



# Prepared Foods Menu

What's cooking? A delicious line-up of fresh, seasonally inspired prepared food - ready whenever you are! The listing below captures what is typically found in our prepared food and grab & go cases in our stores. Most items are sold by the pound, so you can enjoy as little or as much as you need.

Please call to confirm item availability. Although we require a minimum of 48 hours advance notice, we recommend that you order as far ahead of time as possible.

To pick up in Pittsfield: Call 413-442-9912 x1172

To pick up in Great Barrington: Call 413-528-9255 x3390

## FRESH VEGETABLE SALADS

Raw Kale Salad	\$13.99/lb	Brazilian Potato Salad	\$6.99/lb
Fresh Raw Broccoli Salad	\$6.99/lb	Potato Salad	\$5.99/lb
Beet Salad	\$6.99/lb	Coleslaw	\$5.99/lb

## HEARTY PROTEIN SALADS

Grilled Chicken Salad	\$10.99/lb	Cranberry Pecan	
Chicken Salad	\$10.99/lb	Lentil Salad	\$9.99/lb
Curry Chicken Salad	\$10.99/lb	Cowboy Caviar	\$7.99/lb
Tuna Salad	\$10.99/lb	Curry Tempeh Salad	\$12.99/lb
Egg Salad	\$8.99/lb	Chickpea Salad	\$5.99/lb

## FLAVORFUL GRAIN SALADS

Pesto Tortellini	\$8.99/lb	Seasame Noodles	\$9.99/lb
Macaroni Salad	\$5.99/lb	Thai Peanut Noodles	\$9.99/lb
Mediterranean Pasta Salad	\$9.99/lb	Couscous Salad	\$9.99/lb
Seasonal Quinoa Salad	\$9.99/lb		

## VEGETABLE SIDES

Potato Pancakes	\$2.99/ea	Roasted Potatoes	\$7.99/lb
Potato Leek Tart Slice	\$5.99/ea	Grilled Vegetables	\$9.99/lb
String Beans with Almonds	\$7.99/ea	Buffalo Cauliflower	\$9.99/ea
Roasted Vegetables	\$8.99/lb		

## PROTEINS

Grilled Salmon	\$25.99/lb	Shrimp Skewer	\$14.99/ea
Sesame-Glazed Salmon	\$25.99/lb	Veggie Burger	\$3.99/ea
Salmon with Lemon & Dill	\$25.99/lb	Roasted Tofu	\$6.99/lb
Salmon Croquettes	\$8.99/ea	Whole Roasted Chicken	\$6.49/lb
Herb-Grilled Chicken	\$10.99/lb	Duck à l'Orange	\$23.99/ea
Flank Steak & Chimichurri	\$16.99/lb	Chicken Parmesan	\$12.99/lb
Baked Chicken	\$9.99/lb	Sweet & Sour Meatballs	\$9.99/lb
BBQ Chicken	\$8.99/lb	Panko Chicken	\$11.99/lb

## ENTRÈES

Chicken Pot Pie (7")	\$14.99/ea	Shepherd's Pie	\$24.99/ea
Classic Meatloaf	\$24.99/ea	Spinach Stuffed Shells	\$17.99/ea
Meat Lasagna	\$24.99/ea	Chicken Burrito	\$7.99/ea
Vegetable Lasagna	\$24.99/ea	Chicken Quesadilla	\$8.99/ea
Chicken Alfredo	\$19.99/ea	Vegetable Quesadilla	\$7.99/ea
Eggplant Parmesan	\$16.99/lb		

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**WINGS & RIBS**

Buffalo Wings	\$8.99/lb	Teriyaki Wings	\$8.99/lb
Garlic Parmesan Wings	\$8.99/lb	Thai Chili Wings	\$8.99/lb
BBQ Wings	\$8.99/lb	St. Louis BBQ Ribs	\$14.99/lb
Spicy Jerk Wings	\$8.99/lb		

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**HOUSE-MADE DIPS**

5-Layer Dip	\$11.99/ea	Buffalo Chicken Dip	\$6.99/ \$13.49
Guacamole	\$7.99/ea		
French Onion Dip	\$4.99/ea	Spinach & Artichoke Dip	\$6.99/ \$13.49
Blue Cheese Dip	\$4.99/ea		
Southwest Dip	\$4.99/ea		

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**MEZZE**

Baba Ganouj	\$11.99/lb	Falafel with Tzatziki	\$6.99/ea
Hummus	\$8.99/lb	Stuffed Grape Leaves	\$11.99/lb
Roasted Red Pepper Hummus	\$8.99/lb	Mediterranean Eggplant	\$11.99/lb
Spanikopita	\$3.99/ea	Tabouli	\$12.99/lb

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**DISHES TO FEED A CROWD**

feeds approximately 12 people

Chicken Alfredo	\$64.99/ea	Macaroni & Cheese	\$64.99/ea
Chicken Pot Pie	\$64.99/ea	Spinach Stuffed Shells	\$64.99/ea
Classic Meatloaf	\$64.99/ea	Shepherd's Pie	\$64.99/ea
Eggplant Parmesan	\$64.99/ea	Tossed Salad	\$3.79/person
Meat Lasagna	\$64.99/ea	Caesar Salad	\$3.79/person
Vegetable Lasagna	\$64.99/ea	Seasonal Salad	\$3.79/person