



WEEKLY MENU

www.ForRealFoodery.com

ENTREES (\$15)

**Comes with a Side or Soup!*

Butternut Squash Ravioli*

served with brown butter sage sauce and caramelized onions

Mole Chicken or Salmon*

seared and simmered in a scratch-made mole sauce (contains nuts)

gluten-free

Veggie Frittata with Fresh Fruit

with roasted red peppers, spinach, and feta + seasonal fruit

gluten-free

SIDES (\$8)

Parmesan Cauliflower

gluten-free, vegetarian

Red Beans and Rice

gluten-free, vegetarian

Roasted Delicata Squash

gluten-free, vegetarian

Soups (\$8)

all gluten-free

Tomato Basil Bisque (V)

Italian Wedding

Southwestern Corn Chowder (V)

Red Lentil Chili (V)

BOWLS (\$15)

Shrimp Poke Crunch Bowl

steamed shrimp in sesame soy marinade, brown rice, edamame, cucumber, avocado, shredded carrot, pickled ginger, radish, scallions, tempura crunch, spicy kewpie sauce

gluten-free, vegetarian/vegan options available

Taco Protein Bowl

choice of: seasoned chicken, tuna, or tofu; with brown rice, shredded romaine, shredded cheese, tomatoes, bell peppers, black beans, scallions, chipotle ranch dressing

gluten-free, vegetarian/vegan options available

FOR DELIVERY ON SUNDAY, OCTOBER 25TH, 2026
(Orders must be in by Wed, October 21st)