



## MENU CATEGORIES

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**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)

## 1 LB. PACKAGES (FROZEN)

### SLOPPY JOE - \$10.95

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 - \$10.95

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

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### CHICKEN PASTA BOLOGNESE SAUCE - \$10.95

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 - \$10.95

chicken braised with tomatoes and green chiles. (SKU:1005 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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### BBQ PULLED PORK - \$12.95

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

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## BREAKFAST

### EGG SCRAMBLE WITH HAM & CHEDDAR CHEESE - \$14.95

with ham, cheddar cheese, sauteed onions and peppers, and roasted potatoes. (SKU:211 - [Frozen](#), [Gluten Free](#))

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### CINNAMON ROLLS - \$12.95

two cinnamon rolls topped with cream cheese cinnamon frosting. (SKU:914 - [Frozen](#))

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### CHEESE QUICHE WITH HERB CRUST - \$14.95

Made with cheese, caramelized onions, and herbs. (SKU:210 - [Frozen](#), [Vegetarian](#))

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### BUTTERMILK BLUEBERRY PANCAKES & PURE MAPLE SYRUP - \$10.95

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

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## DESSERTS

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

Take home and bake, 6 cookies. (SKU:902 - )

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

Take home and bake, 6 cookies. (SKU:901 - [Gluten Free](#))

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

Take home and bake, 6 cookies. (SKU:900 - )

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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 - [Ready to Eat](#))

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### MILK CHOCOLATE MOON PIE - \$3.95

house made 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, 1LB - \$20.95

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

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## KITCHEN SINK, 8OZ - \$11.95

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

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## GF CHOCOLATE "SPEED BUMP" CAKE - \$12.95

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

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## DARK CHOCOLATE PUDDING - \$7.95

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

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## DARK CHOCOLATE MOON PIE - \$3.95

house made marshmallow dipped in dark chocolate. (SKU:906 - [Gluten Free](#), [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 - \$12.95

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

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## CHEF SHANNY'S TRIPLE FUDGE BROWNIE - \$3.95

1 brownie, made with love. (SKU:935 - [Ready to Eat](#))

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## BUTTERSCOTCH PUDDING - \$8.95

topped with vanilla whipped cream. (SKU:904a - [Ready to Eat](#))

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## BLUEBERRY & MARSHMALLOW BREAD PUDDING - \$10.95

Served with an almond custard. (SKU:916a - [Frozen](#))

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## FISH ENTRÉES

### TUNA AND NOODLE CASSEROLE - \$14.95

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

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### SHRIMP SCAMPI WITH LEMON-GARLIC SAUCE - \$18.95

wild caught shrimp, spaghetti and a vegetable medley. (SKU:729 - [Frozen](#))

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### SAUTEED SALMON WITH SUMMER CORN SAUCE - \$19.95

Faroe Island salmon, risotto and asparagus. (SKU:711 - [Gluten Free](#))

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### SALMON, INDIVIDUAL PIECE - \$10.95

Fully cooked, ready to eat. (SKU:703 - [Dairy Free](#), [Gluten Free](#))

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### SALMON WITH MISO BUTTER - \$19.95

served with scallion rice and stir fry vegetables. (SKU:735 - [Frozen](#), [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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### PANKO CRUSTED COD - \$23.95

Served with roasted creamer potatoes, remoulade sauce and a side of coleslaw. (SKU:724 - )

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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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## MEAT ENTRÉES

### SMOKED BABY BACK RIBS AND "SIMPLY GOOD" BBQ SAUCE - \$19.95

Served with collard greens and baked beans. (SKU:812 - [Frozen](#), [Gluten Free](#))

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## SLOPPY MAC AND CHEESE - \$10.95

Beef sloppy joe topped with mac and cheese. (SKU:819 - [Frozen](#))

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## PORK TENDERLOIN WITH APRICOT GLAZE - \$17.95

with scalloped potatoes and green beans. (SKU:809 - [Gluten Free](#))

