

STOKED KITCHEN

We proudly use the finest ingredients available when preparing meals for your family. All proteins are organic, sustainable, grass fed, and open range. All eggs and dairy are organic and farm fresh, and all seafood is sustainable and wild caught. Whenever possible, we source our ingredients from local farmers, however, we can order specialty items from other various regions upon request.

Because we go to market specifically for you, your order may be customized to your liking. If you have a favorite item that is not listed on our current menu, we are more than happy to provide it for you so long as the ingredients are available. Additionally, many of our recipes can be adjusted for food allergy requests, such as gluten, dairy, egg and nut.

As always, we appreciate the opportunity to provide the food that fuels your body.

Sincerely,

Chef Jenn

Winter Menu

Breakfast:

Chia Pudding

vanilla, peanut butter, pumpkin, blueberry or coconut w/granola

Overnight Power Oats

gluten free oats, chia seeds, hemp seeds, maca, sun-butter, collagen powder, and served with regular milk or oat milk

Overnight Oats

Peanut butter, Spiced Apple, Pumpkin, Chocolate or Vanilla

Chef Jenn's Famous Granola

choice of original, blueberry vanilla, sprinkles or sun-butter & jam

Quinoa Breakfast Pizza

quinoa crust, farm fresh eggs, tomatoes, spinach, parmesan cheese - \$8 per slice (min order 4 slices)

Sweet Potato Frittata Egg Bowls

roasted sweet potatoes, vegetable frittata pieces, chicken breakfast sausage

Frittata and Frittata Muffins

vegetable or breakfast meats (min order - 4 slices)

House Smoked Salmon Lox Platter

chive cream cheese, lemon cream cheese, everything bagel thins, caramelized onions, hard boiled eggs, pickled capers

Breakfast Power Bowls

Sautéed leafy greens, sweet potato, eggs, breakfast sausage, sriracha sauce

Quiche

Vegetable or breakfast meats

Breakfast Breads and Sweet Treats

Breads and Muffins:

Banana, Lemon Poppy Seed, Pumpkin, Blueberry and Chocolate

Sour Cream Cinnamon Coffee Cake

Orange Vanilla Coffee Cake

*Cinnamon Rolls with Cream cheese frosting (can be made GF and DF)
(minimal order 1/2 dozen)*

Chocolate Pecan Coffee Cake

House Made Bread with various jams and butters

Low Carb/Paleo Breakfast Sweets

All paleo sweets contains nuts, coconut and/or cassava

Paleo Breads:

Blueberry, Banana, Lemon Poppy, Pumpkin

Paleo Breakfast Blueberry Cookies

Housemade Paleo Bread

with various jams and butters

Paleo Cinnamon Coffee Cake

Lunch

(Vegan cheese available upon request)

2 servings minimum

Casar Salad w/Lemon Oregano Chicken

Sour Dough croutons, pepita hemp seed sunflower topping

Kale Tahini Maple Salad

roasted sweet potatoes, hemp seed with a maple tahini dressing

Winter Italian Chop Salad

sharp cheddar, chickpeas, salami, pepperoni, artichoke, spinach and iceberg with orange rosemary dressing

Winter Salad Hummus Power Bowl

Kale, spinach, hummus, hardboiled egg, spicy sesame vinaigrette, with a savory granola topping

Latin Hipster Bowl

Red chili Chicken, black bean, sautéed greens, sorghum, pico de gallo, avocado with a cashew chipotle dressing

Power Energy Bowl

Sautéed leafy greens, brown rice, black beans, fermented pickled veggies, avocado, sweet potato

Taco Bowl

red chili chicken or Beef, brown rice, spinach, pico de gallo, avocado mash

Rotisserie Chicken Salad

kale, currents, with a charred scallion dressing

Gorgonzola Pear Salad

Crispy chicken, gorgonzola, pear, spinach, butternut with apple cider vinaigrette

Farro, Kale Beet Salad

toasted farro, kale, golden beets, feta tossed in a champagne vinaigrette

Add Roasted Chicken, Steak, Tofu to any of the salads- for an additional charge

Soups/Stews/Chili

2 quarts /4 quarts

Tomato Basil Bisque
Old Fashion Chicken Noodle
Tuscan Chicken Sausage Kale White Bean
Coconut Lentil Curry
Curry Beef Stew
Butternut Squash
Smoked Bison Chili
Three Bean Sweet Potato Chili
Sesame Asian Chicken Noodle
Coconut Tom Yum w/chicken or tofu
White Chicken Chili
Tortellini Soup with Kale Garlic Sausage
Chicken Tortilla
Pasta Fazool
Beef, Bacon and Vegetable Stew
Red Lentil Dal
Lasagna Soup

On the Go Snacks

Small or Large Bag

Rosemary Spiced Mixed Nuts

Chef Jenn's Famous Pub Mix

honey roasted peanuts, corn crisps, sesame stix, pretzels

Chef Jenn's Famous Spicy Pub Mix

roasted peanuts, wasabi peas, corn crisps, spicy pretzels, sesame stix

Power Up On-The-Go Energy Mix

banana chips, walnut, almonds, coconut, raisins, cashews

Paleo Snack Mix

*cashews, plantain chips, pecans, pumpkin seeds, beef jerky bites,
walnuts- one bag - \$28*

