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Aphrodite Bowl

Ingredients: Mixed Greens, Grape Tomatoes, Crispy Cucumbers, Red Onions, Kalamata Olives, Feta Cheese, Our Crispy Chicks (Oven Roasted Chickpeas) & Homemade Greek Vinaigrette.

Choose: Oven Roasted Chicken, Baked Salmon, or enjoy it Meatless.

Best Served: Cold

Contains: Dairy

Calories*: Meatless: 371, Roasted Chicken: 438, Baked Salmon: 451



Autumn/Winter Harvest

(Seasonal)

Ingredients: Brown Rice, Roasted Veggies; Butternut Squash, Zucchini, Portobella and White Mushrooms, Granny Smith Apples, Our Famous Sweet & Spicy Walnuts, Feta Cheese, and Homemade Honey Mustard Dressing.

Choose: Roasted Seasoned Chicken, Pork or a Meatless Option

Best Served: Hot

Contains: Dairy & Tree Nuts

Calories*: Meatless: 684, With Chicken: 751, With Pork 784



B.L.T. Salad

Ingredients: Mixed Greens, Grape Tomatoes, Red Onion, Colby Jack Cheese and of course Natural Uncured Bacon, served with Homemade Ranch Dressing. Choose: Oven Roasted Chicken or Salmon

Best Served: Cold

Contains: Dairy & Egg

Calories*: Coming Soon!!!



Bougie Bites

Vegan, Dairy Free, Gluten Free

Our Bougie Bites are made with dried beans which we soak and prepare without any artificial ingredients or preservatives. These treats are homemade, from scratch using the purest ingredients. Just enough to satisfy your sweet tooth without feeling the guilt. Look for new Bougie Products in the future.

- ~ Banana Nut
- ~ Black Bean Brownies
- ~ Blondies
- ~ Blueberry Lemon
- ~ Cinnamon Pecan Crumble
- ~ Cocoa - Nut
- ~ Apple Cinnamon
- ~ Carrot Cake
- ~ Cinnamon Raisin
- ~ **Merry Mint**



Breakfast Burrito

Ingredients: Eggs, Seasoned Diced Potatoes and Sweet Potatoes, and Colby Jack Cheese. All wrapped in an Angelic Bakehouse Sprouted Whole Grain Wrap. Served with a Fresh side of Homemade Pico de Gallo

Choose: Meatless/Veggie, Fresh Seasoned Ground Turkey Sausage, Natural Bacon (Bowl Only)

Best Served: Hot

Contains: Eggs, Dairy, Gluten (Wrap Only)

Calories Per Burrito: Meatless/Veggie: Varies, Turkey: 637

Calories Per Bowl: Veggie: Varies Between 327 – 400, Bacon: 425, Turkey: 418,



Breakfast Florentine With Sweet Potato

Ingredients: Sweet Potatoes, Eggs, Grape Tomatoes, and Fresh Chopped Spinach, all Seasoned with our Secret Spices. Topped with Wisconsin Colby Jack Cheese, Ooey Gooey Fresh Mozzarella, and a Sprinkle of Green Onion.

Best Served: Hot!

Contains: Dairy

Calories*: 525 Per Bowl



Breakfast in Italy

Ingredients: Roasted Baby Red Potatoes, Eggs, Zucchini, Red Peppers, Fresh Chopped Spinach, all Seasoned with our Secret Spices. Topped with Wisconsin Colby Jack and Parmesan Cheese then Finished with a Sprinkle of Green Onion.

Best Served: Hot!

Contains: Dairy

Calories*: 537 Per Bowl



Breakfast Taco Pizza (With or Without Jalapenos)

Ingredients: Eggs, Potatoes, and Wisconsin Colby Jack Cheese. Topped with Corn, Onion, Grape Tomatoes, Black Beans and Oliver's Seasoned Extra Lean Ground Sirloin. Served with a side of Homemade Cilantro Taco Sauce.

Choose: With or Without Sliced Fresh Jalapenos

Best Served: Hot

Contains: Dairy

Calories*: Coming Soon!



Buffalo Bowl

Ingredients: Mixed Greens, Radishes, Matchstick Carrots, Sliced Celery, Diced Green Onions, & Feta Cheese & Homemade Ranch Dressing. Choose: Spicy Buffalo Chicken or Salmon – or enjoy it Meatless (We'll add the Buffalo Sauce to the Ranch!)

Best Served: Cold

Contains: Dairy & Egg

Calories*: Meatless: 209, Spicy Buffalo Chicken: 276, Spicy Buffalo Salmon: 289



Buffalo Chicken/ Plant Based Salad

Ingredients: Roasted Chicken or Boiled Garbanzo Beans, Celery, Radish, Green Onion, Feta Cheese all Rolled in A Spicy (mild) Buffalo Ranch Cream Base. Honestly, You Won't Want to Miss Out on This One!

Choose: Roasted Seasoned Chicken, or a Plant Based Option with Boiled Garbanzo Beans

Best Served: Cold

Suggestions: Try as a Dip with Your Favorite Veggie or Cracker. Eat as a Grilled Cheese (Like a Tuna Melt), Between 2 Slices of Bread (or Open Faced) or Enjoy a Scoop on Top of a Bed of Lettuce. Get Creative with This One.

