

STOKED KITCHEN

Fall / Winter (2022/2023)

DROP OFF MENU

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

BREAKFAST

Overnight power oats

GF oats, chia seeds, hemp seeds, maca, sun-butter, collagen powder with oat milk

Chef Jenn's Famous Granola

original, Berry Berry Vanilla, Vanilla Sprinkles, Original, Sun-butter & Jam, Chocolate Superfood Crunch - served with coconut yogurt or housemade nut milk

Quinoa breakfast pizza

Quinoa crust, farm fresh eggs, tomatoes, spinach, parmesan
(minimal order 4 slices)

Sweet potato frittata egg mason jars

roasted sweet potatoes, vegetable frittata pieces, chicken or pork sausage

Sweet potato kale hash

with chicken breakfast sausage, fried eggs, hot sauce

House smoked salmon lox platter

chive cream cheese, lemon cream cheese, everything bagel thins, tomato, pickled onions, hard boiled eggs, pickled capers (minimal order 4 servings)

Frittatas - vegetable or breakfast meats (minimal order 4 servings)

Various Quiches - vegetable or breakfast meats (minimal order 4 servings)

Apple cinnamon maca protein overnight oats

Build your own breakfast burrito

Pumpkin seed tortilla wrap or plain flour tortillas, eggs, chicken breakfast sausage, sautéed veggie, shredded cheese
(Can be made vegan, gluten free & dairy free)

Breakfast sandwiches

bagel or english muffin (can do gluten free) eggs, breakfast sausage, choice of cheese (vegan cheese available)

Breakfast deviled eggs

hummus and avocado filling

(minimal order 1 dozen)

Breakfast Muffins & Breads

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

Apple Cinnamon, Blueberry, Pumpkin Spice, Orange Cranberry Hot Cinnamon Chocolate

LUNCH

(add a protein: chicken, skirt steak, salmon, tofu or chickpeas)

Warm Grain Bowls

Harvest Bowl

beets, butternut, sweet potato, leek, arugula, cashew mozzarella, Quinoa with roasted chicken & chimichurri vinaigrette

Winter Bowl

Brussel Sprout, Red Quinoa, Vegan Feta, Butternut, raisins, apples with an orange thyme vinaigrette

Healing Bowl

Farro, sorghum, turmeric honey sweet potatoes, marinated cherry tomatoes, spinach, hummus, pumpkin seeds with lemon honey vinaigrette

Mediterranean bowl

Quinoa, tomato, roasted zucchini, black olives, falafel, arugula, spiced chickpeas with a tzatki lemon dressing

Lemongrass Ginger Coconut Chicken Bowl
with asparagus, snow peas, curry zucchini, with winter greens,
curry sauce (can add tofu or steak)

Quinoa Tabouleh baby Kale, Roasted Sweet Potato composed salad
w/ basil cilantro avocado dressing

Classic Salads

Classic Caesar Salad
hemp seed mix, cashew caesar dressing and rustic croutons;
choice of chicken, steak or Tofu

Kale Sweet Potato Maple Tahini Salad with pumpkin seed mix

Classic Wedge
iceberg, marinated tomatoes, egg, feta, crispy bacon, pickled
red onions with ranch or blue cheese

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

Chicken Pecan Thyme Salad
craisins, celery with a honey pepper aioli dressing

Sandwich Board
Ham, turkey, roast beef, sliced cheeses, pickled hot and mild
peppers, lettuce, tomato, mustard, mayo, pesto mayo, pickles,
artisan breads
(minimum order - 4 servings)

Soups and Stews

Tomato Basil
Tuscan Chicken Sausage Kale Soup
Chicken Noodle
Chicken and Wild Rice
Tuscan Gnocchi Chicken Sausage Soup
Beef Stew
Pasta Fagioli
Minestrone
Moroccan Lentil Curry
Butternut Squash
Beef and Barley

Chicken Stew
Chipotle Sweet Potato Chickpea Stew
Sausage and white bean spinach soup
Chicken Tortilla
Vegetable Tortilla

Chili

Smoked MT Bison Chili
Sweet Potato Veggie Chili
Beef Chili
Chicken Chili
Turkey Chili

