



MENU OF THE WEEK

Order by Wednesday July 19th at 12:00pm
or until ordering is closed.

Manhattan + Brooklyn + LIC / Astoria	Delivery Options
Saturday July 18 th	3:00 – 6:00pm New!
Sunday July 19 th	8:00 am – 1:00 pm
Monday July 20 th	8:00 am - 1:00 pm
Hamptons Monday July 20 th	9:00am – 3:00pm

** Astoria + LIC times Sunday Only 10:00 am to 2:00 pm
Saturday delivery option - Manhattan + Brooklyn



What's special this week....

White Chicken Lasagna!

So it isn't exactly 'Summer' food... but White Chicken Lasagna is soooo good it is worth heating the oven for. This lasagna is just like I like it... layers of thin fresh pasta sheets, bechamel, fontina, mozzarella and Parmesan cheeses.... pulled chicken and mushrooms. With an arugula salad on the side with a squeeze of fresh lemon. **New!**



Bon Appétit, Enjoy, Provecho!

Jennie



- *New This Week* -
Portion Single \$19.80 Regular \$33 Large \$40

New This Week

Chimichurri Turkey Burgers *New!*

Turkey burgers filled with fresh chives, parsley, cilantro and a little shallot, grilled and sent with a yummy chimichurri aioli, leafy greens and tomato and brioche buns. With 'Cacio e Pepe' roasted red potatoes on the side.

Hoisin Chicken Bao Buns *New!*

Tender chicken thighs marinated overnight with ginger, garlic, tamari and a little fish sauce then roasted and sliced. Sent with fresh steamed bao buns, pickled cucumbers, onion & radish & sriracha aioli. With miso soup.

Baked Greek Salmon!

Tender salmon basted with lemon garlic and honey then baked. Sent with a yummy Greek Salsa made from red onion, cucumber, tomato, dill and capers. With meyer lemon & goat cheese risotto. (GF) *New!*

Shrimp & Veggie Summer Rolls *New!*

Poached shrimp, julienned jicama, shredded carrots, chives and thai basil rolled in rice paper to make a beautiful Summer roll (serve cold). With a sweet chili dipping sauce and pickled cucumber & daikon salad. Yum.

Chicken Enchilada Pasta *New!*

Why not?? Tender pulled chicken tossed with aldente penne, black beans, fresh corn, minced red bell pepper and a tomato based enchilada sauce. Topped with cheddar and jack cheese and ready to bake. On the side, a fun dish of crunchy jicama & carrot sticks with fresh lime and lime/chili powder for dusting.

Bruschetta Chicken Milanese with Creamy Tomato Orzo *New!*

Crispy chicken milanese sent with an amazing creamy tomato orzo on the side and cherry tomato relish (basil, garlic, cherry tomatoes and a little balsamic). Use the relish on both the chicken and the orzo... so yum!

Creamy White Bean Soup with Sausage & Kale

Home made chicken stock, fresh rosemary, cannellini beans, kale and sausage simmer together to make this meal size soup so yum. We puree a few of the white beans to add a creamy consistency to the soup without adding cream. Served with grilled cheese sandwiches made with whole wheat sourdough from Balthazar!!!

Garlic & Chile Marinated Flank Steak with Corn Butter Baked Potatoes! *New!*

We marinate flank steak overnight with garlic, mild green chilis and Vidalia onions.. then roast it all and slice it across the grain for easy heating. Sent with baked potatoes with fresh corn butter. Yum.

Greek Turkey Meatballs

No one would guess that these are so good for you because they taste amazing! Tender organic turkey, fresh oregano, a little lemon zest give these juicy meatballs a Greek flavor. Served with Greek style lemony baked potatoes and home made tzatziki sauce (yogurt, cucumber, mint) and a cucumber & tomato salad.

Shredded Beef Enchiladas!

Yummy braised beef shredded and stuffed into corn tortillas.. topped with jack cheese and sent with a home made tomato-tomatillo-chipotle sauce. With Spanish rice and pico de gallo. (GF)



Thai Chicken Burgers

Ground chicken mixed with garlic, cilantro, shallot and a little fish sauce then pan seared. Served with steamed broccoli and sriracha aioli (*GF, dairy free, low carb*)

Ina Garten's Chicken Marbella! *New!*

Tender bone in whole chicken (cut in half) marinated overnight with olive oil, vinegar, prunes, olives, capers, bay leaves, garlic, oregano then baked to perfection. This is an old classic recipe that is so yum. Served with simple steamed rice to soak up all the yummy sauce from this special dish. (*Dairy Free, GF*)

Cilantro Lime Roasted Salmon with Roasted Poblano & Manchego Potato Gratin *New!*

Tender salmon roasted with a creamy cilantro lime crust and sent with potato gratin made with roasted poblanos and manchego.

