

SIDES and SUCH

- Totally Healing Chicken Soup**  **by the pint.....6.99**
Old fashioned and made from scratch with toasted orzo noodles and lots of veggies.
It will cure what ails you!
- Our Daily Bread.....3.49**
A lovely 1 pound sandwich loaf that is the perfect blend of flour, wheat and honey.
- Marinara Sauce** **16 oz 4.99.....24 oz.....6.99**
This sauce is built from the best plum tomatoes, olive oil, garlic, sweet onions and finished with fresh basil.
- NEW** **Homemade Gravy**  **8oz.....1.99**
Beginning with our own natural, house made stock, we simmer, thicken and season to make these velvety, low salt gravies. *Available in beef, chicken and turkey*
- Classic Egg Salad** **1/2 pint 3.49.....by the pint.....5.99**
This is a traditional egg salad that I've made for years. It's not fancy but well balanced with bright, creamy flavors.
- Dad's Ham Salad** **1/2 pint 3.49.....by the pint.....5.99**
Extra lean, low sodium ham, pickle relish, mayo and a touch of whole grain mustard makes for a yummy sandwich.
- Silver Palate Chicken Salad** **/2 pint 3.99.....by the pint.....6.99**
Roasted chunks of chicken breast tossed with dill, red grapes, a bit of sour cream and mayo all to make this a terrific option for lunch or dinner.
- Tuna Salad** **1/2 pint 4.99.....by the pint.....8.99**
This tasty tuna salad made with white premium tuna has a bit of crunch from the celery and is delicious as a sandwich or even on its own.
- Fruit Salad..... by the pint 4.99.....by the quart 8.99**
Fresh cut fruit served in their own juices.
- Chocolate Chip Cookies, 1/2 dz.....6.99**
Homemade, chunky, chocolate chip cookies
- NEW** **Sugar Free Oatmeal Raisin Cookies, 1/2 dz** **6.99**
Old fashioned oats, plump raisins and golden monk fruit sweetener combined with a dash of cinnamon, nutmeg and ginger. These Sugar Free Cookies will satisfy your sweet tooth.
- Oatmeal Cherry Chocolate Crunch Cookies 1/2 dz.....6.99**
Chewy, oatmeal cookies with cherries, white chocolate chips and a little crunch.
- NEW** **Old Fashioned Apple Crisp** **8.99**
You would never know this sweet treat is **Reduced Sugar** AND **Gluten Free**! Sweet, Golden Delicious apples with cinnamon and nutmeg finished with a crispy oat topping.
- KETO Chocolate Cake** **11.99**
This tasty cake is **Gluten Free** and **Sugar Free** sweetened with *Lakanto* monk fruit sugar substitute. **NO** after taste-**NO** artificial anything; made with coconut flour and Dutch cocoa. This premium cake is a deliciously, unique treat.
- NEW** **Low Fat Carrot Cake.....6.99**
You asked...we listened! Everyone's favorite dessert is now **ALWAYS** available! A lower fat traditional carrot cake with cream cheese frosting.

EXTRAS

- October Kitchen Insulated Tote.....5.99**
Super-useful, multi-purpose tote! Our insulated cooler tote measures 13 x 15 x 10 with a zipper closure and bottom stabilizer for extra strength and durability.
- October Kitchen Reusable Bag.....1.99**
Nowadays reusable bags are the alternative to paper and plastic bags. They are highly useful for day to day errands and on the other hand you can also play your part in conserving the environment! We are now offering our cloth reusable tote in our famous October Orange!
- October Kitchen Lunch Bag.....3.99**
Perfect size for lunch on the go! Available in October Orange.
- October Kitchen Finger Mitt.....1.99**
Finger Mitt protects your hand with a thumb and finger pocket. Easy fit for all!
- Microwave Dome.....3.99**
No more microwave messes! Large, domed vented microwave cover fits over most dishes for splatter-free microwave cooking. Plastic. Dishwasher safe. 10" dia. x 4 1/2" H.



We reserve the right to change menu items and/or ingredients without notification