



Reheating Instructions

Large eco brown boxes: both oven and microwave safe.

**Eco boxes with clear lids: bottom tray is both oven and microwave safe,
clear lid will melt with heat.**

Deli containers are microwave safe.

MAINS

Frenched Chicken Breast – Place box in the oven at 350°F for 10-12 minutes or microwave for 3-4 minutes. If individual serving, clear lid is not oven or microwave safe. If serving with pan sauce, add sauce to the chicken for the last 1-2 minutes of cooking in oven and 30 seconds for microwave. If serving with romesco sauce, add just before eating

Roasted Half/Whole Chicken – Place box in the oven at 350°F for 20-25 minutes or microwave for 5-6 min If individual serving, clear lid is not oven or microwave safe.

Braised Beef Pot Roast – Place box in the oven at 250°F and reheat for 30-45 min or microwave for 4-5 min. If individual serving, clear lid is not oven or microwave safe.

Seared Salmon – Place box in the oven at 300°F and reheat for 6-8 minutes or microwave for 2-3 minutes. If individual serving, clear lid is not oven or microwave safe. Serve topped with chimichurri sauce if it is not rubbed with mustard sauce.

Stuffed Bell Peppers – Place box in the oven at 350°F and reheat for 10-15 minutes, or microwave for 5-8 min. If individual serving, clear lid is not oven or microwave safe. *Please note, peppers may vary in size. Please adjust to desired doneness.

Stuffed Eggplant – Place box in the oven at 250°F and reheat for 15-20 minutes, or microwave for 2-3 min. If individual serving, clear lid is not oven or microwave safe.

Wagyu Flank Steak* – Heat oven to 400°F and place on a sheet tray in center of oven. For 2# portion: 15 minutes to medium and 20 minutes to medium-well. For 6oz portion: 5-7 minutes to medium and 7-12 minutes to medium-well. *Please note, if your individual portion of steak is thicker than usual (a cut about ½" or more) if could



take up to 15 minutes to heat to medium. Drizzle with the balsamic reduction sauce when serving.

Tempeh– Place box in the oven at 350°F for 8-10 minutes or microwave 3-4 minutes until heated through. Serve with yogurt and tahini sauces. If individual serving, clear lid is not oven or microwave safe.

Adobo Spiced Tofu – Place box in the oven at 350°F for 8-10 minutes or microwave 3-4 minutes until heated through. Serve with yogurt and tahini sauces. If individual serving, clear lid is not oven or microwave safe.

Braised Brisket

If sauce container is in brisket box, please remove and pour onto brisket before placing in oven. Place the oven safe container in the oven at 300°F degrees and reheat 25-35 minutes until food is hot or place in a microwave friendly container for 3-5 minutes.

Wild Bass

Place the oven safe container in the oven at 350°F (make sure the skin-side is facing up) and cook for 12-15 minutes or until fully cooked through. The sides will begin to flake and become opaque; the fish will feel slightly firm. Remove and place the slice of butter on top to melt while the fish cools slightly.

Pork Loin

Place the oven safe container in the oven at 350°F for 8-10 minutes, until warmed through. Slice and serve with sauce spooned over top.

Bowls (Rio, South End, Oaxacan Mole and Specials)

Drizzle in about ¼ cup of water to bowl (to rehydrate the rice). Cover with aluminum foil and place container bottom in oven at 350°F for 10-12 minutes. Top with chilled sauces if accompanied. For the brisket special- remove pickled vegetables before reheating and then place back in.



Mediterranean Grouper Special

Remove lid from container or transfer Grouper to an oven safe pan, place in preheated oven and cook Grouper for 12-15 minutes at 350 degrees.

Brisket Chili Special – Place box in the oven at 250°F and reheat for 30-45 min or microwave for 4-5 min.

SIDES

Carolina Rice – Remove lid from container, add a small amount of water or butter and place in microwave for 1-2 minutes, check and stir for even heat.

Fingerling Potatoes – Transfer to an oven safe container and cook at 350°F for 8-10 minutes or remove lid and microwave for 2-3 minutes.

Spiced Local Carrots – Transfer to an oven safe container and cook in a 300°F oven to reheat for 8-10 minutes or remove lid from container and place in the microwave for 1-2 minutes.

Roasted Cauliflower – Transfer to an oven safe container and cook at 250°F for 8-10 minutes or remove lid from container and place in the microwave for 1-2 minutes.

Roasted Broccoli – Transfer to an oven safe container and cook at 250°F for 8-10 minutes or remove lid from container and place in the microwave for 1-2 minutes.

Root Vegetable Cake – Remove lid from container and place in a 325°F for 8-10 minutes or microwave for 2-3 minutes.

Mac & Cheese – Place container in a 300°F oven for 8 to 10 minutes until heated through. If microwaving, transfer to a different container.

Brussels Sprouts – Transfer to an oven safe container and cook in a 350°F oven to reheat for 12-15 minutes if adding crispy prosciutto, sprinkle it on for the last 2 minutes of cooking



Mashed Local Sweet Potatoes – Transfer to a pot and cook on the stovetop on low for 15-20 minutes, stirring with a spatula to keep from scorching.

Valentines 2023 Specials

Halibut- for 8-10 minutes, or until cooked through and flakes away on the sides. Couscous can be reheated at the same temperature for 6-8 minutes until heated through.

Lemon Thyme Braised Half Chicken – Remove lid and place oven safe container in preheated oven at 350°F for 20-25 minutes.

Beef Tenderloin – Remove lid from oven safe container and place in preheated oven 350°F and cook tenderloin for 4-6 minutes to maintain rare temp, 6-8 minutes to medium, or until desired doneness.

Fingerling Potatoes – Remove lid and place oven safe container in preheated oven at 350°F for 6-8 minutes or until heated through.

Broccolini- Transfer to an oven safe container and cook at 250°F for 8-10 minutes or remove lid from container and place in the microwave for 1-2 minutes.

Mashed Local Sweet Potatoes – Transfer to an oven safe covered container and heat at 350°F for 15-20 minutes.

Root Vegetables- Transfer to an oven safe container and cook at 350°F for 6-8 minutes until heated through.