



Grab and Go Menu

If your life schedule is too busy for you to focus on preparing yourself healthy meals, don't worry, The Grassy Cow has you covered with grab and go meals!

All of our meals are Paleo friendly, packed with flavor and are an affordable alternative to restaurants, delis, and fast food.

We can even prepare your meals in advance (up to a week of meals at once) and deliver them to your home or place of work (delivery charge applies). Let us know how we can serve you

Menus

Breakfast Items

Breakfast Egg Muffins – Freshly prepared eggs, meats and vegetables, cooked as a muffin and served warm (*Paleo friendly*). **5.00** per half dozen. Packaged in a reusable container.

Choose from any of these delicious combinations:

Broccoli and Cheddar Cheese
Ham and Cheddar Cheese
Jalapeno Popper
Mushroom, Pepper and Spinach
Spinach and Parmesan
Sun-Dried Tomato, Parmesan and Spinach

Breakfast Casserole – Fresh eggs, breakfast sausage, sweet potato, spinach and a touch of jalapeno for a little wake-me-up in the morning. Served warm (*Paleo friendly*). Each serving packaged in a reusable container. Approximately 8oz per serving. **7.00** each.



Quinoa Breakfast Cereal – Gluten free (celiac friendly) and dairy free. This is not your parent's oatmeal. Prepared cereal of quinoa with coconut milk, vanilla and cinnamon. Served with fresh blueberries, shredded coconut, and walnuts. This is refrigerated and delivered in compostable individual 12oz containers (toppings served in separate containers). Reheat and enjoy. (*Paleo friendly*). **5.00 each**

Strawberry Chia Seed Pudding – Gluten free (celiac friendly) and dairy free. Strawberries, coconut milk, chia seeds, honey, maple syrup and cinnamon make up this delicious breakfast or snack food. Served with fresh strawberries, shredded coconut, and walnuts. Each serving comes in a compostable individual 12oz container (toppings served in separate containers). (*Paleo friendly*). **5.00 each**

Apple Pie Chia Seed Pudding – Gluten free (celiac friendly) and dairy free. Like the name says, this is a delicious and refreshing play on the traditional apple pie. Coconut milk, freshly grated Granny Smith apples, apple pie spice blend, and chia seeds. Served with shredded coconut, and walnuts. Each serving comes in a compostable individual 12oz container (toppings served in separate containers). (*Paleo friendly*). **5.00 each**

Wraps, Avocado and Salads

*Wraps include fresh fruit and cheese cubes. Salad dressings served on the side to help keep the salads fresher.

Mediterranean Chicken Wrap – Chicken breast rubbed with Mediterranean spice blend, pan seared, baked, then chilled. Sliced and placed on a bed of white bean and red pepper hummus, and topped with fresh greens, onion and tomato. Choice of tortilla, or lettuce wrap. **8.50**

Tuna Salad – Freshly prepared albacore tuna from local fishermen blended with mayonnaise, cilantro onion, cucumber and spices, then topped with fresh greens. Choice of tortilla or lettuce wrap. **9.00**

Stuffed Avocado – Fresh avocado half stuffed with buffalo ranch chicken salad. **8.50**

Chopped Kale Salad – Fresh kale tossed with feta cheese, toasted walnuts, dried cranberries and garlic vinaigrette dressing (dressing in individual container). Full **7.95** Half **4.95**

Asian Chicken Salad – Shredded cabbage, carrots and bean sprouts, topped with freshly prepared chicken, cashews, and ginger garlic sesame dressing (dressing in individual container). Full **8.95** Half **5.95**



Chicken and Butternut Salad – Fresh chicken, sliced apples, seasoned and roasted butternut squash over a bed of fresh greens. Served with coconut sesame dressing (dressing in individual container). Full **8.95** Half **5.95**

Lunch and Dinner Items

Each item is served in an individual reusable container, and each serving is approximately 8oz.

Almond Butter Chicken (can be made vegetarian) – Chicken breast over a bed of fresh sautéed zucchini noodles, carrots and sprouts tossed in an almond butter sauce (can substitute tofu for chicken) **6.00 each** (*Paleo friendly*).

Lemon Pepper Chicken – Chicken breast breaded and baked and topped with lemon pepper sauce - **6.50 each** (*Paleo friendly*).

Fish Cakes with Arugula Salad – Fresh made fish cakes with green onion and spices. Served with a balsamic and Dijon dressing arugula salad (salad and dressing served in separate containers) – **7.00 each** (*Paleo friendly*).

Garlic Chive Pork Chops – Fresh pork chops baked with garlic, parmesan and spices - **6.50 each** (*Paleo friendly*).

Cuban Pork Roast – Pork roast marinated 24 hours in a blend of citrus and spices, then baked until fork tender - **5.00 each**. Add black beans and rice to your order for **2.00** each meal.

Sides

Sides come in 8oz portions. Enough side for two lunch and dinner items.

Garlic Broccolini – **2.50 each** (*Paleo friendly*).

Balsamic Mushrooms – **3.00 each** (*Paleo friendly*).

Mustard and Bacon Potato Salad – **3.00 each** (*Paleo friendly*).

Garlic and Herb Butternut Squash – **4.50** (*Paleo friendly*).