Contains: Dairy & Egg



Buffalo Container/Wrap

Ingredients: Raw Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio), Matchstick Carrots, Celery, Radish, Green Onion, Cheese Blend (Colby Jack & Feta), and Topped with our Homemade Buffalo Ranch.

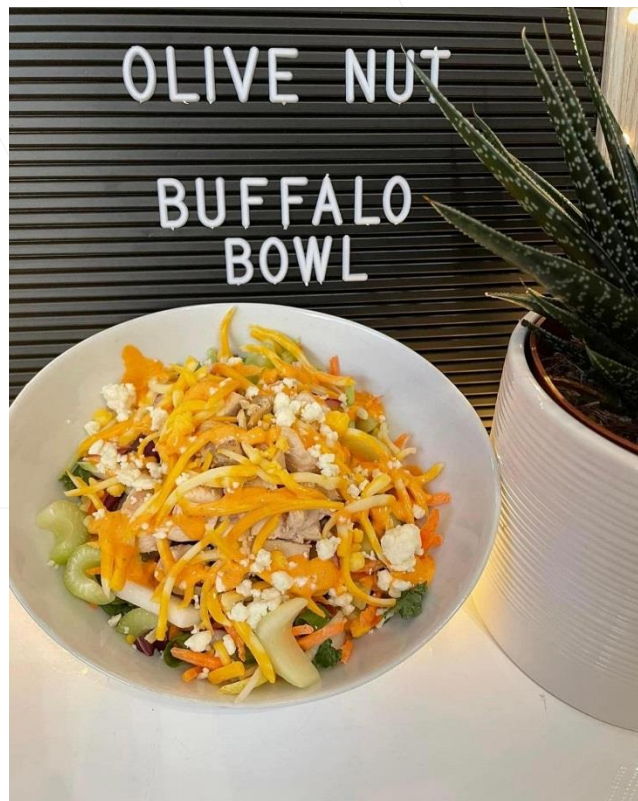
Choose: Either as a Salad or in an Angelic Bakehouse, Sprouted 7-Grain Wrap. Roasted Seasoned Chicken, Baked Salmon, or a Plant Based Option with Boiled Garbanzo Beans

Best Served: Cold

Contains: Dairy & Egg

Calories Per Cont.*: Chicken: 260, Salmon: 273, Plant Based: 285

Calories Per Wrap*: Chicken: 480, Plant Based: 505



Caesar Left Rome

Ingredients: Raw Brussels Sprouts, Roasted Cauliflower, Roasted Corn, Red Onion, Crispy Bacon¹, Parmesan Cheese, Italian Seasoned Crispy Chicks, and Homemade Caesar Dressing.

Choose: Roasted Chicken, Baked Salmon, or Meatless (Bacon will be omitted too!)

Best Served: Hot or Cold

Contains: Dairy

Calories*: Meatless (Does not include Bacon): 490, With Chicken: 627, With Salmon: 640



Caribbean Jerk Container/ Wrap

Ingredients: Coconut infused and seasoned (Cilantro and Green Onion) Brown Rice, Jerk flavored protein and topped with a beautiful Homemade Pineapple and Black Bean Salsa (Fresh Pineapple, Green Pepper, Black Beans, Cilantro, Green Onion, Organic Lime Juice, Seasoning)

Choose: Either as a Salad or in an Angelic Bakehouse, Sprouted 7-Grain Wrap. Roasted Jerk Chicken, Baked Jerk Salmon, or a Plant Based Option with Boiled Seasoned Garbanzo Beans

Best Served: Cold or Warm

Contains: Tree Nuts (Coconut)

Calories Per Cont.*:

Calories Per Wrap*:



Chick on the Barbie Bowl

Ingredients: Spinach, Raw Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio), Matchstick Carrots, Quinoa, BBQ Roasted Corn, Crispy Chicks (Oven Roasted Chickpeas – hence, “Chick” on the Barbie) & Homemade Cilantro Ranch Dressing.

Choose: BBQ Chicken, BBQ Salmon, or Meatless

Best Served: Hot or Cold

Contains: Dairy & Egg

Calories*: Meatless: 569, BBQ Chicken: 642, BBQ Salmon: 651



Chicken/Salmon Bacon Container/Wrap

Ingredients: Raw Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio), Matchstick Carrots, Diced Red Onion, Natural Bacon, Cheese Blend (Colby Jack & Feta), and Topped with a side of our House made Famous Caesar Dressing.

Choose: Either as a Salad or in an Angelic Bakehouse, Sprouted 7-Grain Wrap.
Roasted Seasoned Chicken, *Baked Salmon (Container Only)

Best Served: Hot or Cold

Contains: Dairy & Egg

Calories Per Cont.*: Chicken: 415, Salmon: 428,

Calories Per Wrap*: Chicken: 635



Creamy Garlic Parmesan Pasta w/ Spinach and Mushroom

Ingredients: Brown Rice Spaghetti Noodles creamed with Garlic, Parmesan Cheese and all sorts of wonderful seasonings then blended together with Sautéed Onion, Mushroom and Spinach. Your Choice of Italian Style Protein. You really don't want to miss out on this number. One of my Top Sellers

Choose: Italian Chicken, or Seasoned Garbanzo Beans (Plant Based)

Best Served: Warm

Contains: Dairy (Milk, Cheese)

Calories Per Container: Coming Soon!!!



