



Menu Options for Baseball

Proteins

BBQ Tri Tip
Fig Balsamic Marinated Tri Tip
Lemon Garlic Roasted Chicken Breasts
BBQ Salmon
Teriyaki Salmon
Halibut with Pineapple Mango Salsa
Smoked Buffalo Chicken Wings
Baked Cod with Garlic and Herb Panko

Veggies

Roasted Brussels Sprouts
Thyme & Honey Roasted Carrots
Garlic Green Beans
Roasted Cauliflower
Grilled Asparagus
Roasted Broccoli

Carbs

Garlic & Herb Roasted Potatoes
Orzo with Garlic & Parmesan
Jasmine Rice/Cilantro Lime Jasmine Rice
Mashed Sweet Potatoes
Mac & Cheese
Quinoa with Roasted Butternut Squash, Sweet
Potato, & Spinach

Salads

Farmers Market Salad with Balsamic Vinaigrette
Caesar Salad with Cherry Tomatoes & Croutons
Spinach Salad with Balsamic Marinated Red Onion
& Walnuts
Tropical California Salad (arugula, red onion,
mango, avocado, cucumber, pomegranate seeds)

Mix and Match to choose your options

Email Heather Worrell at:
farmandflameca@gmail.com
or call 310-938-4751