



100% GRASS-FED GROUND BISON FROM WILD IDEA BUFFALO Co. ↗



GLUTEN FREE WHOLE GRAIN ORGANIC BROWN RICE

Welcome  
to SNAP KITCHEN!



ORGANIC RED QUINOA ↘



MICROWAVE SAFE

BPA-FREE



Featured Dish: Grass-Fed Bison Quinoa "Hash"

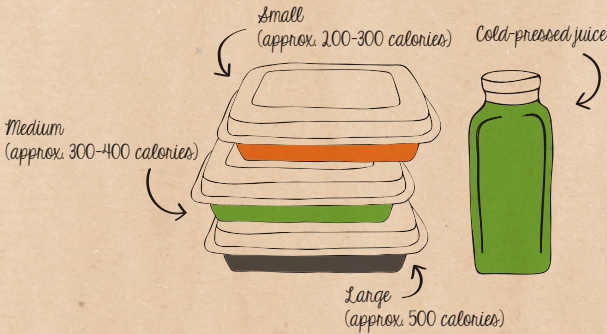
Fresh, healthy take-away.

# Here's how Snap works

Come on down to one of our stores.

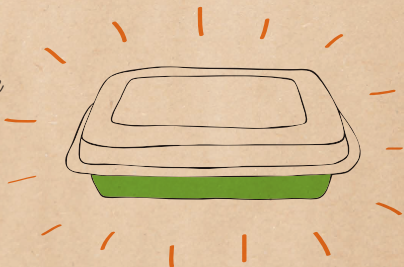


If you have any dietary restrictions, look for these icons.



Pick a dish.

BPA-free & microwave safe



Heat (or not) and enjoy!

# WHAT IS SNAP KITCHEN?

*Snap Kitchen* is your go-to resource when you don't want to sacrifice health, convenience, or taste. It's the perfectly portioned, nutritionally balanced, grab-and-go meal. It's a Spinach & Goat Cheese Scramble. It's Grass-Fed Bison Quinoa "Hash." It's superior, locally sourced ingredients. It's complete and easy to understand nutritional information, right on the BPA-free container. It's knowing exactly what you're eating, and how much. It's everything you need if you're on a specialized diet, whether you're gluten free, Paleo, or Plant Powered. Basically, it's eating well and living better, without the work.



*Grilled Scottish Salmon Nicoise Salad.* Our Scottish salmon is always fresh & is raised in an open sea environment with organic, non-GMO feed. It's antibiotic- & preservative-free & is verified by third party sources for sustainable aquaculture. Grab any one of our pre-packaged salads; the quality is clear.

# Sampling of Our Menu

## Breakfast

### EGGS AND OTHER FAVORITES

- \*Bison Breakfast Bowl**, Housemade Maple-Apple Bison Sausage Patty, Scrambled Egg, Spinach **GF, CC, ND, P 7.49 / 9.49**
- Chili & Eggs**, Egg, Ground Turkey, Black Bean, Kidney Bean, Pepper, Onion, Stewed Tomato, Reduced Fat Grated Cheddar **GF, CC 5.99 / 7.99 / 10.99**
- \*Breakfast Bento Box**, Housemade Maple-Apple Bison Sausage Patty, Hard-Boiled Egg, Cold-Brewed Coffee, Strawberry **GF, CC, ND, P, SC 7.99**
- Grass-Fed Beef Sausage & Eggs**, Two "Fried" Farm Eggs, Beef Sausage, Petite Spinach Salad **GF, CC, ND, P 7.99**
- Spinach & Goat Cheese Scramble**, Egg White, Cherry Tomato, Caramelized Onion, Roasted Sweet Potato, Goat Cheese **GF, PP 6.99 / 8.99**
- \*Oven Dried Tomato & Goat Cheese Tart**, Almond Flour Crust, Whole Egg, Goat Cheese, Roasted Tomato **GF, CC, PP, SC 6.49**
- \*Creole "Eggs and Grits,"** Tofu "Egg," Cauliflower "Grits," Creole Tomato Sauce **GF, CC, ND, SC, V 5.99**

