



We source the best quality local and global products to create clean and delicious chef driven meals. All meals are made without gluten or soy and we use only natural fats, no processed vegetable oils. If you have food allergies or sensitivities let us know and we can adjust certain items to your needs.

Entrees

Pig- \$13

Ethiopian Berbere Crusted Natural Berkshire Pork Tenderloin with Red Pepper Walnut Pesto, Rosemary Roasted Sweet Potatoes and Onion, Bacon Balsamic Collards- Paleo

Chick- \$12

Asian Orange Ginger Chicken with Coconut Lime Rice, Garlic Roasted Brussels and Red Peppers

Sea - \$14

Pan Seared Verlasso Salmon with Curried Mango Chutney, Quinoa with Broccoli and Mushrooms

Garden- \$10

Curried Butternut Squash, Mushroom, Cauliflower and Caramelized Onion Sorghum Risotto - Vegan

Farmers Salad- \$11

Walnut Crusted Springer Mountain Chicken, Spring Mix, Salt Roasted Beets, Mushrooms, Goat Cheese, Asparagus, Lemon Basil Vinaigrette- Paleo

Chef's Special-\$10

Chipotle Chicken Stuffed Sweet Potato with Cashew Cream Sauce, Broccoli and Jalapeño Lime Slaw- Paleo

Keto Entrees

Pig- \$13

Ethiopian Berbere Crusted Natural Berkshire Pork Tenderloin with Red Pepper Walnut Pesto, Squash Casserole, Bacon Balsamic Collards- Paleo

Chick- \$12

Chicken Milanese with Buttery Mashed Cauliflower, Garlic Roasted Brussels and Red Peppers- Paleo

Cow- \$13

4 Corners Ranch Chimichurri Burger, Spaghetti Squash Carbonara, Zucchini, Squash and Mushrooms- Paleo

Farmers Salad- \$11

Walnut Crusted Springer Mountain Chicken, Spring Mix, Roasted Red Peppers, Mushrooms, Goat Cheese, Asparagus, Lemon Basil Vinaigrette- Paleo

Grab n' Go

Bacon, Zucchini and Red Pepper Frittata, Paleo, Keto \$4

Bulk Items

*Pumpkin Spice Chicken Chili, Paleo - \$10 pt. / \$16 qt.
Garlic Herb Crusted Berkshire Pork Tenderloin, Paleo, Keto (1 pound)- \$16*

Citrus Herb Springer Mountain Chicken, Paleo, Keto (1 pound)- \$14

Chimichurri Burgers, Paleo, Keto (4) - \$16

Whipped Cinnamon Sweet Potatoes- Paleo- \$6 pint

Spaghetti Squash Carbonara- Keto- \$6 pint

Roasted Brussels and Red Peppers- Paleo, Keto- \$6 pint

Orders: Scott Williams 865-279-4411 / info@totalitylivingwell.com

**order deadline is Thursday at 4 p.m. for Monday delivery/pickup*