



# Mom & Pop's Kitchen



healthy food at your door

**Free delivery with minimum group order of \$10.00**


**No artificial colors or preservatives.  
Vegetarian All Natural and Organic Ingredients**

**Empanadas (baked) .... \$1.50**  **12 empanadas for... \$15.00**

1- Wheat Meat (Seitan)    2- Organic Spinach    3- Organic Vegetables  
 1A- Guava and Soy Cream Cheese    2B- Fig and Soy Cream Cheese

 **Sandwiches and Burgers** 


4 - **Egg Salad**: Whole grain bread, organic eggs, Vegenaise (low cholesterol)... **5.00**  
 5 - **Veggie Panini**: Spinach, onions, tomato and **Cheddar cheese**... **5.00**  
 6 - **Veggie Wrap**: Hummus, tomato, cucumber, mixed greens and tofu. .... **5.00**  
 7 - **Mom & Pop's Veggie Burger**: veggie burger, mixed greens, onions, tomato, mustard and ketchup. **Cheddar cheese**..... **add 0.50**  
 7A - **Black Bean Wrap**: ..... **5.00**  
 (Whole wheat tortilla, black beans, brown rice, blend of 4 cheeses and pico de gallo *spicy or regular*)

**Pasta (whole wheat) ... 8 - Penne or ... 9 - Spaghetti** 

**Tomato Basil Sauce or Garlic Parmesan ..... 5.00**  
**With Sauteed mushrooms ..... add 1.50**  
**With Veggie Italian Sausage ..... add 2.00**

**Soups and Salads:**

 10 - Vegetable Soup  
 11 - Lentil Soup  
 12 - Chickpeas soup  
 13 - Black Bean Soup  
 14 - Garden Salad  
 15 - Fresh Fruit Salad

 **Sides and dinners:** 

16 - Vegetable Fried Rice (Brown Rice)  
 17 - Brown Rice  
 18 - Home Potatoes (Sweet & Russet; sauteed)  
 Small ..... **2.50**  
 Large ..... **5.00**

**Beverages:**

19- Water(1Qt. bottle).... **1.00**  
 20- VitaCoco (11.1 Oz.).... **1.50**

**Desserts: 21 - Mom's Bread Pudding**  
 (sweetened with blue agave) slice .... **2.50**  
 Whole loaf (10 slices) ..... **15.00**  
**Desserts of the day ..... 2.50**



# Mom & Pop's Kitchen

healthy food at your door

Tel 305-803-7838

**Vegetarian, and Organic Catering (Food to go) Cantinas  
1- Main Course and 1- Side Dish (Desserts extra \$1.50)**

**\$35.00/Week per person (Monday to Friday)**

**\$8.00 per single day per person**

## MONDAY

### Main Course

Tofu Steak  
or  
Eggplant Parmesan

### Sides

Brown Rice or  
Garden Salad or  
Spaghetti

### Desserts

Bread Pudding  
or  
Eggless Tofu Flan  
(Made with soy milk)

## TUESDAY

### Main Course

Vegetable Lasagna  
or  
Broccoli and Cauliflower  
casserole

### Sides

Brown Rice or  
Garden Salad or  
Steamed Vegetables

### Desserts

Bread Pudding  
or  
Lemon Coconut Pie

## WEDNESDAY

### Main Course

Veggie Meat Stew  
or  
Couscous with  
vegetables

### Sides

Brown Rice or  
Creamy Broccoli soup  
Mashed Potatoes

### Desserts

Bread Pudding  
or  
Banana Cream Pie  
(soft tofu cream)

## THURSDAY

### Main Course

Mushroom Tofu Stroganoff  
or  
Pasta Primavera

### Sides

Brown Rice or  
Garden Salad or  
Sesame Vegetables

### Desserts

Bread Pudding  
or  
Apple Tofu Strata  
(baked tart fruit)

## FRIDAY

### Main Course

Baked Tofu with Basil and  
Mint Sauce  
or  
Layered Vegetable casserole

### Sides

Brown Rice or  
Garden Salad or  
Creamy Leek soup

### Desserts

Bread Pudding  
or  
Rice Pudding  
(with eggs but no milk)

**TO PLACE YOUR ORDER CALL 24 HOURS IN ADVANCE**

**MOM AND POP'S KITCHEN Phone:305-803-7838**

**OR E-MAIL YOUR ORDER TO [momandpopskitchen@yahoo.com](mailto:momandpopskitchen@yahoo.com)**