

Pick Up and Go Menu

Handmade dishes ready to pick up at your convenience!

Main Dishes: Each 3 Servings

Menu Updated Daily 6.30.10

**We will be closing our doors in July! We will continue to sell meals until they are gone.
Order early because we are selling out fast on many meals. We will miss you!**

Poultry

Jimmy B's Chicken with Rice– Grill/Bake **11.00**

Call it Margaritaville when you serve this fresh and delicious dish. Tender chicken breasts marinated in lime, garlic, cilantro and a margarita mixer are perfect for grilling. Served with Rice.

Down Under Chicken– Bake **11.00**

A delicious chicken dish that features bacon, mushrooms, co-jack cheese, and MDK's very own honey-mustard sauce.

Chicken Florentine Artichoke Bake– Bake **10.00**

Light and creamy with artichokes, sun-dried tomatoes, chicken and spinach combined with bow tie pasta. All topped with a parmesan and bread crumb mixture that bakes up perfectly.

Company's Coming Chicken– Bake **10.00**

Delicious teriyaki glazed chicken topped with a light and creamy dressing, bacon, and cheese. Soon to be famous!

Baked Chicken with Artichokes and Spinach – Bake **12.00**

This full flavored dish is company worthy. Chicken breast topped with artichokes, spinach and parmesan cheese.

BBQ Jammin' Chicken with Rice– Grill/Bake **11.00**

Soak moist chicken breasts in a unique blend of BBQ sauce marinade of apple-grape jam, ketchup, Worcestershire and vinegar and enjoy. Comes with a side of rice (brown optional).

Thai Peanut Chicken with Rice– Grill/Bake **11.00**

Tender Chicken strips soak up the authentic peanutty flavor of our Thai peanut marinade made with fresh basil, cilantro and lime juice. Comes with a side of rice (brown optional).

Chili Maple Glazed with Rice– Grill/Bake **11.00**

Enjoy this mesquite marinade chicken enhanced with sage, thyme, chipotle and maple accents. Comes with rice.

Winnie the Pooh's Chicken with Rice– Grill/Bake **11.00**

Kids of all ages will love this moist and delicious chicken flavored with garlic, onion, olive oil, rosemary and just a smackerel of honey. Set atop the Rice provided.

Sweet Citrus Chicken with Rice– Grill/Bake **11.00**

A unique blend of honey, lemon-lime, and sage make for a fresh and tangy marinade perfect for grilling these moist chicken breasts.

Buffalo Ranch Chicken with Rice– Grill/Bake **11.00**

Moist Chicken Breasts drenched in ranch, our special buffalo sauce blend and sweet red peppers. Served with Rice.

Teriyaki Ranch Chicken with Rice– Grill/Bake **11.00**

This light and tangy marinade is for kids of all ages. Served with rice

Tangy Tuscan Chicken with Rice– Grill/Bake **11.00**

Just the right seasonings combine for this flavorful chicken marinade, with a little sweet zing. Great as a salad topper! Comes with your choice of brown or white rice.

Chicken Littles– Bake **13.00**

Enjoy our chicken tenders dipped in yogurt and rolled in herb seasoned bread crumbs. Comes with a side of ranch dressing for dipping. Healthy chicken nuggets!



Chef Pete Webster

Pick Up and Go Hours

Mon- Fri 10 - 6

616.464.3222

2661 29th Street SE (East of Breton, behind Schuler Books)

Main Dish

KITCHEN

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Homecooked in yours

maindishkitchen.com

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Pork

Cherry Pine Nut Pork – Bake 12.50

This sweet blend of cherries, pine nuts, celery, green onion & bread crumbs fill our moist and delicious pork tenderloin.

Ham and Potato Bake – Bake 10.00

Kids rave about this traditional casserole! We toss together potatoes, ham, cheese and a mild cream sauce.

Aloha Pork Medallions with Rice – Grill/Bake 12.00

This grill friendly dish includes moist pork medallions, a little soy sauce, a dash of brown sugar and pineapple sweetens the deal. Come with a side of rice. Serve it up at the neighborhood luau!

BBQ Jammin' Pork Medallions with Rice – Grill/Bake 12.00

Moist pork medallions soaked in a delicious BBQ sauce marinade including grape jam, tomato sauce, Worcestershire and vinegar. Comes with a side of rice. Fire up the grill!

Beef

Baby Ray's Stuffed Meatloaf – Bake 10.00

Take a walk down memory lane: 100% beef, stuffed with mashed potatoes, cheddar cheese, topped with BBQ sauce and bacon.

Seafood

Tasty Tilapia – Bake/Grill 13.00

A mild white fish baked in a lemon dill butter with cauliflower, broccoli, yellow squash and carrots.

Caribbean Cod – Bake/Grill 11.50

Sit back and enjoy a taste of the tropics. Our cod is marinated in a lively mix of citrus juices, Caribbean spices and garlic resulting in a thick and spicy sauce. A delicious island cuisine.