### PANCAKES AND MORNING TREATS

- \*Banana Pancakes**, Banana, Egg, Almond Butter, Maple Syrup, Cinnamon **GF, ND, P, PP, SC 5.49 / 9.99**
- \*Chia & Date Pudding**, Organic Coconut Milk, Organic Chia Seed, Date, Organic Palm Sugar **GF, ND, P, SC, V 3.99**
- \*Seasonal Fruit Oatmeal**, Gluten Free Steel Cut Oat, Seasonal Fruit, Organic Palm Sugar **GF, ND, PP, SC, V 5.49 / 8.49**

## Signature Salads

- \*Chicken & Sesame Chopped Salad**, Black Kale, Napa Cabbage, Red Bell Pepper, Carrot, Jalapeño, Green Onion, Cashew, Sesame Seed, Citrus Sesame Vinaigrette **GF, CC, ND, PS 9.49**
- \*Spinach & Goat Cheese Salad**, Spinach & Arugula, Roasted Red Beet, Pickled Red Onion, Chicken Breast, Candied Walnut, Raspberry Beet Vinaigrette **GF, CC 9.49**
- Red & Green Salad**, Spinach, Cucumber, Shredded Carrot, Strawberry, Dried Cranberry, Toasted Pumpkin Seed, Cilantro Lime Vinaigrette **GF, CC, ND, PS, SC, V 7.99**
- \*\*Caesar Salad With Chicken**, Romaine & Bibb Lettuce, Toasted Pita Chip, Grated Parmesan, Housemade Caesar Dressing (Contains Raw Egg) **CC 8.49**
- \*\*Greek Salad With Shrimp**, Romaine & Bibb Lettuce, Cucumber, Red Bell Pepper, Grape Tomato, Green Onion, Kalamata Olive, Capers, Feta Cheese, Greek Vinaigrette **GF, CC 11.49**
- \*\*Grilled Scottish Salmon Nicoise Salad**, Salmon, Butter & Romaine Lettuce, Hard Boiled Egg, Tomato, Green Bean, Red Potato, Red Onion, Kalamata Olive, Capers, Red Wine Vinaigrette **GF, CC, ND 11.99**



*The menu items* represented here are some of our year-round favorites. At Snap Kitchen, we rotate our menu seasonally, which allows us to incorporate local ingredients and share new and delicious chef-driven dishes. Not all menu items are represented on this list, but our complete menu can be found at [snapkitchen.com](http://snapkitchen.com).

- CC** Carb Conscious
- ND** Non-Dairy
- GF** Gluten Free
- SC** Sodium Conscious
- PP** Plant Powered
- V** Vegan
- P** Paleo
- PS** Paleo Style

# Juices

**Antioxidant**, Beet, Apple, Cayenne Pepper, Garlic, Lemon, Carrot, Jalapeño, Cilantro  
GF, ND, P, SC, V 8.99

**Carrot Ginger Elixir**, Carrot, Apple, Lime, Ginger  
GF, ND, P, SC, V 8.99

**Easy Greens**, Apple, Spinach, Cucumber, Kale, Lemon, Lemongrass GF, ND, P, SC, V 8.99

**Energy Boost**, Lime, Papaya, Watermelon, Mint, Coconut Water GF, ND, P, SC, V 8.99

**Spicy Basil Lemonade**, Lemon, Basil, Organic Palm Sugar, Cayenne, Filtered Water  
GF, ND, P, SC, V 7.99

**Super Greens**, Romaine, Parsley, Cucumber, Kale, Lemon, Spinach, Celery  
GF, ND, P, SC, V 8.99

**Far East Turmeric Elixir**, Pineapple, Apple, Fresh Turmeric Root, Thai Basil, Jicama  
GF, ND, P, SC, V 9.99

**\*Chai Cashew "Milkshake,"** Cashew, Filtered Water, Vanilla Bean, Cinnamon, Date, Ginger, Sea Salt, Cardamom, Nutmeg, Clove  
GF, ND, P, SC, V 8.99

# Snacks & Sides

## THE BASICS

**"Devil" Eggs™**, Hard Cooked Egg White, Jalapeño Hummus GF, CC, ND, PP, SC 3.99

**\*Harvest Kale Snack**, Red Cabbage, Roasted Butternut Squash, Candied Walnut, Date Sauce  
GF, CC, ND, PS, SC, V 4.99

**Tuscan Kale Snack**, Extra Virgin Olive Oil, Sea Salt, Red Pepper Flake, Garlic, Lemon Juice  
GF, CC, ND, P, SC, V 4.99

