

Our daily policy delivering integrity and friendship is “Pay What Taste Buds Say”. This price list is feeding a corporate community by The “Natural Soul Food” Non Profit Café.

Breakfast Menu Items

Flakey Textured Oatmeal – honey sweetened oatmeal not overcooked - \$4.00 per serving

Granola Fruitola – granola with blueberries, peaches & rice milk - \$4.50 per serving

Smoked Turkey Eggs & Grits – smoked turkey diced with bell pepper red onions walnuts combined with free range brown eggs well beaten with rice milk seasoned with cayenne pepper pure granulated garlic with a pinch of sea salt sautéed in grape seed oil and grits similarly seasoned with cayenne and garlic and bowled in spring water \$7.00 per serving

Tuna or Salmon Patties – Albacore tuna or Red Sockeye salmon mixed with corn meal bell pepper red onions cayenne garlic sautéed in grape seed oil (two tuna patties) - \$ 6.00 per serving (two salmon patties) - \$7.00 per serving

Skins on sautéed in extra virgin olive oil Potatoes Carrots & Onions - \$5.00 per serving

Grits Alone - \$3.00 per serving

Eggs Alone - scrambled with without onions over hard medium easy - \$4.50 2 egg serving

Lunch Menu Items

Smoked Turkey Cheddar Cheese Safflower Mayo Avocado Raw Sandwich - \$7.00

Ground Turkey Burger - \$6.00

Ground Turkey Tacos - \$6.00 per 3 taco serving

Ground Turkey Spaghetti with whole wheat noodles - \$7.00 per serving

Skins On Soul Fries - \$4.00 per serving

Mush Blush Valid Potato Salad - \$4.50 per serving

Organic Chicken Veggie Walnut Salad - \$6.50 per serving

Tuna Noodle Veggie Walnut Salad - \$6.50 per serving

Salmon Walnut Veggie Salad - \$7.50 per serving

Dinner Menu Items

Honey Baked Organic Chicken - \$8.00 per 2 piece serving

Honey Baked Organic Chicken Wings - \$6.00 per 3 wings serving

Chicken & Whole Wheat Dumplings - \$7.00 per serving

Salmon Nuggets sautéed in grape seed oil - \$10.00 per serving

Red Snapper fillets sautéed in grape seed oil - \$8.00 per 2 fillet serving

Fresh Water Whiting fillets sautéed in grape seed oil - \$6.00 per 2 fillet serving

Boneless Rainbow Trout fillets sautéed in grape seed oil - \$8.00 per 2 fillet serving

Boneless Tilapia fillets sautéed in grape seed oil - \$7.00 per 2 fillet serving

Tuna Noodle Hot Pepper Cheese Casserole - \$7.50 per serving

Ground Turkey With Vegetables Inside Meatloaf - \$7.00 per serving

Raw Veggie Tossed Salad with Mush Blush Original Dressing - \$7.00 per salad

Red Cabbage Carrots & Raisins Cole Slaw - \$5.00 per

Organic Yam Soup - \$5.00 per serving

Potato & Red Onion Soup - \$5.00 per serving

Black Beans & Brown Rice - \$4.50 per serving

Red Kidney Beans & Brown Rice - \$4.50 per serving

Black Eye Peas Carrots & Okra - \$5.00 per serving

Skins on Mashed Potatoes - \$4.00 per serving

Skins on Baked Yams in honey with apples and mangos - \$5.00 per serving

Mixed up Purple Kale, Mustard, Water Cress Organic Greens - \$6.00 per serving

Green Garden String Beans - \$5.50 per serving

Sauteed Broccoli Cauliflower Peapods & Carrots - \$5.50 per serving

Ordinary Cabbage with An Extraordinary nutrition and taste Message - \$5.50

Mush Blush Whole Wheat Biscuits - \$4.00 per serving

Mush Blush Corn Bread - \$3.50 per serving

“Kenny Mush” Hush Puppies - \$3.50 per 4 hush puppy serving

Beverages (“Marathon Moms Mush Most Wanted” is a combination of)

Honey Lemonade - \$4.00 per 20 oz serving - \$5.00 per 24 oz serving and

Strawberry Limeade - \$4.00 per 20 oz serving - \$5.00 per 24 oz serving

Peppermint, Wild Raspberry, Lemon Ginger, Green Jasmine Herb Tea - \$2.00 per tea bag

Blueberry, Mango, Pineapple, Apple, Strawberry, Peach made with Almond Milk Smoothies - \$5.00 per 16 oz serving

Desserts

Apple Peach Mango Mixed Berry sweetened with honey Cobbler - \$6.50 per serving

Mush Blush sweetened with honey “Heaven Water” Bread Pudding - \$6.00 per serving

Note: “Pay What Taste Buds Say” is our normal unselfish policy! This list is for those who need prices for catering weddings business meeting parties or large food deliveries. We are here to serve specific, individual dining needs as best we can. Thank you for this opportunity. Our address is 1444 West Martin Luther King Jr. Blvd in Los Angeles. Our dining facilities seat 60 patrons. This is a wonderful facility for parties or for meetings. Minimum order for delivery outside of immediate Los Angeles area no less than \$100.00 per business. Delivery charge \$20.00 per delivery. Extra community sensitivity donations payable to our non profit 501c program “Nature’s Hotline” educating today’s youth to eat nutritionally are tax deductible under our 501c tax ID # 95-3917548. All proceeds for these food deliveries go back into this program’s account to purchase organic food items. Call my son Kenneth at (323)298-0005 9:30 AM to 6:30 PM to order or fax your order to (323)295-9958. Call (323)309-4230 for delivery or for poetry and call my wife Alexis better known as “Marathon Moms Mush” at (323)309-6342 for comedy presentations. Gratefully in appreciation of participation in our health as wealth motivation program,

I am Jacinto Anielle Rhines, Jr., respectfully dedicated to a world needing eating right.