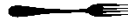




CookingFromRoots

Pickup orders on Sunday's between 3-4PM
at our NEW LOCATION ROOTs Eatery
20046 N. John Wayne Pkwy, Maricopa, AZ



SEASONAL MEAL PREP SELECTIONS

Chicken Pesto with Roasted Mushrooms and Asparagus (k, gf)

Salmon and Asparagus in Lemon Pepper Butter Sauce with Marinated Tomatoes (k, gf)

Blackened Chicken Breast with Roasted Potatoes and Bacon Brussel Sprouts (gf)

Garlic Herb Steak with Butternut Squash and Bacon Brussel Sprouts (k, gf)

Mushroom Ravioli with Butternut Squash and Balsamic Brown Butter Sauce (v)

Beef Chili Stuffed Bell Pepper (k gf)

k Keto friendly* gf Gluten free* v Vegetarian

CREATE YOUR OWN MEAL!

Pick a Protein- Chicken Breast, Salmon or Steak

Pick 2 Sides - Bacon Brussel Sprouts, Roasted Potatoes, Marinated Tomatoes, Roasted Mushrooms, Grilled Asparagus, Butternut Squash

ADDITIONAL SIDES (Add on to the above selections)

Roasted Tomato Soup (16oz)- \$3.50

Mixed Vegetable side - \$3.50

WEEKLY Service! Place orders each Friday by 7pm for Sunday pick-up (3-4pm)

Pick any 5 meals (your choice)- \$55. Any 12 meals (your choice)- \$120. Any 20 meals for 190.
(Contract required for 20 meals or more)

*To order, TEXT Autumn at (480)216-8192 or email your order to
Autumn.cookingfromroots@gmail.com*