



MENU

www.ForRealFoodery.com

FOR DELIVERY ON SUNDAY, NOVEMBER 16, 2025

(Orders must be in by Wed, Nov 12th)

ENTREES (\$12)

**Comes with a Side or Soup!*

Muffuletta Chicken*

w/ melted provolone cheese

Chana Masala

w/ coconut jasmine rice (no add'l side)

Tuscan Turkey Meatballs

ground turkey, herbs, garlic served w/
chunky marinara, served with polenta
(no add'l side)

SIDES & SOUPS (\$8)

Parmesan Polenta

Spaghetti Squash w/ Pesto

Charred Cauliflower

Soups of the Week (12oz):

Carrot Ginger

Broccoli Cheddar

Three Bean Chili

Kale, Leek, & White Bean

BOWLS (\$15)

Asian Quinoa Bowl

choice of: marinated tofu, chicken, salmon; with quinoa, edamame,
scallion, carrots, cucumbers, bell peppers, snap peas, ginger dressing

Loaded Baked Potato Bowl

baked potato, shredded cheese, broccoli, bacon, green onion, cherry
tomato, sour cream **+add grilled chicken or tofu \$5**