Crispy Chicks

Our Crispy Chicks start with dried Garbanzo Beans. We soak and boil the beans, which means they taste better, have less sodium, and avoid icky ingredients like preservatives and BPA-lined cans. We oven roast our Chicks with Avocado Oil (heart healthy), using a proprietary method, and then add seasonings to flavor. Enjoy them on salads, in soup, or right out of the container as a delicious and healthy snack.

Flavors include:

- ~ Original Crispy Chicks
- ~ Grandma's Chicks
- ~ Firecracker (Spicy Ranch)
- ~ Italian Seasoning (currently available only in our Caesar Left Rome Bowl)
- ~ Cocoa & Sea Salt



Cuban Container

Ingredients: Seasoned Cuban Rice, Cilantro Black Beans, Roasted Red Onion and Sweet Potatoes, Pepitas, and Served with our Homemade one-of-a kind Turmeric Vinaigrette

Choose: Roasted Seasoned Chicken, Baked Salmon, or a Plant Based Option with Boiled Garbanzo Beans (VEGAN)

Best Served: Hot or Cold

Contains: None of the 8 Common Allergens

Calories Per Cont.*: Chicken: 613, Salmon: 626, Vegan: 638



Curried Broccoli Salad

Ingredients: Roughly Chopped Broccoli, Shredded Carrot, Freshly Boiled Garbanzo Beans, Almonds, Dried Cranberries, and Topped with Fresh Cilantro and Green Onion. This is Served with a Homemade Curry Dressing

Choose: Roasted Chicken Breast, perfectly done Salmon or without either and make it VEGAN!

Best Served: Hot or Cold

Contains: Tree Nuts (Almonds)

Calories Per Cont.*: Coming Soon!



Easy-Peasy Caprese Bowl

Ingredients: Mixed Greens, Grape Tomatoes, Fresh Mozzarella, Mushrooms, Fresh Basil, Red Onions, & Homemade Balsamic Vinaigrette.

Choose: Oven Roasted Chicken, Baked Salmon, or enjoy it Meatless.

Best Served: Cold

Contains: Dairy

Calories*: Meatless: 364, With Chicken: 431, With Salmon: 444



Fajita Power Bowl

Ingredients: Cilantro Lime Organic Quinoa, Roasted and Seasoned Bell Pepper Strips, Corn and Black Beans, with a side of Organic Greek Yogurt and Homemade Salsa (not pictured)

Choose: Seasoned Shredded Chicken or Oliver's Corner Market Beef

Best Served: Hot

Contains: Dairy

Calories Per Cont.*: Coming Soon!!!



Fresh Pico De Gallo & Salsa Verde



Greek Chicken Bowl

Ingredients: Seasoned Greek style Chicken or Salmon, Brown Rice and served with a Greek Salad full of Grape Tomatoes, Cucumbers, Red Onion, Garbanzo Beans and Flavored to Perfection. Topped with a sprinkle of Feta Cheese and Served with our Homemade Tzatziki Sauce.

Choose: Seasoned Greek style Chicken or Salmon

Best Served: Cold

Contains: Dairy

Calories Per Bowl: Greek Roasted Chicken, Greek Baked Salmon: Coming Soon !!!



Green Goddess Pasta

Ingredients: A Base of Either Brown Rice Pasta or Organic Brown Rice & Quinoa Pasta (depending on availability). Roasted Asparagus and Mushroom, Almonds, Garbanzo Beans, and Topped with Feta Cheese and a Creamy Pesto Sauce.

Choose: Roasted Chicken, Baked Salmon or a Plant Based Option

Best Served: Warm

Contains: Dairy, Tree Nuts (Almonds and Pine Nuts)

Calories Per Container: Coming Soon!!!



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Gyro Style Turkey Meatballs w/ Tzatziki Sauce

Ingredients: 3 Gyro Style Turkey Meatballs over a bed of Mixed Greens, Organic Quinoa, Fresh Green Pepper, Grape Tomatoes and Red Onion, and served with our Homemade Organic Tzatziki Sauce

Choose: Gyro Style Turkey Meatballs

Best Served: Cold (I like to warm up the Meatballs separately)

Contains: Dairy

Calories*: Coming Soon!



Harvest Cobb Salad

Ingredients: You won't want to miss out of this one! This number has Fresh Greens, Dried Cranberries, Honey Crisp Apple, Natural Bacon, Toasted Pecans, Perfectly Roasted Sweet Potatoes, and Topped with a sprinkle of Parmesan Cheese. This Salad comes with our Famous Homemade Honey Mustard Dressing. Soooo Freaking GOOD!

Choose: Roasted Chicken or Baked Salmon

Best Served: Cold

Contains: Dairy and Tree Nuts (Pecans)

Calories*: Coming Soon!



Homemade Hummus

Our Hummus starts with dried Garbanzo Beans. We soak and boil the beans, which means they taste better, have less sodium, and avoid icky ingredients like preservatives and BPA-lined cans. We then add natural ingredients, like fresh and roasted veggies and organic tahini, or raw honey, natural peanut butter, or organic chocolate chips for our dessert hummuses.

