

# Chef Ellie Rose the kitchen

## What's Cooking

JAN 13-16



We've been thrilled to return to the kitchen this month! If you missed out on lunch last week, no worries. Our menu will remain the same throughout the month, so that tempting Buffalo Chicken Salad or Blackened Mahi you had your eye on is still up for grabs!

Additionally, our new offerings in the gym cooler, such as electrolyte tea and protein snack wraps, are flying off the shelves. We'll be restocking them as soon as possible!

### Take Home Dinners Are Back!

With temperatures dropping this week and flu season upon us, it's time to get cozy. Enjoy easy comforting options like our hearty Chicken Pot

Pies or Beef & Mushroom Stroganoff.

Stay healthy with our Chicken Noodle Soup, made from our slow-cooked organic bone broth, tender shredded chicken, and fresh veggies.

\*Gluten-free noodles are also available!



Beef & Mushroom  
Stroganoff

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