



828-328-CHEF(2433)

http://www.thedeliverychef.com

# .Taste Full Beans Hickory

## DELIVERY CHEF DRINKS

*These drinks/items are supplied by The Delivery Chef, NOT by the restaurant listed above.*

SAVE --- Two 2 Liters Of Soda \$4.99  
--- SAVE

*Get 2 two liters of soda, one for now, and one for later.*

Coke 2 Liter	\$2.99
Diet Coke 2 Liter	\$2.99
Mountain Dew 2 Liter	\$2.99
Diet Mountain Dew 2 Liter	\$2.99
Sundrop 2 Liter	\$2.99
Diet Sundrop 2 Liter	\$2.99
Dr. Pepper 2 Liter	\$2.99
Sprite 2 Liter	\$2.99
Pepsi 2 Liter	\$2.99
Diet Pepsi 2 Liter	\$2.99
Ginger Ale 2 Liter	\$2.99
7-UP 2 Liter	\$2.99
Half Gallon Of Sweet Tea	\$3.49
Two Half Gallons Of Sweet Tea	\$5.99
Half Gallon Of Unsweet Tea	\$3.49
Two Half Gallons Of Unsweet Tea	\$5.99
Tea	
Bag Of Ice	\$2.99
Bottled Water - Ice Cold	\$1.59

## PLEASE NOTE:

**NON-GLUTEN & GF products are prepared in a traditional kitchen that is NOT Gluten-Free. We use nuts, peanut butter, almond butter, soy, wheat and dairy frequently.**

## BREAKFAST

**Served ANYTIME!**

Breakfast Bowl	\$8.50
<i>Non-gluten. Local sausage crumbles, three local eggs, cheese, avocado, homemade salsa in a bowl; hot sauce.</i>	
Breakfast Burrito	\$8.00
<i>Local sausage crumbles, two local eggs, cheese, avocado, homemade salsa in a wrap; hot sauce.</i>	
Egg & Cheese Sandwich	\$6.50
<i>Two scrambled eggs and cheese on your choice of bread with a side. Served on wheat toast (contains nuts), croissant, or wrap. Wraps contain three eggs and is an additional charge. Meat add-ons available.</i>	
Energy Wrap	\$5.95
<i>Can be vegan. Warm whole wheat wrap, peanut butter, banana, granola, honey, yogurt. Substitute almond butter for an additional charge.</i>	
Energy Bagel	\$6.95
<i>Vegan. Toasted bagel, peanut butter, sliced bananas, raisins, walnuts. Substitute almond butter for</i>	

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## SANDWICHES

**Choose to put your sandwich on wheat toast (contains nuts), croissant, or wrap. Bagel, non-gluten toast, and non-gluten bagel available for an additional charge. Served ANYTIME!**

Egg Salad Sandwich	\$7.00
<i>Non-gluten. House-made with local, free-range eggs, Dukes mayo, fresh parsley, roasted red peppers a favorite!</i>	
Traditional Chicken Sandwich	\$7.25
<i>House-made with roasted chicken, Dukes mayo, celery, sweet onion, relish and grain mustard with organic lettuce.</i>	
Chicken Sandwich Melt	\$8.25
<i>House-made with roasted chicken, Dukes mayo, celery, sweet onion, relish and grain mustard with organic lettuce. Make it a MELT with cheese, our raspberry mustard and mayo, served hot!</i>	
Sliced Turkey Sandwich	\$7.25
<i>Cheese, house-made raspberry mustard, mayo and organic lettuce</i>	
Black Bean & Sweet Potato Wrap	\$7.50
<i>Can be vegan. Served warm. Black Beans (our black beans are NOT from a can) and house-roasted sweet potatoes, organic lettuce, avocado, house-made cilantro-lime yogurt sauce.</i>	
Tempeh Chicken-LESS Salad Sandwich	\$7.00
<i>Vegan. Spicy and crunchy! Tempeh chopped with celery, sweet onion, sunflower seeds, raisins, olive oil, lemon and sriracha.</i>	
Veggies Lovers Wrap	\$7.50
<i>Vegan. Homemade Hummus (our chick peas are NOT from a can!), organic lettuce, carrots, celery, cucumber, avocado, homemade roasted garlic, lemon tahini dressing. Add hot sauce upon request.</i>	
Toasted Cheese Sandwich With Mayo	\$7.00
<i>Can be vegan.</i>	
PB&J Sandwich	\$6.00
<i>Vegan. Lightly toasted bread (contains nuts) with organic PB and raspberry jelly.</i>	

