



# SPRING MENU

Call 817.921.2377 to order or online

@ [www.cuisineforhealing.org](http://www.cuisineforhealing.org)

GF

DF

V

## 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**
- Egg Bites** 6.00  
Eggs, Green Onion, & Mozzarella **GF/V**
- Sweet Potato Hash** **GF/DF** 6.00  
W/Turkey Sausage **V Option**

## SWEET DELIGHTS & TREATS

- Lemon Blueberry Bread Slice** 2.50
- Banana Nut Bread Slice** 2.50
- Blonde Coconut Macaroons 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
- Homemade Granola** 4 oz. / 8 oz. 5.00/8.00



## SALADS

 Choice of Chicken or Salmon 10.00  
**V Option** 9.00

- Thai Salad** **GF/DF**  
w/Peanut Dressing
- Kale, Quinoa and Cranberry Salad** **GF**  
w/Lemon Vinaigrette Dressing
- Mediterranean Salad** **GF**  
w/Greek Dressing
- Caesar Salad**  
w/Parmesan Chicken and Caesar Dressing

## SOUPS

 7.00

- Chicken and Orzo** **DF**
- Mexican Lentil** **GF/DF/V**
- Turkey Kale and White Bean** **GF/DF**

## SNACK

 7.00

- Mini Bells Stuffed w/ Buffalo Chicken** **GF**
- Baked Sweet Pototo** **GF/DF/V**
- Salad Trio** **DF/V**  
Choice of Salad:
  - Nutty Cranberry Chicken or Chickpea
  - Mom's Chicken Salad or Chickpea
  - Pesto Pea Chicken Salad or Chickpea
  - Wild Caught Salmon Salad
 Cucumber Salad, Orzo Salad, & Crustini

## SANDWICHES/WRAPS

 9.00 / **V Option** 8.00

- |  |   |   |
|--|---|---|
| <b>Wild Caught Salmon Salad</b>                | <b>Mom's Chicken Salad</b> <b>DF</b>        | <b>Mom's Chickpea Salad</b> <b>DF/V</b>           |
| <b>Thai Chicken Salad</b> <b>DF</b>            | <b>Roasted Chicken &amp; Swiss Cheese</b>   | <b>Veggie Hummus</b> <b>DF/V</b>                  |
| <b>Nutty Cranberry Chicken Salad</b> <b>DF</b> | <b>Pesto Pea Chicken Salad</b> <b>DF</b>    | <b>Spring Veggie Cream Cheese</b> <b>V Option</b> |
| <b>Beef Shawarma Gyro</b>                      | <b>Pesto Pea Chickpea Salad</b> <b>DF/V</b> | <b>Nutty Cranberry Chickpea Salad</b> <b>DF/V</b> |

## BOWLS

 (Choice of Chicken or Salmon) 11.00/ **V Option** 10.00

- |  |                                      |  |
|--|--------------------------------------|--|
| <b>Teriyaki Mushroom Bowl</b> <b>GF/DF</b> | <b>Hoisin Beef Bowl</b> <b>GF/DF</b> | <b>Sweet Potato Buddha Bowl</b> <b>GF/DF</b> |
| <b>Cuban Bowl</b> <b>GF/DF</b>             | <b>Mediterranean Bowl</b> <b>GF</b>  | <b>Orzo Pasta</b> <b>GF/DF</b>               |

## MAIN DISH ENTREES

 Individual meals - 12.00 / **V Option** 10.00 Family meals 34.99

- |  |   |
|--|---|
| <b>BBQ Chicken</b> <b>GF/DF</b><br>w/Potato Salad and Veggies                    | <b>Wild Caught Salmon</b> <b>GF/DF</b><br>w/Roasted Broccoli and Quinoa         |
| <b>Chicken Fajitas &amp; all the Fixings</b><br>w/Cilantro Lime Cauliflower Rice | <b>Bunless Burger</b> <b>GF</b><br>w/Sweet Potato Fries                         |
| <b>Parmesan Crusted Chicken</b> <b>GF</b><br>w/Roasted Veggies                   | <b>Roasted Chicken Rainbow Veggies</b> <b>GF/DF</b>                             |
| <b>Chicken Alfredo</b> <b>GF</b><br>w/Roasted Broccoli                           | <b>Moroccan Meatballs</b> <b>GF/DF</b><br>w/ Quinoa Stewed Tomato and Chickpeas |
| <b>Eggroll Bowl</b> <b>GF/DF/V Options</b>                                       |   |



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.