



Parking Lot Pick-Up - Wed: 10:30 am - 12:30 pm
In-Store - Wed: 12:30 pm - 6:30 pm
Thurs & Fri: 10:00 am - 6:30pm

1105 S. Adams Road
Birmingham, MI 48009
(248) 203-2450
www.SimplyGoodKitchen.com

MENU CATEGORIES

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1 LB. PACKAGES

SLOPPY JOE (GF/DF) - \$8.95

slow simmered beef, tomatoes, brown sugar and cider vinegar. (SKU:1002 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

PASTA BOLOGNESE SAUCE (VEGAN/GF/DF) - \$9.95

slow simmered red quinoa with tomatoes, onions, carrots, red wine and SGK Italian spice blend. (SKU:1001 - [Dairy Free](#), [Frozen](#), [Gluten Free](#), [Vegan](#))

CHICKEN PASTA BOLOGNESE SAUCE (GF/DF) - \$9.95

slow simmered with ground chicken, tomatoes, mushrooms, onion, carrots, celery and red wine. (SKU:1000 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

CHICKEN AND GREEN CHILI TACO FILLING (GF/DF) - \$8.95

chicken braised with tomatoes and green chilies. Use for tacos, nachos or burritos. (SKU:1005 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

BBQ PULLED PORK (GF/DF) - \$11.95

slow braised and smoked pork butt. Finished with SGK BBQ sauce. (SKU:1006 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

BREAKFAST

BUTTERMILK PANCAKES WITH SMOKED CHICKEN APPLE SAUSAGE - \$9.95

2 fluffy buttermilk pancakes with real maple syrup and butter (SKU:206 -)

DESSERTS

U-BAKE LEMON COOKIES - \$10.95

6 cookies. Baking instructions on package. (SKU:902 -)

U-BAKE CHOCOLATE CHIP COOKIES (GLUTEN FREE) - \$10.95

6 cookies. Baking instructions on package. (SKU:901 - [Gluten Free](#))



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U-BAKE CHOCOLATE CHIP COOKIES - \$10.95

6 cookies. Baking instructions on package. (SKU:900 -)

TAPIOCA PUDDING (GF) - \$4.95

made with milk. (SKU:902a - [Gluten Free](#))

RICE PUDDING WITH GOLDEN RAISINS (GF) - \$4.95

sprinkled with cinnamon. (SKU:901a - [Gluten Free](#))

RICE PUDDING - \$4.95

sprinkled with cinnamon. (SKU:900a - [Gluten Free](#))

PEANUT BUTTER AND RITZ® CRACKERS COATED IN MILK CHOCOLATE - \$4.95

Ritz crackers stuffed with peanut butter dipped in milk chocolate and topped with sea salt. (SKU:910 -)

PEANUT BUTTER AND RITZ® CRACKERS COATED IN DARK CHOCOLATE - \$4.95

Ritz crackers stuffed with peanut butter dipped in dark chocolate and topped with sea salt. (SKU:911 - [Dairy Free](#))

NY STYLE CHEESECAKE (GF) - \$8.95

with pecan crust and a side of cherries. (SKU:905c - [Gluten Free](#))

MILK CHOCOLATE MOON PIE (GF) - \$2.95

housemade marshmallow dipped in milk chocolate. (SKU:905 - [Gluten Free](#))

KITCHEN SINK - \$16.95

milk chocolate, dark chocolate, pretzels, potato chips, peanuts, almonds and sea salt. (SKU:918 -)

DARK CHOCOLATE MOON PIE (GF/DF) - \$2.95

housemade marshmallow dipped in dark chocolate. (SKU:906 - [Dairy Free](#), [Gluten Free](#))

CHOCOLATE "SPEED BUMP" CAKE (GLUTEN FREE) (FROZEN) - \$7.95

gluten free dark chocolate cake, topped with buttercream stripes and finished with dark chocolate ganache. (SKU:901c - [Frozen](#), [Gluten Free](#))



CHOCOLATE "SPEED BUMP" CAKE - \$7.95

dark chocolate cake, topped with buttercream stripes and finished with dark chocolate ganache. (SKU:900c -)