Enjoy savory or dessert hummus! Flavors include:

- ~ Spicy Jalapeno
- ~ Roasted Red Pepper & Feta
- ~ Cilantro Lime
- ~ Sundried Tomato & Basil
- ~ Pinto Bean and Cheese; “Nina Pinto & Santa Maria”
- ~ Just Beet It – Beet and Gorgonzola Cheese
- ~ Peanut Butter Cookie Dough
- ~ Double Chocolate
- ~ Brownie Batter: Dairy Free, Contains Walnuts
- ~ Sweet and Spicy Jalapeno Hummus
- ~ Dill Pickle
- ~ Pesto
- ~ Green Chili
- ~ Smoky Chipotle



Kick'n Chicken/Plant Based Salad or Wrap

Ingredients: This is not your typical Chicken Salad... Seasoned protein rolled in Organic Greek Yogurt (with a touch of Mayo), Celery, Red Onion, Sliced Almonds and a little of some other good stuff. This sits on top of either Fresh Spinach or Raw Veggie Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio) depending on supply and topped with Colby Jack and Feta Cheese.

Choose: Either as a Salad or in an Angelic Bakehouse, Sprouted 7-Grain Wrap. Your Protein Choice is either Roasted Blackened Chicken or Seasoned Garbanzo Beans.

Best Served: Cold (although the Wrap is good warmed up as well)

Contains: Dairy & Tree Nuts (Almonds)

Calories Per Container: Coming Soon!!!

Calories Per Wrap: Coming Soon!!!



Korean Flare

Ingredients: Steamed Brown Rice, Asian Slaw (2 different kinds of Cabbage, Chopped Broccoli, Carrot, and Diced Red Pepper mixed with a Yummy Homemade Dressing) and Topped with Cashews

Choose: Marinated Roasted Chicken, Marinated Baked Salmon, or a Vegan Option with Marinated Garbanzo Beans

Best Served: Hot or Cold

Contains: Tree Nuts (Cashews and Coconut)

Calories Per Cont.*: Chicken: 462, Salmon: 503, Vegan: 482



Lean Green Salad

Ingredients: Mixed Baby Arugula and Baby Spinach, Farro, Celery, Granny Smith Apple, Crispy Natural Bacon (Uncured without Nitrates and Nitrites), Homemade and to die for, Candied Walnuts, With a Creamy Gorgonzola Dressing

Choose: Oven Roasted Chicken Breast or Baked Salmon

Best Served: Cold

Contains: Dairy, Tree Nuts (Walnuts), Wheat

Calories*: Coming Soon!



Loaded Roasted Red Potatoes

Ingredients: Your choice of Blackened Chicken or Salmon, a bed of Perfectly Roasted Red Potatoes, Broccoli & Cauliflower. Top this delicious bowl with ALL the things; Organic Greek Yogurt, Freshly Shredded Colby Jack Cheese, Natural Uncured Bacon (No Nitrates or Nitrites), and a sprinkle of Green Onion

Choose: Blackened Chicken or Salmon

Best Served: Hot

Contains: Dairy

Calories Per Bowl: Coming Soon!!!



Luau Bowl

Ingredients: Mixed Greens, Raw Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio), Roasted: Pineapple, Red Onions, & Green Bell Peppers, Sweet & Hot Jalapeños, Wisconsin Colby Jack Cheese, Organic Tortilla Chips, & Homemade Pineapple Vinaigrette.

Choose: Seasoned, Shredded Chicken or Pork.

Best Served: Hot or Cold

Contains: Dairy

Calories*: Pulled Chicken: 473, Pulled Pork: 506



Mediterranean Quinoa Container/Wrap

Ingredients: Organic Quinoa tossed with Organic Extra Virgin Olive Oil, Diced Green Pepper, Diced Red Pepper, Kalamata Olives, “Clean” Sun-Dried Tomatoes, & Feta Cheese. ***Angelic Bakehouse Sprouted 7- Grain Wraps include a bed of Raw Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio)

Choose: Roasted Seasoned Chicken, or a Plant Based Option with Boiled Garbanzo Beans

Best Served: Hot or Cold

Contains: Dairy

Calories Per 4 oz. (Containers are either 8 or 16 oz.)*: Chicken: 245, Plant Based: 257

Calories Per Wrap*: Chicken: 518, Plant Based: 532



Oishi Bowl

Ingredients: Brown Rice Noodles, Raw Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio), Organic/Non-GMO Edamame, Raisins, Seasoned & Roasted Purple Cabbage, Slivered Almonds, & our “Oih” so delicious Homemade Thai Peanut Sauce.

Choose: Oven Roasted Chicken, Baked Salmon, or enjoy it Meatless.

Best Served: Hot (to loosen the noodles up, but still good cold!)

Contains: Soy, Peanuts, & Tree Nuts

Calories*: Meatless: 332, Roasted Chicken: 399, Baked Salmon: 412



Olive Nut Original Bowl

Ingredients: Spinach, Brown Rice, Seasoned & Roasted Sweet Potatoes & Brussels Sprouts, Garbanzo Beans, Sliced Almonds & Homemade Spicy (but not too spicy) Tahini Dressing.

Choose: Oven Roasted Chicken, Baked Salmon, or have it Meatless.

