

MEALS

BEEF BRISKET

with demi sauce and two sides \$12.95

ROASTED TURKEY

with gravy and two sides \$11.95

SPINACH SUNDRIED TOMATO MEATLOAF

with gravy and two sides \$11.95

BBQ PULLED PORK

with two sides \$12.95

MAC ATTACK

Topped with BBQ pork & cheddar \$11.95

Add bacon or avocado \$1.75

CHICKEN POT PIE

\$9.95

Add mashed potatoes and gravy \$2.50

SIDES

SIDE SALAD \$4.95

WHITE CHEDDAR MAC & CHEESE \$4.95

MASHED POTATOES & GRAVY \$4.25

SAUSAGE & SAGE STUFFING \$4.25

COLE SLAW \$4.25

SEASONED RED BEANS & RICE \$4.25

TODAY'S VEGETABLE \$4.25

SEASONED BROWN RICE \$4.25

KEEP US IN MIND FOR:

| | |
|----------------|---------------------|
| BULK FOODS | TAKE & HEAT DINNERS |
| SPECIAL EVENTS | BREAKFAST MEETINGS |
| BAKED GOODS | COCKTAIL PARTIES |
| BOXED LUNCHES | CATERING |
| OFFICE LUNCHES | PARTY PLATTERS |

231.947.8646

Prices are subject to change

BREAKFAST

MON-FRI UNTIL 10:30 AM • SATURDAY ALL DAY

BLT + EGG SANDWICH

Scrambled egg, bacon, lettuce, tomato with sriracha aioli on toasted multi-grain "Bay Bread" \$6.95

COWBOY SANDWICH

Homemade biscuit, scrambled egg, and colby cheese \$5.95

Add bacon or sausage \$1.75

BASIC SANDWICH

Colby, scallion cream cheese, scrambled egg on grilled Italian "Bay Bread" \$5.95

Add bacon or sausage \$1.75

FLORENTINE SANDWICH

Ham, spinach, swiss, tomato, pesto, scrambled egg, grilled on multi-grain "Bay Bread" \$7.95

BISCUITS AND GRAVY

Biscuits, scrambled eggs, sausage gravy topped with cheddar and bacon \$8.95

THE GRINGO TACO

Bacon, sausage, cheddar, scallion cream cheese, and scrambled egg \$5.95

KITCHEN BURRITO

Scrambled egg, pepperjack, cheddar, fresh salsa, rolled in a tortilla and grilled until crisp \$6.95

Add bacon or sausage \$1.75
MAKE IT LOADED: Add bacon, sausage and potatoes \$2.25

BEEF BRISKET BURRITO

Brisket, potatoes, scallion cream cheese, cheddar, sriracha aioli, and scrambled egg, rolled in a tortilla & grilled until crisp \$9.95

Make your burrito "naked" in a bowl!
Add Avocado \$1.75, Sour Cream \$1.25

• BUILD A BREAKFAST •

SCRAMBLED EGGS & TWO SIDES \$6.95

Breakfast Potatoes • Bacon • Toast • Sausage

Additional Sides \$2.75 Side of Biscuits and Gravy \$6.95



TO-GO MENU

CALL FOR CARRYOUT

231.947.8646

PICK-UP LOCATION

1249 Woodmere Avenue
Traverse City

ORDER ONLINE

thekitchentc.com

HOURS

Monday-Friday: 7am-7pm

Saturday: 8am-4pm

SALADS & WRAPS

HEALTHY CHOICE

Chicken, carrots, broccoli, cucumber, tomato, red onion, sunflower seeds, and greens with balsamic vinaigrette

Wrap or Regular \$10.95
Large \$13.95

TEX MEX CAESAR

Chicken, bacon, pepperjack, parmesan, croutons, and greens with caesar dressing

Wrap or Regular \$10.95
Large \$13.95

ASIAN VEGGIE

Edamame, carrots, cucumber, tomato, broccoli, sesame seeds, curried wontons, and greens with sesame ginger vinaigrette

