

ENTREES

Ⓥ = Vegan

SPINACH STUFFED CHICKEN BREASTS

Seasoned chicken breasts stuffed with a blend of ricotta cheese and fresh spinach. 13.99 lb.

TRADITIONAL ROASTED FERNDALE MARKET TURKEY BREAST

Locally raised turkey breast roasted in-house with our signature Valley Natural Foods spice blend. 13.99 lb.

MUSHROOM WALNUT LOAF Ⓥ

Hearty mushrooms combined with sweet walnuts create a complex flavor profile in this meatless loaf. Pair with the Vegan Mushroom Gravy to complete your meal. 8.99 lb.



Leave the
cooking to us!

Now offering unique
main dishes that save
you time & stress.

Spinach Stuffed Chicken
Serving Suggestion



Although some holiday menu items are available in-store daily, we strongly recommend placing an order in advance to ensure we have what you are looking for.

**ORDERS MUST BE PLACED 3 DAYS
IN ADVANCE OF PICK-UP DATE.**

952-891-1212 ext. 228

DESSERTS

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PUMPKIN PIE

Flaky, pie crust filled with a creamy blend of pumpkin, evaporated milk and pumpkin pie spices. 12.99 ea.

TOFU PUMPKIN PIE Ⓥ

A vegan twist to a traditional favorite. Tofu blended with pumpkin, brown sugar, pumpkin pie spices, and molasses to make for a dark and rich-looking pie. 14.99 ea.

MAPLE PECAN PIE

A flaky crust filled with a combination of pecans, honey, maple syrup, egg and vanilla extract. Another traditional staple at your table. 19.99 ea.

LOCAL APPLE CRISP

Tart organic apples tossed with cinnamon and topped with a crumbly mixture of flour, sugar, butter and egg. 5.99 lb.



HOLIDAY MEALS

FAMILY-STYLE HOLIDAY BUNDLE

Everything but the turkey for one price! Mashed potatoes, Whipped Orange Yams, Garlic Green Beans, Traditional Stuffing, Cranberry Orange Relish, Poultry Gravy and Dinner Rolls. Vegan available upon request. Serves 4-6 people. 69.99

INDIVIDUAL HOLIDAY PLATES

Individual plates include single-serving portions of roasted turkey and all of the sides listed in the holiday bundle! Choose from: traditional plate (24.99) or vegan plate (22.99)



Valley NATURAL
FOODS

HOLIDAY CATERING MENU

The perfect way to enjoy
your favorite holiday traditions
... or start new ones!

Orders must be placed 3 days in advance of pick-up date.

STARTERS

SPANAKOPITA

Spinach and feta compliment thin layers of pastry to get your taste buds going with this traditional Greek dish. 11.99 lb.

STUFFED JALAPENOS

Spicy, savory and amazingly good, these appetizers will not last long in your house; stuffed jalapeno peppers coupled with your choice of

- Bacon and creamy gorgonzola cheese. 12.99 lb.
- Chorizo sausage, parmesan, and cream cheese. 12.99 lb.

OUR OWN CRAB SALAD

This colorful, fresh house-made imitation crab salad pairs well with assorted crackers and makes an attractive and tasty presentation on party appetizer platters. 7.99 lb.

GORGONZOLA CHEESE BALLS

Four kinds of cheeses blended into a savory spread and then wrapped in fresh parsley and toasted sliced almonds. Our Gorgonzola Cheese Balls make any party a success! 12.99 lb.



Fresh first courses for a delightful holiday!

Gorgonzola Cheese Ball

SIDES

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ROASTED BRUSSELS SPROUTS & CARROTS Ⓥ

Brussels sprouts and carrots roasted to caramelized perfection. 12.99 lb.

TWICE BAKED POTATOES

Organic potatoes stuffed with three different kinds of cheese and baked to perfection. The only thing you'll need to do is warm them up for your guests. 5.99 lb.

TRADITIONAL MASHED POTATOES

Organic red potatoes mashed with butter and cream, made the old fashioned way. 4.99 lb.

RICH POULTRY GRAVY

Traditional and savory flavors made from slow-cooked, golden chicken broth. 5.99 lb.

VEGAN MUSHROOM GRAVY Ⓥ

A rich gravy made with sautéed mushrooms and fresh herbs. 5.99 lb.

WHIPPED ORANGE YAMS Ⓥ

Organic yams and orange juice whipped into a creamy delight- simple, pure and sweet. 6.99 lb.

VEGAN STUFFING Ⓥ

Vegan bread croutons soaked in vegetable broth and vegan seasonings, baked with apples, walnuts and almonds. 6.99 lb.

TRADITIONAL STUFFING

Homemade croutons, seasoned with the perfect blend of herbs and then slow-cooked in rich chicken broth. 6.99 lb.

YAMS AND CRANBERRIES

It's tart with just enough sweet. Choose from non-vegan and vegan:

- Non-vegan: Organic yams and cranberries glazed with a sauce made from maple syrup, cinnamon, butter and orange peel zest. 6.99 lb.
- Vegan: Organic yams and cranberries glazed with a sauce made from maple syrup, cinnamon, orange and apple juices. Ⓥ

VEGAN HERB MASHED POTATOES Ⓥ

Organic potatoes mashed with fresh herbs, and a creamy vegan butter to make up this mouthwatering dish. 5.99 lb.

GARLIC GREEN BEANS Ⓥ

Crunchy green beans packed with sweet, garlicky flavor. These beans are available year-round because of their popularity and can be served hot or cold - they're that good! 9.99 lb.

CRANBERRY ORANGE RELISH Ⓥ

Sweet cranberry sauce with a tangy orange zest, perfect for a classic turkey dinner. 9.99 lb.



Complement your main dish with something sweet or savory this season!

Whipped Yams