



Oct. 1 – 4
Oct. 28 – Nov. 1
Nov. 25 – 27

Rare Seared Tuna Patties

Miso Hummus, Mango-Avocado
Salad, Cilantro
(Calorie 428, Carb 25.5g, Protein
37.8g, Fat 20g, Sodium 430.3mg)
\$17

Smoked Wild Acres

Turkey Salad GF

Iceberg Lettuce, Pickled Green
Beans, Authentic MN Wild Rice,
Cranberry Vinaigrette
(Calorie 405.3, Carb 26.7g, Protein
38.2g, Fat 16.2g, Sodium 1144.3mg)
\$17

Grass-Fed Hamburger Steak GF

Mashed Sweet Potatoes,
Steamed Broccoli, Cottage Cheese
(Calorie 407, Carb 74.9g, Protein
37.7g, Fat 19.1g, Sodium 384.4mg)
\$17

Smoked Black

Bean-Cabbage Dolmas GF

Roasted Tomato-Garlic Purée,
Fresh Herb Salad
(Calorie 434.8, Carb 76.5g, Protein
26.3g, Fat 4.9g, Sodium 131.3mg)
\$15



Oct. 7 – 11
Nov. 4 – 8
Dec. 2 – 6

Roasted Skinless Salmon GF

Sautéed Organic Spinach,
Sweet Potato Purée, Shrimp
Vinaigrette
(Calorie 414.5, Carb 20.8g, Protein
36g, Fat 20.8g, Sodium 321.1mg)
\$17

Romesco Baked Wild

Acres Chicken GF

Brown Rice Pilaf,
Kale-Chimichurri Sauce
(Calorie 479, Carb 38.1g, Protein
31.6g, Fat 23.9g, Sodium 2117mg)
\$17

Grilled Bison Hanger Steak GF

Warm Black Bean-Pineapple Salad,
Smoked Tomato BBQ
Roasted Peppers
(Calorie 415.8, Carb 33.7g, Protein
48.9g, Fat 9.4g, Sodium 300.2mg)
\$17

Massaged Organic

Kale Salad GF

Pickled Red Cabbage,
Toasted Almonds, Carrots, Apples,
Kombucha Vinaigrette
(Calorie 487.6, Carb 32.5g, Protein
12.7g, Fat 37.6g, Sodium 239mg)
\$15



Oct. 14 – 18
Nov. 11 – 15
Dec. 9 – 13

Marinated Spicy Shrimp GF

Napa Cabbage, Carrot,
Honey-Sesame Seed Dressing,
Southeast Asian Dipping Sauce
(Calorie 488, Carb 25.9g, Protein
37.6g, Fat 26.9g, Sodium 2550mg)
\$17

Wild Acres Turkey Bolognese

Organic Whole Wheat Pasta,
Parsley, Parmesan Cheese
(Calorie 440.7, Carb 39.7g, Protein
54.6g, Fat 8.7g, Sodium 591.5mg)
\$17

Beef and Broccoli Fried Rice GF

Organic Egg, Brown Rice, Pea
Shoots, Sweet Soy-Garlic Sauce
(Calorie 483.8, Carb 24.4g, Protein
51.6g, Fat 19.5g, Sodium 1195mg)
\$17

Pan Roasted Chickpea-Cottage

Cheese Patty GF

Sautéed Spinach,
Roasted Tomato-Garlic Purée,
Marinated Asparagus Salad
(Calorie 374, Carb 40.3g, Protein
17.3g, Fat 17.7g, Sodium 372.8mg)
\$15



Sept. 23 – 27
Oct. 21 – 25
Nov. 18 – 22
Dec. 16 – 20

Rare Seared Tuna Patties

Carrot Ginger Purée, Ponzu Sauce,
Seaweed-Cucumber Salad
(Calorie 307.5, Carb 13.9g, Protein
36g, Fat 12g, Sodium 796.9mg)
\$17

Herb Grilled Wild Acres

Chicken Breast GF

Sautéed Kale, Red Pepper Coulis,
Sweet Organic Corn Purée
(Calorie 380, Carb 22.9g, Protein
32.3g, Fat 19.7g, Sodium 2165.7mg)
\$17

Sautéed Beef Tips GF

Scrambled Eggs,
Roasted Fingerling Potatoes
(Calorie 514, Carb 28.1g, Protein
47.6g, Fat 22.3g, Sodium 459.1mg)
\$17

Marinated Chickpea Salad GF

Romesco Sauce, Avocado,
Corn Cup
(Calorie 480.4, Carb 51.2g, Protein
15.4g, Fat 26.3g, Sodium 250.8mg)
\$15