



Health Wealth & Wisdom (HWW) Kitchen Individual Meals Menu

Entrees

- \$24** Authentic Maryland Jumbo Lump Crab Cakes – *no filler* (Two 3 oz. cakes) w/ 2 sides
- \$22** Filet Mignon (5 oz. portion) w/ 2 sides *OR* w/ rice in a flour wrap & 1 side
- \$22** Lamb Chops (4-5 Lollichops) w/ 2 sides
- \$20** White Fish in Scallion and Garlic Butter Wine Sauce (Cod or Halibut 6 oz portion)
- \$20** Jerk Salmon (6 oz. portion) w/ 2 sides *OR* w/ rice in a flour wrap & 1 side
- \$20** Miso Salmon (6 oz. portion) w/ 2 sides *OR* w/ rice in a flour wrap & 1 side
- \$20** Sweet Glaze Salmon (6 oz. portion) w/ 2 sides *OR* w/ rice in a flour wrap & 1 side
- \$12** Stewed Chicken wings (3-4 wings) over rice w/ 1 side
- \$10** Veggie Plate (choose 3 sides)
- \$7** Veggie Plate (choose 2 sides)

Sandwiches (all sandwiches come with either a side House salad *OR* UTZ plain chips 1 oz bag)

- \$20** Jumbo Lump Crab cake – *no filler* (4 oz. cake)
- \$13** Shrimp Salad
- \$10** Chicken Salad
- \$10** Caprese
- \$7** Tuna Salad

Salads

- \$10** Caprese Salad
- \$8** Caesar Salad w/ Caesar dressing
- \$7** House Salad w/ Vinaigrette *OR* Ranch dressing

Sides *(no a la carte orders please; instead try our veggie plate!)*

- Southern potato salad
- Rice (brown or white)
- Steamed Broccoli
- Southern Kale (w/ bacon drippings) or Vegan Kale
- Southern Collards (w/ bacon drippings) or Vegan Kale
- Southern Green Beans (w/ bacon drippings) or Vegan Green Beans
- Steamed Cabbage
- Quinoa and Brown & Rice
- Roasted Red Potatoes

Beverages

- \$1.50** Bottled Water
- \$2** Can Soda
- \$2.50** San Pellegrino