

MENU



RED MEALS by RED NUTRITION



Healthy, delicious prepared meals

Chik'n Caesar Wrap

House-made seitan, garbanzo beans, and fresh romaine lettuce dressed with caesar dressing in a flour tortilla.

Asian Broccoli Salad with Soba Noodles

Soba noodles tossed in a ginger-lime sauce, with fresh vegetables and our house-made seitan.

BBQ Chik'n and Potatoes and Peas

A classic hearty meal of garlic mashed potatoes, BBQ pulled "chicken", and peas.

Black Bean TexMex Bowl

Colorful and high in fiber, freshloy roasted vegetables and carefully seasoned black beans and corn

Breakfast Scramble w/ Sausage Patty

Roasted red and yellow potatoes accompany a tofu, mushroom, and spinach scramble.

Buffalo Chik'n Wrap

Buffalo house made-seitan shredded and mixed with freshly prepared coleslaw, served in a wrap

Chickpea Loaf w/ Mashed Potatoes

Meatloaf made from filling chickpeas, with a side of garlic mashed potatoes and peas.

Chickpea Salad Wrap

A mock tuna salad wrap, complete with fresh celery and lettuce, wrapped in a flour tortilla.

Chili Baked Potato

High-protein bean based chili with just the right amount of spice and warmth over oven roasted baked potato.

Enchilada Layered Casserole

Black bean enchiladas in a layered stack, topped with Daiya cheese and cilantro, and a side of Merken spiced bell pepper corn.

Epic Oats

The best oats you will ever have - our high protein oats are delectable, topped with pecans and chocolate chips, best served straight from the fridge.

Prepared & Delivered Twice A Week

Lasagna

Layers of pasta, sliced zucchini, mushrooms, Boca crumbles, cashew ricotta, and our house marinara provide a healthy take on a classic dish.

Moroccan Lentil Stew

Moroccan spices are the beauty of this dish, covering the red lentil base and chickpeas with plenty of sauce and flavor.

Mushroom Stroganoff

Large cuts of crimini mushrooms provide the meaty feel and flavor in this sauce prominent dish over pasta.

Seitan Fajita Burrito

Mexican classic turned plant based with our signature seitan, with roasted peppers and onions, with black beans and avocado, wrapped ready to go in a flour tortilla.

Shepards Pie

Hearty potatoes at the base, with a delicious mushroom gravy, Boca crumbles, and corn, always satisfies.

Sloppy Joe Wrap

The best parts of a Sloppy Joe, with none of the mess - Wrapped in a flour tortilla, shredded seitan and BBQ sauce combine with a cabbage and ranch mix for an unmatched flavor combination.

Stuffed Pasta

Alex's childhood favorite, updated for high protein and low fat

Sweet & Sour Chik'n

Tangy, sweet, yet light and refreshing take on a classic

Thai Peanut Noodles

Fresh, nutty Thai sauce coats noodles, with fresh vegetables diced and shredded atop.

Yellow Curry with Potatoes

Slightly spicy yellow curry with a coconut base with peas, tofu, and potatoes.