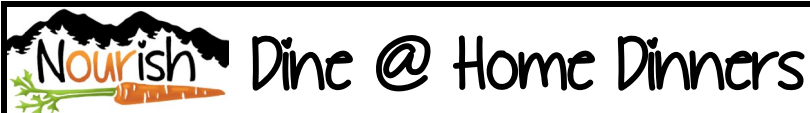


Name:

Phone Number



**A weekly menu of seasonal meals for you to enjoy at home.**

All food is chef prepared in a dedicated gluten free kitchen. We purchase the best ingredients to provide delicious meals from our kitchen to your table. We purchase as much as possible from local sources. Fish is wild (unless noted) meats and eggs are pasture raised, produce is organic.

1. Using the order form below, check the meals or pantry items and the quantity you want of each.
2. Call 360-797-1480 or email [contact@nourishsequim.com](mailto:contact@nourishsequim.com) with your order by noon on THURSDAY .
3. Pick up and pay your food on TUESDAY between 4-6pm or Wednesday from 11:30 to 8:30 pm.

**Order by THURSDAY Nov 29 th by Noon. Pickup TUESDAY Dec 4th 4pm-6pm or Wed All Day**

**Please select your meals by writing the quantity of each meal you want to order in the box**

(DF) indicates Dairy Free (V) indicates Vegan (ef) indicates egg free

	<b>Price ea.</b>	<b>Total</b>
<b>ENTREES</b>		
<input type="checkbox"/> Pork "carnitas", Mexican rice & beans (df)	\$15	_____
<input type="checkbox"/> Chicken piccata (lemon & capers) vegetables and potato (df)	\$16	_____
<input type="checkbox"/> Spaghetti and meatballs (beef)	\$15	_____
<input type="checkbox"/> Seafood croquet, vegetable and rice	\$17	_____
<input type="checkbox"/> Baked Cod au gratin, vegetables and potato	\$17	_____
<input type="checkbox"/> Bison meatloaf, vegetable and potato	\$16	_____
<input type="checkbox"/> Cauliflower lasagna	\$15	_____
<b>SOUP</b>		
<input type="checkbox"/> Ginger carrot soup (V) 12oz	\$7	_____
<input type="checkbox"/> Manhattan Chowder 12oz (DF)	\$7	_____
<b>DESSERT</b>		
<input type="checkbox"/> Ginger cake with pear compote	\$6	_____
<input type="checkbox"/> Lemon Bars	\$6	_____
<b>PANTRY ITEMS</b>		
<input type="checkbox"/> 2 Brazilian cheese bread rolls	\$5	_____
<input type="checkbox"/> Hummus (v)	\$5/12	_____
<input type="checkbox"/> Socca bread (df/ef)	\$16/ 5	_____
<input type="checkbox"/> Farmhouse white bread large loaf	\$16/ 5	_____
<input type="checkbox"/> Chicken Pot Pie	\$16/ 5	_____
<input type="checkbox"/> House pickled veg mix	\$16/ 5	_____
<b>(V) Vegan (df) Dairy Free (ef) egg free</b>	<b>Sub total</b>	_____
<b>All meals are prepared in a dedicated gluten free kitchen</b>	Tax 8.8%	_____
<b>Please let us know how we may improve our service for you.</b>	<b>Total</b>	_____
<b>Thank You for your order, Nourish Sequim</b>		