Best Served: Hot or Cold

Contains: Tree Nuts

Calories*: Meatless: 522, Roasted Chicken: 589, Salmon: 602



Original Breakfast Bowl

Ingredients: Eggs, Potatoes, Wisconsin Colby Jack Cheese, and Fresh Homemade Salsa.

Veggie Lovers Add: Green Peppers, Onion, & Mushrooms

Meat Lovers Add: Bacon¹ & Sage Sausage¹

¹All of our processed meats are Preservative, Nitrite, and Nitrate Free. (But we still recommend eating in moderation!)

Best Served: Hot (Rumor has it that some folks like to eat it straight out of the fridge, though!)

Contains: Dairy

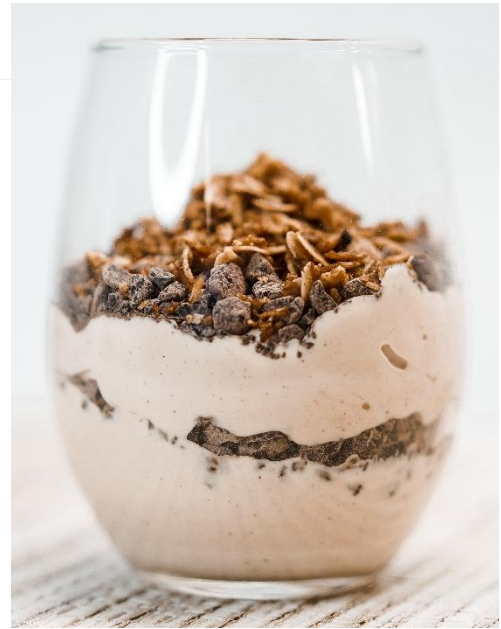
Calories*: Coming Soon

Pic Coming Soon!

Parfaits

All Parfaits are made with naturally sweetened and flavored (by us) Organic Greek Yogurt. It is then topped with a variety of Fruits and Homemade Granola. Some have Nuts, some have Organic Chocolate Chips, and some have Raw Coconut Flakes. Parfait Flavors include:

- ~ Peanut Butter Cup
- ~ Chocolate Covered; Strawberry, Banana, Cherry
- ~ Blackberry Mango
- ~ Blueberry Peach
- ~ Tropical/Hawaiian
- ~ Blueberry Muffin
- ~ Peach Cobbler
- ~ Ba Ba Ba... Berry
- ~ Monkey Business
- ~ Triple Chocolate
- ~ O' Man...Joy
- ~ Tiramisu
- ~ PB & Jam
- ~ Chocolate Chip Cookie
- ~ Coconut Mango
- ~ P-Nutty
- ~ Black Bear
- ~ 'Merica
- ~ Pineapple Upside Down Cake
- ~ Pumpkin Pie
- ~ Ruth Had a Baby
- ~ German Chocolate
- ~ Raspberry Beret
- ~ Strawberry Shortcake
- ~ Yore Peppermint Patty



Calories*: Vary between 354-464



Protein Power Breakfast

Burrito Bowl/Wrap

Ingredients: Eggs, Seasoned Diced Potatoes and Sweet Potatoes, Organic Quinoa, Fresh Boiled Black Beans and a Blend of Colby Jack and Feta Cheeses. Served with a Fresh side of Homemade Pico de Gallo.

*** Wrapped in an Angelic Bakehouse Sprouted Whole Grain Wrap.

Choose: This Meatless Option

Best Served: Hot

Contains: Eggs, Dairy, *** Gluten (Wrap)

Calories Per Burrito: 704

Calories Per Burrito Bowl: 484



Queen B's

Ingredients: Organic Quinoa, with perfectly Roasted Brussels Sprouts, Freshly Boiled Garbanzo Beans, Fresh Chopped Spinach, Dried Cranberries and Topped with only the BEST, GOAT CHEESE! I can't forget the Homemade Lemon Vinaigrette that is primarily Organic!

Choose: Roasted Seasoned Chicken, Baked Salmon or a Veggie option without Chicken or Salmon

Best Served: Cold or Warm

Contains: Dairy

Calories Per Cont.*: Coming Soon!



Rainbow Container/Wrap

Ingredients: Organic Quinoa, Chopped Broccoli, Diced Red Pepper, Matchstick Carrots, Purple Cabbage, Peanuts, and Served with a side of our infamous Homemade Thai Peanut Dressing. *** Angelic Bakehouse Sprouted 7-Grain Wrap

Choose: Roasted Seasoned Chicken, Baked Salmon, or a Plant Based Option with Boiled Garbanzo Beans (VEGAN)

