



TAKING CARE OF ESSENTIAL EMPLOYEES AND BUSINESSES ACROSS RICHMOND!

Groovin' Gourmets
8501 Sanford Dr.
Richmond, Va. 23228
(804) 868-8900
groovingourmets.com

INDIVIDUALLY-PACKAGED EXPRESS MEALS

BREAKFAST

MUFFIN, HARD-BOILED EGGS,
& FRUIT MEDLEY
\$7.99

SCRAMBLED EGGS, BACON, & BISCUIT
\$7.99

GREEK YOGURT, MUFFIN, & FRUIT MEDLEY
\$7.99

BREAKFAST WRAP & HOME FRIES
Choice of Sausage, Bacon, or Vegetarian
\$7.99

LUNCH

TUNA BENTO BOX (GF)
Seared, Blackened Tuna, Southwest
Quinoa, Avocado-Mango Salsa, Pickled
Red Onion,
& Arugula
\$10.49

BOXED LUNCHES WITH ONE SIDE
Choice of Assorted Mix, Chicken Salad on
Croissant, Ham & Swiss, Turkey & Provolone,
Roast Beef & Cheddar, or Grilled
Vegetable & Hummus Wrap
\$10.49

SNACKS

PIMENTO CHEESE & CRACKERS
\$2.49

PEPPERONI & CHEESE CUP (GF)
\$3.49

CHICKEN SALAD & CRACKERS
\$2.49

HUMMUS & CRUDITE
\$2.49

ENTREES

MEATLOAF
Served with Mushroom and Onion Gravy,
Garlic Mashed Potatoes, & Southern-Style
Green Beans
\$11.49

SPAGHETTI MARINARA & MEATBALLS
Served with Herbed Breadsticks
\$11.49

ROASTED, BONE-IN CHICKEN
Served with Smoked Gouda Mac &
Cheese, Asparagus
\$11.49

BELL PEPPER STUFFED WITH WILD RICE (GF)
Served with Seasonal Vegetables, &
Asparagus
\$11.49

PAN-SEARED CHICKEN TOPPED WITH DIJON
CREAM SAUCE
Served with Herb-Roasted Fingerling
Potatoes, & Asparagus
\$11.49

ROASTED ACORN SQUASH STUFFED WITH
CURRIED COUSCOUS, TOFU
Served with Vegetables, & Asparagus
\$11.49

BREAKFAST, LUNCH, & ENTREE OPTIONS COME WITH A
CHOICE OF CANNED SODA (COKE, DIET COKE, SPRITE)
or BOTTLED WATER

(MINIMUM ORDER OF 10)

To order by phone, or email
(804) 868-8900 / food@groovingourmets.com

To order online visit groovingourmets.com
Select Individually-Packaged Meals tab under "Order Now"