

## Sweets and Treats

### **Peanut Butter Protein Bar**

GF oats, almonds, peanut butter, honey, chocolate chips and spices. Contains: N, P

Single 3  
6 Count 15

### **Nutty Fudge Bites**

Dates, cacao, almond butter, walnuts and rolled in chopped pecans. Contains: N

3 Count 5

### **Chocolate Cream Torte Pie**

Dairy free chocolate chips, silken tofu and gluten free ginger cookies or chocolate cookie crumble crust. Contains: S

Slice 5  
Whole Pie 32

## Our Mission

### **Whole food, plant based meals for healthy living on the go.**

\*Event Space for Small Gatherings

\*Nutrition Coaching

**Check out our website  
[realmealskitchen.com](http://realmealskitchen.com)**

**Pre-order your meals online!**



**We are happy to serve Not Your Average Joe Coffee!**

**NYAJ's mission is to inspire our community by including adults with intellectual and developmental disabilities in the creation of exceptional coffee in an encouraging atmosphere.**



**Whole food,  
plant based meals  
for healthy living on the go.**

15220 North Western Ave  
Suite G  
Edmond, OK 73013

405-906-7400

Monday -Thursday 7:00a – 6:00p  
Friday 7:00a – 2:00p



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## Kitchen Staples

### Thai Peanut Noodles 12

Stir fried broccoli, red bell pepper and carrots on gluten free noodles. Served with Thai Peanut Sauce. Topped with peanuts, scallions and cilantro. Contains: P, S

### Mediterranean Salad 10

Spinach, tofu, quinoa, red onion, cucumber, red bell pepper, Kalamata olives & house made Greek dressing. Contains: S, N

### Chickpea Salad on Greens 10

Chickpeas, grapes, red onions, apple, celery, mustard, garlic tossed with house made mayo and served on greens. Contains: S

### Veggie Sandwich 12

Dairy-free cream cheese, micro sprouts, carrots, cucumber and tomato on multi whole grain bread. Served with fruit. Contains: G, N

### Tempeh BLT Sandwich w/ Asparagus Salad 12

House made tempeh bacon on Ezekiel bread w/lettuce, tomato, and vegan mayo. Side of asparagus, black-eyed peas, red onions with a vinaigrette dressing. Contains: G, S



## Kitchen Specials

### Monday & Wednesday

#### Roasted Veggies Power Bowl 12

Spinach, buckwheat, broccoli, zucchini, red onion, carrots, cherry tomatoes with an Orange-Almond dressing. Contains: S, N, G

### Tuesday & Thursday

#### King Ranch Casserole with Garlic Roasted Broccoli 12

Green bell pepper, onion, mushroom, green chili and tomatoes with soy curls layered with corn tortillas and smothered with our creamy house made cauliflower sauce. Served with a side of garlic roasted broccoli. Contains: S, N

Allergen Disclaimer: Before placing your order, please inform us of any food allergies.

We will do our best to accommodate your needs. Please be advised that while we notate the use of allergens in our meals, our products are prepared in an environment where gluten G, soy S, peanuts P, tree nuts N, wheat W, and other known allergens may be present.

We can not guarantee the absence of cross-contamination.

## Baked Goods

### Apple Spice Hemp Muffins

Spelt and oat flour, hemp seeds, applesauce, cinnamon, nutmeg and raisins. Contains: N, G

### Blueberry Muffins

Whole wheat flour, cinnamon and blueberries combine for a comforting plant-based favorite. Contains: W, G

2 Count 6  
6 Count 14

**Buddy's Breakfast Cookie 4.50**  
Nutrient dense and delicious oatmeal cookie.

**Original Cherry Walnut  
Blueberry Pecan  
Chocolate Chip Peanut Butter**  
Contains: P, N (all)

## Smoothies & Coffee

**Smoothie of your choice 6**

### Whole Fruits & Veggies Top Picks:

Blueberry Buckle  
PB Jam  
Chocolate Banana  
Orange Spinach

### Full menu in house!

### Not Your Average Joe Coffee

Cup of Joe 3  
Bag of Joe 15 -16

**Midnight Oil \*Colombian \* 405 Espresso \*  
House Blend**