

Tia's Food of Love

presents

KETO MEALS

made with LOVE



MENU OFFERINGS FOR PICK UP SEPTEMBER 28 & 29 AND OCTOBER 5 & 6

****Please Place Order for Week #1-No Later Than September 27 & Week #2 By October 4****

Breakfast & Lunch Selections

- *Pepper, Onion, Spinach & Mozzarella Frittata with Italian Sausage
 - *Chorizo, Cheddar Cheese Scramble, Avocado, Salsa Verde & Mexican Crème
 - *Spinach & Feta Frittata with Turkey Bacon
 - *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.)**

- *Cauliflower Cheddar Soup~ **\$6 (16oz.) | \$12 (32oz.)**
 - *Portabella Mushroom Pizzas~ **\$5 each | 2 for \$9**
 - *Blackened Chicken Cobb Salad~ Avocado Green Goddess
 - *California Angus Beef Burgers, Swiss Cheese, Bacon, Lettuce, Tomato, Avocado, Herb Mayo
 - *Heirloom Tomato & Avocado Caprese
- \$10 each**

Dinner & Anytime Selections

- *Spinach & Artichoke Stuffed Chicken Breast, Buttered Green Beans
 - *Chicken Bacon Ranch Skillet Bake, Broccoli~ Tossed Salad with Romaine, Creamy Lemon Vinaigrette
 - *Coconut Curry Chicken~ Roasted Peanuts, Cilantro "Rice"
 - *Pork Scallopine Saltimbucca, Prosciutto, Fontina, Cauliflower Alfredo
 - *Turkey Taco Stuffed Peppers~ Cheddar, Sour Cream, Salsa Verde & Salsa Roja, Romaine Salad, Avocado Vinaigrette
 - *Herb Grilled Shrimp, Baby Kale Salad, Feta, Sunflower Seeds, Creamy Lemon Vinaigrette
 - *Salmon Provencale over Roasted Vegetable Ratatouille, Herb Butter
 - *Salisbury Steak, Mushroom Gravy, Cauliflower "Mash", Fresh Veggie
 - *Ricotta Meatballs, Marinara, Chopped Antipasto Caesar Salad
 - *Steak "Giambotta"~ Peppers, Onions, Mushrooms, Red Wine Vinegar
 - *Apple Bacon Pork Medallions, Cauliflower Mash, Asparagus
 - *Mediterranean "Zoodles", Fresh Tomato, Zucchini, Olives, Arugula Pesto
- \$15 each**