

# SIMPLE SERVINGS

ALLERGY-FRIENDLY FARE

## ENTRÉES

Mojo Lime Jerk Chicken Breast 145 calories

**V** Butternut Squash Quinoa Cakes 230 calories

## SIDES

Coastal Style White Rice 135 calories

Cuban Black Beans 100 calories

Fried Plantains 125 calories

## PRICING

**Entrée & 2 Sides \$9.59**

**Vegan & 2 Sides \$9.39**

**Side a la Carte \$1.99**

**24oz Fountain Beverage \$2.39**

MEAL PLAN DISCOUNT **50% OFF**

**V** Vegan Entrée

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional information available upon request.



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## ENTRÉES

Simple Pork Green Chile 140 calories

**V** Big Green Taco 390 calories

## SIDES

Cilantro Lime Rice 140 calories

Bandito Beans 115 calories

Carnitas Cole Slaw 50 calories

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## ENTRÉES

Apricot Glazed Turkey Breast 100 calories

**V** Simple Spicy Kale & Garbanzo Beans 140 calories

## SIDES

Steamed Peas 65 calories

Whole Berry Cranberry Sauce 45 calories

Simple Roasted Parsnips 50 calories

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## ENTRÉES

Top Round London Broil 180 calories

**V** Spicy Eggplant with Garbanzo Beans 175 calories

## SIDES

Grit Cakes with Red Onion 160 calories

Green Beans with Oregano 95 calories

Roasted Plum Tomatoes 45 calories

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## ENTRÉES

Tomato Basil Pollock 120 calories



**V** Balsamic Grilled Portobello 75 calories

## SIDES

Spinach with Garlic and Onions 45 calories

Brown Rice 120 calories

Steamed Fresh Baby Carrots 40 calories

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## ENTRÉES

Turkey Bolognese 50 calories

**V** Tomato Basil Marinara 20 calories

## SIDES

Gluten Free Fusilli 390 calories

Sautéed Broccoli and Garlic 50 calories

Curried Rice with Lentils 150 calories

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## ENTRÉES

Carolina Pulled BBQ Chicken 110 calories

**V** Spicy Corn and Zucchini Fritters 575 calories

## SIDES

Simple Cajun Roasted Red Potatoes 105 calories

Whole Green Beans 90 calories

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