



MENU

What's Fresh This Week

July 19, 2010

For our **THREE** convenient pick-up locations, please go to our website TheEpicureanChef.com for addresses, maps, business hours and contacts. Thank you!!

'SWEET OF THE WEEK'

Fresh Summer Cherry Apple Pie

DIABETIC FRIENDLY-SUGAR FREE

Naturally sweetened with puree'd dates, fresh bing cherries and tart granny smith apples in a hand rolled double crusted pie. Serve with soy ice cream . . . Enjoy! . . . \$15 each. Available starting **THURSDAY EVE**.

White Chocolate Ginger Cheesecake with Fresh Diced Mango

GLUTEN FREE & DAIRY FREE

Velvety white chocolate Vegan & Gluten-Free cheesecake made with Tofutti cream cheese and infused with ginger, and diced fresh peaches over our very own pecan and 'graham cracker-like' crust. \$12 serves 2 people or \$20 for a whole 6" cheesecake which feeds 6 people. 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

One size \$4.50 for 8 oz. Available starting **TUESDAY** every week!

Tuscan Tuna Salad with Fennel

GLUTEN-FREE & DAIRY-FREE

One size \$3.50 for 8 oz. Available starting **TUESDAY** every week!

Mediterranean Shrimp Torta with Sofrito Rice Crust and Manchego Cheese

GLUTEN-FREE

Fresh Mediterranean herb marinated shrimp with roasted seasonal vegetables over a sofrito seared rice crust tossed with Manchego three cheese blend . . . Serve with a garden salad for a light supper. Enjoy! \$12 each. Available starting **WEDNESDAY**.

Portuguese Saffron Seafood Soup

DAIRY-FREE & GLUTEN-FREE

Portugal is a seafaring nation which influences this mainstay dish with rich full flavors of saffron, cod, shrimp, with seasonal vegetables, quinoa and bits of kale. . . \$7 for 16 oz serves 2. Available starting **TUESDAY**.

Tandoori Chicken over Quinoa Basmati served with Creamy Kale

DAIRY-FREE & GLUTEN-FREE

Tender spice rubbed marinated chicken with soy yogurt, grilled and braised tender and served over cinnamon infused quinoa basmati and creamy kale . . . 8x8 pan is \$18 for FRESH or \$12 for FROZEN serves 4. 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 . . .

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**).

Thai Lemongrass Coconut Soup with Mushrooms

GLUTEN FREE & DAIRY FREE

Thailand's comfort soup is made Vegan in a vegetable, lemon grass, coconut and mushrooms broth with red bell pepper, carrot, kale, quinoa with fresh cilantro, basil and Kafir Lime leaves. This dish contains NO DAIRY. . . Serve hot over brown rice or rice noodles. Enjoy! 16 oz. serves 2 people for \$7. Available starting **WEDNESDAY**

Ginger Veggie Beef Soup

DAIRY-FREE & GLUTEN-FREE

A quintessential ingredient of Asian cooking, its digestive and healing properties are brought to your table in a delicious heartwarming soup of seasonal vegetables, quinoa, bits of kale, gluten free noodles and veggie meat, finished with fresh cilantro. 16 oz. serves 2 people for \$7. Available starting **TUESDAY**.

Quinoa Tabouleh Salad

GLUTEN-FREE & DAIRY FREE

Hi protein whole grain quinoa with chickpeas, cool cucumber, diced red peppers, cilantro, mint, and parsley with hints of cumin and garlic, fresh lemon juice & Mediterranean spices . . . \$7 each . . . Enjoy with grilled salmon or as a perfect protein rich meal! \$7 each Available starting **WEDNESDAY**.

Vegan Shepherd's Pie

GLUTEN-FREE & DAIRY FREE

A rich 'beefy' flavored mushroom, carrots, tomatoes, sweet potatoes, celery, kale, and quinoa stew with veggie beef under mashed red potatoes . . . You won't believe your taste buds that here's no dairy or meat! 8x8 pan is \$18 for FRESH or \$12 for FROZEN serves 4. Available starting **WEDNESDAY**.

Vietnamese Curried Vegetables with Veggie Chicken

GLUTEN-FREE & DAIRY-FREE

Fragrant blend of yellow curry, turmeric, onion, parsnips, carrots, eggplant, sweet potatoes, carrots, veggie chicken and green beans in a velvety coconut sauce served over fragrant cinnamon brown rice. . . 8x8 pan is \$18 for FRESH or \$12 for FROZEN serves 4. Available starting **WEDNESDAY**.

Kreamy Kale

GLUTEN-FREE & DAIRY FREE

Our very own braised kale with puree'd raw cashews . . . VEGAN & GLUTEN-FREE and 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! 16 oz. is \$7 each. Available starting **WEDNESDAY**.

'KID FRIENDLY CUISINE'

The following are highly concentrated with iron and calcium, with whole vegetable puree's that kids don't notice, but will later appreciate . . .

All are **KID APPROVED** and may contain **DAIRY**.

Chocolate Chip Muffins

VEGAN & SUGAR FREE/ DIABETIC FRIENDLY

Made with spelt flour, puree'd dates and shredded yellow squash 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.**

Ginger Bison & Noodle Soup

DAIRY-FREE & GLUTEN-FREE

Classic Thai comfort soup in a bowl with ground bison, ginger, carrots, celery, haricot verts, bits of kale and gluten free bean thread noodles. \$7 for 16 oz. each. Available starting **TUESDAY**.

Braised Korean Barbeque Style Bison over Quinoa Brown Rice & Coconut Green Beans

GLUTEN-FREE & DAIRY FREE

Tender braised bison with Korean seasonings, served over fragrant brown rice with quinoa and our very own coconut green beans . . . 8x8 pan \$18 for FRESH or \$12 for FROZEN 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 grain bread crumb crust with freshly ground flax seed meal . . . This dish contains **DAIRY**. Naturally delicious and kid approved and rich in Iron and Calcium. . . 8x8 pan \$18 for FRESH or \$12 for FROZEN serves 4. Available starting **WEDNESDAY**.

FREEZER SALE!!!

Everything in the freezer is on **SALE** . . . Come check it out and have a back-up dish on hand. Devoted to good food and your comfort everyday,

The Epicurean Chef

