



Hours  
Wed, Thurs & Fri: 10:00 am - 6:30 pm

1105 S. Adams Road  
Birmingham, MI 48009  
(248) 203-2450  
[www.SimplyGoodKitchen.com](http://www.SimplyGoodKitchen.com)

## MENU CATEGORIES

1 lb. Packages (Frozen) .....	2
Breakfast .....	2
Desserts .....	2
Fish Entrées .....	4
Meat Entrées .....	5
Pantry .....	6
Poultry Entrées .....	8
Salads .....	9
Sandwiches .....	13
Sausages, Drumsticks, Wings (Frozen) .....	14
Sides .....	16
Snacks .....	16
Soups .....	17
Vegetarian Entrées .....	18



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## 1 LB. PACKAGES (FROZEN)

### VEGAN PASTA BOLOGNESE SAUCE - \$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](#), [Vegetarian](#))

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### SLOPPY JOE - \$9.95

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

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### MEXICAN CHICKEN CHORIZO TACO FILLING - \$9.95

our house made spicy bulk chicken sausage sauteed onions and tomatoes. (SKU:1008 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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### CHICKEN PASTA BOLOGNESE SAUCE - \$9.95

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

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### CHICKEN AND GREEN CHILI TACO FILLING - \$9.95

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

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### BBQ PULLED PORK - \$14.95

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

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## BREAKFAST

### CINNAMON ROLLS - \$9.95

two cinnamon rolls topped with cream cheese cinnamon frosting. (SKU:914 - )

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### BUTTERMILK BLUEBERRY PANCAKES & PURE MAPLE SYRUP - \$9.95

2 fluffy buttermilk blueberry pancakes with real maple syrup and butter (SKU:215 - )

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## DESSERTS

### U-BAKE LEMON COOKIES - \$12.95

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

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### U-BAKE CHOCOLATE CHIP COOKIES (GF) - \$12.95

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

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### U-BAKE CHOCOLATE CHIP COOKIES - \$12.95

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

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### STRAWBERRY SHORTCAKE CHEESECAKE - \$10.95

Housemade cheesecake with a Nilla Wafer crust. Topped with a strawberry compote. (SKU:933c - )

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### RICE PUDDING WITH GOLDEN RAISINS - \$6.95

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

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### RICE PUDDING - \$6.95

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

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### PEANUT BUTTER AND RITZ® CRACKERS MILK CHOC. - \$6.95

Ritz crackers stuffed with peanut butter dipped in milk chocolate and topped with sea salt. (SKU:910 - [Ready to Eat](#))

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### PEANUT BUTTER AND RITZ® CRACKERS DARK CHOC. - \$6.95

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

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### MILK CHOCOLATE MOON PIE - \$3.95

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

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### LEMON GINGER COOKIE - \$2.95

1 cookie, made with love. (SKU:927 - [Ready to Eat](#))

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## LEMON DROP COOKIE - \$2.95

1 cookie, made with love. (SKU:926 – [Ready to Eat](#))

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## KITCHEN SINK - \$20.95

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

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## GF CHOCOLATE "SPEED BUMP" CAKE - \$11.95

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

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## DOUBLE DIPPED PEANUT BUTTER AND RITZ® CRACKERS - \$6.95

Ritz crackers stuffed with peanut butter dipped in milk and dark chocolate and topped with sea salt. (SKU:932 – [Ready to Eat](#))

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## DARK CHOCOLATE MOON PIE - \$3.95

housemade marshmallow dipped in dark chocolate. (SKU:906 – [Gluten Free](#), [Ready to Eat](#))

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## CHOCOLATE PUDDING - \$6.95

topped with vanilla whipped cream. (SKU:903a – [Ready to Eat](#))

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## CHOCOLATE CHIP COOKIE WITH SEA SALT - \$2.95

1 cookie, made with love. (SKU:925 – [Ready to Eat](#))

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## CHOCOLATE CHIP COOKIE - \$2.95

