

My Conscious Plate Menu

Please submit order with a **minimum of 24 hours** notice due to some food shortages. We deliver daily. Orders must be submitted and paid for prior to or day of delivery. We accept Cash, Venmo, Zelle, and CashApp. We look forward to serving you.

Family Size Pricing Available!

Tips are appreciated

BREAKFAST & JUICES

- Avocado Mash Bagel wi/tomatos
- Matcha Overnight Cinnamon Apple Oats
- Choc Chip or Blueberry Pancake Batter (serves 4)
- Bountiful Berries Overnight Oats
- Blueberry Muffins (2)
- Chocolate Chip Muffins (2)
- Grateful Green Juice (12 oz)
- Morning Sunshine Juice (12 oz)
- Yogurt Parfait

- \$12
- \$14
- \$20
- \$15
- \$8
- \$8
- \$12
- \$12
- \$12



BREADS

- Large Challah Bread Loaf \$20
- Banana Bread Loaf \$15
- Pumpkin Bread \$15
- Cranberry Orange Scones (8) \$18
- Vanilla Almond Biscotti (12) \$18
- Cinnamon Rolls (8) \$18



STARTERS

Hummus with Pita or Veggies	\$15
Veggie Flatbread (Italian seasoned spread with arugula, cucumber, & tomato)	\$18
Seasoned Potato Wedges	\$15
Spinach Artichoke Dip with pita or chips	\$18
Cauliflower Buffalo Wings with Blue Cheez	\$18
Chick'n Nuggets with fries	\$15
House Salad with dressing	\$12
Tofu Lettuce Cups with rice (2)	\$15
Sweet Chili Sauce Meatballs (6)	\$15



SALADS

Falafal Salad with Tahini Dressing	\$14
Southwest Bean Salad	\$14
Broccoli Salad	\$14
Caesar Salad	\$15
Mixed Green Salad with Miso Ginger Dressing	\$14
Vinaigrette Dressing, or Dill Ranch	\$15



BURGERS, SANDWICHES & WRAPS

(SERVED ROOT CHIPS, FRIES, OR COLESLAW)

Pinto Walnut Beet Burger	\$16
Black Bean & Mushroom Burger	\$14
Veggie Burger	\$14
Sweet Potato Barbecue Burger	\$16
Philly Cheez Steak	\$16
No Tuna Chickpea Salad Sandwich	\$15
Thai Tofu Wraps (2)	\$16
Buffalo Chicken Wrap (2)	\$18
Sloppy Lentil Joe	\$14
Egg Salad Sandwich	\$14
Italian Jackpot Sandwich	\$18
Veggie Rice Bean Burrito	\$14



ENTREES (FAMILY SIZE TRAYS)

AVAILABLE~PRICE PER TRAY VARIES)

(SERVED WITH YOUR CHOICE OF SIDE SALAD OR FRUIT SALAD)

Veggie Lasagna (\$55)	\$18
Veggie Pizza (Full size only)	\$18
Sausage & Mushroom Pizza (full size only)	\$22
2 Stuffed Peppers (\$50)	\$22
Fettuccine Alfredo w/roasted broccoli (\$55)	\$22
Spinach & Broccoli Enchiladas (\$50)	\$18
Veggie Meatloaf (\$45)	\$20
Cheezy Broccoli Rice Casserole (\$55)	\$18
Mac and Cheese (\$55)	\$18
2 Chipotle Sweet Potato Burritos (\$50)	\$18
2 Slices Spinach & Broccoli Quiche (\$40)	\$18



(full tray price, not including sides)

SIDES, SOUPS, DRESSINGS, & DIPS

Potato Salad (16 oz or 32 oz)	\$16 \$28
Fruit Salad (16 oz or 32 oz)	\$15 \$24
Coleslaw (16 oz or 32 oz)	\$15 \$24
Sweet Potato Fries	\$15
Seasoned Potato Wedges	\$12
Root Potato Chips	\$8
Creamy Italian Dip/Spread	\$14
Vegetable Soup Bowl (16 oz or 32 oz)	\$16 \$28
Cream of Broccoli Soup (16 oz or 32 oz)	\$16 \$28
Chillin Chili with Corn Chips & Cheese	\$18 \$28
Miso Ginger Dressing	\$12
Ranch Dill Dressing	\$12
Blue Cheez Dressing	\$12
Balsamic Dressing	\$12

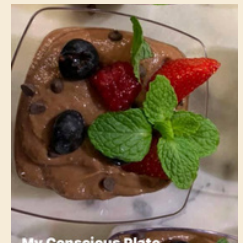


DELICIOUS DESSERTS

(HEARTY SLICES OF YUMMINESS!)

- Creamy Cheesecake
- Date Oat Bars
- Chocolate Mousse
- Peanut Butter Cream Pie
- Apple Crisp Pie
- Buckeye Candy (6 pieces)
- Chocolate Chip Cookies (6)
- Peanut Butter Cookies (6)
- Strawberry Topped Vanilla Cupcakes (2)
- Lemon Poppy Cake
- Fudgy Chocolate Cupcakes (2)
- Chewy Yummy Brownies
- Vanilla Icecream Peanut Parfait with Fudge
- Vanilla Cake with Raspberry or Strawberry Filling

- \$14**
- \$12**
- \$14**
- \$10**
- \$14**
- \$10**
- \$10**
- \$10**
- \$5**
- \$12**
- \$6**
- \$12**
- \$14**
- \$14**



*Need a whole cake, pie, or a dozen of the cupcakes, cookies, candy, or date bars? We cater to your sweet tooth.