

BREAKFAST			
Bacon Egg Scramble	5.99		
Just like it sounds, turkey bacon, eggs, spinach, veggies and cheese.			
Breakfast Quesadilla - NEW	6.99		
Egg whites, turkey bacon and cheddar cheese stuffed in a brown rice tortilla. Served with a side of salsa verde.			
Breakfast Tacos	6.99		
Egg whites and seasoned ground turkey in a corn tortilla and a side of salsa.			
Early Bird	7.99		
Egg whites, turkey, spinach, apple & sweet potatoes.			
Homestyle Breakfast	5.99		
Scrambled eggs, chicken apple sausage and rosemary potatoes.			
Pumpkin Mini Muffins (5 ct.)	3.49		
House made pumpkin mini muffins made with Greek yogurt and gluten free oats.			
Rise & Shine	6.49		
Egg whites, turkey sausage, cheddar cheese, in a gluten free wrap with a side of seasoned potatoes.			
Southwest Breakfast Bowl	6.99		
Layered wild rice, egg whites, spiced ground turkey. Served with a side of cheddar cheese and pico de gallo.			
SNACKS			
Chicken Salad Snack - NEW	4.49		
A creamy mixture of chicken, cranberries, and walnuts. Served with celery.			
Chocolate Almond Parfait	4.49		
Chocolate whey powder, almond butter and Greek yogurt, with cocoa nibs.			
Cookie Dough Bites	5.99		
Keto friendly snack that tastes like raw chocolate chip cookie dough.			
Dreamy Parfait	4.49		
Mandarin oranges, pineapple and apricot layered into Greek yogurt.			
Energy Bites	3.49		
Gluten free protein bites made with rolled oats, coconut flakes, peanut butter, raw honey & organic cocoa chips.			
High Protein Parfait	4.99		
Cinnamon blended cottage cheese, Greek yogurt with a mix of seasonal fruit & a side of granola.			
Protein Snack Pack	3.99		
Rolled cheddar cheese, turkey and ham slices with a side of almonds.			
Tuna Salad Snack	4.99		
Tuna salad mixed with pecans and apples. Served with carrots.			
SALADS			
Cobb Salad	8.99		
Roasted turkey breast, ham, lettuce, tomatoes, boiled egg, crumbled feta cheese & balsamic vinaigrette.			
Penne Pasta Salad - NEW	5.99		
Chicken and penne pasta mixed with yellow squash, red bell pepper, carrots and a fresh lemon dill dressing.			
Taco Salad Bowl	8.99		
Roasted sliced chicken over lettuce, tomatoes, corn and red bell peppers. Served with cilantro dressing and fresh baked tortillas.			
SANDWICHES/WRAPS			
Chicken Caesar Wrap	7.99		
Chicken Caesar salad with parmesan cheese served in a brown rice tortilla and dressing on the side.			
Philly Cheesesteak Wrap	8.99		
Marinated beef topped with mozzarella cheese, mushrooms and grilled onions served in a brown rice tortilla and horseradish dip on the side.			
LUNCH			
Black Bean Quinoa Bowl - NEW	6.99		
Seasoned black beans, sweet potatoes, and spinach with a side of cilantro lime dressing.			
Cashew Chicken	6.99		
Sriracha seasoned chicken with cashews, roasted broccoli carrots over parboiled rice.			
Chicken Alfredo - NEW	6.99		
A healthier take on a classic. Served with brown rice fettuchini and garnished with parmesan cheese.			
Chicken Enchiladas	7.99		
Chicken enchiladas with a red sauce served over rice and sprinkled with cheddar cheese.			
Fajita Chicken Quesadillas	6.99		
Chopped chicken grilled with bell peppers, onions, mozzarella and cheddar cheese all stuffed in a brown rice tortilla. Served with a side of salsa.			
Korean Beef Bowl	9.99		
Sweet and spicy ground beef served over rice and a side of roasted carrots.			
Lemon Herb Turkey	6.99		
Spicy ground turkey with lemon over wild rice, served with asparagus.			
Mongolian Beef	9.99		
Sliced steak smothered in a savory brown sauce over parboiled rice and served with broccoli.			
Protein Mac N Cheese	9.49		
Two-cheese mac & cheese with ground turkey. Served with a side of roasted broccoli.			
Pulled Chicken Burrito Bowl	8.99		
Roasted pulled chicken with onions, black beans, corn, red peppers, cheddar cheese and pico de gallo. Over wild rice and cilantro lime dressing.			
Sage Turkey Meatballs	10.99		
Fresh made sage turkey meatballs with pecan rice stuffing & broccoli.			
Street Pork Tacos	8.49		
Shredded pork tenderloin spiced with ancho chili powder. Served with 3 corn tortillas and a house-made salsa verde and cabbage slaw.			
Tex Mex Lasagna	8.99		
A blend of smoky chipotle chicken & black beans, layered in corn tortillas & topped with feta cheese.			
<u>DINNER (LOWER CARB OPTIONS)</u>			
Beef Tenderloin	11.99		
Garlic seasoned sirloin steak sliced thin & served with grilled broccoli & carrots.			
Chipotle Pineapple Chicken	7.99		
Chipotle and pineapple marinated chicken mixed with peppers, onion & squash on a bed of cauliflower rice.			
Fajita Steak and Asparagus	9.99		
Seasoned top sirloin served with asparagus and a side of yogurt sauce.			
Garlic Butter Chicken	7.99		
Chicken with Garlic butter sauce on a bed of zucchini noodles.			
Mexican Chicken with Fajita Zoodles	7.99		
Chicken with a blend of Mexican spices and vegetables on a bed of zucchini noodles.			
Salmon Cakes	7.99		
Classic salmon cakes with roasted asparagus and a side of tzaziki sauce.			
Sicilian Pizza Flatbread	5.99		
Cauliflower crust topped with ham & turkey sausage, mozzarella cheese & marinara sauce.			
Simple Chicken & Broccoli - NEW	5.49		
Sliced chicken breast and roasted broccli with a side of BBQ sauce.			
Spaghetti Squash with Turkey Marinara	9.99		
Baked spaghetti squash with our signature turkey marinara sauce.			
Turkey Chili	5.99		
Turkey chili with black beans, tomatoes, onion and bell pepper with a mild kick.			

Expanded selections of sizes, Keto meals, a la carte proteins, side dishes, family meals, and party trays are available for pre-order on our website, www.pure-plates.com.