



348 W. 145th Street
New York, NY 10039
212-491-5859
www.rawsoul.com

MEAL SERVICE

Now you can have fresh meals to get you through the week. The plan is set up to give you meals for up to three days per order. Food is prepared fresh and will last 3 days. If you want meals for 7 days, you can purchase another three-day plan on your third day. This way the food is fresh.

HOW IT WORKS

1. Choose from selected meal plans A through F depending on how much food you want; i.e., 1 breakfast, 1 lunch and 1 dinner, 2 each, 3 each, etc., OR
2. You may also order items ala carte and includes meals, sides, extras, desserts for a \$25 minimum. Catering Menu items also available. OR
3. Order for the month and receive 10% discount and free delivery. Orders must be paid for in advance. Call each week to place your order.

POLICY

1. Orders must be placed 48 in advance of pickup.
2. The minimum order is 1 each breakfast, lunch and dinner.
3. No substitutions. No refunds. Exchange permitted for damaged items only.

Free Delivery Of Orders \$100 Or More
Mastercard, Visa, Discover Accepted!

CALL US TODAY TO PLAN YOUR NEXT MEAL
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MEAL SERVICE

Name _____ Pickup/Delivery Date _____ Time _____

PLAN A - \$45	PLAN B - \$90	PLAN C - \$135
1 Breakfast 1 Lunch 1 Dinner	2 Breakfasts 2 Lunches 2 Dinners	3 Breakfasts 3 Lunches 3 Dinners
PLAN D - \$65	PLAN E - \$95	PLAN F - \$50
2 Lunches 2 Dinners	3 Lunches 3 Dinners	3 Dinners
BREAKFAST - \$12 EACH	LUNCH - \$15 EACH	DINNER - \$18 EACH
1. 2 Pancakes and 2 Sausages 2. 8 oz. Granola w/Milk or Cream 3. Fresh Fruit & Yogurt 4. 2 Biscuits, 2 Sausages and Apple Sauce	1. Collard Wrap 2. BBQ Burger (flax bread/napa cabbage) 3. Personal Pizza 4. Pesto Pizza 5. Large Soup and Large Salad 6. Buddha Burrito 7. Philly Cheesesteak Each lunch comes with choice of small soup, small salad, pilaf, jicama stix or sauerkraut	1. Enchiladas with side salad 2. Lasagna with side salad 3. Stuffed Mushrooms with side salad 4. Tamale Pie with side salad 5. Soul Bowl (pilaf, chili, greens, kraut) 6. Casserole of the Week w/soup or salad Tuna Sweet Potato Veggie Pot Pie 7. Sampler Platter (1/2 pizza, burger, wrap)
SIDES/EXTRAS (16 oz.) - \$12.00	SNACKS - \$6.00	DESSERTS - \$8.00
Apple Sauce Coconut Cream Chili Jicama Stix Marinated Collard/Kale Greens Nut Milk Patés Pilaf Salad Dressing Sauce Sauerkraut Syrup (8 oz. \$6, 12 oz. \$8)	Flax Crackers (3 oz.) Trail Mix (5 oz.) Oatmeal Raisin Cookies (4) Corn Chips (3 oz.) Apricot Drop Biscuits (4) Apple Fritters (4) Corn Muffins (2) Biscuits with Syrup (3) Flax Bread (4 slices) Muffins (2)	Assorted Cheesecakes Assorted Pies Brownies Ice Cream Parfaits

CHECK OUT THE CATERING MENU FOR ADDITIONAL ITEMS