



MEAL MENU.

All meals are made with fresh and locally-sourced ingredients. We cook with the seasons, so our menus are always changing. Check back often!

DINNER FOR 2 / -25-

DINNER FOR 4 / -50-

GRILLED **PORK** TENDERLOIN.

w. apple cider + mustard sauce

SPINACH SALAD.

BROWN BUTTER + MAPLE ROASTED CARROTS.

LEMON + HERB ROASTED CHICKEN.

buttonwood farms whole chicken

ROASTED FALL VEGETABLES.

ROASTED GREEN BEANS.

BACON + HAMBURGER **PIZZA**.

house-made marinara + crust, mozzarella

GREEN SALAD.

PUMPKIN SWIRL BROWNIE.

VEGETABLE **FRITATTA**.

spinach, red peppers, asiago, cheddar

MIXED GREENS SALAD.

ROASTED NEW POTATOES.

THREE **BEAN + SQUASH** CHILI.

cannellini, black, red beans, chipotle, tomatoes, butternut squash

CORNBREAD.

PEANUT BUTTER + CHOCOLATE BARS.

MEDITERRANEAN **BURGERS**.

lettuce, feta aioli, house-made buns

TOMATO + CUCUMBER SALAD.

SALTED BROWN BUTTER RICE KRISPY TREATS.

QUINOA + APPLE **STUFFED SQUASH**.

caramelized shallots, thyme, sage

MAPLE ROASTED BRUSSELS SPROUTS.

VEGAN ALMOND + MAPLE COOKIES.

BAKED **MAC + CHEESE**.

cheddar, guere, smoked gouda, house-made bread crumbs

ROASTED BROCCOLI.

CHOCOLATE CHIP COOKIES.

PUMPKIN CURRY.

coconut milk, red curry, turmeric, roasted tomatoes, local pumpkin

COUS COUS.

CONCORD GRAPE BARS.

BRAISED PORK SOFT TACOS.

orange + chipotle pork, red cabbage, mozzarella, soft tortillas

SIMMERED BLACK BEANS.

HONEY + LIME MANGO SALAD

KIDS MEAL

SERVES 2 KIDS / -12-

CHEESE PIZZA. or **CHEESEBURGER.** or **FISH STICKS.**

Select one entrée from above.

Choose either house-made applesauce or raw veggies + dip

CHECK OUT OUR **FEATURED MEALS**

flavor360.org/ready-made-meals

 VEGETARIAN

 GLUTEN FREE

 VEGAN

DELIVERY + ORDERING

Our Ready-Made meals are available Tuesday through Saturday for next-day pickup or delivery. All meals include free pickup. If you would like Flavor 360 to deliver your Ready-Made Meals, we can bring the Flavor right to your home or office (some delivery fees may apply). Contact Chef Kara for your customized Ready-Made Meal delivery plan.

Our meals stay fresh for up to a week. Order one of each and enjoy fresh Flavor all week!

CALL TO ORDER **314.781.7722**



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HAND-CRAFTED CREATIONS**
FOR ALL OF LIFE'S OCCASIONS

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