

# MENU

## What's Fresh This Week

February 8, 2010

For our TWO convenient pick-up locations, please go to our website [TheEpicureanChef.com](http://TheEpicureanChef.com) for addresses, maps, business hours and contacts. Thank you!!

### 'SWEET OF THE WEEK'

#### Fresh Blueberry Pie

DIABETIC FRIENDLY-SUGAR FREE

(Hand-rolled double crusted Blueberry pie with puree'd dates, shredded apple and hints of lemon . . . Take home, refrigerate and serve with whipped cream. Enjoy! . . . \$12 each. Available starting WEDNESDAY).

#### Hi-Protein Granola Bars

GLUTEN FREE & DIABETIC FRIENDLY

(Organic rolled oats with soy protein powder, flax seed meal, puree'd dates, peanut butter, raw pumpkin seeds, and raw sunflower seeds . . . \$10 each. Available starting WEDNESDAY).

### 'CLASSIC CUISINE'

The following are highly requested customer favorites. Classic gourmet, but no butter . . . we steam saute' or use grape-seed oil.

#### Lemony Chicken Salad

GLUTEN-FREE

(Fresh, hand shredded and chopped chicken breast with celery, red bell peppers, lemon zest and fresh squeezed lemon juice make our chicken salad the freshest in town! One size \$7 for 16 oz. Available starting TUESDAY).

#### Tuscan Tuna Salad with Fennel

GLUTEN-FREE

(This is the best tuna salad you'll ever taste without the heavy mayo! Crunchy, with celery, hints of fennel and red onions with capers and fresh lemon juice . . . Serve over mixed greens or with whole grain crackers for a delicious protein packed meal. . . \$2.50 each Available starting TUESDAY).

#### Roasted Vegetables Over Gorgonzola Millet-Polenta with Honey Drizzle & Walnuts

GLUTEN-FREE & CONTAINS NO BUTTER

(Sweet caramelized roasted carrots, zucchini squash, portabellini mushrooms with hints of thyme and basil over whole grain millet polenta with veggie cheese and gorgonzola with fresh organic honey and crunchy walnut pieces . . . Serve with a green salad as a complete protein and low-fat meal . . . \$12 each. Available starting WEDNESDAY).

#### Italian Cioppino

GLUTEN-FREE

(The legacy of San Francisco's Italian and Portuguese immigrants lives on in this healthy take on this classic favorite with subtle touch of fennel to the tomato-based stew with wild salmon, shrimp, kale, quinoa, and Italian herbs. . . \$7 for 16 oz. each Available starting WEDNESDAY).

### 'HEALTHY LIVING CUISINE'

The following are low-sodium, low-fat, naturally nutritious with five different vegetables making it a complete plant based protein meal . . .

#### Creamy Porcini, Shiitake & Cremini Mushroom Soup with Kale

GLUTEN-FREE

(This earthy and rich soup thick with three mushrooms braised with hints of thyme, and creamy puree'd raw cashews . . . Serve with warm crusty bread or over whole grain pasta. \$7 each Available starting TUESDAY).

#### French Onion Soup with Mushrooms

DAIRY-FREE & GLUTEN-FREE

(This healthy take on a French classic with onions, shallots, leeks and hearty mushrooms with quinoa . . . Serve with crusty bread and melted low-fat Swiss cheese on top . . . \$7 each Available starting TUESDAY).

#### Curry Lentil & Roasted Carrot Soup

GLUTEN-FREE

(Spicy and fragrant curry with turmeric, tomatoes, lentils, roasted carrots, celery, onions, garlic, and kale with sliced fresh lemon . . . Serve with hot flatbread . . . \$7 each Available starting WEDNESDAY).

#### Southern Style Black-Eyed Pea Soup with Kale

GLUTEN-FREE

(This hearty high protein soup has red bell peppers, carrots, celery, black eyed peas, and kale with hints of spicy red pepper, bay leaf and allspice . . . Serve with Rachel Solano's warm crusty bread. \$7 each Available starting WEDNESDAY).

#### Kreamy Kale

GLUTEN-FREE

(Our very own braised kale with puree'd raw cashews is VEGAN & GLUTEN-FREE makes the perfect side dish to any meal. Its so nutritious and lowfat and worth its weight in iron, calcium, and fiber . . . If you love spinach, you need to try this! \$7 each Available starting WEDNESDAY).

#### Roasted Vegetable Lasagna

DAIRY-FREE & LOW CARB

(Made lower carb with one layer of whole grain lasagna noodles, stacked with roasted red bell peppers, roasted carrots, sweet potatoes, green beans, and roasted eggplant with vegan tofu ricotta and a rich marinara with fresh herbs, kale and mushrooms and topped with a slight sprinkling of veggie cheese shreds . . . Naturally LOW FAT and LOW SODIUM! \$20 serves 4. Available starting WEDNESDAY).

### 'KID FRIENDLY CUISINE'

The following are highly nutritious in iron and calcium, and low-fat with whole vegetable puree's that kids don't notice, but will later appreciate . . . All are KID APPROVED and may contain DAIRY.

#### Chocolate, Chocolate Chip Muffins

VEGAN & SUGAR FREE/ DIABETIC FRIENDLY

(Made with spelt flour, puree'd dates and shredded green zucchini with organic cocoa powder and chocolate chips . . . Contains no dairy, no butter and no eggs . . . Naturally delicious and kid approved . . . \$10/dozen or \$5/half-dozen Available starting WEDNESDAY).

**\*Some people with wheat allergies or wheat intolerance tolerate spelt.**

#### Rigatoni Lasagna

(Made with turkey sausage, NEW RECIPE home-made meatballs made with ground chicken, ground bison, and ground turkey in a rich marinara sauce with puree'd carrots, sweet potatoes, mushrooms, kale and Italian spices and layered with rigatoni pasta covered with ricotta, cottage, mozzarella, and parmesan cheese . . . This dish contains DAIRY. Naturally delicious and kid approved . . . \$20 serves 4. Available starting WEDNESDAY).

#### Tuscan White Bean Soup with Pesto

GLUTEN FREE

(Tender white cannellini beans with celery, carrots and Italian spices with bits of kale and hints of smoky bacon. NO WHEAT. . . Naturally delicious and kid approved . . . \$20 serves 4. Available starting WEDNESDAY).

#### Chicken Cacciatore

GLUTEN FREE

(Made with 3 hour braised tender chicken in a hearty Italian hunter's stew with carrots, celery, tomatoes, mushrooms, fresh Italian herbs and spices over creamy whole grain millet polenta . . . This dish contains NO DAIRY, NO WHEAT. . . Naturally delicious and kid approved . . . \$20 serves 4. Available starting WEDNESDAY).

**\*Delivery is available upon special request (\$7).**

Sorry, we are no longer reserving dishes due to increased demand and dishes that never got picked up . . . please email if you need large orders at [TheEpicureanChef.com](http://TheEpicureanChef.com)

**HALF PRICE FREEZER SALE!!!**

Everything in the freezer is half off . . . Come check it out and have a back-up dish on hand.

Devoted to good food and your comfort everyday,

The Epicurean Chef

