

# Kelly's Cookery

## Friday Menu

Breakfast served 7am-10:30am

Lunch served 10:30am-2pm



## Breakfast

### Brown Rice & Veggie Bowl

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

**ADD ON:** 2 Chicken Breakfast Sausage Patties \$3

\$6

### White Bean Breakfast Taco (1)

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

\$3

### Chicken Sausage Burrito (1)

Seasoned chicken sausage, eggs, red & yellow bell peppers, and onion served on a flour tortilla

\$4



## Lunch

### Italian Chicken Wrap (Cold)

Italian marinated chicken breast, kidney and white beans, and pickled veggies on a flour tortilla

\$7

### Ginger-spiced Chicken

Single-\$6 Large-\$12 Family-\$24

Chicken marinated in warm spices, served with a vegetable medley

### Roasted Sweet Potatoes

8OZ-\$3 16OZ-\$6 32OZ-\$12

Diced sweet potatoes tossed in avocado oil, garlic, chili powder, and smoked paprika

## Extras

Crunch Balls 4-\$6 8-\$12

Seed Crackers \$3

Almond Tortilla Chips \$3

## Cold Case

### Stewed Apple Parfait

\$4

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

### Italian Deli Salad

8OZ-\$4 16OZ-\$8 32OZ-\$12

Red kidney and white beans mixed with pickled veggie medley of cauliflower, carrots, celery, and red bell pepper

### Dips

8OZ-\$4 16OZ-\$8 32OZ-\$12

Carrot and white bean dip  
Spicy black bean dip



# Kelly's Cookery

## 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

\$3

#### Chicken Sausage Taco (1)

Seasoned chicken sausage, eggs, red & yellow bell peppers, and onion served on a flour tortilla

\$4



### Lunch

#### Cabbage Soup

Cabbage, tomato, onion, green beans, bell pepper, carrot, and spices

\$6- 12OZ

#### Brown Rice Pilaf

Long grain rice, carrots, mushrooms, spiced with pepper and Fenugreek

\$4

#### Stuffed Mushrooms

Balsamic marinated bella mushrooms, spinach, onion, and vegan parmesan

\$8

### Extras

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



### Cold Case

#### 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

\$7

#### Salad Bar

Build-your-own-salad

\$11

**ADD ON:** Balsamic-marinated chicken breast \$4

