GF DF V

FALL MENU

Call 817.921.2377 to order or online
@ www.cuisineforhealing.org

BREAKFAST

Hearty Burrito 4.50
Flour Tortilla w/ Turkey Sausage, Potato **V Option**

Arlo's Pancake and Sausage Sandwich GF/DF 4.50

Egg and Cheddar Sourdough Sandwich V 4.50

Arlo's Pancake Platter 6.00
5 Pancakes w/ Maple Syrup **GF/DF/V**

Breakfast Bowl 6.00
Eggs, Potato, & Turkey Sausage **GF/DF**

Sweet Potato Hash GF/DF 6.00
W/Turkey Sausage **V Option**

Carrot Cake Over Night Oats GF/V 4.50

SWEET DELIGHTS & TREATS

Pumpkin Chocolate Chip Loaf Slice 2.50

Homemade Granola 4 oz. / 8 oz. 5.00/8.00

Blonde Coconut Macroons w/ Cranberry ½ dz. 5.50

Peanut Butter Protein Poppers ½ dz. 5.50

Chocolate Truffles ½ dz. 5.50

Wendy's Organic Snack Mix 4 oz. / 8 oz. 6.00/9.00

SALADS

Choice of Chicken or Salmon 10.00
V Option 9.00

Fall Harvest Salad GF
w/Balsamic Dressing

Buffalo Chicken Salad GF
w/Blue Cheese Dressing

Garden Salad
w/Italian Dressing

SOUPS 7.00

Chicken Noodle DF

Beef Mexican Cabbage GF/DF

Turkey Kale and White Bean GF/DF

Potato Soup GF/V

Italian Vegetable Soup GF/DF/V

LIGHT FARES 7.00

Sweet Potato Casserole (GF/DF)

Squash Casserole (GF)

Baked Sweet Potato GF/DF/V

Salad Trio DF/V
Choice of Salad:
- Nutty Cranberry Chicken or Chickpea
- Mom's Chicken Salad or Chickpea
- Wild Caught Salmon Salad

Cucumber Salad, Orzo Salad, & Crustini

SANDWICHES/ WRAPS 9.00 / V Option 8.00

Wild Caught Salmon Salad

Nutty Cranberry Chicken Salad DF

Buffalo Chicken Wrap

Chicken Fajita Wrap

Mom's Chicken Salad DF

Roasted Chicken & Swiss Cheese

Balsamic Chicken Wrap

Mom's Chickpea Salad DF/V

Veggie Hummus DF/V

Nutty Cranberry Chickpea Salad DF/V

BOWLS (Choice of Beef, Chicken or Salmon) 11.00/ V Option 10.00

Teriyaki Mushroom Bowl GF/DF

Roasted Veggie Kabob Bowl with Quinoa GF/DF

Hoisin Bowl GF/ DF

Brussels Bowl GF/ DF

Sweet & Beets Power Bowl GF/DF

MAIN DISH ENTREES Individual meals - 12.00 / V Option 10.00 Family meals 34.99

Mushroom and Spinach Lasagna GF /V

Tuscan Orzo Pasta w/ Turkey DF

Feta & Spinach Bell Peppers GF
w/Sweet Potato Fries

Eggroll Bowl GF/DF/V Options

Wild Caught Salmon GF/DF
w/Roasted Broccoli and Quinoa

Balsamic Marinated Chicken GF/ DF
w/ Rosemary Potatoes and Maple Carrots

Moroccan Meatballs GF/DF
w/ Quinoa Stewed Tomato and Chickpeas

Pick Up or Free Delivery in Tarrant County You Choose!

Cuisine for Healing
1614 Mistletoe Blvd.
Fort Worth, Texas 76104

*All dressings, nuts, and cheeses not cooked in a recipe are in a separate container on the side.