Citrus Glazed Cedar Plank Salmon (2 servings) – Bake/Grill 15.00

If you've never tried Cedar Plank grilling, we'll make it easy and delicious! Try our salmon filets with delicious citrus-flavored seasonings topped with a lemon slice and grilled/baked on the cedar planks provided. Fun, delicious, pretty, and Omega 3s to boot! NOTE: Ordered in servings of two.

Mexican

Mexican Lasagna (Vegetarian version available too!)* – Bake 10.00

You'll love this multi-level Tex-Mex entrée. Layers of tortilla shells and signature Mexican ingredients (taco meat, refried beans, enchilada sauce, diced tomatoes, onions, and chilies).

Dad's Gotta Have 'Em Chicken Enchiladas – Bake 12.00

A delicious family recipe. Chicken, cream sauce & Mexican spices wrapped up in flour tortillas, topped with sauce and cheese.

Italian

Chicken Au Gratin - Bake 10.00

This warm and creamy pasta dish is like heaven in a bowl. Filled with penne noodles, diced chicken, chicken cream sauce and topped with cheddar and parmesan cheese.

Buffalo Chicken Pizza - Bake 10.00

We start with ranch dressing as a base for this flaky thin crust pizza. Top it off with chicken, mozzarella and Swiss cheeses, diced celery, roasted red peppers and chili lime sauce.

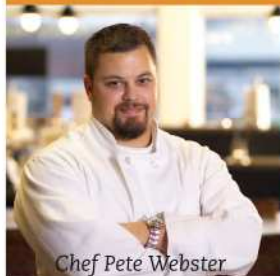
Carbonara Pasta - Sauté 10.00

A unique combination of bacon, peas, garlic, and Alfredo sauce served over pasta makes for a pleasing Italian dish ready to serve in short order.

Asian

Sweet and Sour Chicken - Sauté 11.00

An Asian dish featuring breaded chicken tenderloins tossed with pineapple and peppers in our sweet and sour sauce served over white rice.



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Brunch/Vegetarian/ Sandwiches

We have other dishes that can be made Vegetarian. Just ask and we'd be happy to make them up!

Crème Brulee French Toast – Bake **10.00 (with Pecans 11.50)**

Our homemade sauce tops French bread and bakes to perfection! Top with our blend of raspberries and strawberries.

Mexican Lasagna– Bake **10.00** Detailed under Mexican, with the taco meat replaced with Mexican rice.

ZONE Diet Menu Items (Servings Vary from Single to 3)

(2 Servings) **11.00**

Spicy blackened Cajun chicken breast is served over whole wheat rigatoni pasta mixed with spinach, tomato, mushrooms, and a light buttery cream.

Caribbean Pork Loin with Spinach and Pearl Barley (2

Servings) **13.00**

Yum! Fresh and succulent mango salsa tops moist pork loin for a flavorful dinner. Served with spinach and pearl barley we cook in low-sodium veggie broth for great taste.

Lemon Pepper Salmon with Broccoli and Brown Rice (Single

Serving) **8.00**

This ZONE inspired dish is as flavorful as it is good for you. The lemon pepper sauce compliments the salmon perfectly. Broccoli and Brown Rice with green onion for a flavor kick balance the meal.

BBQ Chicken Pita Pizza (2 Servings) **7.00**

We top two whole wheat pitas with tangy BBQ sauce, white meat chicken, diced red onion, and rosemary. Great for lunch or a quick dinner.

Single Serve Dishes \$5.00 each

Down Under Chicken **Mexican Lasagna** **Fiesta Chicken Lasagna**

Sides, Desserts, and More

Sweet Potato Fries **5.00**

These sweet potato fries are deliciously sweet and full of healthy goodness.

Pete's Heavenly Cornbread **3.00/4.95**

A moist and oh so heavenly bread made from scratch including whole corn kernels and a touch of honey. A real hit!

Potatoes O'Brien (c/f) **4.95/7.95**

Rosemary roasted redskin potatoes tossed with roasted pepper and onions, finished with mozzarella cheese.

Roasted Garlic Mashers **4.50/7.50**

Mashed potatoes seasoned with roasted garlic, olive oil, sour cream, and parmesan.

Artisan Rolls (c/f) **2.50**

French, Wheat, and Onion Dill rolls that bake in minutes with a delicious crunchy crust and soft, moist center (2 of ea.)

Butternut Bisque **4.95/9.75**

Our signature squash soup with hints of nutmeg & ginger. Delicious any season!

Mexican Corn Chowder **7.95**

Our savory Mexican soup has diced chicken, salsa, diced onion, tomatoes,

green chilies, corn, three cheeses.

Green Beans with Bacon Crumbles – **4.00**

Filled with flavor, you'll never tire of this classic veggie.

Baby Carrots with Maple Cinnamon Butter – **4.00**

100% real maple syrup and a hint of cinnamon, adds just the right hint of sweetness to these organic carrots.

Roasted Rosemary Redskins – **4.00**

Premium rosemary roasted redskin potatoes.

Desserts

Cookie Mixes **8.00** ea

Cookie Mix Special! 2 for \$15

Crunchy Munchy Cookie Mix,

Appetizers (serves 4-6)

Bruschetta with Baguette **5.00** ea



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