

THE KITCHENARY CAFE

With Chef Jessica Hill

MONDAY - FRIDAY

11AM - 2PM

DINE IN OR TAKE OUT

337-264-1037

WEEK OF OCTOBER 12 - OCTOBER 16

(Dishes are served every day of the week unless otherwise noted)

Chili \$8.99

Ground beef in tomato sauce with beans, roasted peppers, spices and herbs.

Tuna Steak Over Salad \$15.99

Pan seared Ahi tuna steak encrusted with everything bagel seasoning served over a bed of lettuce with cucumbers, tomatoes, Croutons, Parmesan cheese, and a creamy Balsamic dressing.

Chicken Scampi \$12.99

Chicken cooked with a white wine cream sauce, onions and bell peppers over angel hair pasta.

Turkey Burger or Low Carb Turkey Burger Bowl \$11.99

Ground turkey patty with colored bell peppers on a bun with tomato, avocado, fresh spinach, red onion, alfalfa sprouts, Provolone cheese, onion ranch dressing and served with a side of chips. Or skip the bun and chips and opt for the low carb bowl.

Daily Soups:

Monday: Chicken Vegetable	\$3.99 cup/ \$6.99 bowl
Tuesday: Chicken and Sausage Gumbo	\$4.99 cup/ \$8.99 bowl
Wednesday: Quinoa Chili	\$3.99 cup/ \$6.99 bowl
Thursday: Broccoli Cheese	\$3.99 cup/ \$6.99 bowl
Friday: Seafood Gumbo	\$6.99 cup/ \$13.99 bowl

Gourmet Dessert \$4

Beverages - \$2.00

Infused spring water

Tea (Sweet or Unsweetened)

Coke, Diet Coke, Coke Zero, Sprite, Dr. Pepper, Diet Dr. Pepper

Bottled Water

Coffee

Wine Available On Request

Check us out at www.thekitchenary.net

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illnesses

Prices based on market value and may change