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## COWBOY CHILI WITH CORNBREAD CRUST - \$16.95

ground beef stewed with beans, corn and chilies. Topped with cheddar cheese. (SKU:801 - [Frozen](#), [Gluten Free](#))

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## BEEF STROGANOFF - \$20.95

served over egg noodles. (SKU:816 - [Frozen](#))

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## ANGUS BEEF SLIDERS ON HONEY WHITE ROLLS - \$16.95

served on SGK honey white rolls, with munster cheese, caramelized onions and a side of potato salad. (SKU:820 - )

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# PANTRY

## TACO SEASONING SPICE BLEND - \$6.95

SGK original blend made with kosher salt, ancho chili powder, coriander, garlic powder, oregano, cumin, red chili flakes. (SKU:4004 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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

From Sleeping Bear Farms in Beulah, MI (SKU:4014 - [Dairy Free](#), [Gluten Free](#), [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 - \$1.95

(SKU:103m - )

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## REUSABLE CANVAS TOTE - \$4.95

(SKU:104m - )

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## RAW STAR THISTLE HONEY, 24 OZ - \$18.00

From Sleeping Bear Farms in Beulah,MI (SKU:4011 - [Dairy Free](#), [Gluten Free](#), [Vegetarian](#))

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## PORCINI SPICE BLEND - \$8.95

SGK original blend made with kosher salt, mushroom powder, rosemary, garlic powder, black pepper. Use to sauté, grill or roast. (SKU:4000 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## NIELSEN-MASSEY PURE VANILLA BEAN PASTE, 4 OZ - \$24.00

Madagascar Bourbon Pure Vanilla Bean Paste, 4 oz. (SKU:4009 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## NIELSEN-MASSEY PURE VANILLA BEAN PASTE, 10 OZ - \$40.00

Madagascar Bourbon Pure Vanilla Bean Paste (SKU:4016 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## MOROCCAN SPICE BLEND II - \$8.95

SGK original blend made with kosher salt, cinnamon, turmeric, saffron, cayenne pepper, cumin, garlic powder, black pepper. Use to sauté, grill or roast. (SKU:4005 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## MITICA FLOR DE SAL - \$14.95

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

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## ITALIAN SPICE BLEND - \$6.95

SGK original blend made with kosher salt, fennel seed, black pepper, paprika, red chili flakes and cayenne pepper. Use to sauté, grill or roast. (SKU:4001 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## HONEY BEAR, 12 OZ - \$8.95

From Sleeping Bear Farms in Beulah,MI (SKU:4010 - [Dairy Free](#), [Gluten Free](#), [Vegetarian](#))

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## GREEK SPICE BLEND - \$6.95

SGK original blend made with kosher salt, garlic powder, onion powder, black pepper, oregano, rosemary. Use to sauté, grill or roast. (SKU:4003 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## DIAMOND CRYSTAL KOSHER SALT - \$12.00

3 lb box (SKU:4006 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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## CRUNCHMASTER MULTI-GRAIN CRACKERS - \$8.95

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

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## CALLEBUT WHITE CHOCOLATE CHIPS - \$10.95

Van Leer white chocolate from Barry Callebaut. (SKU:909 - [Gluten Free](#))

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## CALLEBAUT MILK CHOCOLATE CHIPS - \$14.95

Van Leer chocolate from Barry Callebaut. (SKU:908 - [Gluten Free](#))

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## CALLEBAUT DARK CHOCOLATE CHIPS - \$12.95

Van Leer chocolate from Barry Callebaut. (SKU:907 - [Gluten Free](#))

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## BBQ SPICE BLEND - \$6.95

SGK original blend made with kosher salt, brown sugar, onion powder, coriander, ancho chili powder, garlic powder, black pepper, anise. Use to sauté, grill or roast. (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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# POULTRY ENTRÉES