FISH ENTRÉES

WILD CAUGHT HALIBUT WITH RISOTTO (GF) (FROZEN) - \$25.95

risotto finished with parmesan cheese. Herb Sauce. Zucchini. (SKU:730 - [Gluten Free](#))

TUNA AND NOODLE CASSEROLE - \$9.95

solid white albacore tuna with mushroom sauce and peas. (SKU:709 -)

SALMON, INDIVIDUAL PIECE (GF/DF) - \$9.95

fully cooked. (SKU:703 - [Dairy Free](#), [Gluten Free](#))

SALMON WITH HUMMUS-SUMAC SAUCE (GF/DF) - \$17.95

pickled beets, rice pilaf with red quinoa and dill. (SKU:700 - [Dairy Free](#), [Gluten Free](#))

SALMON WITH FRENCH BLACK LENTILS (GF/DF) (FROZEN) - \$17.95

sauteed salmon with herb vinaigrette and french black lentils (SKU:726 - [Dairy Free](#), [Gluten Free](#))

SALMON BURGER, INDIVIDUAL (FROZEN) (GF) - \$8.95

ground Faroe Island salmon mixed with capers, lemon and dill. (SKU:717 - [Gluten Free](#))

PANKO CRUSTED HADDOCK - \$16.95

roasted creamer potatoes, remoulade sauce and coleslaw (SKU:731 -)

PANKO CRUSTED COD (FROZEN) - \$16.95

roasted creamer potatoes, remoulade sauce and coleslaw (SKU:724 -)



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HOUSE SMOKED SALMON, INDIVIDUAL PIECE (FROZEN) (GF/DF) - \$8.95

fully cooked. Just thaw and serve. (SKU:704 - [Dairy Free](#), [Gluten Free](#))

CHILI LIME SHRIMP THAI CURRY SAUCE (GF/DF) - \$16.95

Stir fried vegetables served with coconut milk curry sauce and jasmine rice. (SKU:714 - [Dairy Free](#), [Gluten Free](#))

MEAT ENTRÉES

SLOPPY MAC AND CHEESE (FROZEN) - \$8.95

Beef sloppy joe topped with mac and cheese. (SKU:819 -)

SHEPHERD'S PIE (GF) (FROZEN) - \$13.95

Ground lamb stewed with red wine, vegetables and tomatoes. Topped with mashed potatoes. (SKU:807 - [Gluten Free](#))

MEATLOAF AND GRAVY - \$10.95

Served with mashed potatoes and roasted carrots. (SKU:808 -)

FRENCH DUCK CASSOULET (FROZEN) - \$15.95

duck confit, French sausage, ham, white beans, vegetables and bread crumb topping (SKU:830 -)

BEEF STROGANOFF - \$17.95

served over egg noodles. (SKU:816 -)

ANGUS BEEF SLIDERS (2) - \$11.95

served on SGK honey white rolls with caramelized onions and potato salad. (SKU:820 -)

PANTRY

TACO SEASONING SPICE BLEND - \$7.95

Use 1 Tablespoon with ever one pound of ground meat or chicken (Diamond Crystal Kosher Salt, ancho chili powder, coriander, garlic powder, oregano, cumin, red chili flake, black pepper) (SKU:4004 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))



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STACY'S PITA CHIPS - \$7.95

party size, 18 ounces (SKU:3018 -)

PORCINI SPICE BLEND - \$7.95

Use in place of salt and pepper to season when grilling, sauteing or roasting (Diamond Crystal Kosher salt, mushroom powder, rosemary, garlic powder, black pepper). (SKU:4000 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

MULTI-GRAIN CRACKERS, 6 SEEDS (GF) - \$7.95

contain: sesame seeds (SKU:3019 - [Gluten Free](#))

MOROCCAN SPICE BLEND II - \$11.95

Use in place of salt and pepper to season when grilling, sauteing or roasting (Diamond Crystal Kosher Salt, cinnamon, tumeric, saffron, cayenne pepper, cumin, garlic powder, black pepper). (SKU:4005 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

MILK CHOCOLATE CHIPS (GF) - \$8.95

(SKU:908 - [Gluten Free](#))

ITALIAN SPICE BLEND - \$7.95

Use to season: lamb, pork, chicken, beef or vegetables (Diamond Crystal Kosher salt, fennel seed, black pepper, paprika, red chili flakes and cayenne pepper). (SKU:4001 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