Wrap or Regular \$10.95
Large \$13.95

TC SALAD

Chicken, dried cherries, walnuts, red onion, feta, and greens with cherry vinaigrette

Wrap or Regular \$11.95
Large \$14.95

THE FIESTA

Chicken, avocado, pepperjack, cheddar, fresh salsa, tortilla chips, and greens, with lime dill ranch

Wrap or Regular \$10.95
Large \$13.95

CHICKEN COBB

Chicken, bacon, hard-boiled egg, avocado, gorgonzola, red onion, sunflower seeds, tomato, greens with balsamic vinaigrette

Wrap or Regular \$11.95
Large \$14.95

GRAIN BOWLS

SALMON BOWL

Salmon, red onion, hard-boiled egg, capers, cucumbers, tomato, quinoa, greens, & lemon-dill yogurt \$14.95

SOUTHWEST CHICKEN BOWL

Chicken, sweet potatoes, black beans, avocado, tomato, brown rice, greens, & chipotle crema \$13.95

MEDITERRANEAN WHEATBERRY BOWL

Chickpeas, artichokes, feta, black olives, red onion, cucumber, wheatberries, greens, & pesto \$13.95

BUILD A SALAD, WRAP OR GRAIN BOWL

SALAD \$12.95 / \$14.95

WRAP \$11.95

GRAIN BOWL \$14.95

Pick a Protein, 4 Toppings & Dressing.
Served with fresh greens.
Grain bowls choose one grain too!

BURRITOS & TACOS

ADD AVOCADO \$1.75 • ADD SOUR CREAM \$1.25
GLUTEN FREE TACO OPTION

BURRITO

Grilled tortilla with seasoned red beans, brown rice, fresh salsa, cheddar, and pepperjack

Chicken or Beef \$10.95

Vegetarian \$8.95

Make it "naked" in a bowl!

KITCHEN TACO

Your choice of chicken or beef with fresh salsa, cheddar, and scallion cream cheese \$6.95

BUFFALO CHICKEN TACO

Chicken tossed in buffalo sauce, bleu cheese, scallion cream cheese, red onion and cheddar \$6.95

SANDWICHES

ADD BACON OR AVOCADO \$1.75 • TURKEY OR HAM \$3.00 • GLUTEN FREE BUN \$3.50

TURKEY CLUB

Roasted turkey, bacon, colby, lettuce, tomato and mayonnaise on our fresh made bun \$10.95

CAPRESE

Fresh mozzarella, tomato, spinach, and pesto on multi-grain "Bay Bread" \$9.95

GRILLED CHEESE

Colby, havarti, swiss, and scallion cream cheese on grilled italian "Bay Bread" \$7.95

TWISTED RACHEL

Roasted turkey, swiss, cole slaw, and thousand island dressing on grilled rye "Bay Bread" \$10.95

THE CUBAN

Roasted pork, ham, swiss, pepperoncinis, pickles, mustard, and mayonnaise on grilled Italian "Bay Bread" \$10.95

BLT

Bacon, lettuce, tomato, and mayonnaise on our fresh made bun \$9.50

TURKEY MELT

Turkey, havarti, avocado, tomato, and honey mustard on grilled italian "Bay Bread" \$10.95

BBQ PULLED PORK

On our fresh made bun \$9.95

MAKE IT A COMBO!

ADD CHIPS & NORTHWOODS SODA \$2.95

SOUP

Served with a fresh bread. Extra bread \$.75/piece

CUP \$4.50 QUART \$11.95
BOWL \$6.50 GALLON \$44.95

MEAL DEAL

1/2 SANDWICH OR SIDE SALAD + SOUP & SODA \$9.95

Cup of soup & choice of:
Grilled Cheese, Turkey Sandwich or Side Salad with Northwoods Soda