## GREEN CHILI CHICKEN ENCHILADAS - \$16.95

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

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## CHICKEN POT PIE - \$15.95

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

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## CHICKEN PARMESAN WITH SPAGHETTI - \$17.95

served with tomato sauce and green beans. (SKU:512 - [Frozen](#))

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## CHICKEN MARSALA WITH BRAISED RED CABBAGE - \$16.95

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

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## CHICKEN LASAGNA - \$13.95

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

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## CHICKEN CHILI - \$13.95

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

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## CHICKEN CACCIATORA, CORN PUDDING - \$17.95

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, ready to eat. (SKU:514 - [Dairy Free](#), [Gluten Free](#))

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## CHICKEN BREAST, HUMMUS-SUMAC SAUCE - \$17.95

pickled beets, rice pilaf with quinoa and dill. (SKU:562 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## ASIAN CHICKEN PAD THAI - \$16.95

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 - \$7.95

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

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### TABBOULEH - \$7.95

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 - \$7.95

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 - \$1.25

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

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## SGK SWEET CHILI DRESSING - \$8.95

SGK original recipe made with apple cider vinegar, chili paste and fresh garlic. (SKU:333j – [Dairy Free](#), [Gluten Free](#))

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

SGK original recipe made with sesame oil, chili paste, fresh ginger and garlic. (SKU:332j – [Dairy Free](#), [Gluten Free](#))

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## SGK RANCH DRESSING - \$8.95

SGK original recipe made with buttermilk and spices. (SKU:337j – [Gluten Free](#))

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## SGK ITALIAN DRESSING - \$8.95

SGK original recipe made with red wine vinegar and parmesan cheese. (SKU:334j – [Gluten Free](#))

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## SGK HONEY APPLE DRESSING - \$8.95

SGK original recipe made with apple cider vinegar, local honey and dijon. Created for our Kale Quinoa salad. (SKU:335j – [Dairy Free](#), [Gluten Free](#))

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## SGK GREEK SALAD DRESSING - \$8.95

SGK original recipe made with cabernet vinegar, balsamic vinegar and fresh herbs. (SKU:331j – [Dairy Free](#), [Gluten Free](#))

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## SGK FIG SALAD DRESSING - \$8.95

SGK original recipe made with fig balsamic vinegar, whole grain mustard and spices. (SKU:329j – [Dairy Free](#), [Gluten Free](#))

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## SGK COLESLAW DRESSING - \$8.95

SGK original recipe made with apple cider vinegar, great for salads and dips. (SKU:338j – [Gluten Free](#))

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## SGK CAESAR SALAD DRESSING - \$8.95

SGK original recipe made with anchovy, parmesan and fresh lemon. (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 companion to any dish. (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

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

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## PEACH STUFFED WITH CHICKEN SALAD - \$9.95

Sweet peach stuffed with SGK Amish chicken salad. (SKU:301 - [Gluten Free](#), [Ready to Eat](#))

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## ORANGE ROSEMARY OLIVES - \$7.95

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

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## MITICA MARCONA ALMONDS - \$9.95

Product of Spain. (SKU:3002 - [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 - \$14.95

Baba ghanouj, hummus, tabbouleh, and bulgarian feta spread topped with spicy harissa olives. (SKU:305 - [Gluten Free](#), [Ready to Eat](#), [Vegetarian](#))

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## KALE, QUINOA SALAD - \$8.95

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 - \$9.95

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

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## HUMMUS, SPICY - \$6.95

made with fresh lemon juice and 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 - \$7.95

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

SGK original recipe made with apple cider vinegar, chili paste and fresh garlic. (SKU:333 - [Dairy Free](#), [Gluten Free](#))

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## EXTRA SIDE OF SGK SOY-SESAME SALAD DRESSING - \$2.29

SGK original recipe made with sesame oil, chili paste, fresh ginger and garlic. (SKU:332 - [Dairy Free](#), [Gluten Free](#))

