

**BOUNTY-FULL MEALS - PLEASE ORDER BY FRI FOR THE FOLLOWING WEDNESDAY**

Name	
Email	
Phone	

**MENU**

OCT 2011

(Menu descriptions on Attached Page)

			Enter Quantity	Large (2lbs) Serves 3-4	Enter Quantity	Small (1lb) Serves 1-2
Wed 5th	Entrée	Whole Wheat Pasta Checca w/ Chicken	<input type="text"/>	\$ 20.00	<input type="text"/>	\$ 12.00
	Soup - Veg	Cheesy Potato Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin
Wed 12th	Entrée	Tacos Al Pastor	<input type="text"/>	\$ 20.00	<input type="text"/>	\$ 12.00
	Soup	Lentil Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin
Wed 19th	Entrée	Roasted Chicken Thighs w/ Potatoes & Carrot	<input type="text"/>	\$ 22.00	<input type="text"/>	\$ 13.00
	Soup - Veg	Split Pea Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin
Wed 26th	Entrée	Napa Valley Basil Smoked Burgers <small>(serves 3)</small>	<input type="text"/>	\$ 22.00	<input type="text"/>	Not Avail
	Soup	Chicken Tortilla Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin

**TOTALS \$**



Payment Options: VISA - MC - AMEX - OR CHECK

Number

Expires

CVVCode

\*\*Please let us know if you have any special dietary needs or concerns:

Send Completed Form with Check or Credit Card Info to Nature's Bounty Café

211 G Street

Antioch, CA 94509

By Fax: (925) 777-0629

Or by email: [Naturesbounty@msn.com](mailto:Naturesbounty@msn.com)

Any questions? Call the Café: 925 777-0600 (M-F) or send an email to Lynn

**THANK YOU FOR YOUR ORDER!!**



Contact: Lynn Kutsal  
Email: [NaturesBounty@msn.com](mailto:NaturesBounty@msn.com)  
Phone: (925) 777-0600  
Fax (925) 777-0629

## October Entrees

### Whole Wheat Pasta Checca with Chicken

Just so we can remember the flavors of summer as we enter Fall.... Roma Tomatoes, Fresh Basil, Sundried Tomatoes, Olive Oil, and Garlic are very quickly sautéed to marry the ingredients, but this sauce is intended to be “fresh” and full of texture and flavor. This will be served over whole wheat penne pasta and topped with and Asiago Cheese and Chicken. We can substitute Gluten Free Pasta for an additional \$2.00 – Please Ask.

### Tacos al Pastor

Sliced Nimen Ranch Pork Loin is marinated in a pineapple puree, orange juice and mild chili powder for over 24 hours. The Pork is flame grilled and then chopped with fresh grilled pineapple. We provide black beans, fresh cilantro and onions, and corn tortillas so that you can assemble your tacos just the way you like, and enjoy. Large meal makes 8 tacos, small dinner makes 4 tacos.

### Roasted Chicken Thighs with Yukon Gold Potatoes and Carrots

Mary's Free Range Chicken Thighs are seasoned with fresh herbs, sea salt, and a pinch of nutmeg. Then oven roasted with Yukon Gold Potatoes and Carrots until golden and tender. This is a classic autumn dinner, and one you won't want to miss.

### Napa Valley Basil Smoked Burgers (*Back by popular demand!*)

Nimen Ranch Ground Sirloin is mixed with Zinfandel Wine, Diced Red Onion, Fresh Basil, Sundried Tomatoes, Italian Bread Crumbs and Garlic. These large burgers are then flame grilled for added flavor. After you heat up your patties, pile on the Fresh Tomato, Basil Leaf, Thinly Sliced Red Onion, Red Leaf Lettuce and Sliced Cheese that we give you on the side to make this burger a taste bud explosion! All you need is sliced bread or buns and a little mayo or mustard. Large serves 3.

## October Soups

### Cheesy Potato Soup

This soup was my twin's favorite when they were little, and now it's known to be a Café sell out. Fresh Veggie Stock and Russet potatoes are the base for this hearty soup. We add caramelized onions, 3 types of cheese, 2% Milk and Half and Half with lots of love just for you.

### Lentil Soup

Ingredients: Organic: Fresh Vegetable Stock, French Green Lentils, Onion, Celery, Potatoes, Spinach (or Swiss Chard), Olive Oil and Seasonings, Sea Salt and Pepper. LF, Veg, Vegan, DF, GF

### Split Pea Soup

Ingredients: Organic: Split Peas, Onion, Celery, Carrot, Sea Salt and Pepper. LF, Veg, Vegan, DF, GF

### Chicken Tortilla Soup

Ingredients : Mary's Free Range Chicken, Fire Roasted Ground Peeled Tomatoes, Onion, Carrots, Bell Peppers, Corn, Black Beans, Corn Tortillas, Mild Chili Pepper, Cumin, Garlic. DF, LF, GF

\* DF = Dairy Free, GF = Gluten Free, LF = Low Fat, Veg = Vegetarian, Vegan = No Animal Products