1 cookie, made with love. (SKU:924 – [Ready to Eat](#))

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## CHOCOLATE "SPEED BUMP" CAKE - \$11.95

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

---

## 8 OZ. KITCHEN SINK - \$11.95

milk chocolate, dark chocolate, pretzels, potato chips, peanuts, almonds and sea salt. (SKU:934 – )

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## FISH ENTRÉES

### TUNA AND NOODLE CASSEROLE - \$10.95

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

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### SAUTEED SALMON WITH RISOTTO - \$18.95

Served with risotto finished with parmesan cheese, herb sauce and zucchini. (SKU:732 - [Frozen](#), [Gluten Free](#))

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### SAUTÉED SALMON WITH ASIAN PEANUT SAUCE - \$18.95

with jasmine rice, stir fry vegetables and sweet chili sauce (SKU:727 - )

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### SALMON, INDIVIDUAL PIECE - \$10.95

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

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### SALMON BURGER, INDIVIDUAL - \$9.95

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

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### HOUSE SMOKED SALMON, PIECE - \$10.95

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

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### CRAB CAKES - \$23.95

served with rice pilaf, green beans and remoulade sauce. (SKU:708 - [Frozen](#))

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## MEAT ENTRÉES

### BRAISED LAMB SHANK WITH POLENTA - \$20.95

lamb shank braised with red wine and carrots. Served with polenta. (SKU:832 - [Gluten Free](#))

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### BEEF STROGANOFF - \$18.95

served over egg noodles. (SKU:816 - )

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## BEEF COTTAGE PIE WITH MASHED POTATO CRUST - \$15.95

ground beef stewed with red wine, tomatoes and vegetables topped with cheddar cheese (SKU:829 - [Gluten Free](#))

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## PANTRY

### WHITE CHOCOLATE CHIPS - \$9.95

(SKU:909 - [Gluten Free](#))

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### TACO SEASONING SPICE BLEND - \$6.95

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](#), [Vegetarian](#))

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### STACY'S PITA CHIPS - \$9.95

party size, 18 ounces (SKU:3018 - [Ready to Eat](#))

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### STACY'S PITA CHIPS - \$1.95

single serve, 1.5 ounces (SKU:3025 - [Ready to Eat](#))

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### REUSABLE PURPLE TOTE - \$3.95

(SKU:103m - )

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### REUSABLE CANVAS TOTE - \$7.95

(SKU:104m - )

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### PORCINI SPICE BLEND - \$8.95

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](#), [Vegetarian](#))

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### NIELSEN-MASSEY PURE VANILLA BEAN PASTE - \$24.00

Madagascar Bourbon Pure Vanilla Bean Paste (SKU:4009 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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### MULTI-GRAIN CRACKERS, 6 SEEDS - \$8.95

contain: sesame seeds (SKU:3019 - [Gluten Free](#), [Ready to Eat](#))



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## MOROCCAN SPICE BLEND II - \$8.95

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](#), [Vegetarian](#))

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## MITICA FLOR DE SAL - \$14.95

Hand harvested from Algarve Portugal (SKU:4008 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## MILK CHOCOLATE CHIPS - \$13.95

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

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## ITALIAN SPICE BLEND - \$6.95

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](#), [Vegetarian](#))

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## GREEK SPICE BLEND - \$6.95

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](#), [Vegetarian](#))

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## DIAMOND CRYSTAL KOSHER SALT - \$12.00

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

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## DARK CHOCOLATE CHIPS - \$12.95

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

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## CUBAN SPICE BLEND - \$8.95

Use as a rub for chicken, pork or beef. (SKU:4015 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## BBQ SPICE BLEND - \$6.95

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](#), [Vegetarian](#))

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## AUNT B'S FOOL PROOF PIE CRUST - \$9.95

one single crust for a 10" pie plate or a free form galette. (SKU:4007 - [Frozen](#))

