

EST 2024

MEZ(M)ARKET

Real Deal Food

TAKE AND BAKE ITEMS

Frozen Soups and Sauces

White Bean Soup - \$12.00

White beans, onions, celery, red peppers, carrots, spices and water

- Serves 2 -

Minestrone Soup - \$12.00

Onions, carrots, celery, squash, zucchini, white bean, pasta shells and tomato sauce

- Serves 2 -

Kids Chicken Noodle Soup - \$7.00

Chicken, carrots, onions, celery, pasta and chicken stock

- Serves 1 - 2 -

Chicken Alfredo - \$20.00

Chicken thighs, parmesan, romano, heavy cream and butter

- Serves 2 -

Lentil Soup - \$12.00

Green lentils, black lentils, kale, carrots, onions, celery, vegetable stock and spices

- Serves 2 -

Chicken and Vegetable Soup - \$12.00

Chicken, onions, carrots, celery, squash, zucchini and chicken stock

- Serves 2 -

Bolognese Sauce - \$20.00

Ground beef, mushrooms, marinara sauce and spices

- Serves 2 -

Marinara Sauce - \$15.00

Vine-ripened tomatoes, caramelized onions, carrots, garlic, olive oil and spices

- Serves 2 -

Frozen Entrées and Proteins

Beef Lasagna - \$35.00

Egg pasta (sheet), ground beef, marinara, mozzarella, ricotta, parmesan, bechamel and spices

- Serves 3 - 4 -

Baked Ziti - \$15.00

Penne pasta, marinara sauce, mozzarella, ricotta and spices

- Serves 2 - 3 -

Beef Short Ribs - \$42.00

Beef, beef stock, red wine, roasted garlic, balsamic vinegar, onions, carrots, celery, and spices

- Serves 2 to 3 -

Vegetable Lasagna - \$35.00

Egg pasta (sheet), onions, spinach, mushrooms, squash, zucchini, marinara, mozzarella, parmesan, ricotta, bechamel and spices

- Serves 3 - 4 -

Meat Balls - \$15.00

Ground beef, spicy sausage, bread crumbs, ricotta, parmesan, egg, garlic, marinara sauce and spices

- Serves 2 - 3 -

Lamb Shanks - \$35.00

Lamb shanks, chicken stock, water and spices

- Serves 2 -

Chicken Thighs - \$24.00

Chicken thighs, roasted garlic, lemon juice, oil and spices

- Serves 2 - 3 -

Frozen Sides

Mixed Vegetables - \$8.00

Squash, zucchini, carrots, olive oil and spices

Creamed Spinach - \$9.00

Spinach, parmesan, romano, heavy cream, flour and spices

Sweet Potato Mash - \$8.00

Roasted sweet potatoes, butter, honey and spices

Brussel Sprouts - \$8.00

Brussel sprouts, olive oil, salt and pepper

Candied Carrots - \$8.00

Roasted carrots, honey, cinnamon and olive oil

Mashed Potatoes - \$9.00

Mashed white potatoes, heavy cream, butter, salt and pepper

Butternut Squash - \$8.00

Butternut squash, nutmeg, olive oil, salt and pepper

Cauliflower - \$8.00

Roasted Cauliflower, turmeric, salt, pepper, mustard seed and paprika