



SUMMER MENU

Call 817.921.2377 to order or online

@ 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	
Breakfast Bowl	6.00
Eggs, Potato, & Turkey Sausage GF/DF	
Sweet Potato Hash GF/DF	6.00
W/Turkey Sausage V Option	
Blueberry Walnut Over Night Oats GF/V	4.50

SWEET DELIGHTS & TREATS

  	
Strawberry 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

Red, White, & Blue Salad GF
w/Balsamic Dressing
Southwestern Salad GF
w/Avocado Jalapeno Dressing
Mediterranean Salad GF
w/Greek Dressing
Summer 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

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
▪ Wild Caught Salmon Salad
Cucumber Salad, Orzo Salad, & Crustini

SANDWICHES/WRAPS

9.00 / **V Option** 8.00

Wild Caught Salmon Salad	Mom's Chicken Salad DF	Mom's Chickpea Salad DF/V
Thai Chicken Salad DF	Roasted Chicken & Swiss Cheese	Veggie Hummus DF/V
Nutty Cranberry Chicken Salad DF	Chicken Fajita Wrap	Spring Veggie Cream Cheese V Option
Beef Shawarma Gyro		Nutty Cranberry Chickpea Salad DF/V

BOWLS

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

Teriyaki Mushroom Bowl GF/DF	Hoisin Bowl GF/DF	Mediterranean Stir-Fry Bowl GF/DF
Roasted Veggie Kabob Bowl with Quinoa GF/DF	Orzo Pasta 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	Wild Caught Salmon GF/DF
Soft Beef Taco all the Fixings	w/Roasted Broccoli and Quinoa
Parmesan Crusted Chicken GF	Bunless Burger GF
w/Roasted Veggies	w/Sweet Potato Fries
Meaty Butternut Mac and Cheese GF	Citrus Marinated Chicken GF/DF
Eggroll Bowl GF/DF/V Options	w/ Red Beans and Rice
	Moroccan Meatballs GF/DF
	w/ Quinoa Stewed Tomato and Chickpeas



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.