GREEK SPICE BLEND - \$7.96

Use as a seasoning with eggs, roasted potatoes or vegetables. Use in place of salt and pepper with lamb, fish or chicken (Diamond Crystal Kosher Salt, garlic powder, onion powder, black pepper, oregano, rosemary) (SKU:4003 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

DIAMOND CRYSTAL KOSHER SALT - \$8.00

only 240 mg of sodium per 1/4 teaspoon. (SKU:4006 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

DARK CHOCOLATE CHIPS (GF/DF) - \$7.95

(SKU:907 - [Dairy Free](#), [Gluten Free](#))

BBQ SPICE BLEND - \$7.95

Use as a rub on chicken, pork or beef (Diamond Crystal Kosher Salt, brown sugar, onion powder, coriander, ancho chili powder, garlic powder, black pepper, anise) (SKU:4002 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))



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POULTRY ENTRÉES

SAUTÉED CHICKEN BREAST WITH MUSTARD-TARRAGON SAUCE (GF) (FROZEN) - \$13.95

whole grain mustard finishes the sauce. Served with roasted potatoes and green beans. (SKU:522 – [Gluten Free](#))

KOREAN FRIED CHICKEN LEGS (FROZEN) - \$12.95

served with pickled carrots, kimchi fried rice, Korean BBQ sauce. (SKU:540 –)

GRILLED CHICKEN BREAST WITH ASIAN PEANUT SAUCE (GF/DF) (FROZEN) - \$13.95

sautéed chicken breast with stir-fried vegetables, jasmine rice, sweet chili sauce (SKU:526 – [Dairy Free](#) [Gluten Free](#))

FRIED CHICKEN LEGS WITH BUTTERMILK CRUST (FROZEN) - \$12.95

served with mashed potatoes, gravy and collard greens. (SKU:535 –)

CHICKEN STROGANOFF - \$12.95

Sautéed chicken tenders with mushrooms and onions, sour cream sauce over egg noodles. (SKU:520 –)

CHICKEN POT PIE (FROZEN) - \$12.95

roasted chicken, potatoes, carrots, onions, celery in a rich chicken gravy. Topped with pie crust. (SKU:506 –)

CHICKEN PAPRIKASH WITH SPAETZLE (FROZEN) - \$12.95

slow braised chicken legs with mushroom-sour cream sauce. (SKU:517 –)

CHICKEN MEATLOAF AND GRAVY (FROZEN) - \$10.95

served with mashed potatoes and roasted carrots. (SKU:515 –)

CHICKEN MARSALA (GF) - \$13.95

Mushroom Marsala sauce, mashed potatoes and green beans. (SKU:504 – [Gluten Free](#))

CHICKEN LASAGNA (FROZEN) - \$10.95

noodles layered with cheesy bechamel, chicken bolognese sauce and topped with cheese. (SKU:505 –)



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CHICKEN CHORIZO BURRITO (FROZEN) - \$12.95

SGK chicken chorizo, black beans, pinto beans, rice, cheddar cheese. Red sauce, side of cabbage slaw and sour cream. (SKU:541 -)

CHICKEN CHILI (GF) (FROZEN) - \$8.95

with cheddar cheese and sour cream. (SKU:508 - [Gluten Free](#))

CHICKEN BREAST, INDIVIDUAL PIECE (GF/DF) - \$5.95

fully cooked. (SKU:514 - [Dairy Free](#), [Gluten Free](#))

CHICKEN BREAST WITH CHIMICHURRI SAUCE (FROZEN) (GF/DF) - \$13.95

red beans, brown rice, mushrooms, red bell pepper, zucchini (SKU:539 - [Dairy Free](#), [Gluten Free](#))

CHICKEN BOLOGNESE AND SPAGHETTI (FROZEN) - \$12.95

ground chicken stewed with red wine and tomatoes, mushrooms, Parmesan sauce and spaghetti. (SKU:510 -)

ASIAN CHICKEN PAD THAI (GF/DF) - \$12.95

stir fried rice noodles with sweet, salty, sour and spicy flavors. (SKU:511 - [Dairy Free](#), [Gluten Free](#))