Best Served: Cold

Contains: Peanuts

Calories Per Cont.*: Chicken: 417, Salmon: 430, Plant Based (Vegan): 442

Calories Per Wrap*: Chicken: 637, Plant Based (Vegan): 662



Ready Spaghetti

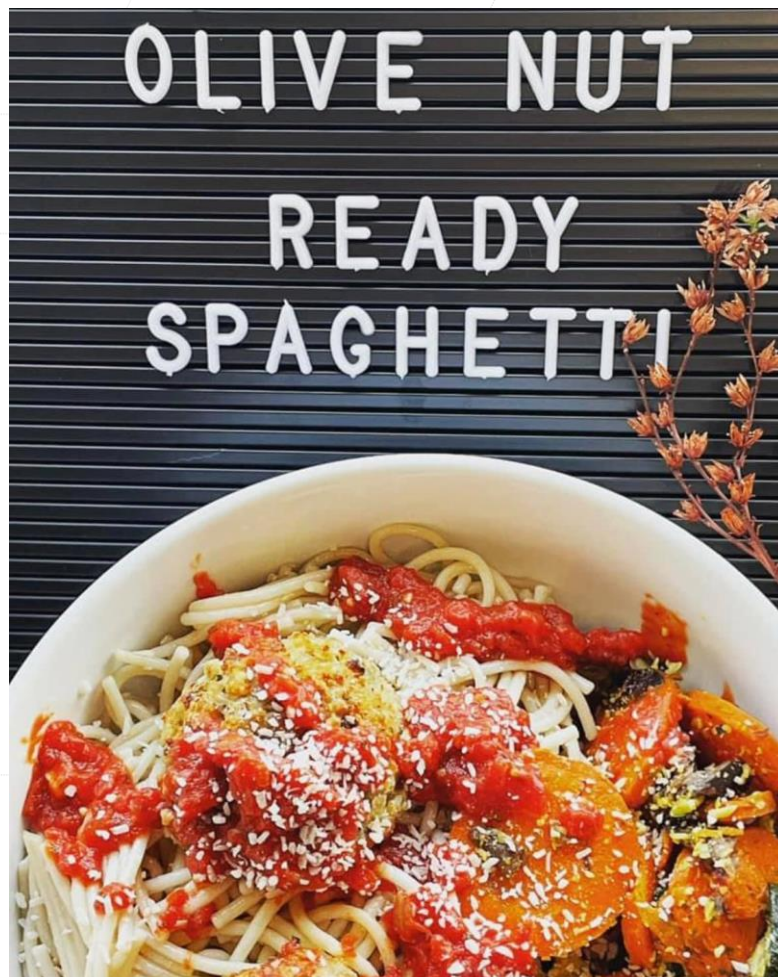
Ingredients: Brown Rice Noodles, Parmesan Roasted Veggies; Carrots, Zucchini, and White Mushrooms, Homemade Meatballs, and a side of Marinara

Choose: Beef, Turkey or Our House Made Plant Based Meatballs

Best Served: Hot

Contains: Dairy & Egg (Beef/Turkey)

Calories*: Beef: 569, Turkey: 553, Plant Based: 438



Salsa Verde Bowl

Ingredients: Cilantro Lime Brown Rice, Sweet Corn, Pinto Beans, Red Onions, Shredded Colby Jack Cheese, Organic Greek Yogurt, & a side of Homemade Salsa Verde.

Choose: Shredded Salsa Verde Chicken, or Shredded Salsa Verde Beef.

Best Served: Hot

Contains: Dairy

Calories*: With Shredded Chicken: 492, With Shredded Beef: 573



Sassy Salsa Bowl

Ingredients: Spinach, Spanish Rice (brown rice, tomatoes, avocado oil, seasonings, & salt), Fajita Seasoned & Roasted: Onions, Green Bell Peppers & Corn, Sliced Black Olives, Grape Tomatoes, Black Beans, Shredded Colby Jack Cheese, & Homemade Salsa Ranch Dressing. Es muy bueno!

Choose: Oven Roasted Chicken, Baked Salmon, or Meatless.

Best Served: This bowl tastes best “caliente”! (Hot)

Contains: Dairy

Calories*: Meatless: 538, Chicken: 605, Salmon: 618



Shaved Brussels Salad

Ingredients: Raw Shaved Brussels Sprouts, Natural Uncured Bacon, Almonds, Fresh Chives, and Parmesan Cheese. This Salad is accompanied by an Organic Homemade Lemon Vinaigrette Dressing

Choose: Roasted Seasoned Chicken or Baked Salmon

Best Served: Cold

Contains: Dairy and Tree Nuts (Almonds)

Calories Per Cont.*: Coming Soon!



Shish Ke-Bowl

Ingredients: Brown Rice, Seasoned & Roasted Red Potatoes, Zucchini, Onion, & Red Bell Peppers with a Homemade Tzatziki Dressing (A creamy Greek Yogurt Sauce with Cucumbers & Garlic)

Choose: Oven Roasted Chicken or Steak

Best Served: Hot

Contains: Dairy

Calories*: With Chicken: 454, With Steak: 488



Simple Caesar Container

Ingredients: Raw Power Blend (Brussels, Broccoli, Cauliflower, Carrots, White Beets, Kale & Radicchio), Raw Shaved Brussels Sprouts, Roasted Corn, Diced Red Onion, Pepitas, Natural Bacon, and Topped with a side of our House made Famous Caesar Dressing.

Choose: Roasted Seasoned Chicken or Baked Salmon

Best Served: Cold

Contains: Dairy & Egg

Calories Per Cont.*: Chicken: 479, Salmon: 492, Plant Based: 431 (P.B. Does Not include Bacon)



Southern Comfort Bowl

Ingredients: Roasted Sweet Potatoes with a side of Homemade Coleslaw and our Sweet & Tangy BBQ Sauce... and a sprinkling of Green Onions.

