Killis Cookeries

Friday Menu

Breakfast served 7am-10:30am Lunch served 10:30am-2pm



Brown Rice & Veggie Bowl

Long grain rice, mushrooms, carrots, and egg seasoned with pepper and Fenugreek

ADD ON: 2 Chicken Breakfast Sausage Patties \$3

White Bean Breakfast Taco (1)

Brown rice, white beans, mushrooms, bell peppers, onion and coconut aminos served on an almond flour tortilla

Chicken Sausage Burrito (1)

yellow bell peppers, and onion served on a flour tortilla

\$6

\$3

\$4



Italian Chicken Wrap (Cold)

kidney and white beans, and pickled veggies on a flour tortilla

Ginger-spiced Chicken

Chicken marinated in warm spices,

Roasted Sweet Potatoes

avocado oil, garlic, chili powder, and



Crunch Balls 4-\$6 8-\$12 Almond Tortilla Chips \$3



\$7



\$4

Stewed Apple Parfait

Greek yogurt, stewed cinnamon apples, almond butter, pumpkin seeds and granola

Italian Deli Salad

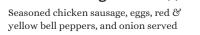
80z-\$4 160z-\$8 320z-\$12 Red kidney and white beans mixed with pickled veggie medley of cauliflower, carrots, celery, and red bell peper

Dips

80Z-\$4 160Z-\$8 320Z-\$12

Carrot and white bean dip Spicy black bean dip













Killys Cookeries

Saturday Menu

Breakfast served 7am-10:30am Lunch served 10:30am-2pm



Breakfast

Ginger Chicken & Veggie Quiche

Ginger chicken, eggs, sweet potatoes, and veggie medley

\$3

White Bean Breakfast Taco (1)

Brown rice, white beans, mushrooms, bell peppers, onion and coconut aminos served on an almond flour tortilla



Chicken Sausage Taco (1)

Seasoned chicken sausage, eggs, red $\mathcal E$ yellow bell peppers, and onion served on a flour tortilla





Lunch

Cabbage Soup

\$6- 120Z

Brown Rice Pilaf

\$4

Stuffed Mushrooms

spinach, onion, and vegan parmesan

\$8



Extras

Crunch Balls Almond Tortilla Chips \$3





Tiramisu Overnight Oats

Oats, Greek yogurt, coffee, honey, cocoa powder, and vanilla

\$5

Ginger Chicken & Slaw Wrap

Ginger chicken, apple slaw, and Dijon mustard on an almond flour tortilla

Salad Bar

Build-your-own-salad

ADD ON: Balsamic-marinated chicken breast \$4

\$11



