



Clean-Fresh-Local

We source the best quality local and global products to create clean and delicious chef driven meals. All meals are made without gluten or soy and we use only natural fats, no processed vegetable oils.

Menu for 9/19/17

Entrees

Pig- \$12

Applewood Smoked Pork Loin with Mango Salsa, Whipped Cinnamon Sweet Potatoes, Roasted Red Onion and Brussels Sprouts

Chick- \$10

Spiced Honey Glazed Springer Mountain Chicken with Caribbean Brown Rice, Fresh Green Beans and Tomatoes

Cow- \$12

AIP- 4 Corners Ranch Grass Fed Beef and Sweet Potato Meatballs, Mint Chimichurri, Sautéed Kale, Herbed Cauliflower Rice Pilaf

Sea - \$13

Chili Lime Wild Caught Domestic Shrimp with Sorghum Grain Pilaf, Garlic Zucchini and Squash, Pineapple Salsa

Garden- \$10

Quinoa Stir Fry with Garlic, Kale, Red Onion, Tomatoes, Zucchini and Squash, Walnuts and Basil

Farmers Salad- \$10

Grilled Springer Mountain Chicken, Pears, Tomatoes, Goat Cheese, Toasted Pecans, Kale, Cranberry Citrus Vinaigrette

Bulk Packages

Coconut Lemongrass Butternut Squash Soup- \$10 qt.

Citrus Herb Grilled Springer Mountain Chicken (1 pound)- \$10

Whipped Cinnamon Organic Sweet Potatoes - \$6 pint

Orders: Scott Williams 865-279-4411 / info@totalitylivingwell.com

***order deadline is each Saturday for following Wednesday delivery/pickup**