

## OTB'S BUILD YOUR OWN MEAL PREP ORDER FORM

WIIN 01	
YOUR NAME:	PICK UP OR DELIVERY:
PHONE NUMBER:	DELIVERY ADDRESS:
EMAIL ADDRESS:	





## How To Place an Order

Step.

GO TO <u>HTTPS://OTBCARRYOUT.COM/MEAL-PREP</u>
PURCHASE THE BUILD YOUR OWN MEAL PREP ITEM

Step 2

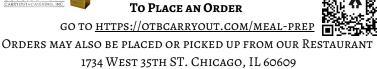
Make your Selections By Clicking Here

Our restaurant is open Thursday-Sunday from 11 AM-7 PM 1734 W 35th St. Chicago, IL 60609

## Delivery 1 Sunday

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# Delivery 2 Thursday

	3 Lunches
	3 Dinners
ALLE	rgies or Things we Should Know

We look forward to feeding you.

Please give us a call at 773-475-6533 or email

orders@otbcarryout if you have any questions



OTB's Build Jour Own Meal Prep order \$175 per week Selections \$175 per week

This Plan includes a total of 14 meals per week. 8 meals are delivered on Sunday, 6 meals are delivered on Thursday.

Please select one entree and two sides or One Full-Size Salad per meal.

Please limit your Salmon selections to no more than 4 per week. Additional selections will be invoiced at \$3 each.

#### Entrees

Honey BBQ Salmon
Cajun Salmon
Salmon & Herbs
Jerk Salmon
Lamb Chops +\$5
Beef Short Ribs +\$5
Beef Ribeye Steak +\$5
Crab Cakes +3
Cajun Pork Chop
Cajun Chicken Breast
Jerk Chicken
Honey BBQ Vegan Meatloaf

#### Sides

Meka's Mac & Cheese. Seasonal Veggies Broccoli Dirty Rice Yellow Rice Red Beans & Rice Grandma's Greens Sauteed Spinach Vegan Mac & Cheese Southern Sweet Potatoes Cabbage Smashed Potatoes Asparagus Garlic Butter Baby Red Potatoes Caesar Salad Garden Salad

#### **Pastas**

Veggie Lasagna Vegan Lasagna Three Meat Lasagna Jerk Chicken & Shrimp Alfredo Pasta Garlic Shrimp & Veggies OTB's Original Cajun Pasta Caiun Veggie Pasta Jerk Chicken & Shrimp Alfredo Pasta Veggie Meatball Marinara Creamy Spinach & Mushroom Alfredo Pasta Vegan Veggie Mac & Cheese Fettuccini Alfredo Fettuccini Alfredo with Chicken or Shrimp Pasta selections include one garden salad with your choice of dressing. Blue Cheese, Ranch, French, Italian, Honey Mustard or Balsamic Vinaigrette.

### Salads

\*Caesar Salad Romaine lettuce, croutons, and parmesan cheese with caesar dressing.

\*Baby Spinach & Apple Pecan Salad Organic Spring Mix, Apples, Candied Pecans, Cranberries, and Feta Cheese with a raspberry vinaigrette.

\*Strawberry Walnut Salad Organic Spring Mix, Sliced Strawberries, Feta Cheese, and Glazed Walnuts with Raspberry Vinaigrette.

\*Garden Salad Organic Spring Mix, Cucumbers, Cherry Tomatoes, Red Onions, and Mild Cheddar Cheese with your choice of dressing. Blue Cheese, Ranch, French, Italian, Honey Mustard, or Balsamic Vinaigrette.

\*Super Spinach Salad- Spinach, Quinoa, Cranberries, Shredded Carrots, Cherry Tomatoes and Poppyseed Dressing.

Turkey Taco Salad- Organic Spring Mix, Black Beans, Corn, Small Diced Red Peppers, and Mexican Cheese with Creamy Salsa Dressing.

\*Please let us know if you wish to add chicken or shrimp to your salad.

#### To Place an Order

GO TO HTTPS://OTBCARRYOUT.COM/MEAL-PREP
ORDERS MAY ALSO BE PLACED OR PICKED UP FROM OUR RESTAURANT
1734 WEST 35TH ST. CHICAGO, IL 60609