

MÂCHE

eat well. live well.

SUNDAY, MARCH TWENTY-FOUR

snack

ONE MAPLE GRANOLA

entrée

TWO WINTER GREENS

THREE GRILLED SALMON SALAD

FOUR BROCCOLINI SOUP

FIVE BARCELONA CHICKEN + BROWN RICE + BRUSSELS SPROUTS

SIX NEW YORK STEAK + JASMINE RICE + HARICOT VERTS

dessert

SEVEN ENERGY TRUFFLES

ingredients

MÂCHE

- ONE MAPLE GRANOLA
Oats, puffed millet, puffed brown rice, millet, honey, coconut oil, maple syrup, Maldon salt
- TWO WINTER GREENS
Swiss chard, kale, romaine, radish, pepitas + chive vinaigrette
- THREE GRILLED SALMON SALAD
Salmon (kosher salt, garlic powder, Marjoram), spinach, red onion, tomato, dressing (apple cider vinaigrette, honey, flax seed oil)
- FOUR BROCCOLINI SOUP
Broccolini, carrot, onion, grass-fed butter, chicken stock, almond flour, kosher salt
- FIVE BARCELONA CHICKEN + BROWN RICE + BRUSSELS SPROUTS
Barcelona chicken (chicken, garlic, olive oil, serrano chili, Fresh basil, kosher salt), brown rice (brown rice, olive oil, kosher salt), brussels sprouts (olive oil, kosher salt)
- SIX GRASS-FED NEW YORK STEAK + JASMINE RICE + HARICOT VERTS
Flank steak (kosher salt, cumin, garlic powder, paprika), jasmine rice (rice, olive oil, kosher salt), haricot verts, kosher salt
- SEVEN ENERGY TRUFFLES
Dark chocolate, almonds, butter, honey, coconut oil, flax seed, raw pepitas, dried cranberries, chia seeds, almonds, vanilla extract, almond extract, kosher salt

preparation instructions



MICROWAVE OVEN

Transfer into microwave-safe dish and microwave on high for 90 seconds. Serve.



CONVENTIONAL OVEN

Preheat oven to 400F

Transfer into oven-safe container and place on a baking sheet.

Bake for 5-7 minutes or until desired temperature is reached.

Let sit 1 minute. Serve.