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## 32 OZ. STAR THISTLE HONEY - \$19.95

Sleeping Bear Farms Star Thistle Honey (SKU:4014 - [Dairy Free](#), [Gluten Free](#), [Vegetarian](#))

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## 12 OZ. HONEY BEAR - \$8.95

Sleeping Bear Farms Star Thistle Honey (SKU:4010 - [Dairy Free](#), [Gluten Free](#), [Vegetarian](#))

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# POULTRY ENTRÉES

## SPICY CHICKEN MEATBALLS - \$14.95

Served with marinara sauce, sauteed onions and peppers and creamy polenta. (SKU:552 - [Frozen](#))

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## PEACH-MADEIRA GLAZED CHICKEN BREAST - \$15.95

served with roasted potatoes and zucchini. (SKU:543 - [Gluten Free](#))

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## GREEN CHILI CHICKEN ENCHILADAS - \$14.95

served with Mexican rice and sour cream. (SKU:500 - )

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## CHICKEN POT PIE - \$14.95

roasted chicken, potatoes, carrots, onions, celery in a rich chicken gravy. Topped with pie crust. (SKU:506 - [Frozen](#))

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## CHICKEN MIRABELLA - \$15.95

Sweet and savory tomato sauce with dried fruit, served with rice pilaf and green beans. (SKU:545 - [Frozen](#), [Gluten Free](#))

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## CHICKEN MARSALA WITH BRAISED RED CABBAGE - \$15.95

mushroom Marsala sauce, mashed potatoes and braised red cabbage. (SKU:513 - [Gluten Free](#))

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## CHICKEN LASAGNA - \$12.95

noodles layered with cheesy bechamel, chicken bolognese sauce and topped with cheese. (SKU:505 - [Frozen](#))

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## CHICKEN CHILI - \$9.95

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

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## CHICKEN CACCIATORA, CORN PUDDING - \$14.95

slow simmered chicken legs with mushrooms, green peppers, tomatoes and onions (SKU:534 - [Frozen](#), [Gluten Free](#))

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## CHICKEN BREAST, INDIVIDUAL PIECE - \$6.95

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

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## CHICKEN BOLOGNESE AND SPAGHETTI - \$14.95

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

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## CHICKEN ALLA MILANESE (PANKO CRUSTED) - \$16.95

Served with rice, zucchini and a lemon-caper sauce. (SKU:544 - [Frozen](#))

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## ASIAN CHICKEN PAD THAI - \$15.95

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

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## AMISH CHICKEN PICCATA - \$16.95

Served with rice pilaf, green beans and mushroom lemon-caper sauce. (SKU:537 - [Gluten Free](#))

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## SALADS

### TUNA SALAD - \$6.95

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

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### THAI PEANUT SALAD WITH ASIAN NOODLES - \$8.95

Spicy Thai peanut dressing tossed with Asian noodles, crisp slaw and sweet chili sauce. (SKU:321 - [Dairy Free](#), [Ready to Eat](#))

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### TABBOULEH - \$6.95

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

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### SPICY GREEK HARISSA OLIVES - \$5.95

marinated with red chili sauce, lemon juice, garlic. (SKU:3007 - [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#), [Vegan](#), [Vegetarian](#))

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## SIDE OF SOUR CREAM - \$0.95

2 oz. container (SKU:627 - [Gluten Free](#), [Ready to Eat](#), [Vegetarian](#))

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## SGK SWEET CHILI DRESSING - \$8.95

made in our kitchen. (SKU:333j - [Dairy Free](#), [Gluten Free](#))

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## SGK SOY-SESAME SALAD DRESSING - \$8.95

made in our kitchen. (SKU:332j - [Dairy Free](#), [Gluten Free](#))

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## SGK RANCH DRESSING - \$8.95

Made fresh in our kitchen. Perfect as a salad dressing or for dipping. (SKU:337j - [Gluten Free](#))

