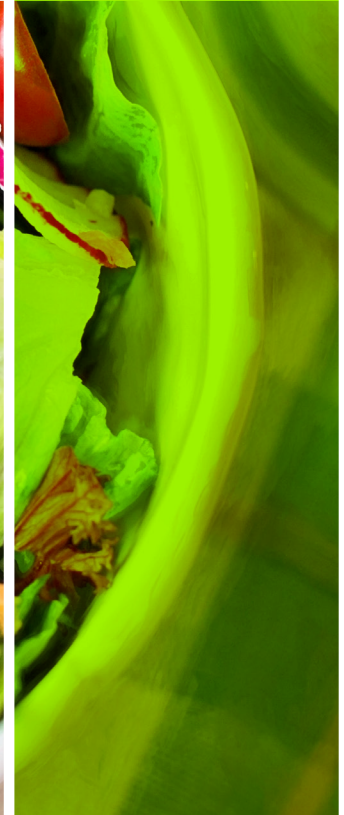



With a little advance meal planning, you'll already know the answer to the question—What's for dinner tonight? To keep it easy, we've created a simple, well balanced meal selection. The best part about this is: You don't have to cook or leave the safety and comfort of your home. WE DELIVER or CURB SIDE PICKUP!



Our In A Minute Meals 2GO can be real timesavers. Great examples are our Fresh Cut Veggies that eliminate prep time, Oven-Safe Meat and Seafood Entrees, and Power Meals, complete, highly nutritious meals.





▶ Keto Citrus Salmon Salad	217 cal
▶ Chicken Caesar Salad	310 cal
▶ Pesto Shrimp w/ Squash & Zucchini	300 cal
▶ Teriyaki Chicken & Cauliflower Rice	310 cal
▶ Shrimp & Cauliflower Grits	260 cal
▶ Curry Crab Cake & Mixed Squash	520 cal
▶ Turkey Meatloaf w/ Cauliflower Mashed Potatoes and Green Beans	320 cal
▶ Pork Chops w/ Baked Apple Slices and Asparagus	360 cal
▶ Chicken Parmesan w/ Spaghetti and Green Beans	820 cal
▶ Crab Cake w/ Spinach and Asparagus	520 cal

▶ 6oz Grilled Salmon w/ Brussels and Red Potatoes	320 cal
▶ Beef Meatloaf w/ Whipped Yukon Gold Potatoes and Asparagus	570 cal
▶ Penne Alfredo w/ Chicken Breast Strips and Peas	890 cal
▶ Spaghetti & Meatballs w/ Steamed Broccoli	820 cal
▶ Cobb Salad	490 cal
▶ 6oz Crab Stuffed Salmon w/ Brussels and Red Potatoes	600 cal
▶ Chicken Noodle Soup (16 oz)	260 cal
▶ Crab Bisque (16 oz)	460 cal



In A Minute Cafe

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