

PREPARED MEALS PLANS

TIATO NOW OFFERS PREPARED MEALS

HEAT & READY TO EAT

PETITE PACKAGE

☐ **Feeds Two (\$24 Per Person)**

ADD Lamb \$12, ADD Fish \$5

INCLUDES ONE SMALL: PROTEIN/ SOUP/
SALAD/ SIDE/ DESSERT

FAMILY PACKAGE

☐ **Feeds Four (\$24 Per Person)**

ADD Lamb \$12, ADD Fish \$5

INCLUDES ONE LARGE: PROTEIN/ SOUP/ ONE
SALAD/ SIDE/ DESSERT

PROTEINS

(Select Rub & Size, Proteins come with free side)

- ☐ ORGANIC TIATO HERB BRINED, FREE RANGE, NON GMO TURKEY BREAST **\$9.50 PER PERSON**
- ☐ Asian Pesto Rub ☐ Yellow Curry ☐ Teriyaki Ginger
- ☐ SM (2PPL - 8oz) ☐ LG (4PPL - 16oz)
- ☐ ROASTED BRINED ORGANIC CHICKEN **\$9.50 PER PERSON**
- ☐ Asian Pesto Rub ☐ Yellow Curry ☐ Teriyaki Ginger
- ☐ SM (2PPL - 8oz) ☐ LG (4PPL - 16oz)
- ☐ ROASTED LAMB CHOPS **\$22 PER PERSON**
- ☐ Mongolian Sauce ☐ Garlic Tyme Olive Marinade
- ☐ SM (2PPL - 10oz) ☐ LG (4PPL - 20oz)
- ☐ GRILLED WILD SALMON **\$14.50 PER PERSON**
- ☐ Ginger Soy Glaze ☐ Asian Pesto/Sundried Tomato/ Thai Chili
- ☐ SM (2PPL - 8oz) ☐ LG (4PPL - 16oz)
- ☐ GRILLED ALL NATURAL BEEF **\$12 PER PERSON**
- ☐ Lemongrass Soy Glaze ☐ Ponzu Glaze
- ☐ SM (2PPL - 8oz) ☐ LG (4PPL - 16oz)
- ☐ VEGAN MEATBALLS **\$12 PER PERSON**
- ☐ Asian Pesto ☐ Pomodoro Sauce
- ☐ SM (2PPL - 8oz) ☐ LG (4PPL - 16oz)

SALADS

Side Portion, refridgerage only, \$5 Per Person

ANTIOXIDANT SALAD

blueberries / beets / chevre cheese / candied walnuts / shallots / green apples / frisée / flax seeds / cucumber/ pomegranate ginger dressing

☐ Sm (2 pp) ☐ Lg (4 pp)

TURKEY TACO SALAD

black beans / roasted corn / jicama / tomatoes / crispy tortillas / fresh cilantro / chipotle cilantro dressing

☐ Sm (2 pp) ☐ Lg (4 pp)

QUINOA SALAD

red beans/ cucumber/ bell pepper/ parsley / lemongrass dressing

☐ Sm (2 pp) ☐ Lg (4 pp)

SOUPS

\$5 Per Person

ROASTED TOMATO SOUP

Vegan/ Gluten Free/ Nut Free/ Sugar Free

☐ Sm (2 pp) ☐ Lg (4 pp)

BONE BROTH **\$6.50 PER PERSON**

☐ ORGANIC CHICKEN ☐ ALL NATURAL BEEF

☐ Sm (2 pp) ☐ Lg (4 pp)

SPECIALTY

\$7 Per Person (half portions)

STEAMED CHICKEN DUMPLINGS

tiato sweet chili sauce

☐ Sm (2 pp) ☐ Lg (4 pp)

AN'S FAMOUS GARLIC NOODLES

Vegetarian

☐ Sm (2 pp) ☐ Lg (4 pp)

SIDES

Side Portion, \$3.5 Per Person

ROSEMARY GARLIC MASH POTATOES

Vegan/ Gluten Free/ Nut Free/ Sugar Free

☐ Sm (2 pp) ☐ Lg (4 pp)

SEASONAL ROASTED VEGETABLES

Vegan/ Gluten Free/ Nut Free/ Sugar Free

☐ Sm (2 pp) ☐ Lg (4 pp)

MISO BUTTER GRILLED CORN

enoki mushrooms/ green beans/ shallots

Sugar Free| Vegetarian

☐ Sm (2 pp) ☐ Lg (4 pp)

BROWN BUTTER GLAZED HEIRLOOM CARROTS

Vegetarian /Nut Free/ Gluten Free

☐ Sm (2 pp) ☐ Lg (4 pp)

WILD RICE

mushrooms/ shallots/ tiato herb/ citrus ginger dressing

Gluten Free/ Dairy Free

☐ Sm (2 pp) ☐ Lg (4 pp)

STEAMED BOK CHOY

Garlic Butter Sauce

Gluten Free/ Dairy free/ Sugar Free/ Vegan

☐ Sm (2 pp) ☐ Lg (4 pp)

SWEETS

GLUTEN FREE CHOCOLATE LAVA CAKE **\$5.50 PER PERSON**

☐ Sm (2pp) ☐ Lg (4pp)

ASSORTED COOKIES **\$3.50 PER PERSON**

☐ Chocolate Chip ☐ Oatmeal Rasin ☐ Gluten Free

☐ M&M

☐ Peanut butter

☐ Chocolate Chip

☐ Sm (2pp) ☐ Lg (4pp)

FRESH JUICES

\$6 Per Person

WELLNESS SHOT (suggested: add hot water to make it a tea!)

lemon, ginger & cayenne \$4.50

☐ Sm (2 pp) ☐ Lg (4 pp) ☐ ADD OJ +\$2.00

GREEN GODDESS

broccoli, celery, green apple, honeydew & spinach

☐ Sm (2 pp) ☐ Lg (4 pp)

GREEN FIX

apple, cucumber, orange, celery and ginger

☐ Sm (2 pp) ☐ Lg (4 pp)

LONGEVITY

apple, carrot, ginger, orange, topped with turmeric & cayenne

☐ Sm (2pp) ☐ Lg (4)

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