APPETIZERS

Classic Shrimp Cocktail
w/lemon tomato horseradish dipping sauce
12-36dz

Firecracker Meatballs
with a spicy Firecracker sauce

Chicken or Tofu Satays
peanut or curry sauce

Italian Bruschetta
San Marzano tomatoes, red onion, basil, aged balsamic

Charcuterie Boards
various aged cheeses, aged & smoked meats, pickled vegetables,
nuts, spreads and crackers

Crudite Board
Artisanal seasonal vegetables, various dips

Classic Deviled Eggs
hummus dill filling with a touch of caviar garnish

Sweet & Savory Roasted Nuts and Pretzels

DINNER

Whole Roasted Sage Lemon Herb Chicken

smashed garlic potatoes or sweet potato mash, lemon asparagus

Filet Mignon Tacos

pico de gallo, guacamole, tomatillo pepita
salsa, w/Mexican style rice, tortillas (Corn or flour)

Slow roasted Honey BBQ Brisket

garlic herb mash, roasted winter vegetables

Street Tacos

choice of bavette steak, chicken, fish or vegetable with pico de
gallo, guacamole, tomatillo salsa, sour cream, cheese, Mexican
rice, tortillas

Bison, Butternut ragout

with basil and panko bread crumbs over spaghetti squash with a
cashew pesto sauce

Bison steak

w/huckleberry sauce, pea shoots, spaghetti squash, sautéed
bourbon mushroom, onion, fennel, crispy leeks

Maple Dijon Salmon

with pea, haricot vert. heirloom tomato, rosemary, with roasted
potatoes

Filet Mignon

smashed garlic potatoes, with red wine reduction sauce

Coq au vin Stew

whole chicken braised in red wine, carrots, potatoes, zucchini

Wagyu Beef Burgers

with Truffle Aioli sauce, artisan buns, roasted potato wedges
with honey smoked dipping sauce

Sides

Broccoli rabe, white beans, lemon & olive oil
Parsnip Potato Mash
Roasted Smashed Potatoes
Creamed spinach (dairy free or regular)
Mac and Cheese
Ratatouille
Stuffing (Regular or Cornbread)
Knife & fork garlic asparagus
Sweet mashed Potatoes
garlic mashed potatoes

Kiddos

Spaghetti with marinara sauce

Chicken Fingers with dipping sauce

Petite filets with mashed potatoes, broccoli with cheese

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 & salsa

Sloppy Joe's with hidden veggies, burger buns, french fries

Teriyaki Salmon with smashed potatoes

Vegan/Vegetarian

Stuffed Acorn Squash with ratatouille filling, parsnip potato
mash, cashew pesto sauce

Chipotle Black bean enchiladas with a green chili tomatillo
sauce, cashew sour cream

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

Spinach Beyond Meat Lasagna with ricotta cashew cream

Vegan Fettuccini Pasta Alfredo with peas, roasted butternut
topped with a herb vegan parmesan

Vegan Tiki Marsala

Red Curry Tofu Stew with basmati rice

Vegan Pad Thai with spiced tofu

Vegan Broccoli Mac and Cheese

Lemongrass Ginger Coconut Tofu Bowl with asparagus, snow peas,
curry zucchini, with winter greens, curry sauce

Desserts

Warm Apple Crisp
with french vanilla ice cream

Chocolate Truffle Cake
with Chocolate Truffle Frosting

Chocolate Tort
with Valhrona chocolate curls

Rustic Carrot Cake
with Spiced Cream Cheese Frosting

Dessert Charcuterie Board
Chef Jenn will help put together a fun dessert board

S'mores Kits
Chocolate, Large Marshmallow, graham crackers, logn skewers

Cheesecake
plain, strawberry, vanilla caramel, chocolate

Sorbets

strawberry, coconut, chocolate, raspberry & lemon lavender

Dulce De Leche Ice Cream and Cinnamon Churros

Assorted Cookies and Brownies

Chocolate Chip, Peanut Butter, Sugar, Oatmeal Raisin,
Snickerdoodle

Cake Jars

Vanilla, Chocolate, Vanilla Sprinkles, Red Velvet, Pumpkin Spice

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