

BLF Take Home Comfort Food Menu

Dinners and More for Take Home

Order online, Confirm Receipt, Pick-Up or Limited Delivery
Perfect for Care Packages when you want to provide some comfort and love.
Open for pick-up in our Nonantum Kitchen 11am -4pm
Monday to Friday or by chance

Hand Held Pies:

Empanadas – hand rolled. Bake off at home. 6 medium sized, serves 2-3 people. \$21
Flavors vary: seasoned chicken, vegetarian, pork or beef. All served with a cilantro-lime sauce.

Soups by the Quart: serves 2-4

Kahlua Chili with cornbread – \$18

Guinness Beef Stew - \$18

Chicken Chili - \$16

Chicken, Spinach & Orzo Soup - \$16

Family Dinners – 8" serves 4 people, some available Gluten Free upon request. Some items may need to be prepared, but they will be worth the wait.

Chicken Pot Pie with a side of cranberry -\$20

Butternut Squash Lasagna with spinach and béchamel \$20

Traditional Shepard's Pie aka Cottage Pie - \$20

Mushroom Lasagna - white sauce \$20

Indonesian Chicken Cottage Pie Indonesian spices, sweet potato top - \$20

Chicken Croquette mashed potatoes, vegetables - \$20

Homestyle Meatloaf ketchup-based top, mashed potatoes, vegetables - \$20

For the kids, big and small **Mac 'n Cheese** - \$15 **Corn Flake Chicken** - \$10

All dinners come frozen and ready to bake off at home. We may not always have every item in stock and you may have to wait a day or two until we prepare more

Desserts, Breads

Whoopie Pies \$3 each or 6 for \$17 - chocolate or pumkkin Please inquire.

Irish Soda Bread - 9" single loaf \$10 or 3 Individual for \$11

Tea Breads- flavors vary please inquire - Loaf \$6

Cookie Platter or bagged \$12 per dozen, Please ask us about varieties or let us select for you.

Assorted Brownies & Bars - \$4.00 (4per bag, please inquire about flavors)

Cooking at home? - Depot Spice:

Depot Spice Kraft Brown Container - \$10

Perfect for when you're cooking from scratch.

Depot Spice Flavor Trio - Red, Lemon and Rosemary. Glass Bottles, Great Gift! \$27 or \$9.95ea

To Order Visit: www.betterlifefood.com/shop/ols/products

Looking for something a little more special?

Asked us about Private Catering: Weddings, Mitzvah's and Family Celebrations

Corporate Lunches: Meetings, Networking, Dinners and Social Events.



158 Adams Street
Newton, MA 02458

Phone: 781-354-2077
Email: eatbetter@betterlifefood.com
www.betterlifefood.com