

by MmmChef

MENU FOR DELIVERY SUNDAY APRIL 5 2020

ORDER BY FRIDAY APRIL 3 AT NOON

breakfasts + snacks

V- pina colada chia pudding parfait

-egg waffles w berries + maple

V-veggies + creamy pesto dip

V-mini chocolate cream pie

Vegan Entrees

-black bean fajita salad bowl

-sundried tomato stuffed
portabello w roast root veggies

-veggie burger on bun or greens
w beetchup aioli + side caesar

Meat Entrees

-chicken fajita salad bowl

-roast pork sausage OR wild
salmon w roast root veggies

-beef burger on bun or greens
w beetchup aioli + side caesar

Soup

vegan - creamy caramelized onion

extras

all of our immune boosting juices miracle shots veggie + bone broths
are available + all entrees also come in a family size to feed 5

info@mmmchef.com to customize

This 100% Gluten + Dairy FREE menu is made with local + organic
traditionally farmed meats + wildcaught seafood w local as possible
nutrient dense whole food ingredients - no refined sugars or oils-
soaked + sprouted pulses + grains - always with your digestion in mind