



# Healthy Meals

Charleston

## December Specials

*Sweet Potato Chicken Hash \$13*

prepared with honey, adobe sauce and cilantro  
served with winter roasted veggies - butternut squash, beets, carrots and parsnips

*Thai Chicken Buddah Bowl \$13*

prepared with whole grain faro, chicken, kale, cabbage, bean sprouts, carrots and peanut sauce

*Mexican Stuffed Peppers \$13*

quinoa, ground turkey, black beans, corn, tomato, onions  
topped with shredded cheddar, avocado and Greek Yogurt Dollop  
served with cucumber-tomato salad

*Beef Tagine Served \$15*

with butternut squash and cilantro-orange couscous

*Lowcountry Crab Cake set on Grit Cake \$15*

served with asparagus and lemon-dill yogurt sauce

*Winter Mason Jar Salad \$15*

lemon pepper salmon, crumbled feta, mandarin oranges, pineapple chunks,  
kiwi, pomegranate, cucumber, carrots and spinach  
served with Charleston's balsamic vinaigrette

*Winter Orange Julius Smoothie \$9*

banana, vanilla protein powder, pineapple, kiwi, spinach and freshly squeezed orange juice

*Winter Overnight Oats \$8*

cinnamon, vanilla yogurt, kiwi and milk chocolate chips

### **Soups**

Quart Mason Jar \$12

*Lentils, Apples, Parsnips & Kale Soup*

with roasted vegetable crisps

*Spinach and White Bean*

with couscous and fresh parmesan

### **“Healthier Casseroles”**

*Cauliflower, Broccoli, Chicken “Mac” and Cheese Casserole*

Single \$9 - Family \$50

*Mexican Ground Turkey Quinoa Casserole*

Single \$9 - Family \$50

*Dried Cranberry, Almond Rice, Roasted Turkey & Brussels Sprouts Casserole*

Single \$9 - Family \$50

*Spaghetti Casserole (spicy or not spicy)*

Single \$9 - Family \$50

### **Winter Selections**

Additional Items for Building Your Own Meal

*Sweet Potato Gnocchi \$5*

*Crab Cake \$8*

*Buffalo Cauliflower \$4*

*Butternut Squash \$4*

*Roasted Beets \$4*

*Pint of Tuna Salad \$10*

*Pint of Chicken Salad \$10*