AMISH CHICKEN PICCATA - \$13.95

rice pilaf, green beans and mushroom lemon-caper sauce. (SKU:509 -)

SALADS

TUNA SALAD (GF) - \$6.95

Albacore tuna, celery, carrot, mayonnaise, cottage cheese, lemon juice and a hint of sweet jalapeno. (SKU:312 - [Gluten Free](#))

TACO SALAD (GF) - \$10.95

chopped Romaine lettuce, cabbage, cheddar cheese, vegetables, red beans, lentils and taco dressing. (SKU:306 - [Gluten Free](#))

TABBOULEH (VEGAN/GF/DF) - \$5.95

chopped parsley, green onion, tomato, red quinoa, fresh lemon juice and olive oil. (SKU:3000 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))



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SPICY HUMMUS (VEGAN/GF/DF) - \$5.95

made with fresh lemon juice. Topped with Sambal Oelek. (SKU:3008 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

SPICY GREEK HARISSA OLIVES (VEGAN/GF/DF) - \$5.95

(SKU:3007 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

PITA BREAD, 2 SLICES - \$1.95

2 slices (SKU:325 -)

PICKLED RED ONIONS (VEGAN/GF/DF) - \$4.95

a flavorful accompaniment to a salad or a sandwich. (SKU:3015 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

PICKLED BEETS, 1 QT. (VEGAN/GF/DF) - \$7.95

roasted beets diced and brined in vinegar, water, sugar, onion and dill. (SKU:3001 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

PICKLED BEET AND HUMMUS SALAD (GF) - \$7.95

Cucumbers, Bulgarian feta cheese, pickled red onions, and Greek dressing. (SKU:302 - [Gluten Free](#))

ORANGE ROSEMARY OLIVES (VEGAN/GF/DF) - \$5.95

(SKU:3006 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

MICHIGAN SALAD (GF) - \$8.95

Baby arugula, dried cherries, goat cheese-pistachio frittter and fig vinaigrette. (SKU:310 - [Gluten Free](#))

MEZE PLATTER (GF) - \$10.95

Baba ghanouj, hummus, tabbouleh, spicy olives and Bulgarian fetta spread. (SKU:305 - [Gluten Free](#))

MARCONA ALMONDS (VEGAN/GF/DF) - \$9.95

(SKU:3002 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

KALE, QUINOA SALAD (GF/DF) - \$6.95

Kale, red quinoa, golden raisins, dates, pears and pistachios. (SKU:303 - [Dairy Free](#), [Gluten Free](#))



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ITALIAN HOUSE SALAD (GF) - \$7.95

Romaine lettuce, chic peas, pickled red onions, cucumbers, cherry tomatoes and Parmesan dressing. (SKU:304 - [Gluten Free](#))

HUMMUS (VEGAN/GF/DF) - \$5.95

made with fresh lemon juice. (SKU:3009 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

HAM SALAD (GF) - \$5.95

Ham ground with mayonnaise and pickle relish. (SKU:308 - [Gluten Free](#))

EXTRA SIDE OF SALAD DRESSING - \$1.95

2 oz. container (SKU:324 - [Gluten Free](#))

EGG SALAD (GF) - \$4.95

flavored with yellow mustard and dill. (SKU:307 - [Gluten Free](#))

CROUTONS - \$5.95

made with diced honey white dough, roasted garlic oil and parmesan cheese. (SKU:3010 -)

CREAMY POTATO SALAD (GF) - \$5.95

with hard cooked eggs and yellow mustard. (SKU:316 - [Gluten Free](#))

CREAMY COLESLAW (GF) - \$4.95

shredded cabbage and carrots, finished with a creamy slaw dressing. (SKU:315 - [Gluten Free](#))

CHICKEN PROTEIN BOWL (GF) - \$8.95

Red quinoa, cottage cheese, hummus, vegetables, almonds and soy-sesame dressing. (SKU:300 - [Gluten Free](#))

CASHEWS (VEGAN/GF/DF) - \$6.95

(SKU:3011 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

BULGARIAN FETA SPREAD (GF) - \$7.95

a blend of Bulgarian feta cheese (pasteurized), cream cheese, olive oil and our secret spice blend. (SKU:3003 - [Gluten Free](#))