Vegetarian

BBQ Black Bean Taquitos with Cilantro Lime Slaw !! *New!*

Black beans and cotija cheese rolled in 6" flour tortillas and crisp flash fried. Send with a smokey (slightly spicy) BBQ sauce for drizzling and a yummy cilantro lime slaw on the side. With Spanish rice too. Heat in the oven so they will be nice and crispy. Yum!

Creamy Mushroom & Asparagus Papparadelle with Truffle Oil *New!*

Fresh papparadelle sent ready to boil... with a creamy truffle infused alfredo sauce and crisp steamed asparagus and roasted mushrooms... toss it all together for a yummy Summer pasta. Arugula on the side.

Portobello Sliders

Little stacks of grilled veggies (portobellos, red onion & zucchini) ready to heat and pile on the included brioche slider buns. With a yummy garlicky chimichurri sauce and roasted sweet potato wedges. A perfect Summer meal!

Wild Mushroom Bao Buns! *New!*

Wild mushrooms roasted with a little teriyaki-hoisin and sent with fresh steamed bao buns, pickled cucumbers, onion & radish & sriracha aioli. With miso soup.

Zucchini Fritters

Yummy zucchini fritters with a lemony creme fraiche on the side and roasted cauliflower.

Roasted Leek & White Bean Galette

Tender leeks, white beans & Gruyere wrapped in a rustic pastry crust and baked to perfection. With a pureed cauliflower-carrot & tumeric soup

Taco Tuesday!!!

Banh Mi Soft Tacos *Back by popular demand!*

Banh Mi in a taco form! Tender chicken thighs marinated overnight in a tamari based garlic-ginger sauce then roasted and sent with pickled carrot, jalapeno & daikon, a sriracha aioli and flour tortillas. So good! With a salad made from romaine, cucumber, cilantro and an Asian vinaigrette. Either eat the salad inside the tacos or on the side.



JK Classics

Chicken Enchiladas in Salsa Verde!

Tender pulled chicken breast rolled in yummy GF corn tortillas, topped with jack & mozzarella and sent with tomatillo sauce, black beans, sour cream and cotija for topping. (GF)

Grandma Jan's Bolognese Sauce

A light version of the classic with grass fed beef, fresh basil and San Marzano tomatoes. With spaghetti or zucchini noodles and a Caesar salad & dressing. (GF if you choose zucchini noodles)

Gwyneth Paltrow's Salmon Burgers

Fresh ground salmon burgers with an Asian flair. Served with steamed cauliflower and sriracha aioli. (DF,GF, Contains Sesame)

Whole Roasted Chicken with Lemon & Thyme

Tender organic whole chicken (partially cut off the bone) roasted with Meyer Lemons, fresh thyme and garlic. Served with rosemary mustard potatoes. Yummy & healthy! (GF)

Turkey Meatballs in Tomato Sauce

With zucchini noodles or spaghetti (just tell us which you prefer) (GF, Dairy Free)

Free Form Chicken Pot Pie!

A GF version of our yummy pot pie. Tender shredded chicken, carrots, peas, leeks and fresh herbs with a hint of cream. With steamed rice. (GF)

Veggie Sides.....

Add more veggies to the table! Each comes in a 32oz container. \$16.50 each.

Oven Roasted Sweet Potato Cubes *New!*

Multi colored sweet potatoes cut in cubes and slow roasted to bring out their natural sweetness. Yum.

Herb-y Zucchini Pie

Almost like a quiche but more veggies than quiche! Zucchini, rosemary and sauteed onion in a savory pie shell with a little egg, cream and parmesan. A great side dish for a Summer BBQ!!!

Roasted Broccoli with Lemon Aioli

We brush broccoli with a little garlic olive oil then roast at high heat to caramelize the natural sugars in the broccoli. Served with a home made lemony-garlic-y aioli on the side.

Colorful Carrots with Honey & Lemon

Little carrots in different colors with a yummy honey-butter-lemon zest glaze. Yum.

