

BROTH & SALADS

FORTFIED BONE BROTH 8 **OVERNIGHT OATS** 8

Sprouted Oats, Chia Seeds, Hemp Hearts, Coconut Milk, Vanilla- Cinamon Scented with Seasonal Berry and Toasted Pecans

Ginger, Tumeric, Meyer Lemon

14 **ORGANIC PULLED CHICKEN ARUGULA SALAD**

Grapefruit, Avocado, Blue Cheese and Simple Vinaigrette

MEZE PLATTER

14

Beet, Edamame, Traditional Hummus, Greek Yogurt Tzatziki, Pita, Persian Cucumber

CHEF'S CHOICE 13

Romaine, Spinach, Tomato, Guac, Garbanzo Beans, Toasted Cashews, Cucumber, Hard Boiled Egg, Edamame, Peppercinis, Simple Vinaigrette

ENTREES

GRASS FED TENDERLOIN 25 MEDALLIONS

Grass Fed Tenderloin Steak, Sweet Potatoes, Broccolini

TURKEY BURGER PROTEIN 15 STYLE

Iceberg Lettuce, Tomato, Caramelized **Onions, Special Sauce**

BRAISED BEEF ENCHIRITO 19

Red And Green Salsa, Pico De Gallo, Citrus Crema, Brown Rice Spinach

MOM'S MEATLOAF

21

19

21

Organic Ground Turkey, Beef, Tomato Glazed, Basil, Broccoli

ORGANIC CHICKEN BREAST

Blistered Carrots, Brocolini, Meyer Lemon- Curry Bone Broth Au Jus

GRASS FED STUFFED MEATBALLS

3 Grass Fed Meatballs Stuffed with

CHIMICHURRI STEAK TACOS 21

Peppers, Onions, Garlic, Chipotle-Lime Crema, Guacamole, Gluten Free Tortilla

23 **RED WINE BRAISED SHORT RIBS**

7 Root Vegetables, Hearty Tomato Broth, Pesto

PAN SEARED SALMON 23

Stuffed with Paquillo Peppers, Spinach, Tomato Herb Broth

STEAK FRITTES

24

Herb Marinated Grass Fed Sirloin Steak, Sweet Potatoes, Broccolini

Gruyere Cheese, Tomato Basil Sauce, Chick Pea Pasta & Prosciutto

PAN SEARED SEA BASS

24

Cashew Raisin Soy-Butter, Market Vegetables

CHICKEN CHILE

Garbonzo Beans, Black Beans, Tomato, Peppers, Onions, Mushrooms, Basil, Mint, Cilantro, Thyme, Cumin, Coriander, Curry infused Broth

HOW TO PLACE YOUR ORDER

- 1. MINIMUM 5 ENTREES TO QUALIFY FOR DELIVERY
- 2. SEND ORDERS TO JOHNNYCOOKFAST@GMAIL.COM
- 3. LINK TO PAY WILL BE SENT ONCE ORDERS RECEIVED
- 4. PAYMENT DUE BEFORE DELIVERY
- 5. DELIVERY AVAILABLE MONDAY BETWEEN 10AM-4PM
- 6. SUBMIT BEST ADDRESS AND TIME FOR DELIVERY WITH ORDER

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