

Specials

INTELLIGENT GOURMET
eat fresh & be happy

December 10th - December 15th

Weekly Burgers

ITALIAN TURKEY BURGER- 6 OZ. | 6.75 EA.

GLUTEN FREE | KETO DIET

Our certified ground turkey is mixed with a blend of seasonings to give it just the right flavor grilled & topped with melted mozzarella and house marinara

Calories: 345 | Carbs: 8g | Fat: 11g | Fiber: 2g | Protein: 28g | Sugar: 5g

ORGANIC BEEF CHRISTMAS BURGER- 6 OZ. | 9.50 EA.

GLUTEN FREE | KETO DIET

Our certified ground turkey is mixed with a blend of seasonings to give it just the right flavor grilled & topped with melted mozzarella and house marinara

Calories: 398 | Carbs: 7g | Fat: 20g | Fiber: 2g | Protein: 34g | Sugar: 6g

FARRO & WHITE BEAN BOWL | 13.99 /LB

DAIRY FREE | SOY FREE | VEGAN

Hearty and protein filled with ancient grain pearled Farro , creamy white beans, fresh tomato, and finished with a house made parsley and basil pesto .

RED CURRY & CAULIFLOWER "SAUSAGE" | 14.50 #.

DAIRY FREE | GLUTEN FREE | SOY FREE | VEGAN

Organic Cauliflower , chickpeas, beyond meat sausage with fresh ginger, red onion and a beautiful coconut mylk curry sauce.

KETO CHEESEY MEATBALLS | 13.99/#

GLUTEN FREE | KETO DIET

Cheese meatballs are soft, juicy and tender, simmered in a rustic low sugar house marinara. Calorie 239| Fat 16 G | Carbs 8 G | Sugar 4 G | Protein 31G.

GRILLED CHICKEN MARSALA | 7.50/EA

DAIRY FREE | GLUTEN FREE | KETO

Client favorite uses fresh crimini mushrooms, in our house bone broth with dry marsala wine. Calories 298 | Fat 12 g | carbs 6 | Fiber 2 g | 4 G Sugar | protein 35 g

FRESH WHOLE SALMON | 24.99/LB.

DAIRY FREE | GLUTEN FREE | KETO DIET

Our salmon needs minimal seasoning to enhance the flavor so we lightly season with coarse sea salt before grilling to a perfect MR

