

# STOKED KITCHEN

## Spring 2024

### DROP OFF MENU

*(\*most menu items can be made dairy free, vegan and/or gluten free)*

## BREAKFAST

### *Breakfast Jars*

scrambled eggs, crispy potato or sweet potato, breakfast chicken  
sausage

### *Chef Jenn's Famous Granola*

Original, Berry Berry Vanilla, Vanilla Sprinkles, Sun-butter &  
Jam, Chocolate Superfood Crunch - served with yogurt, coconut  
yogurt or house-made oat milk

### *Quinoa breakfast pizza*

Quinoa crust, whole eggs, tomatoes, spinach & parmesan

### *House smoked salmon lox platter*

chive cream cheese, bagels, tomato, pickled onions, hard boiled  
eggs, pickled capers *(minimal order 4 servings)*

### *Breakfast Deviled Eggs*

*made with hummus & avocado filling*

### *House-Made Cinnamon Rolls- half or full dozen*

*(can be made gluten free & dairy free)*

### *Chef Jenn's Famous Coffee Cake - (GF & DF)*

*(whole cake only)*

### *Breakfast Muffins & Breads*

*(Can be made vegan, egg free, gluten free and/or dairy free)*

Apple Cinnamon, Blueberry Oat, Orange Cranberry, Lemon Lavender,  
Vanilla Raspberry, Chocolate Superfood

*(minimal order half dozen)*

# LUNCH

*(add a protein: chicken, skirt steak, salmon, crispy tofu)*

## *Warm Buckwheat Noodle Salad*

w/kale, shaved beets, radish, spring peas, spinach with a sun-dried tomato basil lemon brazil nut pesto dressing

## *Spring Cobb Salad*

roasted herb chicken or steak, spring peas, radish, chopped egg, bacon, tomato with wild greens & romaine, with a creamy lemon dill dressing

## *Crunchy Mandarin Chicken Salad*

shredded tamari chicken, red cabbage, carrot, mandarins, green onion, crunchy ramen noodles, with a soy mandarin honey dressing

## *Mexican Tortilla Salad*

pico de gallo, roasted spring vegetables, honey lime chicken or steak, romaine, spinach, avocado, black beans with a chili lime dressing

## *Vegan Antipasto Salad*

spiced chickpeas, tomato, pickled onions, herb artichoke, olives, vegan feta, romaine with a light herb Italian dressing

## *Thai Chicken Chop Salad*

crunch cabbage, carrot, green onion, roasted chicken, red pepper with a light Thai basil peanut dressing

## *Spring Farro Salad*

farro, beets, peas, roasted vegetables, parmesan, arugula, with a lemon basil dressing

## *Tuna, Asparagus and New Potato Salad*

With Chive Vinaigrette and Fried Capers

## *Pea, Fava bean, Asparagus salad*

w/red quinoa, pecorino with a bacon jam vinaigrette

## *Classic Caesar Salad*

hemp seed mix, cashew caesar dressing and rustic croutons

## *Spinach Salad*

spinach, candied pecans, pickled red onions, feta, egg with a warm balsamic dressing

### *Sandwich Board*

turkey, ham, roast beef with pepper jack and cheddar cheeses,  
lettuce, tomato, pickled onion with mustard, mayo w/artisan Wild  
Crumb bread (*minimal order for 2 portions*)

## Soups

*(minimum order 2 portions)*

Classic Chicken Noodle  
Tomato Basil  
Leek, Chorizo, Kale, Potato  
Chicken Tortilla  
Vegetable Tortilla  
Spring Pea  
Lentil Curry  
Creamy Mushroom & Spinach w/wild rice  
Lemony Chicken and Vegetable  
Spring Green Vegetable  
Old School Vegetable  
Lemon Chicken Orzo  
High Nutrient Dense Bone Broth (Chicken or Beef)

## Appetizers

*(minimum order 2 portions)*

*Arugula and Fava Bean Crostini*  
w/chimichurri herb Feta spread

*Rustic MT Charcuterie board*  
artisan cheeses, smoked cured meats, house made bacon jam  
spread, olives, house made local pickled vegetables, seasonal  
jam spreads

*Shrimp Cocktail*  
with spicy cocktail sauce

MT Cherry Tomato Confit  
with rustic Wild Crumb bread, creamy feta spread

Caramelized Fennel & Brie Dip  
w/rustic bread

Hummus Platter  
Original, spicy carrot, beet scallion & herb avocado w/pita

# DINNER

## Street Tacos

choice of spiced chili lime chicken, mole skirt steak or shredded citrus adobo pork, w/roasted season vegetables, pico de gallo, tomatillo salsa, mango salsa, sour cream, guacamole and tortillas (corn or flour)

