



# WEEKLY MENU

[www.ForRealFoodery.com](http://www.ForRealFoodery.com)

## ENTREES (\$15)

*\*Comes with a Side!*

### Chicken Romesco\*

grilled marinated chicken breasts with a refreshing roasted red pepper sauce

gluten-free

### Spicy Orange Salmon\*

seared marinated salmon in a spicy Asian-inspired orange glaze

### Verde Seafood Enchiladas

stuffed with crab, shrimp, and veggies and topped with creamy verde sauce and cotija

gluten-free optional

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## SIDES (\$8)

### Sesame Green Beans

gluten free, vegan

### Italian Orzo Salad

gluten-free, vegetarian

### Cucumber & Onion Salad

gluten-free, vegan

## Protein Parfaits (4 for \$20)

### Blueberry Mango

featuring over 20g protein EACH with fresh blueberries and mango, scratch low-carb nut and seed granola, and nonfat greek yogurt

## BOWLS (\$15)

### Falafel Tzatziki Bowl

scratch falafel, brown rice, hummus, marinated cucumber, red onion, tomatoes, feta cheese, kalamata olives, tzatziki sauce, pita wedges

gluten-free, vegetarian/vegan options available

**FOR DELIVERY ON SUNDAY, JUNE 14TH, 2026**  
**(Orders must be in by Wed, June 10th)**