## SIMPLE SNACKS

**\*Curried Chicken Salad**, Almond, Greek Yogurt, Organic Raisin GF, CC, SC 3.99

**Zucchini Basil "Babaghanouj,"** Zucchini, Tahini, Lemon Juice GF, CC, ND, P, SC, V 3.49

**\*\*House Smoked Salmon Snack**, Salmon, Trout, Celery, Red Onion GF, CC, ND, P, SC 4.99

# Lunch

**Grass-Fed Bison Quinoa "Hash,"** Grass-Fed Bison, Organic Red Quinoa, Organic Brown Rice, Smashed Kidney Bean, Red Onion, Reduced Fat Grated Cheddar GF 8.99 / 11.49 / 14.99

**\*Chicken & Butternut Squash Macaroni**, Brown Rice Macaroni, Roasted Butternut Squash, Ground Chicken, Walnut, Roasted Garlic, Goat Cheese GF, SC 7.49 / 9.99

**\*Chicken & Green Chile "Enchiladas,"** Roasted Poblano "Cream" Sauce, Housemade Paleo Tortilla, Pickled Red Onions  
GF, CC, ND, PS 8.49

**Housemade Italian Beef Sausage & Spirals**, Grass-Fed Beef Sausage, Brown Rice Spiral, Roasted Pepper, Kale, Parmesan Cheese  
GF 6.99 / 8.99

**Spaghetti and Turkey "Bolognese,"** Ground Turkey, Brown Rice Spaghetti, Oven Roasted Marinara, Sautéed Mushroom, Basil, Parmesan Cheese GF 6.99 / 8.99 / 11.99

**Turkey Chili**, Ground Turkey, Black Beans, Kidney Beans, Pepper, Onion, Stewed Tomato, Reduced Fat Grated Cheddar  
GF, SC 6.99 / 8.99 / 11.99

**\*Grass-Fed Lamb Lasagna**, Tomato, Grass-Fed Ground Lamb, Spinach, Gluten Free Grain Free Lasagna GF, ND, P 9.49 / 11.49 / 14.99

**\*\*Crunchy Coconut Shrimp**, Organic Brown Rice, Shrimp, Jalapeño, Green Onion, Thai Basil  
GF, ND 9.99 / 12.49

**\*Siam Lentil Bowl**, Thai Basil "Pesto," Organic Quinoa, Organic Lentil, Kale, Toasted Almond  
GF, CC, ND, SC, V 6.49

## MORE SIMPLE SNACKS

**Jalapeño Hummus**, Chickpea, Tahini, Garlic, Extra Virgin Olive Oil GF, CC, ND, SC, V 2.99

**\*City Blend**, Pecan, Walnut, Organic Agave Nectar, Egg White, Cranberry, Cherry, Semi-Sweet Chocolate Chip, Sea Salt  
GF, CC, ND, P, PP, SC 2.99

**\*Caveman Quickies - Antioxidant Blend**, Almond, Blueberry, Pumpkin Seed, Sunflower Seed, Maple Syrup, Honey, Organic Extra Virgin Coconut Oil, Cayenne  
GF, CC, ND, P, PP, SC 2.99

# Dinner

**Over-Easy Bison Burger**, Grass-Fed Bison Patty, Over-Easy Egg, Sweet Potato "Fries," Housemade Pickle & Sriracha  
GF, CC, ND, PS 10.99

**Naked Beef**, Petite Tender, Snap Pea, Roasted Cauliflower GF, CC, ND, PS, SC  
8.99 / 11.49 / 14.99

**Naked Chicken**, Chicken Breast, Snap Pea, Roasted Cauliflower GF, CC, ND, PS, SC  
7.99 / 10.49 / 14.49

**\*\*Crispy Scottish Salmon**, Almond Crusted Salmon, Chili Powder, Paprika, Cayenne, Roasted Carrot, Zucchini GF, CC, ND, P, SC 9.99 / 13.99

**Chimichurri Beef**, Petite Tender, Spinach, Carrot, Mushroom, Parsley, Red Pepper Flake GF, CC, ND, PS, SC 8.49 / 10.99

**\*\*Pan-Roasted Steelhead Trout & Sunchoke** Trout, Pickled Cranberry, Black Kale, Roasted Sunchoke, Charred Lemon Half  
GF, CC, ND, PS, SC 9.99 / 13.99