## Filet Mignon

sous vide filet mignon, garlic mashed potatoes and knife & fork lemon panko asparagus

## Crab Cakes

w/green tomato slaw, w/lemon dill remoulade sauce

## Pad Thai

w/chicken, shrimp or steak

## Classic Lasagna

w/basil ricotta, marinara & ground beef or turkey

## Classic Chicken or Beef Pot Pie

w/flaky pie shell

## Sweet & Spicy Crispy Chicken

w/lemon, artichoke, olives and roasted fennel

## Braised tomato herb shredded lean sirloin

w/spaghetti squash, seasonal vegetables

## BBQ Brisket

w/sweet potato or garlic mash & seasonal vegetables

## BBQ Rubbed Whole Chicken

w/roasted potatoes & roasted honey garlic carrots

## Honey Teriyaki Ora King Salmon

w/feta cucumber chili orzo & roasted zucchini

## Honey Miso Lemon Halibut or Sea-bass

w/honey teriyaki sheet pan vegetables with roasted potatoes

## Chicken or Beef Enchiladas

w/red chili sauce & cheese *(can be made dairy free)*

## Sides

Creamed spinach (dairy free or regular)  
Mac and Cheese  
Knife & fork garlic asparagus  
Sweet mashed potatoes  
Garlic mashed potatoes  
Sautéed Wild Rosemary Mushrooms  
Sheet Pan Vegetables  
Pickled Cucumbers

## Kiddos

Spaghetti with marinara sauce  
Chicken Fingers with dipping sauce  
Petite filets with mashed potatoes, broccoli  
Taco Meat (with hidden veggies) taco shells, shredded cheese,  
salsa  
Bison or beef meatballs (with hidden veggies) marinara sauce,  
pasta  
Quesadilla with cheese, sour cream  
Sloppy Joe's with hidden veggies, burger buns, french fries  
Teriyaki Salmon with smashed potatoes

## Vegan/Vegetarian

Sweet Potato Black Bean Burgers with artisan buns, tomato  
lettuce with creamy dijon sauce, greens salad  
Vegan Charcuterie board - assorted cashew nut based cheeses,  
pickled vegetables, dried fruit, nuts, spreads, crackers

Sweet Potato Vegetable Poblano Enchiladas (w/pumpkin seed tortilla), light green chili cashew cream

Spicy Caramelized Tofu Lettuce Wraps  
with shredded carrots, red cabbage, red pepper with a basil herb dressing

Grilled Asparagus Shiitake Tacos  
with salsa verde, pico de gallo, smashed avocado w/vegan cheese

Pappardelle Pasta  
with heirloom basil marinara, spring peas, zucchini  
with a touch of vegan feta cashew cream

Vegan Ice Creams

Assorted Vegan & GF Cookies

Vegan Brownie Bites

## Healthy Power Energy Snacks

*Chocolate Chip Peanut butter cookie dough balls*  
oats, peanut butter, dates, maca, cacao nibs, dark chocolate chips

*Chocolate Avocado Mouse (vegan & GF)*

*Apple Snickers*  
crispy apple slices w/peanut butter, peanuts with a dark chocolate coating

*Edible Healthy Cookie Dough*  
chickpeas, oats, dates, peanut butter, maple syrup, coconut, chocolate chips

*High Protein Bento Box*  
Eggs, turkey roll ups, spiced chicken, spiced cashews

*High Protein Brownie Bites*  
oats, pea protein, dates, cacao powder, chia seed

# Desserts

## *Dessert Charcuterie Board*

assortment of desserts, cookies & candy for everyone

## *Sorbets*

wild berry, pear, strawberry honey, mango, strawberry mint, lemon

## *Assorted Cookies and Brownies*

Chocolate chip, Peanut Butter, Sugar, Oatmeal Raisin,  
Snickerdoodle (**minimum half dozen**)

## *Cake Jars*

Vanilla, Chocolate, Vanilla Sprinkles, Red Velvet  
**(minimum order 4 each)**

## *Blueberry Biscuit Cobbler*

with vanilla bean gelato

## *Chocolate Cake*

with Truffle Buttercream  
*(half cake minimum)*

## *Everyday Birthday Cake*

*Choice of Yellow, chocolate or vanilla cake with chocolate or vanilla frosting and of  
course sprinkles included  
(half cake minimum order)*