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## EXTRA SIDE OF SGK RANCH DRESSING - \$2.95

SGK original recipe made with buttermilk and spices. (SKU:324 - [Gluten Free](#), [Ready to Eat](#))

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## EXTRA SIDE OF SGK ITALIAN DRESSING - \$2.29

SGK original recipe made with red wine vinegar and parmesan cheese. (SKU:334 - [Gluten Free](#))

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## EXTRA SIDE OF SGK GREEK SALAD DRESSING - \$2.29

SGK original recipe made with cabernet vinegar, balsamic vinegar and fresh herbs. (SKU:331 - [Dairy Free](#), [Gluten Free](#))

---

## EXTRA SIDE OF SGK FIG SALAD DRESSING - \$2.29

SGK original recipe made with fig balsamic vinegar, whole grain mustard and spices. (SKU:329 - [Dairy Free](#), [Gluten Free](#))

---

## EXTRA SIDE OF SGK CAESAR SALAD DRESSING - \$2.95

SGK original recipe made with anchovy, parmesan and fresh lemon. (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 our coleslaw dressing. (SKU:315 - [Gluten Free](#), [Ready to Eat](#), [Vegetarian](#))

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## COUSCOUS SALAD - \$7.95

Cucumbers, tomatoes, celery, Bulgarian feta cheese (pasteurized), celery and dill. (SKU:309 - [Ready to Eat](#), [Vegetarian](#))

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## CHOPPED GREEK SALAD - \$12.95

Romaine lettuce, Bulgarian feta cheese, pickled beets, chopped vegetables and Greek dressing. (SKU:313 - [Gluten Free](#), [Ready to Eat](#), [Vegetarian](#))

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## CHICKEN PROTEIN BOWL - \$12.95

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

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## CASHEWS - \$6.95

Roasted and salted. (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 - \$7.95

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

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# SANDWICHES

## TURKEY, BACON & SWISS RANCH WRAP - \$9.95

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



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## TUNA MELT - \$9.95

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

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## HONEY WHITE ROLLS - \$6.95

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

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## CHICKEN CAESAR WRAP - \$9.95

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

Made with pork, fennel, paprika and SGK Italian seasoning. (SKU:2007 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SWEET ITALIAN CHICKEN SAUSAGE - \$9.95

Made with chicken, fennel, paprika and SGK Italian seasoning. (SKU:2018 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SWEDISH POTATO SAUSAGE - \$11.95

Made with beef, potatoes, onions and allspice. Fully cooked. (SKU:2016 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## SPICY ITALIAN SAUSAGE - \$9.95

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

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## SPICY ITALIAN CHICKEN SAUSAGE - \$9.95

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

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## SMOKED CHICKEN APPLE SAUSAGE - \$9.95

House smoked sausage made with chicken, apples, sage, black pepper. (SKU:2003 - [Dairy Free](#), [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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## SMOKED BACON MAPLE SAUSAGE - \$9.95

House smoked sausage made with pork shoulder, bacon, maple syrup and spices. (SKU:2011 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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

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

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## POLISH KIELBASA SAUSAGE - \$9.95

Made with pork and a classic seasoning blend. (SKU:2006 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## KOREAN BBQ CHICKEN WINGS - \$12.95

For the oven, grill or air fryer. Tossed with SGK tangy Korean BBQ sauce. (SKU:3034 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## GRILLED MEDITERRANEAN CHICKEN - \$12.95

Fully cooked chicken thighs made with lemon, ginger, cilantro and spices. (SKU:3039 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## GREEK GYRO SAUSAGE - \$10.95

Made with pork, lamb and spices. (SKU:2010 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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

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

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

For the oven, grill or air fryer. Tossed with Frank's Red Hot sauce. (SKU:3021 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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

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

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## CHICKEN MARSALA SAUSAGE - \$9.95

