

# Chowgirls

## INDIVIDUALLY PACKAGED MEAL MENU

We're delighted to offer a thoughtfully transformed menu to accommodate new ways of meeting and entertaining. As we begin to gather again, you can confidently host a socially distanced party with Chowgirls individually packaged offerings. Guests can enjoy each other's company via a shared food experience knowing their meals maintain the highest safety standards.

*All offerings are available for touch-free pick-up or delivery.*

*We request a minimum of 6 servings of any one item and variety.*

### *BUILD-YOUR-OWN LUNCH BOX*

*An elevated box lunch experience with our unique sandwich offerings and your choice of sides  
\$13/half sandwich, \$18/whole sandwich*

#### **Sandwiches (choose one)**

*TURKEY TARRAGON* • Roasted Ferndale Farms turkey breast with tarragon aioli, white cheddar, and fresh greens, on multigrain bread

*HAM & BRIE BUTTER* • Thin-sliced Peterson Craftsman-smoked ham and brie-whipped Hope butter on baguette

*APPLE & MANCHEGO* • Crisp apple, Spanish Manchego cheese, and organic spinach on toasted ciabatta bun with lemon aioli • **V**

*PORTOBELLO* • Grilled portobello mushrooms and artichoke hearts with pesto, herbed chevre, red onion, roasted red pepper spread, and spinach on grilled ciabatta roll • **V** (*VV upon request*)

#### **Salads (choose one)**

*GREEN SALAD* • Seasonal organic greens and vegetables with balsamic vinaigrette • **VV**

*SWEET POTATO SALAD* • Red pepper, celery, and green onion with cubed sweet potatoes in honey-mustard vinaigrette • **V**

#### **Sides (choose one)**

kettle-style potato chips **OR** seasonal fruit • **VV**

#### **Desserts (choose one)**

cookie **OR** bar • **V**

### *CLASSIC LUNCH OR DINNER*

*Includes foil pan and reheating instructions*

*BROWN SUGAR-BRINED CHICKEN* • Free-range, locally raised chicken from Larry Schultz Farm, brined overnight in a secret recipe of spices and brown sugar, finished with Hope Creamery butter. Served with whipped organic potatoes and organic roasted seasonal vegetables with saffron aioli • **GF** • **\$25**

*GRILLED PORTOBELLO* • Organic portobello caps stuffed with brown rice and chickpea crumble, served over braised greens and curried carrot puree • **VV** • **GF** • **\$18**

*PORK TENDERLOIN* • Herb-rubbed, sustainably raised grilled pork tenderloin from Peterson Craftsman Meats, served with dried cherry-sage marmalade, creamy grits, and organic roasted seasonal vegetables with saffron aioli • **\$27**

*GRILLED SKUNA BAY SALMON* • Beautiful grilled, sustainably-raised Skuna Bay fillet with your choice of lemon-dill butter, pesto, or miso-maple glaze. Served with whipped organic potatoes and organic roasted seasonal vegetables with your choice of saffron or tarragon aioli • **\$34**

*EGGPLANT ROMESCO* • Grilled eggplant over pearl couscous, with roasted seasonal vegetables and red pepper almond sauce • **VV** • **\$17**

## WELLNESS BOWLS

*Feel-good food to keep folks energized, nourished and productive*

*SIRLOIN FARRO BOWL* • Medium-rare grilled sirloin and ancient grain salad with roasted tomatoes, organic greens, and chimichurri • **DF** • **\$18**

*CHICKEN FARRO BOWL* • Grilled chicken with farro, mixed greens, hemp seeds, fresh seasonal vegetables, and champagne vinaigrette • **\$16**

*TACO BOWL* • Your choice of chicken, steak, or tofu, served with organic rice, black beans, Fajita-style vegetables, guacamole, sour cream, and cilantro • **GF** • **\$18**

*COCO CURRY BOWL* • Coconut-curry brown rice topped with grilled portobello mushroom and pineapple, steamed broccoli, chopped cashews, and peanut sauce • **VV** • **GF** • **\$14**

## BEVERAGES

*KOMBUCHA* • **\$3.50**

12 oz. can of raspberry or ginger

*BIG WATT COFFEE* • **\$4.50**

12 oz. can of local cold press

*MOUNTAIN VALLEY WATER* • **\$2**

11 oz. glass bottle of sparkling or still water

*BLUE SKY SODA* • **\$2**

12 oz. can of cane sugar sweetened soda in cola, lemon-lime, or ginger ale.

Diet stevia-sweetened also available.

## ARTISAN BOXES

*Unique options to delight and surprise your guests* • **\$30**

*BRUNCH BOX* • Organic cheese-and-veggie egg dish — your choice of gluten-free frittata or traditional crusted quiche — served with:

- Local breakfast sausage
- Sweet potato hash
- Seasonal fruit
- House-made scone or turnover

*EUROPEAN SNACK BOX* • A beautiful package for grazing with fresh herb and floral garnishes

- Artisan cheese
- Local cured meats from Red Table
- House-baked fresh bread
- Whipped & herbed Hope Creamery butter
- Seasonal house-made jam
- Seasoned nuts
- Chocolate shortbread

## SNACK PACKS

*Creative classic snacking for one, artfully imagined* (GF upon request)

*CHEESE & CHARCUTERIE* • A chef-selected pairing of local and European cheeses and Red Table salumi • **\$12.50**

*BEET HUMMUS* • Bright and delicious house-made spread with crudité and pita • **VV** • **\$8**

*VEGAN DIP* • Chef's choice offerings like our edamame and cauliflower patés, served with crudité and crackers • **VV** • **\$9.50**

---

## MENU KEY

**V** • Vegetarian    **VV** • Vegan    **GF** • Gluten Free    **DF** • Dairy Free

---

INFO@CHOWGIRLS.NET

**Chowgirls** TEL. 612.203.0786

updated 07/2020