Choose: Seasoned, Shredded Chicken or Pork.

Best Served: Hot

Contains: Dairy

Calories*: Shredded Chicken: 610, Shredded Pork: 659



Southwest Container/ Wrap

Ingredients: Cilantro Lime Brown Rice, Boiled Black Beans, Roasted Corn, Diced Fire Roasted Red Peppers, Green Chilies, Colby Jack Cheese and Served with Fresh Cilantro Ranch. *** Angelic Bakehouse Sprouted 7-Grain Wrap

Choose: Roasted Seasoned Chicken, Baked Salmon, or a Plant Based Option with Boiled Garbanzo Beans

Best Served: Hot or Cold

Contains: Dairy & Egg

Calories Per Cont.*: Chicken: 515, Salmon: 528, Plant Based: 538

Calories Per Wrap*: Chicken: 735, Salmon: 748, Plant Based: 758



Spiced Thai Quinoa Bowl

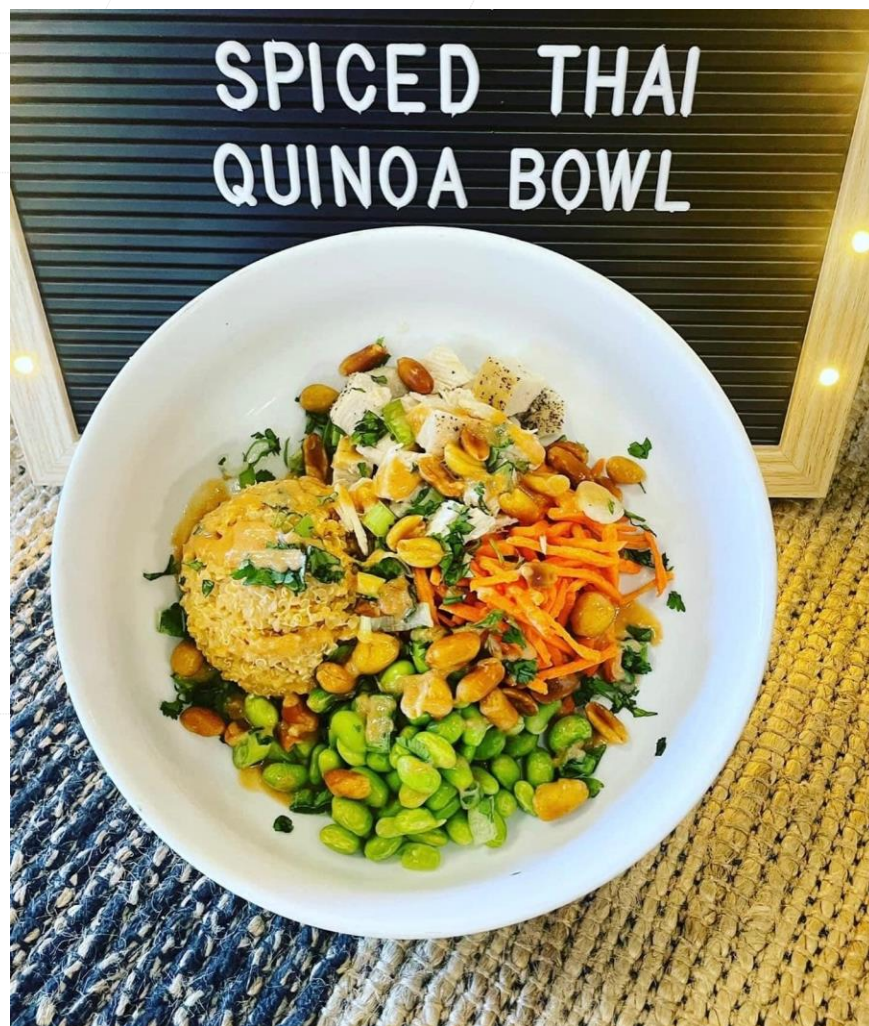
Ingredients: Organic Quinoa, Organic Edamame, Matchstick Carrot, Green Onion, Cilantro, Raw Peanuts, and Topped with a Spiced Thai Vinaigrette. If you aren't into meat, Choose the Vegan Option!

Choose: Roasted Seasoned Chicken, Baked Salmon, or Garbanzo Beans

Best Served: Cold or Hot

Contains: Peanuts

Calories Per Cont.*: Coming Soon!



Summer Veggie

Ingredients: Organic Quinoa, with perfectly Roasted Asparagus, Yellow Squash, and Zucchini, Fresh Arugula, and Feta Cheese Crumbles! Served with Homemade Lemon Vinaigrette that is primarily Organic!

Choose: Roasted Seasoned Chicken, Baked Salmon or a Veggie option without Chicken or Salmon

Best Served: Warm

Contains: Dairy

Calories Per Cont.*: Coming Soon!



