

Cafe Peanut 2021

10 vegetables soup

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: CELERY

INGREDIENTS: Celery Root, Salt Pink, Celery, Black Pepper, Eggplant, Green Beans, Green Peas - Frozen, Parsnips, Carrots, Potatoes - Red, Fennel Fresh, Onions - Diced, Avocado Oil, Summer Squash - Yellow, Tomatoes, Garlic Fresh

Calories 230, Protein 7g, Carbohydrates 42g

Beef Meatballs

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Beef Ground - 15%, Parsley, Garlic Fresh, Onions - Diced, Salt Pink, Black Pepper

Calories 250, Protein 21g, Carbohydrates less than 1g

Classic chicken noodle

Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: EGGS, WHEAT, GLUTEN, CELERY

INGREDIENTS: Chicken Broth, Egg Pasta - Dry, Celery - Diced, Parsley, Carrots, Chicken Breast Boneless Skinless, Dill Fresh, Onions - Diced, Garlic Fresh

Calories 160, Protein 18g, Carbohydrates 18g

Cranberry coconut oatmeal

Slow cooked oatmeal with water. Sweetened with organic agave and topped with coconut, sunflower seeds and dried cranberries

Vegan, Gluten Free, Dairy Free, Corn Free, Peanut Free,

CONTAINS: COCONUT

INGREDIENTS: Oats Steel Cut, Honey, Coconut Flakes, Cranberries Dried

Calories 510, Protein 19g, Carbohydrates 87g

Garlic Brown Rice

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Rice - Brown, Garlic Powder, Salt Pink, Oregano Dry

Calories 230, Protein 10g, Carbohydrates 96g

Garlic Mashed Potatoes

Vegetarian, Gluten Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: MILK

INGREDIENTS: Potatoes - Red, Butter Unsalted, Garlic Fresh, Dill Fresh
Calories 90, Protein 2g, Carbohydrates 19g

Ginger Carrots Artichoke Soup

Nutrition Facts Incomplete

INGREDIENTS: Onions - Diced, Carrots, Artichoke Hearts - Canned, Fresh
Ginger Root, Brown Sugar, Salt Pink, Avocado Oil, Avocados

Ginger lemon chicken breast

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Rosemary - Dry, Black Pepper, Oregano Dry, Garlic Powder,
Olive Oil, Chicken Breast Boneless Skinless, Lime Juice, Red Pepper Ground,
Salt - Fine, Ginger Ground

Calories 190, Protein 26g, Carbohydrates 4g

Organic pasta

Vegan, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: WHEAT, GLUTEN

INGREDIENTS: Penne Pasta - Dry, Salt Pink, Dried Basil, Ginger Ground,
Garlic Powder

Calories 420, Protein 15g, Carbohydrates 85g

Panko breaded chicken breast

Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: WHEAT, GLUTEN

INGREDIENTS: Chicken Breast Boneless Skinless, Whole Wheat Flour,
Garlic Powder, Onions - Diced, Salt Pink, Paprika, Vegetable Oil, Panko

Calories 240, Protein 17g, Carbohydrates 6g

Tomato Basil Cream with rice

Nutrition Facts Incomplete

INGREDIENTS: Grape Tomatoes, Onions - Diced, Rice - White, Garlic Fresh,
Canola Oil, Olive Oil, sea salt, Black Pepper

Tuscan white bean with spinach

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: CELERY

INGREDIENTS: Salt Pink, Celery, Spinach, Thyme Dry, Kidney Beans Dry,
Garlic Powder, Olive Oil, Carrots, Dried Basil, Onions - Diced, White Pepper

Calories 170, Protein 10g, Carbohydrates 25g

Strawberry and blueberry oatmeal

Slow cooked oats with fresh fruits and raw honey

Vegan, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: WHEAT

INGREDIENTS: Oats Steel Cut, Strawberries, Blueberries, Granola
homemade (cereals ready-to-eat, granola, homemade.)

Calories 480, Protein 20g, Carbohydrates 82g

Vegetarian Split Pea

Nutrition Facts Incomplete

INGREDIENTS: Salt Pink, Celery, Black Pepper, Carrots - Shredded, Olive
Oil, Split Peas, Parsley, Onions - Diced, Garlic Fresh

Lemon pepper chicken drumstick

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Chicken Drumstick - Skinless, Red Pepper Ground, Oregano
Dry, Rosemary - Dry, Garlic Powder, Salt Pink, Lime Juice, Olive Oil

Calories 200, Protein 24g, Carbohydrates 5g

powered by parsley 