**Turkey Meatloaf**, Ground Turkey, Mashed Sweet Potato, Onion, Green Bean, Tomato Chutney GF, ND 7.49 / 9.99 / 13.49

**Mediterranean Spaghetti Squash**, Tomato, Kalamata Olive, Feta Cheese, Green Onion, Caper, Greek Vinaigrette GF, CC, PP 6.49

**Vegetable "Lasagna,"** Eggplant, Zucchini, Summer Squash, Portabello Mushroom, Oven Roasted Housemade Marinara, Part Skim Ricotta GF, CC, PP, SC 8.99

**Grass-Fed Beef Meatballs & Peppers**, Grass-Fed Braised Meatball, Sautéed Red, Green, & Poblano Pepper, Sautéed Onion, Spicy Housemade Marinara  
GF, CC, ND, P 7.99 / 9.99



At Snap Kitchen, we use locally sourced and organic ingredients whenever possible, supporting community farms and the love of great food. Please note that ingredients and vendors change from time to time and may vary by market. All menu items and prices subject to change.

\*Contains nuts.

\*\*Consuming raw or undercooked seafood could increase your risk of foodborne illness.

\*\*\*Seasonal dish

  
PASTURED,  
CERTIFIED  
HUMANE  
EGGS  
from  
PHIL'S FRESH EGGS  
in  
FORRESTON, IL



# Desserts

**\*Goat Cheese "Cheesecake,"** Date & Pecan Crust, Goat Cheese, Balsamic Glazed Strawberry  
GF, PP, SC 3.99

**\*Gluten Free Brownie**, Semi-Sweet Chocolate, Extra Virgin Coconut Oil, Egg, Almond Flour, Organic Palm Sugar  
GF, ND, PP, SC 2.49

**\*Gluten Free Chocolate Chip Cookies**, Gluten Free Oat Flour, Almond Milk, Semi-Sweet Chocolate, Organic Palm Sugar  
GF, ND, PP, SC 2.99

**\*Key Lime "Pie,"** Date & Pecan Crust, Non-Fat Greek Yogurt, Organic Agave Nectar  
GF, SC 3.99

**\*Raw Coconut Macaroons**, Organic Shredded Coconut, Almond Flour, Organic Agave Nectar, Organic Extra Virgin Coconut Oil  
GF, CC, ND, PS, SC, V 2.99

**\*Silken Chocolate "Mousse,"** Semi-Sweet Chocolate, Non-GMO Sprouted Tofu, Maple Syrup, Organic Agave Nectar, Cinnamon, Orange Zest, Almond Milk  
GF, ND, SC, V 2.99

OUR GRASS-FED BEEF IS 100% GRASS-FED, PASTURE-RAISED,  
AND FREE OF HORMONES AND ANTIBIOTICS



# SNAP COMMIT

With Snap Commit, you'll see for yourself how 21 days of great food and great nutrition can help you get a fresh start.

*Here's how it works*

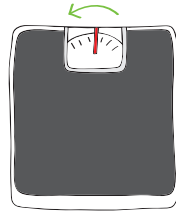
- 1 Create a custom 21 day meal plan.



- 2 Pick up your meals every three days.



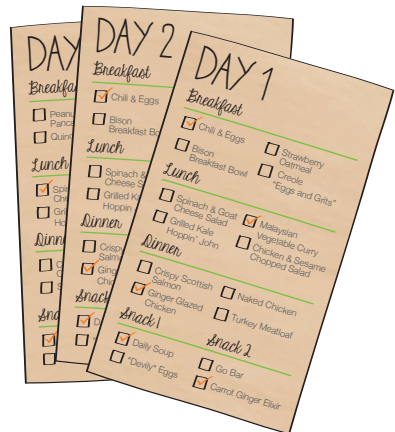
- 3 Enjoy the results of great nutrition!



*Don't want to commit to 21 days?*

**TRY OUR 3 DAY QUICK START PROGRAM**

It's three days of delicious meals and snacks!





# PURE, SIMPLE GOODNESS in a BOTTLE

Our delicious collection of cold-pressed juices are tasty blends of fruits, vegetables, and nuts. We've designed each of our juice programs to give you the energy and focus you need to feel your very best.



Explore our juices and seasonal menu changes at [snapkitchen.com](http://snapkitchen.com)

Looking for more tips on food and nutrition?  
Join us at [blog.snapkitchen.com](http://blog.snapkitchen.com)

