

Meal Delivery Service

Delivery is free for orders over \$60 in Ashland. For orders under \$60 and outside of Ashland there is a \$10-\$15 delivery fee. Paleo, Gluten free and dairy free options available.

Soups \$8 per portion

Soup with Turkey Ham (Ham optional)
French Lentil Vegetable Soup
Curry Coconut Butternut Squash Soup
Dhal (Indian Curry Lentil Soup)
Chicken Vegetable Soup (\$10)

Main Courses *priced as marked*

Coconut Chicken and Vegetable Curry (\$12)
Coconut Lamb and Vegetable Curry (\$14)
Coconut Vegetarian Curry (\$10)

Chicken baked in Tomato, Red Wine and Porcini Mushroom Sauce (\$12)
Braised Chicken in Orange, Fennel and Rosemarie Sauce (\$12)
Chicken in creamy Porcini Mushroom Sauce (\$12)
Braised Chicken with Root vegetables (\$12)
Chicken Stew with Asparagus and Mushrooms (\$12)

Moroccan Lamb Tagine (Lamb, Vegetables and Chickpeas in an aromatic spiced Stew) (\$14)
Lamb Provincial (Lamb, Eggplant, Peppers, Zucchini and Tomato's with Herbs de Provence) (\$14)
Beef and Red Pepper Goulash (\$14)

Red Pepper Stuffed with ground Turkey, Pecorino Cheese and Herbs (\$12)
Black Bean and Turkey Chili (\$12)
Turkey and Quinoa Meat Loaf with Tomato Sauce (\$12)

Fresh Fish baked in Tomato Olive Sauce (\$13)
Fresh Fish With Herb Crust (\$13)

Quinoa Vegetable and Pecorino Cheese Souffle (\$12)
Miso and Green Tea Tempeh with Sesame Seeds (\$10)
Eggplant Nicoise, thinly-layered Eggplant with Pecorino cheese. Baked and served with a Tomato Olive sauce (\$12)

Side Dishes *priced as marked*

Kale Salad with Toasted Pumpkin Seeds (\$6)
Cabbage Salad with Cumin and Coriander (\$6)
Potato and Cauliflower Gratin with Pecorino Cheese (\$8)
Sweet Potato Gratin with Pine Nuts and Feta Cheese (\$8)
Braised Leeks and Carrots (\$6)
German Potato Salad (\$6)
Roasted Mixed Vegetables (\$6)
Seasonal Vegetables (\$6)
Creamy Polenta (\$5)
Rice or Quinoa pilaf (\$6)

Heart Full Catering
541-690-6533
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Desserts \$7 per serving, *Minimum 2 servings of each dessert.*

Flourless Chocolate Cake

Rhubarb Strawberry Crumble

Rustic French Tart with Fruit in Season

Decadent Chocolate Mousse

Poppyseed Cake