Baked Purple Okinawa Sweet Potatoes

These purple beauties are well known for their powerhouse of nutrients. The primary nutritional benefit, and the one for which Okinawan sweet potatoes are especially prized, is their high antioxidant levels. The antioxidant known as anthocyanin is the pigment which is responsible for the brilliant purple color of the flesh. It is the same pigment that gives blueberries, red grapes and red cabbage their color. Okinawan sweet potato actually has 150 percent more antioxidants than blueberries. We roast them in their skins and send them whole ready to quickly heat and serve with the included amazing maple, cinnamon butter.



Ready to Bake...

All items here come in one size and are frozen and will last up to a month in the freezer. Each is \$16.50

Chocolate Chip Cherry Cookie Dough!

The best ever chocolate chip cookie with dark and milk chocolate plus dried cherries. So yum!

Confetti Cookie Dough

These are so good because of the Mexican vanilla and cream cheese in the cookie dough. A yummy sugar cookie rolled in colorful sprinkles and ready to bake. (*no nuts*)

The Consummate Chocolate Chip Cookie

From Smitten Kitchen... yummy chocolate chip cookie dough made with dark and milk chocolate wafers. Yum. (*no nuts*)

Ready to Grill...It's Grilling Season! *New!*

All items in this section are marinated then vacuum sealed to infuse all the yummy flavors into the dish. All items are sent uncooked, ready to grill, bake or sautee. Because of the vacuum seal these items stay fresh in the refrigerator up to a month or in the freezer up to a year! These items can also be cooked 'sous vide' right in the bags they are in. Try these, you will be hooked! Each below is \$22

Cilantro & Lime Marinated Chicken Breasts

6 breasts. 3-4 servings.

Boneless, skinless chicken breast marinated in a yummy combination of fresh lime, cilantro, garlic & fresh ginger. Freshly made then flash frozen. You can take them from your delivery box and put them in the freezer or pop them in the fridge to use the next day. (*GF, DF*)

Italian Dressing Marinated Chicken Thighs

8-10 thighs, 3-4 servings.

Boneless, skinless chicken thighs marinated in a yummy home made creamy Italian dressing... ready to grill. (*GF, DF*)

Herb Marinated Hangar Steak

2 lbs of hangar steak marinated with balsamic, dijon, thyme, rosemary, shallot and fresh basil. Grill the steaks then slice and serve. Yum!

"Wedding Chicken" Marinated Chicken Thighs *New!*

Our yummy recipe for chicken marinated with tamari, ginger, jalapeno, thyme, lemon, shallot & cider vinegar.

Burritos !!

All burritos come with 3 per order and are \$8.50 per order. They are great for breakfast or a snack!

Sausage, Egg & Cheese! *New!*

Breakfast sausage, fluffy eggs and cheddar. Yum.

Black Bean & Muenster Cheese Burritos

Yummy home made black beans, muenster and a really great tortilla make these a favorite.

Chicken Machaca Burritos

Tender shredded chicken breast simmered with a little tomato, mild poblano and sweet onion. Simple but so good!



Turkey, Spinach & Sweet Potato Burritos

Back by popular demand Yummy ground turkey, oven roasted sweet potatoes and fresh spinach.

Beef & Cheddar Burritos

A copy-cat of Taco Bell! Ground beef with a little tomato and chili spice with cheddar.

Veggie, Egg & Cheddar Burritos

Zucchini, mushroom fluffy eggs and cheddar.

Yummy Baked Goods + Treats \$16.50 each

Spinach Cake Muffins!!! (12)

What a fun idea... brought to me by one of you! Little mini muffins made with fresh spinach and applesauce (pls all the regular cake stuff, but very little sugar). A great way to get the kids to eat veggies!

Mini Apple Carrot Muffins (12)

Mini French Toast Bites

We take pride in our french toast made with organic eggs, Mexican vanilla, cinnamon & nutmeg! Here we send little mini french toast made from the best ever baguettes. Pop in the microwave and serve with your favorite syrup for a quick, yummy protein packed breakfast.

Lemon Olive Oil Muffins (6)

These super moist muffins are totally dairy free and addicting!

Salvadoran Breakfast Cakes, 6

Maple Almond Granola, 32 oz.

All natural grains, almonds, and honey, this granola is perfect for snacking or for breakfast.

