

Nutrition Program at Blackbird House  
Powered by Seeds Cafe

The Soulful Chef Q's of CHEFISM x Alternating Menu Offerings  
TUESDAY • THURSDAY • SATURDAY



**A la Carte Bites (\$2-\$12)**

- \$3. Zion Nest Eggs (four “deviled egg” halves)
- \$4. Vegan Gluten Free Chocolate Chip Cookies
- \$6. Grilled Asparagus
- \$6. Sweet Potato Mash
- \$6. Fresh Kale Chips, Baked to Perfection
- \$8 Chef Q's Smoothie Miracles (The Blackbird Blackberry, The Green Gas and The Inner Light)
- \$10. Rice Paper Wrapped vegetables: carrots, red bells, cabbage, cilantro, avocado with ginger sesame sauce. (no nuts, no wheat)

**Blackbird Salads \$16 (choice of one salad)**

**a. Cucumber Tomato Salad**

includes: broccoli, red onion, bell peppers, sesame seeds, sesame ginger dressing, mixed peppers cilantro garnish.

**b. Black Bean Charred Corn Salad**

includes: black black , charred corn, jicama, roasted carrots, cilantro, jalapeños , red onion, mixed bell peppers with olive oil, Himalayan pink salt, mixed pepper, cumin, fresh lemon juice

**c. Sweet Pineapple Southern Kale Salad**

includes: Kale, grilled carrots, diced pineapple, toasted pumpkin seeds honey lemon dressings

**Bird Box Meals (\$20-\$30)**

\$20. **Gourmet Deli Sandwich Pack** Choice of Turkey, Ham or Cheese on french roll or gluten free bread, green or caesar side salad, fresh kale chips, one vegan or gluten free cookie

\$25. **Salad Sandwich Pack** Choice of Tuna, Egg Salad or Avocado Salad on wheat or gluten free bread, green or caesar side salad, fresh kale chips, one vegan or gluten free cookie

\$30. **Land Box Pack** with Grilled Chicken, Brown Rice Wild Rice Pilaf, Fresh Haricot Vert

\$30. **Sea Box Pack** with Grilled Fish of the Day, Herbed Quinoa, Cauliflower Rice, Balsamic Grilled Veggies