



# MENU

## What's Fresh This Week

March 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'

#### Almond Apple Tart

DAIRY FREE & GLUTEN-FREE

(Tart and sweet granny smith apples on top of a gluten free almond crust. Serve with crème fraiche. Enjoy! . . . \$12 each. Available starting **THURSDAY**).

#### Strawberry Plum Cheesecake

GLUTEN FREE & DAIRY FREE

(Fresh plums and strawberries with puree'd tofu, raw cashews, dates, and tofutti cream cheese with snicker doodle, pecan and date sugar crust. . . \$20 each. Available starting **THURSDAY**).

### 'CLASSIC CUISINE'

The following are highly requested customer favorites. Classic gourmet, but no butter . . . we steam saute' or use Santorini olive 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 \$3.50 for 8 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**).

#### Prosciutto, Leek & Three Cheese Quiche

GLUTEN-FREE

(Prosciutto, tender leeks, goat cheese, Monterey jack, mozzarella and parmesan cheese in a roasted red potato crust . . . \$12 each. Available starting **WEDNESDAY**).

#### Coq Au Vin

GLUTEN-FREE

(French hunters stew with braised chicken, earthy mushrooms, carrots, celery, onion, fresh herbs and bits of kale, served over mashed red potatoes . . . Enjoy! \$20 serves four people. Available starting **WEDNESDAY**).

#### Shrimp Bisque

GLUTEN-FREE

(Derived from the Bay of Biscay, this rich twice cooked shrimp soup made creamy with puree'd carrots, sweet potatoes, roasted red bell peppers, celery, quinoa, and barley. . . This dish contains DAIRY . . . Serve with Rachel Solano's hot crusty bread from Gourmet Gallery. Enjoy! \$7 for 16 oz. each Available starting **TUESDAY**).

### 'HEALTHY LIVING CUISINE'

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

#### 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**).

#### Curried Apple, Parsnip & Red Potato Soup

GLUTEN-FREE

(This English inspired recipe has been embellished with five different vegetables to include celery, onions, parsnips, tart green apple and red potato. My kids love this soup! \$7 each Available starting **TUESDAY**).

#### 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 **TUESDAY**).

#### Krispy Kale

GLUTEN-FREE & DAIRY FREE

(Freshly torn kale, washed, tossed lightly with olive oil and salt in gallon sized bags ready for you to take home and roast at 375 degrees for 8-12 minutes and serve! Then watch it disappear . . . \$5 each Available starting **WEDNESDAY**).

#### Creamy Kale & Mashed Red Potatoes

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**).

#### Veggie Meatloaf

(You won't believe that its VEGAN 'meat' loaf with whole grain wheatberries, Ezekiel sprouted grain bread crumbs, with lentils, ground raw walnut, soy protein, puree'd raw cashews, and kale . . . Your taste buds won't miss the meat! \$15 serves 4 or single servings available for \$5 each. 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/ DIABLETIC 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.**

#### 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**).

#### Cajun Stew

DAIRY-FREE & GLUTEN FREE

(Braised for several hours in Cajun spices with beef sausage, chicken breasts and shrimp in a rich sauce with tender carrots, celery, tomatoes, and puree'd roasted red bell peppers over mashed red potatoes. . . This dish contains NO DAIRY, NO WHEAT. . . . Naturally delicious and kid approved . . . \$20 serves 4. Available starting **WEDNESDAY**).

#### Classic Chicken Spaghetti

(Made with tender hand shredded chicken breasts with celery, water-chestnuts, onions, and puree'd tofu with thin spaghetti, cheddar cheese and a whole sprouted grain Ezekiel bread crumb crust with freshly ground flax seed meal . . . This dish contains DAIRY. Naturally delicious and kid approved and rich in Iron and Calcium. . . . \$20 serves 4. Available starting **WEDNESDAY**).

### 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

