

# Get Back Basics

**We offer a Plant Based Meal Prep Service!** We are very proud to be a Clean Kitchen and prepare everything from scratch - to order and use Organic and Non-GMO ingredients! **We exclusively offer a Whole Food Plant Based menu, which uses whole, unrefined, or minimally refined plants.** We use fruits, vegetables, nuts, seeds, tubers, legumes and whole grains. We stay away from meats (including chicken and fish) dairy products, eggs, soy, as well as highly refined foods, sugars, and oil. We are 99.9% Gluten Free!

## Starters & Sides

Chips & Salsa with Guacamole or Queso .....	\$6.99
Hummus or Ranch with Fresh Veggies, pickles & olive .....	\$6.99
Sushi Rolls (6) .....	\$7.99
Nachos - Chips, Chili & Queso.....	\$7.99

Cool Bean Salad .....	\$2.99
Cup/Bowl of Chili or Soup of the Day .....	\$3.99/\$6.99
Fresh Fruit Salad.....	\$3.99
Mixed Green Salad (cucumber, red onion, tomato) .....	\$3.49

## Raw Salads

*Dressings: Ranch, Italian, Honey Balsamic, Sesame Vinaigrette, Caesar*

### **Asian Chopped \$11.99**

Cabbage, Carrot, Peppers, Scallions, Sprouts, Celery, Almonds, Mandarin Oranges

### **Fiesta Grande \$12.99**

Black Bean Medley, Peppers, Lime, Cheese, Santa Fe Salsa, Avocado

### **K's Rainbow \$12.99**

Cucumber, Carrot, Broccoli, Tomatoes, Cauliflower, Yellow Squash, Red Onion, Sprouts, Beets & Sunflower Seeds

### **Strawberry Fields \$13.99**

Blueberries, Strawberries, Apples, Walnuts & Quinoa

### **Romaine Mix \$10.99**

Crisp lettuce with Parmesan, Black Olives, Croutons

## Bowls

### **Italian \$11.99**

Chunky Roasted Veggie Marinara Sauce over pasta with Parmesan

### **Tex-Mex \$11.99**

Black Bean Medley, Mushrooms, Peppers over Brown Rice topped with Lettuce, Santa Fe Salsa, Sour Cream & Queso

### **Buddha \$10.99**

Quinoa with Roasted chickpeas, topped with Greens, Red Pepper Sauce & Avocado

## Hours of Operation

Tuesday through Saturday  
11:00 am-7:00 pm

# Get Back 2 Basics

## Favorites

*Served Cool Bean Salad*

### **Sandwich Blast \$10.99**

Bacon, Lettuce, Avocado, Sprouts, Tomato on Toasted Bread

### **Jack-chick Salad \$11.99**

Choice of Wrap, Bread or Platter with Sprouts, Lettuce & Tomato

### **K's Protein Wrap \$10.99**

Hummus, Sunflower Seeds, Red Onion, Sprouts, Carrots, Cucumber & Spinach

### **Quesadilla \$10.99**

Spinach, Mushroom, cheese with Santa Fe Salsa & Guacamole

### **Portabella Burger \$12.99**

Sprouts, Lettuce, Tomato, Red Onion, Queso on Toasted Bread

### **Tacos de Papa \$9.99**

3 Corn Tortillas with Roasted Potatoes, Guacamole, Adobe Sauce, Lime & Spinach

### **Veggie Wrap \$10.99**

Seasonal Fresh Veggies with Roasted Red Pepper Spread, Sprouts & Lettuce

## Lil' Sprouts \$5.99

**PB & Berry Sandwich • Fresh Veggie & Ranch • Pasta with Marinara**

**Cheese Quesadilla • Mac & Cheese • Side Salad & Soup**

## Beverages

Infused Water (free refills) . . . . .	\$1.99	Freshly Brewed Coffee . . . . .	\$2.99
Iced Tea (free refills) . . . . .	\$2.99	Cold Pressed Juice – 16 oz. . . . .	\$7.99
Hot Tea . . . . .	\$2.99	Smoothies – 16 oz . . . . .	\$7.99

**Our goal is to make your life easier with our Plant Based Meal Prep!** Let us prepare lunch and dinner for you and your family. Order ahead and pick up at your convenience. You can order for the week, day, or stop by and visit and eat here! Each week we incorporate fresh, NEW items into our menu for variety which will be posted on our website, Facebook Group Page and at our Store Front. Pricing subject to change based on market availability.

Larger parties can be accommodated with notice & we offer Party Trays, Business Lunch Delivery Services & After Hour Events as well as Catering...Call for more information!

**352.348.1893 • [www.getback2basicsnow.com](http://www.getback2basicsnow.com)**