



# PREP PROS

## A LA CARTE MENU

**ALL ITEMS ARE SOLD BY 1/2 LB PORTIONS**

### ***PROTEINS***

---

FLANK STEAK \$6.75  
PULLED PORK \$4.50  
GRILLED CHICKEN \$3.75  
GRILLED SHRIMP \$6.50  
GROUND TURKEY \$4.25  
SALMON \$7.75

### **VEGETABLES**

---

BROCCOLI \$3.50  
GREEN BEANS \$ 3.50  
ASPARAGUS \$4.25  
CAULIFLOWER \$3.50  
GARLIC ROASTED BRUSSELS  
SPROUTS \$3.75

### ***SIDES***

---

RICE & BEANS \$4.00  
MASHED POTATO \$2.95  
SWEET POTATO MASH \$3.25  
ROASTED RED POTATOES \$3.50  
CILANTRO WHITE RICE \$2.75  
BROWN RICE \$3.00  
SWEET POTATO FRIES \$3.65  
POTATO SALAD \$3.00  
MACARONI SALAD \$3.25  
PLANTAINS \$3.95

### **SAUCES**

---

6 OZ \$2.95

CAROLINA GOLD	TERIYAKI
SWEET THAI CHILI	RANCH
HONEY MUSTARD	BBQ
BUFFALO	BUFFALO RANCH
	YUM YUM