***Looking for a healthy and delicious dinner tonight or this week/weekend? Take home some of our homemade meals and side dishes.***

***Friends of the Market* Discount 15% off all menu prices!**

DECEMBER MENU

**TODAY’S SPECIALS: (Hot/Chilled)**

**PUERTO RICAN RICE & CHICKEN** Cup $8 | Pint $15 | Quart $28

*Peppers, onions, garlic, capers, onions, homemade chicken broth, chorizo, rum*

**MEATLOVER’S BEANLESS CHILI CON CARNE** Cup $8 | Pint $15 | Quart $28

**G-FREE VEGGY MEXICAN BLACK BEAN SOUP** Cup $5 | Pint $10 | Quart $18

**PASTELILLOS (empanadas/turnovers/meat pies - frozen)**

Pork (Origin: Puerto Rico) (1) $6  |  (4) $22  | (12) $60

Picadillo (Beef) (Origin: Puerto Rico)   (1) $6  |  (4) $22  | (12) $60

Tuna, spinach and Pine Nuts (Origin: Spain)      (1) $7  |  (4) $25  | (12) $74

Shrimp and Pork Belly (Origin: Puerto Rico)    (1) $7  |  (4) $25  | (12) $74

Vegetarian Mushroom and Eggplant (Origin: Mexican) (1) $6  |  (4) $22  | (12) $60

Vegetarian Black Bean and Squash (Origin: Mexico)      (1) $6  |  (4) $22  | (12) $60

**OUR SOUPS H = hot | F = frozen** Cup $5 | Pint $10 | Quart $18

Tuscan Heirloom Bean Soup with Chorizo (F)

Puerto Rican Chickpea Stew with Chorizo (H | F)

**VEGETARIAN AND VEGAN SOUPS**

Vegetarian/Vegan Tuscan Heirloom Bean Soup with Spinach (H | F)

Squash - Apple soup (Vegetarian) (F) (Quarts Only)

Vegetarian/Vegan Puerto Rican Chickpea Stew (F)

**SIDES *ready for the microwave***

Cauliflower and Celery Root Purée Pint $8 | Quart $15

Rustic Tuscan Mashed Potato with Pancetta, Garlic and Parm Pint $10 | Quart $18  
Delicata Squash w/ Bacon, Kale, Cranberries, Maple Butter Pint $10 | Quart $18

**COOKIES**

Chocolate Black Pepper   $ 1 each  | $14.00 bag (15 count)

Almond Crisps $ 1 each  | $14.00 bag (15 count)

Cassis Cookies $ 1 each  | $14.00 bag (15 count)

Chocolate-Orange Espresso $ 1 each  | $14.00 bag (15 count)