Sweet Cheta Breakfast Bowl Container Burrito Bowl

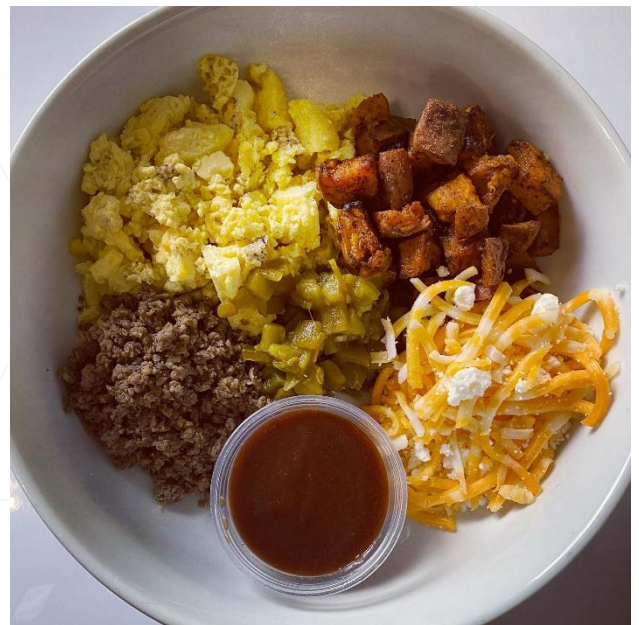
Ingredients: Sweet Potatoes, Eggs, Green Chilis, Mild Sage Sausage¹, Feta Cheese, Colby Jack Cheese, with a side of Homemade Sweet & Tangy BBQ Sauce.

All our processed meats are Preservative, Nitrite, and Nitrate Free. (But we still recommend eating in moderation!)

Best Served: Hot

Contains: Dairy

Calories*: Coming Soon!



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Sweet & Spicy Jalapeño Popper Salad

Ingredients: Mixed Greens, Raw Cauliflower, Matchstick Carrots, Homemade Sweet and Spicy Jalapenos, Crispy Natural Bacon (Uncured without Nitrates and Nitrites), Creamy Goat Cheese, a Sprinkle of Green Onion, and Served with Homemade Ranch Dressing

Choose: Oven Roasted Chicken Breast or Baked Salmon

Best Served: Cold

Contains: Dairy

Calories*: Coming Soon!



Teriyaki Container

Ingredients: Brown Rice, Organic Edamame, Red Cabbage, Roasted Broccoli, Organic Toasted Black Sesame Seeds

Choose: Teriyaki Chicken, Baked Teriyaki Salmon, or Teriyaki Rolled Garbanzo Beans (Vegan)

Best Served: Hot

Contains: None of the 8 Common Allergens

Calories Per Cont.*: Chicken: 327, Salmon: 340, Plant Based: 350



Thai Cashew Bowl

Ingredients: Spinach, Matchstick Carrots, Diced Red Bell Peppers, Purple Cabbage, Green Onions, Cashews, Cilantro, & Homemade Thai Peanut Dressing

Choose: Oven Roasted Chicken, Baked Salmon, or enjoy it Meatless.

Best Served: Cold

Contains: Peanuts

Calories*: Meatless: 451, With Chicken: 518, With Salmon: 531



The G.O.A.T.

Ingredients: Mixed Fresh Greens, Perfectly Roasted Sweet Potatoes, Honey Crisp Apples, Dried Cranberries, Sunflower Seeds, Creamy Goat Cheese and Topped with the Best Homemade Honey Mustard Dressing.

Choose: Meatless, Chicken, or Salmon

Best Served: Cold

Contains: Dairy (Goat Cheese)

Calories*: Meatless:, Chicken:, Salmon: Coming Soon!!!



Unstuffed Bell Pepper

Ingredients: A Base of Perfectly Roasted Mixed Bell Pepper and Marinara Brown Rice, Roasted Zucchini, Mushroom, and Onion, Black Beans and Garbanzo Beans (for a little more protein), Topped with Homemade and to Die for Turkey Italian Sausage and A Blend of Colby Jack Cheese and Parmesan. Top it with Yummy Marinara Sauce.

Choose: Homemade Turkey Italian Sausage or a Plant Base Option

Best Served: Hot

Contains: Dairy

Calories Per Cont.*: Coming Soon!



Unstuffed Butternut Squash

Ingredients: Farro topped with Roasted Butternut Squash, Apple, Red Onion, and Seasoned Perfectly with Fresh Herbs, Tossed with Fresh Kale, Pecans, and Dried Cranberries. Lastly, it's topped with Homemade Turkey Italian Sausage. Just delightful for the Fall and Winter!

Choose: Homemade Turkey Italian Sausage.

Best Served: Hot

Contains: Tree Nuts (Pecans), Wheat

Calories Per Cont.*: Coming Soon!



Warm Winter Salad

Ingredients: Perfectly Roasted Warm Winter Vegetables; Brussel Sprouts, Butternut Squash, Cauliflower that are tossed in our Signature Seasoning Blend, Then Rolled into a Bed of Kale, Almonds and Dried Cranberries and Topped with our Homemade Organic Tahini Dressing.

Choose: Roasted Chicken, Baked Salmon, or Plant Based (Garb. Beans/Vegan)

Best Served: Hot or Cold

Contains: Tree Nuts (Almonds)

Calories Per Cont.*: Chicken: 455, Salmon: 468, Plant Based: 478



Coming Soon ... Snack Packs

#OliveNut
#HealthyFood
#HealthySnacks
#MealPrep



#Pure.Real.Food