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ASIAN CRUNCH SALAD (VEGAN/GF/DF) - \$7.95

Asian slaw with the crunch of almonds, peanuts and sesame seeds. Served with soy-sesame dressing and sweet chili sauce. (SKU:311 – [Dairy Free](#), [Gluten Free](#), [Vegan](#))

AMISH CHICKEN SALAD (GF) - \$6.95

roasted chicken mixed with celery, grapes, golden raisins, almonds and Moroccan spice blend. (SKU:318 – [Gluten Free](#))

SANDWICHES

TUNA MELT - \$7.95

Set of honey white rolls, white albacore tuna salad, cheddar cheese (SKU:401 –)

HONEY WHITE ROLLS - \$3.95

six rolls per package. Thaw and serve. (SKU:402 – [Frozen](#))

CHICKEN CAESAR ROLL-UP - \$7.95

Whole wheat wrap, chicken breast, romaine lettuce, parmesan cheese, Caesar dressing. (SKU:400 –)

SAUSAGES

SWEET ITALIAN SAUSAGE (GF/DF) - \$7.95

pork, fennel, paprika. (SKU:2007 – [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SPICY ITALIAN SAUSAGE (GF/DF) - \$7.95

pork, fennel, paprika and red chili flakes. (SKU:2008 – [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SMOKED CHICKEN APPLE SAUSAGE (GF/DF) - \$7.95

ground chicken blended with apples, sage and black pepper then smoked. Great breakfast sausage. (SKU:2003 – [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SMOKED BACON MAPLE SAUSAGE (GF/DF) - \$7.95

a blend of pork and bacon. Delicious breakfast sausage. (SKU:2011 – [Dairy Free](#), [Frozen](#), [Gluten Free](#))



SMOKED ANDOUILLE SAUSAGE (GF/DF) - \$7.95

made with pork. Spicy and smoked. (SKU:2012 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

PORK, PARMESAN & PARSLEY SAUSAGE (GF) - \$7.95

pork, parmesan cheese, parsley, garlic and red chili flakes. (SKU:2009 - [Frozen](#), [Gluten Free](#))

GREEK GYRO SAUSAGE - \$8.95

A blend of lamb and pork. (SKU:2010 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

FRESH POLISH KIELBASA SAUSAGE (GF/DF) - \$7.95

pork, onions, garlic, black pepper and red chili flakes. (SKU:2006 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

FRENCH GARLIC "TOULOUSE" SAUSAGE (GF/DF) - \$7.95

pork, garlic and black pepper. (SKU:2014 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

CHICKEN, PARMESAN & PARSLEY SAUSAGE (GF) - \$7.95

ground chicken blended with parmesan cheese, parsley and a hint of spice. (SKU:2001 - [Frozen](#), [Gluten Free](#))

CHICKEN MARSALA SAUSAGE (GF/DF) - \$7.95

ground chicken blended with sauteed mushrooms, onions and marsala wine. (SKU:2002 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

CHICKEN BLUE BUFFALO SAUSAGE (GF) - \$7.95

all of the flavors with wing-dings, cheddar cheese, blue cheese and spice all stuffed into a sausage. (SKU:2004 - [Frozen](#), [Gluten Free](#))

CHICKEN AND GREEN CHILI SAUSAGE (GF/DF) - \$7.95

chicken ground and mixed with a blend of green chilies and spices. (SKU:2000 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

BRATWURST SAUSAGE (GF/DF) - \$7.95

a Wisconsin favorite. (SKU:2005 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))



SIDES/APPETIZERS/SNACKS

SCALLOPED POTATOES (GF) (FROZEN) - \$6.95

layered with parmesan cheese and cream. (SKU:3017 - [Gluten Free](#))

PITA BREAD, 2 SLICES - \$1.95

2 slices (SKU:325 -)

PEANUT BUTTER PADDLE BAR (GF/DF) - \$4.95

An energy bar created by chefs Bill and Shanny for athletic friends.

