMS, HOUSE MARINARA, MOZZARELLA AND PARMESAN

\$16

MARGHERITA PIZZA

BASIL MARINARA, FRESH TOMATO, SPINACH, SLICED MOZZARELLA,

\$13

LOADED PEPPERONI PIZZA

PEPPERONI, MOZZARELLA

\$13

"THE REBEL" PIZZA

BBQ CHICKEN AND SMOKED BACON PIZZA, CAROLINA HONEY MUSTARD PULLED ALL NATURAL CHICKEN, SMOKED BACON, ROASTED RED PEPPERS, MIX CHEESE

\$16

LUMPIA

FILIPINO STYLE EGG ROLLS, BRASSTOWN FARMS, GROUND BEEF, VEGETABLES

\$14

Heart Healthy Salads

GRILLED CHICKEN CAESAR

SPRINGER MOUNTAIN FARMS GRILLED CHICKEN, BETTER FRESH FARMS SIGNATURE ROMAINE, ROSEMARY CROUTONS, PARMESAN, HOUSE-MADE CAESAR DRESSING

\$14

CHEF'S

BETTER FRESH FARMS SIGNATURE LETTUCE, SMOKE HAM AND TURKEY, TOMATOES, CUCUMBER, HARD BOILED EGG, FETA, HOUSE MADE BALSAMIC VINAIGRETTE

\$14

CHOPPED CHICKEN

SPRINGER MOUNTAIN FARMS BLACKENED CHICKEN, BETTER FRESH FARMS ROMAINE, CHERRY TOMATOES, PARMESAN, CUCUMBERS, HARD BOILED EGGS, RANCH DRESSING

\$13

STEAK

BETTER FRESH FARMS ROMAINE, GARLIC AND HERB MARINATED FLAT IRON STEAK, BLUE CHEESE CRUMBLES, RED ONION, TOMATOES, SMOKED BACON, AVOCADO RANCH

\$16

ITALIAN

BETTER FRESH FARMS SIGNATURE LETTUCE, RED ONION, ENGLISH CUCUMBER, TOMATOES, PARMESAN ROSEMARY CROUTONS, HOUSE-MADE CREAMY ITALIAN DRESSING

\$10

Market Additions

CREATOR'S GARDEN LOCAL HONEY (V) PIMIENTO CHEESE RANCH SOUTHERN CHICKEN SALAD