Hors d'oeuvres

THE MAJORITY OF OUR MENU ITEMS CAN BE PREPARED DAIRY FREE AND GLUTEN FREE

Crudite with Artisanal Dips

seasonal vegetables, crackers accompanied by artisanal dips

Bruschetta

marinated tomatoes, basil, caramelized onions, mozzarella, aged balsamic

Hummus Platter

house-made garlic and red pepper hummus, assorted seasonal vegetables and crackers

Cheese and Charcuterie Boards

French, Italian and local cheeses, imported cured meats, dried fruits, nuts, olives and assorted crackers

Chicken, Beef or Tofu Satays

chicken, beef or tofu satays, peanut and coconut curry dipping sauces

Shrimp Cocktail

spicy cocktail sauce

Caviar Service

Caviar selection: Ossetra, Kaluga Huso Hybrid, Baika and Alverta. Served with chopped egg, onion, capers, toast points, creme fraiche, chives (minimal order 2 ppl)

Crab Cakes

garlic remoulade sauce

Bison Meatballs

w/firecracker sauce

Charcuterie Bites

sharp cheddar, smoked cured meat, olive

Dinner:

Crispy Brined Roasted Whole Chicken

(rosemary, orange, sage), Honey roasted Vegetables, toasted farrow and wild rice tossed in a light herb cashew cream sauce

Filet Mignon Tacos

w/ pico de gallo, guacamole, tomatillo pepita salsa, w/Mexican style rice

Street Tacos

choice of beef, chicken, fish or vegetable with fresh made tortillas, pico de gallo, guacamole, tomatillo salsa, sour cream, cheese (*regular or vegan*)

Thai Curry Chicken or Tofu

w/brown ginger basmati rice

Coq au Vin Stew

Whole Chicken parts braised in red wine, with carrots, potatoes, parsnips, bacon

Bison Meatballs

w/herb cous cous, roasted lemon broccolini, with a pesto herb sauce

Beef Bracirole

Stuff Beef roulades with spinach, feta and caramelized onions, smashed potatoes, broccolini

Miso Honey Lemon Roasted Salmon or Halibut

with winter succotash, roasted crispy herb potatoes

Petite Filets

with parmesan herb sauce, Garlic Yukon gold mash and caramelized onion, creamed spinach

Burrito Bowls

Chicken or Beef filling, brown or white rice, Pico de Gallo, guacamole, tomatillo salsa, lettuce, cheese
(Also low-carb version: can be made with mix lettuce greens)

Open Faced Turkey Sandwiches

w/roasted mashed potatoes, cranberry sauce, stuffing, gravy and sliced sourdough bread

SIDES:

Grilled Potato Wedges (Reg or Sweet Potato) with chipotle ketchup

Parsnip Garlic Mash

Roasted Smashed Potatoes (Regular or Sweet Potato)

Creamed Spinach (dairy free or regular)

Winter Succotash

Broccolini with white bean, lemon zest

Roasted Honey Sriracha Root Vegetables

Chimichurri Butternut and Wild Rice

Maple Bourbon Butternut Squash Puree

Plant Based Menu:

Beet Black Bean Veggie Burgers

artisanal buns, burger toppings, spring greens salad

Vegan Tacos

walnut mushroom veggie "meat" or Impossible Meat, pico de gallo, guacamole, tomatillo salsa, vegan sour cream, vegan cheese

Vegan Cheese Board

assortment of nut cheeses, crackers, spiced nuts, spreads

Sweet Potato Spinach Enchiladas

*w/cashew cream enchilada sauce
(minimal order 1/2 pan)*

Thai Red Curry Tofu

with green bamboo rice

Herb de Provence Cauliflower Steaks

with roasted veggies, heirloom tomato, spinach w/saffron broth sauce, wild rice pilaf

Spinach Kale Quinoa Cakes

with vegan feta, parsnip smash, roasted carrots

Pesto Cashew Alfredo Rigatoni

with heirloom tomato, radicchio, squash, peas

Kiddos

Spaghetti

meatsauce or marinara

Chicken Fingers

choice of dipping sauce

Buttered Noodles

Broccoli with Cheese

Mac and Cheese

Grilled Chicken, Grilled Steak, Meatballs or Grilled Tofu

Fettuccine Alfredo

Corn Dogs

Mac and Cheese Bites

Desserts

most menu items can be made dairy free and/or gluten free

Sugar Cookie Sandwiches

chocolate or vanilla frosting

Cheesecake

*Plain, Caramel Vanilla, Strawberry, Chocolate
(minimal order 1/2)*

Chocolate Truffles

*rolled in dark chocolate
(minimal order- 1 dozen)*

Assorted Cookies

*chocolate chip, peanut butter, sugar, chocolate fudge
(minimal order 1/2 dozen)*

S'Mores Kit

Graham Crackers, Milk Chocolate, Big Marshmallows and long skewers

Holiday Cupcake and Cookie Decorating Kits

*Vanilla or Chocolate Cupcakes or Chocolate chip and Sugar cookies made
ready for decorating. Kit includes: Various frostings, sprinkles,
marshmallows, candy.*

Chocolate Fudge

with truffle pieces

Cake Jars

Vanilla or Chocolate with frosting & sprinkles

Specialty Cakes

*(birthday, anniversary, engagement, holidays)
availability upon request (allow 2 weeks if customizing)*