

MmmChefs Grandma is turning 90 + will be celebrating out of town!! PLEASE NOTE

Monday October 28 2019 Delivery

WEEKLY MEAL SERVICE

order by Friday October by midnight

BREAKFASTS / SNACKS / DESSERTS

- V cultured coconut yogurt berries + maple
- V chocolate salted fudge baked brownies
- O sweet potato spiral egg frittata
- V veggies + herbed hummus
- V mini lemon cream pie jar
- V mmmchef classic peanut butter oat balls



MAINS + ENTREES V

- spiralled veggie salad w almonds sunseeds sprouts + blueberries
- sesame ginger cilantro lime garlic brocolli noodle bowl with edemame
- lentil shepherds pie tiopped with garlic mashed potato

MAINS + ENTREES ●

- duck egg + pancetta spiralled salad bowl
- sesame ginger cilantro lime garlic brocolli noodle bowl with organic chicken meatballs
- grass fed beef shepherds pie topped with garlic mashed potato or cauliflower mash

ADD ONS

- fresh juices
- bone broth
- sauces
- nut mylks
- casseroles
- sweets

weekly soup : V

rosted red pepper + tomato basil

AND SO MUCH MORE!

V: vegan

●: meat/fish/egg

our 100% gluten free + dairy free menu is made with: fresh, local and organic, whole food ingredients • organic, local meats wildcaught, sustainable seafood • local, organic, free range eggs

WWW.MMMCHEF.COM

to customize, please contact info@mmmchef.com

