

October & November 2026



100% GLUTEN FREE • READY TO EAT

HEALTHY • CONVENIENT

BREAKFAST

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

BAKED OATMEAL	Slice \$7
Pumpkin Chocolate Chip	+ 2 sausage patties \$3
Cinnamon Apple Pecan	Whole \$35
CRUSTLESS QUICHE	Slice \$7
Bacon, Ham, & Cheddar	Whole \$37
Spinach, Onion, & White 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
Served with sugar free BBQ sauce, bacon crumbles, and cheddar cheese. Served with broccoli and choice of potato.
BLACKENED CHICKEN
Sous Vide prepared chicken breast, seasoned with a mild blackened seasoning, served with rice and green beans
TURKEY POT PIE
serves with a side salad
SHEPHERD'S PIE
Specially seasoned ground beef with organic vegetables and onions topped with garlic mashed cauliflower and house shredded cheddar. Served with choice of vegetable.
HAMBURGER STEAK
Seasoned hamburger patty, generously topped with sauteed mushrooms and onions, served with one vegetable.
BEEF AND BROCCOLI
Beef and broccoli stir-fry with white rice.
ITALIAN SAUSAGE & ROASTED PEPPER PENNE
Mild Italian sausage with roasted bell peppers and onions, tossed with gluten-free penne and tomato basil sauce, finished with parmesan.
UNSTUFFED ITALIAN CHICKEN W/ PROVOLONE
Italian Chicken topped with spinach and provolone. Choose noodles or zoodles and one vegetable.
MAPLE GARLIC PORK TENDERLOIN
Sliced pork tenderloin finished with a maple-garlic glaze, served with roasted sweet potatoes and green beans.
SMOTHERED PORK TENDERLOIN
Sliced pork tenderloin topped with savory mushroom-onion gravy, served with roasted potatoes and green beans.

MEATBALLS/SAUSAGE BALLS

Meatballs: ten piece \$10| fifteen piece \$15
Meatballs: seven piece meal with choice of vegetable \$13
Sausage Balls: available in twenty piece \$15

SAUSAGE BALLS
CHICKEN PARMESAN MEATBALLS
BUFFALO CHICKEN MEATBALLS

SALADS

CHILI TACO SALAD
Chili Taco beef or chicken on iceberg/romaine blend served with queso blanco. Optional: Tomatoes & Red Onions
PUMPKIN SEED SPINACH
Chicken, spinach, toasted pumpkin seeds, cucumbers, red onion, and shredded parmesan. Optional: raisins. Served with sugar-free balsamic vinaigrette

SOUPS

TACO CHILI	\$6	BLACK BEAN CHILI	\$6
VEGETABLE	\$5	CHICKEN TORTILLA	\$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 Buffalo BBQ	
CHICKEN SALAD	
Regular Buffalo Nuts & Berries	
• ONE Pound	\$12/13
• PLUS celery sticks or GF toast (6 oz)	\$8
• PLUS Stuffed Pepper (6 oz)	\$10
PIMENTO CHEESE (optional jalapeño)	
• 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
HEATNEATTN.COM

