

GRAB & GO HOLISTIC MEALS

*Find these gourmet style holistic meals inside the City Club Fitness Center at the Oasis.
*Grab & Go Meals & Muffins available 7 days/week
*Menus is Seasonal * Subject to Change

Monday: Buffalo Lasagna w/Broccoli and Pumpkin Seed Pesto, \$10.95
Hummus Ibiza, \$5.95
Quinoa Tabouli, \$5.95

Tuesday: Italian Style Turkey Loaf w/Whipped Sweet Potatoes, \$8.95

Wednesday: Harvest Tamale Pie w/Organic Black Beans & Hormone/Anti-Biotic Free Chicken, \$8.95
Vegetable Sushi Rolls, \$7.95
Shrimp Sushi Rolls, \$7.95

Thursday: Wasabi Crusted Tilapia w/Schezuan Green Beans & Ginger-Citrus Sweet Potatoes, \$10.95

Friday: Cozy Quinoa Casserole Vegetable Medley, \$8.95

WHOLESUME SOUPS, 16 OZ \$5.95

Monday: Red Beans & Rice, Gumbo Style Louisiana brown rice w/hormone free chicken and organic bison andouille sausage

Tuesday: Ajiaco Soup
Traditional Colombian hormone free chicken, coconut milk, and vegetables

Wednesday: Lentils w/Kale & Italian Turkey Sausage - Organic lentils, organic kale, free range turkey sausage

Thursday: Low Fat Broccoli & Cheese Soup with lowfat organic milk, broccoli, and low fat cheese

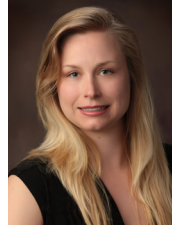
Friday: Organic Split Pea Soup & Vegetables

OUR MISSION

Allow Klean Eatz to take the burden from your busy day. We aim to supply you, your family or organization with delicious gourmet meals. We insure that our meals contain only the highest quality foods available & our ingredients are hand-selected for their nutrient density & healing qualities. It is our ultimate goal to provide meals that will facilitate optimal health & energy levels.



Seasonal * Local * Organic * Whole



Betsy Mitchell
Holistic Chef

For detailed catering pricing, contact Julie McNally or Chef Betsy Mitchell at 337.216.6558.

Please allow 2-3 days advanced notice for all items on Klean Eatz menu.

If you can dream it, we can customize it!



KLEAN EATZ



Wholesome * Healing * Gourmet

- Made from scratch
- Cleansing/Detox Friendly
- Fresh local organic ingredients
- Flavor boosted with fresh herbs
- Kid friendly
- Hungry - man friendly
- Customizable to your preferences or needs
- Free range/hormone free meats/low mercury fish

PERFECT FOR

Grab-n-Go Individual Meals
Large & Small Family Meals
Entertaining & Gatherings
Corporate Catering

SIGNATURE ITEMS

Muffins

Mini \$1 ea, \$10/dz. Regular \$2 ea, \$20/dz.

Jumbo \$3.50 ea, \$35/dz.

Orange, Carrots, Raisin **

Flax, Oat, Walnut & Apple**

Flax, Oat, Walnut & Blueberry**

Flax, Oat, Walnut & Banana**

Flax, Oat, Dark Chocolate Chip**

Appetizers

Red Quinoa Tabouleh \$5.95

Hummus Ibiza \$5.95

Inspired by the beautiful Mediterranean
(cucumber, tomato, kalmata olives, carrots, feta)

Grape Leaves \$7.95 (3)

Baba Gannouj \$5.95

Baked Kibbi \$7.95 (2)

Labne Stuffed Dates \$8.95 (12)

Soups small \$5.95, large \$9.95

Ajiaco - Traditional Colombia

Wellness Soup (Vegetarian)

Lentil & Tomato (Vegetarian)

Moroccan, Rice & Lentil Soup (Vegetarian)

Wisdom Soup (Vegetarian)

Rainbow Chicken Curry Soup

Country Vegetable Soup (meat options available)

Spilt Pea Soup w/Italian Turkey Sausage & Kale

Minestrone (Vegetarian)

Salads

Salmon Spinach Salad \$7.95

Kickin' Coleslaw \$4.50

Spicy Tuna Salad \$5.50

Avacado Stuffed Chicken Salad \$5.50

Mixed Greens & Vegetables Salad \$4.50

Dressings: Organic Balsamic Vinegar, Fresh Herbal
Vinaigrette, Sunshine Dressing

**Nut free option available **Freshly milled flax

INDIVIDUAL MEALS & CATERING

Entrees

Includes one side

Buffalo Lasagna* \$10.95

"Oven-fried" Chicken w/ toasted Panko breading* \$8.95

Turkey Loaf* \$8.95

Turkey Meatball & Marinara Spaghetti* \$8.95

Crispy Panko Chicken Tenders* \$8.95

Turkey, Bison, or Chicken Pot Pie \$10.95

Sweet & Spicy Rubbed Salmon \$10.95

Salmon Florentine \$10.95

Baked Wild Caught Alaskan Salmon & Vegetables
\$10.95

Crunchy Wasabi Crusted Tilapia \$9.95

Baked Shrimp with Tomatoes & Feta \$9.95

Garlic Basil Shrimp \$9.95

Shrimp Scampi w/Artichoke Hearts \$9.95

Tamales with Organic Blue Corn \$4.95

Blue Corn Crispy Tacos (Bison, Pork, Turkey, Beef) \$5.95

Cabbage Rolls \$7.95

Chicken with Mango Barbecue Sauce \$8.95

Cozy Quinoa Casserole \$9.95

Sides

Mac & 4 Cheese Mashed Cauliflower

Carrot Souffle Kickin' Coleslaw

Baked Okra Bites Mixed Grain Pilaf

Quinoa Vegetable Pilaf

Amaranth w/ braised Chard & Mushrooms

Seasonal Fresh Vegetables

Southern Stewed Greens

Roasted Citrus Ginger Sweet Potatoes

Whipped Sweet Potatoes w/a touch of Olive Oil & Sea Salt

Roasted Spaghetti Squash

*Gluten free option available with rice pasta, spaghetti
squash or gluten free bread

INDIVIDUAL MEALS & CATERING

Kid Friendly

Meatball Spaghetti (choice of turkey, grass fed beef,
or bison with vegetable marinara & choice of
rice pasta or spaghetti squash)

Crispy Panko Breaded Chicken Fingers

Mac & 4 Cheese

Baked Okra Bites

Desserts

Lavender Lemon Cookies

Oatmeal Chocolate Chip

Raspberry Sorbet

Fruit Tarts

THREE DAY FACE LIFT

3 full days of beauty food! Based on Dr. Nicholas
Perricone's The Perricone Prescription, we
recommend this facelift in your fridge as the perfect
way to jumpstart a conscious lifestyle nutrition &
wellness plan – this will allow you to see a drop in
weight and visible results in your skin right away.

Includes 3 days of 3 full meals & 2 snacks featuring
egg omelet, steel cut oats, salmon made your way
salads, veggies, whole fruit, melon, berries & water.

Two salmon servings, berries, veggies, & filtered
water served daily in the 3 Day plan lift aids in
the elimination of puffiness, increases contours,
firms jaw line, etc. This skin hydrating protocol
rich in natural whole foods provides a potent
dose of antioxidants & ideally allows effects of the
DMAE, astaxanthin, and the essential fatty acids
in the salmon to take effect. It's what gives skin
a remarkable suppleness, radiance and youthful
glow.

No juice, coffee or toast **\$75 Per Day**