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## SGK ITALIAN DRESSING - \$8.95

made with red wine vinegar and parmesan cheese (SKU:334j - [Gluten Free](#))

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## SGK HONEY APPLE DRESSING - \$8.95

made with apple vinegar (SKU:335j - [Dairy Free](#), [Gluten Free](#))

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## SGK GREEK SALAD DRESSING - \$8.95

made with red wine vinegar. (SKU:331j - [Dairy Free](#), [Gluten Free](#))

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## SGK FIG SALAD DRESSING - \$8.95

made with Fig Balsamic vinegar (SKU:329j - [Dairy Free](#), [Gluten Free](#))

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## SGK COLESLAW DRESSING - \$8.95

Perfect for dressing crisp coleslaw, drizzling over salads, or using as a delicious dip. (SKU:338j - [Gluten Free](#))

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## SGK CHIMICHURRI HERB SAUCE - \$8.95

made with red wine vinegar, parsley, cilantro, olive oil, garlic and oregano. (SKU:336j - [Gluten Free](#))

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## SGK CAESAR SALAD DRESSING - \$8.95

made in our kitchen. (SKU:330j - [Gluten Free](#))

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## PITA BREAD, 2 SLICES - \$1.95

2 slices (SKU:325 - [Ready to Eat](#))

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## PICKLED RED ONIONS - \$5.95

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

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## PICKLED BEETS - \$7.95

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

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## PICKLED BEET AND HUMMUS SALAD - \$9.95

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

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## ORANGE ROSEMARY OLIVES - \$5.95

marinated with fresh orange and Rosmary. (SKU:3006 - [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#), [Vegan](#), [Vegetarian](#))

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## MICHIGAN SALAD - \$9.95

Baby arugula, dried cherries, goat cheese-pistachio fritter and fig vinaigrette. (SKU:310 - [Gluten Free](#), [Ready to Eat](#), [Vegetarian](#))

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## MEZE PLATTER - \$13.95

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

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## MARCONA ALMONDS - \$9.95

(SKU:3002 - [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#), [Vegan](#), [Vegetarian](#))

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## KALE, QUINOA SALAD - \$6.95

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

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## ITALIAN HOUSE SALAD - \$8.95

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

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## HUMMUS, SPICY - \$6.95

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



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## HUMMUS - \$6.95

made with fresh lemon juice. (SKU:3009 – [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#), [Vegan](#), [Vegetarian](#))

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## HAM SALAD - \$6.95

Ham ground with mayonnaise and pickle relish. (SKU:308 – [Gluten Free](#), [Ready to Eat](#))

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## EXTRA SIDE OF SGK SWEET CHILI DRESSING - \$1.95

made in our kitchen. (SKU:333 – [Dairy Free](#), [Gluten Free](#))

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## EXTRA SIDE OF SGK SOY-SESAME SALAD DRESSING - \$1.95

made in our kitchen. (SKU:332 – [Dairy Free](#), [Gluten Free](#))

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## EXTRA SIDE OF SGK ITALIAN DRESSING - \$1.95

made with red wine vinegar and parmesan cheese (SKU:334 – [Gluten Free](#))

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## EXTRA SIDE OF SGK GREEK SALAD DRESSING - \$1.95

made with red wine vinegar. (SKU:331 – [Dairy Free](#), [Gluten Free](#))

---

## EXTRA SIDE OF SGK FIG SALAD DRESSING - \$1.95

made with Fig Balsamic vinegar (SKU:329 – [Dairy Free](#), [Gluten Free](#))

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## EXTRA SIDE OF SGK CAESAR SALAD DRESSING - \$1.95

made in our kitchen. (SKU:330 – [Gluten Free](#))

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## CROUTONS - \$6.95

made with diced honey white dough, roasted garlic oil and parmesan cheese. (SKU:3010 – [Ready to Eat](#))

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## CREAMY COLESLAW - \$5.95

shredded cabbage and carrots, finished with a creamy slaw dressing. (SKU:315 – [Gluten Free](#), [Ready to Eat](#), [Vegetarian](#))

