



SMART EATS

Signature Meals

Pick up: Saturday 10-11 a.m. and 4-9 p.m.

Breakfast

Breakfast Quesadilla \$10



Garlic parmesan hash browns, scrambled eggs, sauteed peppers, onions, and mushrooms topped with chicken breakfast sausage

Apple Pie Overnight
Oats \$10

Baked cinnamon oats stuffed with a strawberry chia seed jam, finished with cinnamon coconut sugar.

Main Meals

BBQ Meatballs Bowl \$13

Ground turkey meatballs cooked in BBQ sauce served over a high protein mac and cheese with roasted Brussels sprouts, topped with BBQ sauce.

Chicken Philly Bowl \$13



Chopped chicken Philly, over mushrooms, peppers, and onions, and seasoned rice topped with shredded provolone mozzarella cheese and a side of horseradish yogurt sauce.

Build Your Own Buffalo
Shrimp Taco \$13



Buffalo seasoned sauteed shrimp, cabbage slaw, black bean, and corn salsa, served with 2 tortillas and a jalapeno herb crema.

Salad of the Month

Buffalo Kale Salad \$13

Chopped kale, parmesan, buffalo seasoned chicken, chickpeas, sourdough buffalo blue seasoned crouton crumble, lemony yogurt Caesar dressing

Family Meal

Take & Bake Spicy Pepperoni
Pizza & Salad \$40

(Feeds 4-6)

Spicy pepperoni pizza with the choice of a House or Buffalo Kale Salad.

Meals are good for 5 days
Meals are made fresh
New menu every two weeks

We would love to hear about your meals on social media or Google Review!

@planshoplive