Contains: peanut butter, dates, plantain bananas, peanuts, sesame seeds, pumpkin seeds, powdered sugar, oats, dark chocolate chips, peanut butter powder, honey, salt and oil. (SKU:904 - [Dairy Free](#), [Gluten Free](#))

FRANK'S RED HOT® SAUCE WINGS (GF/DF) - \$11.95

You bake instructions included.

Contains 24 pieces. (SKU:3004 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

DARK CHOCOLATE PEDAL BAR (GF/DF) - \$4.95

An energy bar created by chefs Bill and Shanny for long bike rides or runs.

Made with: dark chocolate, dates, peanut butter, plantain bananas, peanuts, sesames seeds, pumpkin seeds, oats, honey, salt and oil. (SKU:903 - [Dairy Free](#), [Gluten Free](#))

BBQ WINGS (GF/DF) - \$11.95

You bake instructions included.

Contains 24 pieces. (SKU:3005 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SOUPS

TOMATO SOUP (GF) - \$10.95

roasted Michigan tomatoes, roasted garlic, basil and a hint of cream. (SKU:122 - [Gluten Free](#))

SPICY THAI COCONUT SOUP (GF/DF) (FROZEN) - \$10.95

made with chicken stock, vegetables, mushrooms and rice. (SKU:112 - [Dairy Free](#), [Gluten Free](#))

POTATO LEEK SOUP (FROZEN) - \$10.95

made with slow simmered chicken stock, sauteed leeks and potatoes. (SKU:104 -)



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MUSHROOM-BARLEY SOUP (FROZEN) - \$10.95

made with chicken stock and vegetables (SKU:124 -)

LENTIL MULLIGATAWNY SOUP (V/GF/DF) (FROZEN) - \$10.95

flavorful spiced lentil soup made with vegetable stock and coconut milk. Garnished with jasmine rice, golden raisins, almonds, sesame and cashew. (SKU:108 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

LEMON RICE SOUP (GF/DF) (FROZEN) - \$10.95

made with chicken stock, vegetables and lemon juice. (SKU:114 - [Dairy Free](#), [Gluten Free](#))

ITALIAN MINISTRONE SOUP (FROZEN) - \$10.95

Made with chicken stock vegetables, pasta and beans. (SKU:106 -)

CREAM OF BROCCOLI-CHEDDAR (FROZEN) - \$10.95

Made with chicken stock, broccoli and cheddar cheese. (SKU:107 -)

CHICKEN BONE BROTH (GF/DF/NO SODIUM) - \$7.95

Slow simmered 16 hours. No sodium. (SKU:105 - [Dairy Free](#), [Gluten Free](#))

AMISH CHICKEN NOODLE SOUP - \$10.95

celery, carrots, onions, egg noodles and roasted chicken. (SKU:109 -)

VEGETARIAN ENTRÉES

VEGAN CHILI (GF/DF) (FROZEN) - \$9.95

made with sweet potatoes, tomatoes, quinoa, red beans, white beans (SKU:622 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

SPINACH CHEESE PIE (FROZEN) - \$7.95

phyllo dough wrapped around baby spinach, Bulgarian feta cheese and dill. (SKU:603 -)



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MARINARA SAUCE (FROZEN) (VEGAN/GF/DF) - \$9.95

made with tomatoes, onions, garlic, balsamic syrup. (SKU:605 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

MAC & CHEESE (FROZEN) - \$7.95

made with French raclette cheese. Finished with a crunchy bread crumb topping. (SKU:604 -)

LENTIL ENCHILADAS (FROZEN) (VEGAN) - \$11.95

flour tortillas filled with lentils, sweet potatoes, pears and jalapenos. Topped with spicy harissa sauce. (SKU:600 -)

KUMAR'S BEANS AND RICE (GF) (FROZEN) - \$12.95

red beans and tomatoes slow simmered, layered with basmati rice and sweet potatoes. Served with side of yogurt. This dish becomes vegan and dairy-free if you omit the yogurt. (SKU:615 - [Gluten Free](#))

GREEK BOWL WITH FETA FONDUE - \$11.95

Greek seasoned sweet potatoes, kale, chick peas, carrots, onions and red quinoa. (SKU:614 - [Gluten Free](#))

FIVE CHEESE TORTELLINI (FROZEN) - \$11.95

tortellini tossed in almond pesto, topped with tomato sauce. (SKU:612 -)