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

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## CHICKEN BLUE BUFFALO SAUSAGE - \$10.95

Made with chicken, cheddar, bleu cheese and buffalo spices. (SKU:2004 - [Frozen](#), [Gluten Free](#))

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## CHICKEN AND GREEN CHILI SAUSAGE - \$9.95

Made with chicken, green chiles, cilantro, lime and spices. (SKU:2000 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## BRATWURST SAUSAGE - \$9.95

Made with pork and a classic seasoning blend. (SKU:2005 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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# SIDES

## EGGPLANT CHUTNEY - \$7.95

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

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## BRAISED RED CABBAGE - \$8.95

Crafted with red cabbage, apples, onions, brown sugar, butter and cider vinegar. (SKU:3038 - [Gluten Free](#), [Vegetarian](#))

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# SNACKS

## YOGURT POWER PARFAIT - \$6.95

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

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## SGK TUNA SALAD BENTO - \$9.95

The perfect snack! Our Bulgarian feta spread served with tuna salad, tabouleh salad and Crunchmaster GF crackers. (SKU:3036 - [Gluten Free](#))

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## SGK CHICKEN SALAD BENTO - \$9.95

The perfect snack! Our Bulgarian feta spread served with chicken salad, kale quinoa salad and Crunchmaster GF crackers. (SKU:3032 - [Gluten Free](#))

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## PEANUT BUTTER ENERGY BAR - \$5.95

An energy bar created by chefs Bill and Shanny made with plantains, pumpkin seeds, oats and dark chocolate chips. (SKU:904 - [Dairy Free](#), [Ready to Eat](#))

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## DARK CHOCOLATE & DATE ENERGY BAR - \$5.95

An energy bar created by chefs Bill and Shanny mde with dark chocolate, dates, peanut butter, plantains, and oats. (SKU:903 - [Dairy Free](#), [Ready to Eat](#))

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## SOUPS

### VEGAN LENTIL LEMON SOUP - \$12.95

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 - \$12.95

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

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### SPICY THAI COCONUT SOUP - \$12.95

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

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### MEXICAN TORTILLA SOUP - \$12.95

made with slow simmered chicken stock, rice, beans, corn and chilies. (SKU:103 - [Frozen](#), [Gluten Free](#))

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### CHILLED TOMATO GAZPACHO - \$12.95

chunky tomatoes, cucumbers, celery. (SKU:101 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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### CHICKEN BONE BROTH - \$9.95

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

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### BEEF DEMI GLACE - \$15.95

Crafted from rich SGK beef bone broth reduced to perfection to extract deep, savory flavors. Add a tablespoon to finish any sauce. (SKU:167 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

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## VEGETARIAN ENTRÉES

### VEGETARIAN SPAGHETTI WITH VEGAN BOLOGNESE SAUCE - \$12.95

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



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## VEGETARIAN POLENTA LASAGNA - \$14.95

polenta, zucchini, eggplant, tomatoes, onions, sweet potatoes and tomato sauce. (SKU:630 – [Frozen](#), [Gluten Free](#), [Vegetarian](#))

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## VEGETARIAN CHILI - \$12.95

made with sweet potatoes, tomatoes, quinoa, red beans, white beans. Topped with cheese & served with a side of sour cream. (SKU:644 – [Frozen](#), [Gluten Free](#), [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

Bulgarian feta cheese, baby spinach 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 - \$8.95

made with french raclette cheese and finished with a crunchy bread crumb topping. (SKU:604 – [Frozen](#), [Vegetarian](#))

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## LENTIL ENCHILADAS - \$14.95

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

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## GREEK BOWL WITH FETA FONDUE - \$15.95

Greek seasoned sweet potatoes, kale, chickpeas, carrots, onions and quinoa. (SKU:614 – [Frozen](#), [Gluten Free](#), [Vegetarian](#))

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## FALAFEL BURGER PATTY - \$7.95

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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