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## CHICKEN PROTEIN BOWL - \$11.95

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

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## CHEF SALAD WITH CREAMY DRESSING - \$13.95

ham, chicken, hard cooked egg, cheddar cheese and chopped vegetables. (SKU:320 - [Gluten Free](#), [Ready to Eat](#))

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## CASHEWS - \$6.95

(SKU:3011 - [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#), [Vegan](#), [Vegetarian](#))

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## BULGARIAN FETA SPREAD - \$8.95

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

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## ASIAN CRUNCH SALAD - \$9.95

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](#), [Ready to Eat](#), [Vegan](#), [Vegetarian](#))

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## AMISH CHICKEN SALAD - \$6.95

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

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# SANDWICHES

## TURKEY & BACON RANCH WRAP - \$8.95

Spinach and Herb wrap, turkey breast, bacon, arugula, sun dried tomatoes, and a side of ranch dressing. (SKU:408 - [Ready to Eat](#))

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## TUNA MELT - \$8.95

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

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## REUBEN SANDWICH - \$13.95

Rye bread, Swiss cheese, sauerkraut and thousand island dressing. (SKU:403 - )

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## MEXICAN BRAISED PORK SANDWICH - \$13.95

Braised pork, with crispy slaw, and chihuahua cheese. Served on a artisan roll, with a side of chimichurri and sour cream. (SKU:407 - )

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## HONEY WHITE ROLLS - \$5.95

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

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## CHICKEN CAESAR ROLL-UP - \$8.95

Whole wheat wrap, chicken breast, romaine lettuce, parmesan cheese, Caesar dressing. (SKU:400 - [Ready to Eat](#))

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# SAUSAGES, DRUMSTICKS, WINGS (FROZEN)

## SWEET ITALIAN SAUSAGE - \$9.95

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

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## SWEET ITALIAN CHICKEN SAUSAGE - \$9.95

chicken, fennel, paprika. (SKU:2018 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SWEDISH POTATO SAUSAGE - \$11.95

beef, potatoes and onions. (SKU:2016 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SPICY ITALIAN SAUSAGE - \$9.95

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

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## SPICY ITALIAN CHICKEN SAUSAGE - \$9.95

chicken, fennel, paprika and red chili flakes. (SKU:2019 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SMOKED CHICKEN APPLE SAUSAGE - \$9.95

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

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## SMOKED BACON MAPLE SAUSAGE - \$9.95

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

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## PORK, PARMESAN & PARSLEY SAUSAGE - \$9.95

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

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Hours  
Wed, Thurs & Fri: 10:00 am - 6:30 pm

1105 S. Adams Road  
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## KOREAN BBQ DRUMSTICKS & THIGHS - \$12.95

Cooking instructions on package. (SKU:3022 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## GREEK GYRO SAUSAGE - \$9.95

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

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## FRESH POLISH KIELBASA SAUSAGE - \$9.95

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

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## FRENCH GARLIC "TOULOUSE" SAUSAGE - \$9.95

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

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## FRANK'S RED HOT® WINGS - \$12.95

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

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## FRANK'S RED HOT DRUMSTICKS & THIGHS - \$12.95

Cooking instructions on package. (SKU:3021 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## CHIMICHURRI WINGS - \$12.95

Cooking instructions on package. (SKU:3034 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## CHIMICHURRI DRUMSTICKS & THIGHS - \$12.95

Cooking instructions on package. (SKU:3031 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## CHICKEN, PARMESAN & PARSLEY SAUSAGE - \$9.95

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

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## CHICKEN MARSALA SAUSAGE - \$9.95

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

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## CHICKEN BLUE BUFFALO SAUSAGE - \$10.95

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



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## CHICKEN AND GREEN CHILI SAUSAGE - \$9.95

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

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## BRATWURST SAUSAGE - \$9.95

