



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](http://www.SimplyGoodKitchen.com)

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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](#))

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### 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](#))

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### 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](#))

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### 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](#))

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## BREAKFAST

### HAM & CHEESE QUICHE WITH HERB CRUST - \$7.95

ham, Swiss cheese and caramelized onions (SKU:201 - )

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### CORNED BEEF HASH (GF) (FROZEN) - \$10.95

made with Wiggly's corned beef served with two poached eggs. (SKU:204 - [Gluten Free](#))

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### BLUEBERRY PANCAKES - \$9.95

with Maple syrup and bacon-maple sausage. (SKU:200 - )

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# DESSERTS

## U-BAKE LEMON COOKIES - \$10.95

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

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## 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 - )

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## TAPIOCA PUDDING (GF) - \$4.95

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

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

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

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## RICE PUDDING - \$4.95

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

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## CHOCOLATE PUDDING - \$4.95

topped with vanilla whipped cream. (SKU:903a - )

---

## CHOCOLATE "SPEED BUMP" CAKE (GF) (FROZEN) - \$7.95

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

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## CHOCOLATE "SPEED BUMP" CAKE - \$7.95

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

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## CARROT CAKE WITHOUT NUTS - \$7.95

cream cheese frosting. (SKU:906c - )

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## FISH ENTRÉES

### THAI PEANUT BUTTER SHRIMP (GF/DF) - \$17.95

with rice and broccoli. (SKU:733 - [Dairy Free](#), [Gluten Free](#))

---

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

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

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

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

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### SALMON BURGER, INDIVIDUAL (FROZEN) (GF) - \$9.95

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

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### HOUSE SMOKED SALMON, PIECE (FROZEN) (GF/DF) - \$9.95

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

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## MEAT ENTRÉES

### SLOPPY MAC AND CHEESE (FROZEN) - \$8.95

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

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### MEATLOAF AND GRAVY - \$10.95

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

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### CUBANO SANDWICH ON ARTISAN ROLL - \$11.95

shaved ham, roasted pork loin, braised pork, melted cheese, mustard and pickle. Chili roasted potatoes. (SKU:405 - )

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## PANTRY



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## 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 - )

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## 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](#))

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

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

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## 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](#))

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## 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](#))

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## 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](#))

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## DIAMOND CRYSTAL KOSHER SALT - \$8.00

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

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

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

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## 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

### STUFFED CHICKEN BREAST WITH LEMON-GOAT CHEESE - \$13.95

panko crusted, finished with white wine mustard sauce, rice pilaf and green beans. (SKU:523 - )

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### KOREAN FRIED CHICKEN LEGS (FROZEN) - \$12.95

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

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### HERB AND ROASTED GARLIC CRUSTED CHICKEN BREAST (FROZEN) - \$13.95

white wine-lemon sauce, rice pilaf and green beans (SKU:531 - )

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

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

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### CHILI LIME CHICKEN THAI CURRY SAUCE (GF/DF) - \$12.95

stir fried vegetables, jasmine rice and cilantro. (SKU:518 - [Dairy Free](#), [Gluten Free](#))

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### CHICKEN POT PIE (FROZEN) - \$12.95

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

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### CHICKEN MARSALA (GF) - \$13.95

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

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### 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 - \$12.95

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

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

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

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## CHICKEN CACCIATORA CREAMY CORN PUDDING (GF) (FROZEN) - \$12.95

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

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

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

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## 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](#))

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# 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 WITH TORTILLA CHIPS (GF) - \$10.95

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

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## 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](#))

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

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

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## SHIRLEY'S SHRIMP & PASTA SALAD - \$5.95

baby shrimp, carrots, celery and creamy dressing. (SKU:317 - )

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## PITA BREAD, 2 SLICES - \$1.95

2 slices (SKU:325 - )

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## 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](#))

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

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

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

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

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## MICHIGAN SALAD (GF) - \$8.95

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

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## MEZE PLATTER (GF) - \$10.95

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

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

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

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## 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](#))

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

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

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## HAM SALAD (GF) - \$5.95

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

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## EXTRA SIDE OF SALAD DRESSING - \$1.95

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

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## EGG SALAD (GF) - \$4.95

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

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## CROUTONS - \$5.95

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

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## CREAMY COLESLAW (GF) - \$4.95

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

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## CHICKEN PROTEIN BOWL (GF) - \$8.95

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

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

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

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## 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](#))

---

## 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](#))

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# SANDWICHES

## TUNA MELT - \$7.95

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

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## HONEY WHITE ROLLS - \$3.95

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

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## CUBANO SANDWICH ON ARTISAN ROLL - \$11.95

shaved ham, roasted pork loin, braised pork, melted cheese, mustard and pickle. Chili roasted potatoes. (SKU:405 - )

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## CHICKEN CAESAR ROLL-UP - \$7.95

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

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# SAUSAGES

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

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

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

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

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## 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](#))

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

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

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

pork, parmesan cheese, parsley, garlic and red chili flakes. (SKU:2009 - [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 (GF/DF) - \$7.95

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

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

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

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

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

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

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 (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](#))

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## 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](#))

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## BRATWURST SAUSAGE (GF/DF) - \$7.95

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

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## SIDES/APPETIZERS/SNACKS

### PITA BREAD, 2 SLICES - \$1.95

2 slices (SKU:325 - )

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### 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](#))

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

You bake instructions included.

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

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## 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](#))

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## BBQ WINGS (GF/DF) - \$11.95

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

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# SOUPS

## WHITE BEAN AND HAM SOUP (DF/GF) (FROZEN) - \$10.95

potatoes and our slow simmered chicken stock. (SKU:123 - [Dairy Free](#), [Gluten Free](#))

---

## VEGAN LENTIL LEMON SOUP (GF/DF) (FROZEN) - \$10.95

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

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## SPICY GUMBO - \$12.95

made with shrimp, chicken and andouille sausage. (SKU:116 - )

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## POLISH DILL PICKLE SOUP (FROZEN) - \$10.95

chicken stock, dill pickles, celery, carrots, onions, sour cream. (SKU:125 - )

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## MEXICAN TORTILLA SOUP (GF/DF) (FROZEN) - \$10.95

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

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## 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](#))

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

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

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## CHILLED TOMATO GAZPACHO (V/GF/DF) - \$10.95

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

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## CHILLED CUCUMBER SOUP (GF) - \$12.95

hint of spice. Vegetarian (SKU:102 - [Gluten Free](#))

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

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

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# 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](#))

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## 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](#))

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## MAC & CHEESE (FROZEN) - \$7.95

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

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## LENTIL STUFFED GREEN PEPPER WITH TOMATO SAUCE (V/GF/DF) - \$11.95

lentils, quinoa, brown rice and roasted carrots with preserved lemon. (SKU:610 - [Dairy Free](#), [Gluten Free](#), [Vegan](#))

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

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

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## 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](#))



**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](http://www.SimplyGoodKitchen.com)

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## **FIVE CHEESE TORTELLINI (FROZEN) - \$11.95**

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

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