

BAKED EMPANADAS

Beef 100% grass-fed, bell peppers, white cheddar, onions

Chicken chicken thighs, sweet potatoes, white cheddar, onions

Pulled Pork slow-cooked pork shoulder, carrots, onions

Steak shaved carrots, red onions, chichuahua & cheddar cheese

Greek chicken thighs, Kalamata olives, dates, roasted garlic, feta

Roasted Veggie broccoli, cauliflounder, zucchini, parmesan **V**

Spinach-Mushroom roasted brown butter garlic, feta cheese **V**

Smoked-Sausage uncured sausage, mozzarella, marinara

DESSERT EMPANADAS

Apple granny smith apples, dates, cinnamon, sugar **V**

Guava & Cream Cheese mini empanada **V**

EMPANADA SAUCES

Chipotle Tabasco sauce - medium spice, 12 fl oz

Mango Peach Salsa tomatoes, cilantro, peppers, 12 fl oz

Jalapeño Ketchup Tomato ketchup, jalapeños - mild, 12 fl oz

Sweet Chili Sauce mild and sweet, Thai-style, 12 fl oz

Sriracha Mayo mild, 12 fl oz

House-made Chimichurri parsley, cilantro, olive oil, 12 fl oz

BREAKFAST EMPANADAS (available anytime)

3.50 **Bacon, egg & cheese** uncured peachwood bacon, sharp white cheddar. 3.25

3.25 **Featured in: *Chicago's Best***

3.25 **Huevos rancheros** Eggs, tomatoes, steak, beans, bell peppers, chihuahua cheese, chipotle pepper. 3.25

3.60

3.25 **Huevos rancheros, vegetarian** Eggs, tomatoes, beans, bell peppers, chihuahua cheese, chipotle pepper **V** 3.25

3.25

3.25

3.25

CASSAVA ROLLS

Cinnamon Roll with vanilla butter glaze, 4 rolls **V** 9.00

3.25 **Original** Brazilian cheese bread, per dozen **V** 7.50

1.85 **Jalapeño Cheddar** white cheddar - per dozen **V** 7.50

Bacon uncured peachwood bacon - per dozen 9.50

Chocolate melted dark chocolate center - per dozen **V** 9.50

5.50

3.50

2.95

2.95

3.50

4.75



ENTREES

Beef stroganoff - 6 entrees

Sirloin steak, baby portabella mushrooms, parmesan, peas.

Sweet chipotle chicken - 6 entrees

Chicken thighs, sweet potatoes, bell peppers, onions, brown sugar.

Tomato basil Chicken - 6 entrees

Chicken breasts, creamy tomato sauce, fresh basil, spinach.

Grass-fed beef & cilantro rice - 6 entrees

100% grass-fed beef, cilantro jasmine rice, bell peppers.

Pulled pork - 6 entrees

Slow-cooked pork shoulder, carrots, onions.

Creamy Cashew Chicken (dairy free) - 6 entrees

Chicken thighs, broccoli, cashew sauce, mild curry spice.

Grilled Chicken Salad - 6, 12 or 25 servings

Grilled chicken breast, mixed greens, bell peppers, red onions, cherry tomatoes.

On the side: sliced almonds, dried cranberries, balsamic dressing.

VEGAN SIDES

52 **Coconut jasmine rice & lentils** - 8 sides 32
With roasted bell peppers.

48 **Roasted root veggies** - 8 sides 28
Sweet potatoes, carrots, beets.

48 **Herbed vegetable trio** - 8 sides 32
Roasted Zucchini, mushrooms, cauliflower,
with chimichurri sauce.

48 **Roasted Potatoes** - 8 sides 24
Olive oil & rosemary roasted red-skinned potatoes

48 **Mixed Greens, strawberries & blueberries** 14
6, 12 or 24 servings. 26
On the side: almonds, cranberries, balsamic dressing. 48

48

CHILI

28 **Grass-fed beef chili** - 16 fl oz 6.95
56 Tomatoes, carrots, sweet potatoes, bell peppers, onions, red
108 beans. Optional on the side: white cheddar cheese.

Vegan chili - 16 fl oz 5.75
Tomatoes, zucchini, carrots, sweet potatoes, bell peppers, onions,
red beans.

WHOLE FRUIT SMOOTHIES

Almond banana & nutella

Almond butter, 2% milk, nutella chocolate, cinnamon

Almond banana & nutella (vegan)

Almond butter, almond milk, nutella chocolate, cinnamon

Three berry medley Raspberries, blackberries, blueberries, bananas, apple juice, greek yogurt.

Dark cherry

Dark cherries, bananas, apple juice, greek yogurt

Cherry Mango

Dark cherries, mangoes, bananas, apple juice, greek yogurt

Cranberry Peach Ginger

Cranberries, peaches, ginger, apple juice, greek yogurt

Spinach blueberry Spinach, blueberries, bananas, carrot juice, apple juice, greek yogurt

Dragon Fruit Dragon Fruit (aka Pitaya), Strawberries, apple juice, greek yogurt

Mango Pineapple

Mango, pineapple, apple juice, greek yogurt

OTHER DRINKS

5.30 **Bottled water** Half liter 1.0

Organic iced teas 16 fl oz 2.0

5.65 **Coconut water** 16 fl oz 2.0

Assorted sodas and fruit juices 2.0

4.95

4.95

4.95

4.95

4.95

4.95

4.95