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

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## BBQ WINGS - \$12.95

You bake instructions included.  
Contains 24 pieces. (SKU:3005 – [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## BBQ DRUMSTICKS & THIGHS - \$12.95

Cooking instructions on package. (SKU:3020 – [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SIDES

### GLUTEN FREE AMISH TURKEY GRAVY - \$12.95

poultry broth (turkey and chicken) potatoes, butter, rice, kosher salt and pepper. (SKU:t005 – [Frozen](#), [Gluten Free](#))

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### EGGPLANT CHUTNEY - \$7.95

Crafted with roasted eggplant, aromatic spices, and a hint of sweetness, it's the perfect balance of bold flavors to complement your favorite dishes. (SKU:3033 – [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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### CRANBERRY CHUTNEY - \$8.95

great with turkey, as a relish on a sandwich or with cream cheese as a spread. (SKU:t009 – [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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### AMISH TURKEY GRAVY - \$12.95

poultry broth (turkey and chicken) butter, flour, kosher salt and papper. (SKU:t004 – [Frozen](#))

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## SNACKS





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## YOGURT POWER PARFAIT - \$5.95

Greek yogurt with homemade granola, pistachios and honey. (SKU:3035 - )

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## PEANUT BUTTER PADDLE BAR - \$5.95

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](#), [Ready to Eat](#))

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## DARK CHOCOLATE PEDAL BAR - \$5.95

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, sesame seeds, pumpkin seeds, oats, honey, salt and oil. (SKU:903 - [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#))

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# SOUPS

## VEGAN LENTIL LEMON SOUP - \$11.95

made with vegetable stock, tomatoes, lentils and lemon. (SKU:115 - [Dairy Free](#), [Frozen](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## SWEET & SOUR POLISH CABBAGE SOUP - \$11.95

vegetable stock, cabbage, sauerkraut, carrots, onions, celery, cider vinegar, brown sugar. (SKU:118 - [Dairy Free](#), [Frozen](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## SPLIT PEA WITH POTATOES AND HAM - \$11.95

made with chicken stock. (SKU:119 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SPICY THAI COCONUT SOUP - \$11.95

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

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## POLISH BEET BORSCHT SOUP - \$11.95

chicken stock, roasted beets, celery, carrots, onions, sour cream, dill (SKU:140 - [Gluten Free](#))

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## LOUISIANA CREOLE SOUP - \$11.95

made with chicken stock, roasted chicken, rice and okra (SKU:153 - [Frozen](#))

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## CHICKEN BONE BROTH - \$9.95

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

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## VEGETARIAN ENTRÉES

### VEGETARIAN SPAGHETTI WITH VEGAN BOLOGNESE SAUCE - \$11.95

Spaghetti topped with Vegan Bolognese Sauce and provolone cheese. (SKU:619 - [Frozen](#), [Vegetarian](#))

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### VEGAN CHILI - \$9.95

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

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### SPINACH CHEESE PIE - \$9.95

phyllo dough wrapped around baby spinach, Bulgarian feta cheese and dill. (SKU:603 - [Frozen](#), [Vegetarian](#))

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### MARINARA SAUCE - \$10.95

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

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### MAC & CHEESE - \$7.95

made with French raclette cheese. Finished with a crunchy bread crumb topping. (SKU:604 - [Frozen](#), [Vegetarian](#))

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### LOADED VEGGIE PASTA WITH ALMOND PESTO - \$14.95

Penne Pasta, tossed in almond pesto, with a vegetable medley. (SKU:649 - [Vegetarian](#))

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### LENTIL ENCHILADAS - \$13.95

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

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### KUMAR'S BEANS AND RICE - \$14.95

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 - [Frozen](#), [Vegetarian](#))

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### FALAFEL BURGER PATTY - \$5.95

A savory, plant-based patty made from ground chickpeas, mixed with herbs and spices. (SKU:639 - [Dairy Free](#), [Frozen](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))



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