## BOWLS

**Served with a side of fruit, kale slaw or macaroni salad. Sides are subject to change based on availability.**

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## SOUPS

**House-made from scratch, almost always non-gluten, often vegetarian or vegan.**

Tomato Basil Soup - Cup	\$4.00
Tomato Basil Soup - Bowl	\$5.25
Daily Special Soup - Cup	\$4.00
Daily Special Soup - Bowl	\$5.25

## SALADS

House Salad	\$8.00
<i>Organic field greens, french fried onions, raisins, sunflower seeds, croutons, hard-boiled egg, with house-made balsamic glaze dressing. Add a scoop of chicken, egg, or tempeh salad for an additional cost.</i>	
Kale Salad	\$9.00
<i>Vegan, non-gluten. Local organic kale, fresh avocado and fresh lemon make the dressing - topped with raisins, sunflower seeds and our citrus marinated onions. Add a scoop of chicken, egg, or tempeh salad for an additional cost.</i>	
Side Salad	\$4.25
<i>Organic field greens, house-made balsamic glaze, sunflower seeds and crouton.</i>	

## QUICHES

**Scratch-made crust and local, free-range eggs. Served with a side of fruit, kale slaw or macaroni salad. Sides are subject to change based on availability.**

Spinach, Sun-Dried Tomato & Feta Quiche	\$7.25
CRUSTLESS Spinach, Sun-Dried Tomato & Feta Quiche	\$7.25
<i>Non-gluten.</i>	
Fiesta Quiche	\$7.25
<i>Local sausage, black beans, roasted red peppers, cilantros - spicy! Topped with salsa, sour cream and fresh avocado.</i>	
Ham & Cheese Quiche	\$7.25
Bacon, Caramelized Onions & Garden Thyme	\$7.25
Zucchini Pie	\$7.75
<i>Like a quiche but more zucchini than egg. Seasonal.</i>	

LAST UPDATED

an additional charge..

- Old Fashioned Oatmeal \$5.75  
*Non-gluten. Cooked to order with banana, cinnamon, brown sugar, raisins, walnuts, honey.*
- Hard-Boiled Egg (1) \$1.25  
*Non-gluten. Local, free-range eggs. Can be served warm or cold.*
- Yogurt \$5.25  
*Can be non-gluten. Plain, whole milk yogurt with granola, strawberries and blueberries (drizzled with honey upon request).*

## **MUNCHIES/LIGHTER SIDE**

**Served ANYTIME!**

- Pimento Cheese \$4.50  
*Vegetarian and non-gluten. Hand-grated sharp cheddar blended to perfection. Add-ons available upon request.*
- Spinach Bites \$5.75  
*Vegetarian, non-gluten, and low carb. Contains nut flour. Spinac, feta, a touch of spice and mafice. Served hot with our special dipping sauce.*
- Hummus Dip \$4.25  
*Vegan and non-gluten. A scoop of our homemade hummus (our chick peas are NOT from a can!) Add-ons available upon request.*
- Avocado Diablo \$7.75  
*Non-gluten. One whole avocado, halved with a local hard-boiled egg in the middle, drizzled with sriracha.*
- Avocado Toast \$7.75  
*Vegan and non-gluten upon request. Two slices of wheat toast (contains nuts) one whole avocado, lemon, olive oil, salt and red pepper flakes.*
- Chia Seed Pudding \$5.25  
*Low carb and vegan. Whole fat coconut milk, cinnamon, xylitol, served with blueberries. Honey upon request.*

- Quinoa Bowl \$8.25  
*Vegan and non-gluten. Fresh organic lettuce topped with warm, savory quinoa, sweet potatoes, black beans and chick peas. Drizzled with our homemade roasted garlic, lemon tahini dressing. Topped with sliced avocado. Red pepper flakes upon request.*
- Chicken Salad Bowl \$8.75  
*Non-gluten, low carb. Fresh organic lettuce topped with a large scoop of our homemade chicken salad, sliced avocado, carrot and celery sticks, walnut and raisins. Drizzled with our homemade roasted garlic, lemon tahini dressing.*
- Green Goddess Bowl \$8.75  
*Non-gluten, low carb, contains nut flour. Fresh organic lettuce topped with our hot spinach bites, toasted pecans, crumbled feta, cucumber and red onion. Drizzled with our homemade green goddess dressing.*

**The Delivery Chef is a delivery service that delivers food prepared by the above restaurant to the Unifour area of the Catawba Valley. When engaging our services to request a delivery of food from this restaurant, you are hiring the services of a self-employed professional delivery driver. All trademarks are the property of their respective owners. All rights reserved. Prices and availability of all items are subject to change. 828-328-2433**