



HEALTHY MEALS POPUP

WEEK OF JANUARY 17

Order by Sunday January 14TH for delivery Wednesday January 19

BREAKFAST SELECTIONS

MASON JAR OVERNIGHT OATS

HEALTHY ELVIS \$7

peanut butter, banana, dark chocolate

LOCAL'S CHOICE \$7

blueberries, toasted almonds, honey

WADMALAW EGG WHITE MUFFIN \$8

spinach, broccoli, zucchini, onions, peppers, herb goat cheese

SOUTHWESTERN WHOLE WHEAT BURRITO \$9

egg whites, chicken, spinach, black beans, tomato, peppers, onion, mozzarella

POWER BALLS

peanut butter, oats, flax seed, coconut, dark chocolate

Pint = 6 Balls \$12 Quart = 12 balls \$20

LUNCH or DINNER SELECTIONS

MASON JAR SALADS \$14

(all with house made balsamic vinaigrette)

ROASTED BRUSSELS SPROUT SALAD

sesame-peanut chicken, herb goat cheese, balsamic Brussels sprouts, Craisins, mandarin oranges, grape tomatoes, pecans, spinach

GREEK SALAD

Greek chicken, feta, grape tomatoes, English cucumbers, Kalamata olives, pepperocini, marinated artichokes, roasted peppers, romaine

CHARLESTON POWER BOWLS \$15

THAI CHICKEN BUDDHA BOWL

*farro & tomatoes, chicken satay, pickled red cabbage, shredded carrots, bean sprouts, spinach
*pickled ginger, crushed peanuts, cilantro - peanut sauce**

ASIAN TURKEY MEATBALL POWER BOWL

herb brown rice, turkey meatballs, shredded carrots, grape tomatoes, cucumbers, edamame, peppers, feta, spinach - balsamic vinaigrette



INDIVIDUAL HEALTHY MEALS \$18

CHICKEN PARMESAN

lemony herb couscous/garlic asparagus

BOURBON-GLAZED SALMON

cilantro lime rice/roasted Brussel sprouts

MEXICAN QUINOA STUFFED PEPPERS (includes 2 per order)

quinoa, ground turkey, black beans, corn, red onion, lime, herb goat cheese, cilantro steamed broccoli

CHARLESTON CATERING FAMILY MEALS \$90

(feeds family of 4)

Choice of

CAFE SALAD

mixed greens, grape tomatoes, shredded carrots, cucumbers – balsamic vinaigrette

CAESAR SALAD

Romain lettuce, Parmesan Reggiano, house made croutons & Keith's Caesar dressing

Choice of

CLASSIC MEATLOAF

*Meatloaf with House-Made Ketchup
Yukon Gold Mashed Potatoes with Demi-Glaze
Honey Glazed Carrots*

CREAMY TUSCAN CHICKEN

*spinach, sun-dried tomatoes, pecorino Romano & Italian seasonings
Roasted Fingerling Potatoes
Roasted Asiago Zucchini*

SHORT RIB RAGOUT

*Buttery Egg Noodles
Roasted Root Vegetables*

INCLUDES PINT OF POWER BALLS

peanut butter, oats, flax seed, coconut, dark chocolate

ADD ON

CHARLESTON'S CAFÉ AWARD WINNING CHILI \$15/QUART

PRICING:

Minimum order \$80

5% discount for \$100 Orders

10% discount for \$150 Orders

Orders placed by 5:00 PM Sunday for

Wednesday Delivery 12:00 –2:00

Delivery charges may be added based on location.