

MEAL PREP + DELIVERY

JULY 2020 MONTHLY MENU

WEEK ONE | 7.2 DELIVERY

ORDERING CLOSED

WEEK TWO | 7.9 DELIVERY

Harissa Braised (Buckner Farm) Lamb

sourdough heritage grain flatbread
spicy green zhoug | greens + shoots
pickled colorado cherries
juniper preserved lemon labneh
(GFOption | DFOption)

North Atlantic Swordfish

wild oregano marinade
castelvetrano olives | caramelized
tomato braised white beans
watercress fennel salad
(GF | DF)

Oaxacan Roasted Mushrooms

hazel dell mixed mushrooms
pistachio salsa macha
charred corn + tomatillo + scallion
whipped cotija | heirloom pintos
rustic handmade tortillas
(GF | DFOption | Plant Based Option)

WEEK THREE | 7.16 DELIVERY

Coconut Braised Chicken

local pastured chicken quarters
stir fry long beans | thai basil
fermented yuzu hot sauce
sesame hempseed crunch
(GF | DF + Paleo)

Local Frenched Pork Chops

farro + sprouted lentils
wild greens salsa verde
ricotta salata | palisade peach
(GFOption | DFOption)

Midsummer Minestrone

nutrient dense broth | seasonal veg
heirloom beans | garlicky arugula pesto
Antipasti for Two
marinated, roasted + pickled goods
creamy burrata | sourdough
(GF + DF Option | PlantBasedOption)

WEEK FOUR | 7.23 DELIVERY

VACATION WEEK - NO DELIVERIES

WEEK FIVE | 7.30 DELIVERY

Brothy Bison Albondigas

guajillo consomme | hakurei turnip
quinoa | celery cilantro salad
citrus fennel cornmeal cake
(GF | DF)

Build A Bento Box

shiso grilled shrimp | sesame spinach
tamari wild mushrooms
mirin glazed wild burdock
radish kimchi | aromatic brown rice
milk thistle furikake | ume hoisin
(GF | DF)

Masala Spiced Summer Squash

curry leaf dosa | coconut chips
cumin cabbage salad
hot green chutney
(GFOption | DF | Plant Based)

MONTHLY ADDITIONS

Chili Chicken Salad

local chicken | fresh herbs | pickled
currants | almonds | garlic chili oil
\$16/pint

Wild Oregano Marinated Mushrooms

\$14/pint

Medicinal Matcha Milk

brazil nut milk | moringa
spirulina | ashwagandha
date syrup | vanilla bean
\$26/quart

Lemony Artichoke White Bean Spread

\$10/8oz

Roasted Carrot Salad

medjool dates | spring onion preserved
lemon | castelvetrano olives
\$12/pint

Cultured Coconut Yogurt

\$16/24oz