

# Tia's Food of Love

presents

## KETO MEALS

made with LOVE



MENU OFFERINGS FOR PICK UP SEPTEMBER 14 & 15 AND SEPTEMBER 21 & 22

***\*\*Please Place order for week #1-NO LATER THAN SEPTEMBER 11 & week #2 BY SEPTEMBER 18\*\****

### *Breakfast & Lunch Selections*

- \*Pepper, Onion, Spinach & Provolone Frittata with Spicy Chorizo
- \*Goat Cheese & Chive Scrambled Eggs over Asparagus
- \*Smoked Salmon & Brie Frittata with Everything Spiced Kale
- \*Keto Blueberry Pancakes, Applewood Smoked Bacon & Homemade Keto Maple Syrup

**\$9 each**

- \*Tarragon Walnut Chicken Salad
- \*Lemon Herb Albacore Tuna Salad
- \*Deliciously Devilish Egg Salad

**\$6 (8oz.) | \$10 (16oz.)**

- \*Broccoli Cheddar Soup~ **\$6 (16oz.) | \$12 (32oz.)**
- \*Portabella Mushroom Pizzas~ **\$5 each | 2 for \$9**

- \*Parmesan Crusted Chicken Caesar Salad
- \*Heirloom Tomato & Avocado Caprese

**\$10 each**

### *Dinner & Anytime Selections*

- \*Coconut Curry Chicken, Roasted Peanuts, Cilantro "Rice"
- \*Chicken Bacon Ranch Skillet Bake, Buttered Green Beans
- \*Keto Chicken Parmigiano, Roasted Parmesan Broccoli
- \*Herb Grilled Chicken, Green Beans Amandine, Arugula Salad, Lemon-Oregano Vinaigrette
- \*BLT Turkey Burgers, Cheddar Cheese, Special Sauce
- \*Steak Diane, Mushroom Herb Butter, Sautéed Spinach & "Mash"
- \*Cubano Stuffed Pork~ Ham, Swiss, Pickle, Dijon Cream Sauce, Fresh Vegetable
- \*Santorini Lamb & Beef Meatballs, Greek Tomato Sauce, Sautéed Zucchini
- \*Summertime Salmon with Zucchini, Squash & Tomato & Basil Butter
- \*Herb Grilled Shrimp Kabobs, Harissa Yogurt Sauce, Cucumber-Feta Salad
- \*Mediterranean "Zoodles", Fresh Tomato, Zucchini, Olives, Arugula Pesto

**\$15 each**