



BOOST FITCLUB · NASHVILLE

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## WINTER MENU 1

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### Protein

**Local Grass Fed Pork** *grilled, Marinated in garlic, ginger, chili, n' mint - GF*

**\*Local Grass Fed Beef "Stroganoff"** *local beef, house made noodles, dill n' vegetables*

**Hippo Hollow Chicken** *braised in Citrus, and Winter Herbs -GF*

**"Fish of the Day"** *whatever comes from the morning market -GF*

**\*\*KLD Farms Lamb "Lagoto"** *Lamb ragout in tomato, rice, garlic, leeks, n' heirloom carrots - GF*

**Gulf coast Shrimp "Orleans style" Chowder** *shrimp, cooked in tomato, spices herbs, potatoes, n' carrots - GF*

**\*Moroccan Vegetable Ragout** *Moroccan vegetables ragout, cauliflower, chick peas, carrots, leeks n' spices -GF*

**Vegetarian Protein** *Chef's weekly choice of complex vegetarian protein*

### Complex Starch

**Acorn Squash Mash** *Roasted, honey, roasted garlic, lemon, sea salt - GF*

**Sweet Potato "Vital Café Style"** *simple, coconut oil, n' sea salt*

**Lentil Salad** *mix will change according to supply -GF*

**3 Grains Salad** *olive oil, roasted garlic, roasted red peppers, n' artichokes*

**Cuban Black Beans n' Rice** *slow cooked black beans, cilantro, garlic, cumin, coconut milk - GF*

**Sweet Basil n' Kennebec Potatoes** *slow roasted, with pine nuts GF*

**Pumpkin Medley** *celery root, lemon, raisins n' Spices GF*

### Seasonal Vegetable- ALL VEGGIES (GF)

**Braised Red Cabbage** *local apple, onion, Cider vinegar*

**Sautéed Kohlrabi n' Greens** *really great balance, n' Toasted Mustard*

**Heirloom Cauliflower n' Apples** *a little ginger, cumin, citrus*

**Butternut Squash** *roasted, leeks, n' Walnuts*

**Bok Choy n' Shiitake** *simple, lemongrass, garlic*

**Freshly Dug Golden Beets** *roasted, leeks, n' Walnuts*

**Sautéed Green Beans** *local "Haricot Vert", spiced garlic*

**Vegetable of the Day** *Chef's picks, always interesting, absolutely fresh and delicious*

### Pick Two Deal ( \$8.95 )

**½ Wrap/ Sandwich with Garden Salad or Soup**

**Wrap:** Chicken salad sandwich, Grilled Shiitake Mushroom Sandwich, or Wrap with turkey, apple and goat cheese

**Soup:** Beef Pho, Ham n' Bean, or Pumpkin Soup n' Caramelized Apple

**Salad:** Garden Salad (seasonal selection),

( \*Protein, starch, veggie included \*\* Protein and Starch included GF- Gluten Free )



## NutriBoost DINNER/ LUNCH Menu 1 (Custom Nutrition) – WINTER

Fill out with protein, starch, and vegetable accept where noted on menu

Pick up Day **Tue**  or Fri

Name: \_\_\_\_\_ Cell #: (    )    -    Email: \_\_\_\_\_

<b>Protein + Complex Starch + Vegetable</b>	M	Tu	W	Th	F	Sa	Su
Pork <span style="float:right">\$15.95</span>							
Grass-Fed Beef * <span style="float:right">\$16.95</span>							
Chicken <span style="float:right">\$14.50</span>							
Fish of the Day <span style="float:right">\$15.95</span>							
Lamb Lagoto** <span style="float:right">\$15.95</span>							
Shrimp Chowder** <span style="float:right">\$15.95</span>							
Moroccan Vegetable Ragout* <span style="float:right">\$14.95</span>							
Complex Vegetarian- Chef's Choice <span style="float:right">\$14.95</span>							
<b>Complex Starch</b>	M	Tu	W	Th	F	Sa	Su
Acorn Squash							
Sweet Potato							
Lentil Salad (different lentils/mix every week)							
3 Grain Salad							
Cuban black beans n' Rice							
Sweet basil n' Kennebec Potatoes							
Pumpkin Medley							
<b>Seasonal Vegetables</b>	M	Tu	W	Th	F	Sa	Su
Braised Red Cabbage							
Sautéed Kohlrabi n' Greens							
Cauliflower n' Apples							
Butternut Squash							
Bok Choy n' Shiitake							
Golden Beets							
Green Beans							
Veggie of the Day							
<b>Pick Two (Salad, Soup, n' Wrap) <span style="float:right">\$8.95</span></b>	M	Tu	W	Th	F	Sa	Su
Chicken Salad							
Shiitake Mushroom							
Turkey Wrap, apple, goat cheese							
Beef Pho							
Pumpkin soup							
Ham n' Bean							
Garden salad							