Banana Oatmeal Blueberry Breakfast Cookies (GF, egg free, dairy free, nut free)

Bananas, oats, dates blueberries. These will be your new favorite breakfast!

Ham & Gruyere French Toast Triangles

Fluffy brioche french toast stuffed with ham & swiss... yum.

Ham & Cheese Mini Croissants

Perfect for breakfast-pop into the microwave 25 seconds and yum! 3 ham and cheddar and 3 ham and Swiss mini croissants.

Rice Crispies Treats with Chocolate & Pretzels! *New!*

Banana Bread

Ultra moist... our favorite recipe. Yum.



Chocolate Chip Zucchini Bread

German Apple Bread!

A favorite. Full of apples, extra moist.

Protein Packed Banana, Blueberry Pancakes!

Yum!

Tomato & Zucchini Egg Frittata Cups(GF) (6)

Tomato, zucchini, cheddar, mozzarella & eggs. Yum.

Anytime Snacks.....

Each is \$16.00

Make morning easy with these yummy B-Fast items!

Chicken Salad Wraps (6)

Tender shredded chicken breast, mayo & celery wrapped in flour tortillas.

Chicken Buns! (6)

Soft brioche slider buns, flash fried boneless chicken breast and pickles. Like our box-o-burgers, but chicken!

Box-O-Beef Burgers! (6)

Little grass fed beef sliders on mini potato rolls. The perfect after school snack... heat for 30 seconds and eat!

Pepperoni & Cheese Empanadas (6)

Pepperoni, mozzarella and home made pizza sauce.

Box-O-Turkey Burgers! (6)

Organic turkey and little potato rolls... yum.

Chicken & Muenster Cheese Quesadillas (6)*New!*

flour tortillas, shredded chicken with fire roasted tomatoes and cheese... yum!

Soups \$16 each

Serves 2 adults, 1 toddler as a side dish.

"Flu Season" Chicken Soup

Organic chicken, carrots, celery, leeks & herbs... so yum. No noodles, just lots of veggie goodness. (GF,dairy free)

Cream of Broccoli Soup

Fresh organic broccoli, sweet onion, chicken stock and a hint of cream.

Creamy Tomato Soup with Feta & Orzo



Salads \$17 each

Serves 2 adults, 1 toddler as a side dish.

Farro & Beet Salad with Creamy Lemon Dressing

I copied this from a restaurant in Chicago called Publican. It is the best beet salad I have ever had! Cubed roasted beets, farro, little bits of orange, a little cucumber, Parmesan and a creamy lemon vinaigrette.

Addicting Brussels Sprout Salad

Shredded brussels sprouts shaved parmesan, walnuts and an addicting dijon vinaigrette.

Kale & Farro Salad with Goat Cheese *New!*

This yummy new salad is full of hearty greens and chewy farro, plus flavorful toasted almonds, crumbled goat cheese, dried cherries and tangy vinaigrette (*contains nuts*).

Quick Snacks

Each is individual sized and sent in a 12oz container \$6.50

Beef & Lentils with Veggies

Ground beef, lentils, tomatoes, carrots, celery, tomato all stewed together for a super healthy winter snack!

Home made Spaghetti-o-s with mini grass fed beef meatballs

Chicken & Broccoli Penne Alfredo!

Mini penne pasta, small pieces of broccoli and chicken in a creamy sauce.

Cauliflower Mac & Cheese

Elbow macaroni, yummy home made cheese sauce and hidden cauliflower!

Grown Up Quick Snacks.....!!!

Each is individual sized and sent in a 16oz container. \$8.25 each. *All include sesame and pine nuts.*

Tex Mex Quinoa (vegan)

Black bean hummus, quinoa, corn, tomato, colorful bell peppers, red onion, cilantro, jicama and a lime squeeze.

Sushi Salad!

Sushi rice, pickled carrots, cucumber, poached shrimp, sesame seeds and fresh wasabi micro-greens!

Red Quinoa & Goat Cheese Salad (vegetarian, contains nuts)

Red quinoa, whipped hummus with goat cheese, fresh apple, apricots, parsley, white balsamic, goat cheese crumble & walnuts for crunch.

Lentil Veggie Salad (Vegan)

Lentil salad with micro chopped veggies and a little balsamic... topped with shredded carrots, arugula, tomato and micro greens.

Beets & Greens (vegan)

Beet hummus, cubed balsamic roasted beets, whole chickpeas, arugula and toasted sunflower seeds.