

HEALTHY & CONVENIENT



READY TO EAT

BREAKFAST

breakfast styled items that can be enjoyed any time of the day

BAKED OATMEAL	Slice \$7
Cinnamon Apple & Pecan	+ 2 sausage patties \$3
Pumpkin Spice	Whole \$35
CRUSTLESS QUICHE	Slice \$7
Spinach, Onion, White Cheddar	Whole \$37
Ham, Broccoli, Cheddar	
Sausage, Spinach, Cheddar	

ENTRÉES

four oz meal \$10-16 | six oz meal +2/+4 | eight oz meal +4

Visit website for detailed descriptions and choices.

HICKORY CHICKEN
with sugar free bbq sauce, bacon, cheddar
- side of broccoli - choice of potato
HERB ROASTED PORK TENDERLOIN
Carrots, and option of broccoli or roasted potatoes, with chimichurri sauce
ROAST WITH CARROTS
herb roast slices served with carrots and choice of petite potatoes or broccoli
CHICKEN VEGGIE BOWL
Chicken, broccoli, carrots, red onion, and zucchini.
Choice of half sweet potato or brown rice
MEDITERRANEAN CHICKEN BOWL
Chicken, red onion, tri-colored bell peppers, spinach, and chickpeas. Served with kalamata olives and cucumbers
Choice of Quinoa or brown rice
TERIYAKI CHICKEN
Teriyaki chicken with broccoli
Choice of cabbage or rice
CHICKEN FRIED RICE
diced carrots, peas, chicken, and egg with rice of choice
TOMATO BASIL PENNE
Gluten free penne, tossed in a tomato basil sauce, served with broccoli and your choice of protein
(or have it as a vegetarian entree)
CHICKEN ALFREDO PENNE
Blackened Chicken in a creamy Alfredo sauce, served over gluten-free Penne pasta. Served with broccoli.
Optional Spinach.
MEATLOAF
Carrot with broccoli or roasted potatoes
SHEPERD’S PIE
Ground beef and onions, then top with our garlic mashed cauliflower & house shredded cheddar.

NEW FAMILY MEALS

serves 4 people | starting at \$45

BBQ CHICKEN
with green beans and sweet potatoes
add cheddar cheese and bacon
TACO CASSEROLE
Rice, black beans, cheese
- choice of beef or chicken - add peppers & onion, sour cream salsa, queso, corn chips

MEATBALLS

ten piece \$10| fifteen piece \$15
seven piece meal with broccoli or cucumber salad \$13

GREEK BEEF MEATBALLS
SAUSAGE BALLS

SALADS

THE NEW YORKER SALAD	\$9
Romaine and arugula, white cheddar, Honeycrisp apples, basil pesto	
+ Red Onion + Bacon \$1 + Chicken \$3 / 4 oz, \$5 / 6 oz	
SPINACH SALAD	\$9
Spinach, walnuts, raisins, red onion, cucumber, tomatoes, feta, balsamic vinaigrette	
+ Chicken \$3 / 4 oz, \$5 / 6 oz	
TACO SALAD	\$10
Taco beef or chicken on iceberg/romaine blend served with queso blanco or salsa.	
+ Tomatoes/ Onions/ Black Beans/ Cheddar Cheese	

SOUPS

BLACK BEAN CHILI	\$6	CHICKEN TORTILLA	\$6
CREAMY TOMATO BASIL	\$5	VEGETABLE	\$6

A LA CARTE

build your own meal and add on snacks and sides

MEAT BY THE POUND	Chicken \$11/ Beef \$12
Beef: Taco Meat two 6 oz burger patties seasoned	
Chicken: Blackened Fajita Asian Buffalo BBQ	
CHICKEN SALAD	
Regular Buffalo Nuts & Berries (Pecans/Craisins)	
ONE Pound	\$12/13
PLUS celery sticks or GF toast (6 oz)	\$8
PLUS Stuffed Pepper (6 oz)	\$10
PIMENTO CHEESE (optional jalapños)	
8 oz container	\$7
Snack size with celery sticks or GF toast	\$9
HARD BOILED EGGS (half dozen)	\$6
SNACK PACK (boiled egg, cheddar, & pecans)	\$6
VEGETABLE SIDES FOR TWO	\$6-7
various options available	
SIDE SALAD	
lettuce, tomato, & cheddar, with Ranch	\$5
add egg / add onion / add bacon	\$1 / \$1 / \$.05
balsamic vinaigrette	\$1

OFFERED ON A ROTATION
OR OCCASIONAL BASIS

100% GLUTEN FREE • K-KETO • LC-LOW CARB • HC-
HEALTH CONSCIOUS • V-VEGETARIAN

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