

Nutrition Program at Blackbird House  
Powered by Seeds Cafe

The Fabulous Chef Leo's x Alternating Menu Offerings  
MONDAY • WEDNESDAY • FRIDAY

 CHEF LEO X BLACKBIRD MENU 

**A LA CARTE (\$2-\$12)**

- \$2. ORGANIC HARD BOILED EGGS
- \$4. VEGAN OATMEAL COOKIES
- \$4. GARLIC ROSEMARY TOASTED CASHEWS
- \$6. TURMERIC CAULIFLOWER LENTILS
- \$6. ROASTED BEET HUMMUS & VEGGIES
- \$8. GINGER MANGO COCONUT SMOOTHIE
- \$8. GARDEN VEGGIE WHITE BEAN SOUP
- \$12. CHOPPED VEGGIE KALE QUINOA SALAD WITH JALAPENO CASHEW DRESSING

**BOXED LUNCHES (\$15-\$30)**

- \$15. IMPOSSIBLE MEATBALLS W/ TOMATO BASIL QUINOA PASTA
- \$20. 6 OZ ORGANIC CITRUS SALMON, WILTED MIXED GREENS & SCALLIONS
- \$25. CHICKEN & ZUCCHINI MEATBALLS W/TOMATO BASIL QUINOA PASTA  
AND WILTED MIXED GREENS
- \$30. 6 OZ CHIMICHURRI WILD SEA BASS, ROASTED SWEET POTATO  
HUMMUS & FRESH FRUIT