

**Grab n Go**  
**To Take and Reheat**  
(some examples;  
 new items available frequently)

**Pasta**

Baked Ziti	\$12.95
Spaghetti & Meatballs	\$10.95
3-cheese noodle bake	\$8.95

Add two salads and bread \$3.00

**Seafood**

Jumbo Crab Cakes	\$14.95
Paella	\$17.95

**Family meal deals** \$19.95

Whole Roasted Chicken meal deal  
 With 4 salads, rosemary potatoes  
 and bread

Classic Meatloaf; With Mushroom  
 Sauce, Mashed Potatoes, 2 salads  
 and bread. \$15.95

**Kids meal** \$5.95

Marinated Chicken or pecan crusted  
 chicken with capellini pasta, sliced apples  
 and honey mustard dipping sauce

**Sides (for 2)** \$7.95

Vermont White Cheddar Scalloped Potatoes	
Harvester Green Beans	
Rosemary Roasted Potatoes	
Marinated Grilled Vegetables	
Creamy Mashed Potatoes	
Gourmet 3-cheese Mac n Cheese	\$5.95

**MealTime Market**

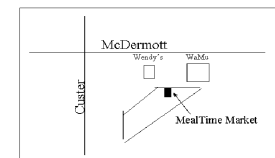
**Lunch and Dinner  
 Menu**



*& Cafe*

2023 West McDermott Drive Suite 260 Allen, TX 75013  
 (SE corner of Custer & McDermott behind Wendy's)  
**(214) 383-4007** **Mon-Sat 10-6**

[www.mealtime.com](http://www.mealtime.com)



## Lunch

### Sandwiches to dine-in and eat

(includes drink and chips or grapes)

**\$8.95**

except as noted

Muffelatta	Shaved Smoked Turkey , Salami, Ham, Provolone Cheese and Olive Relish Served on a Toasted Ciabatta Roll \$9.95
Grilled Tuna Tapenade	Marinated, Grilled Ahi Tuna on Ciabatta Roll with Roasted Pepper Aioli, Olive Tapenade and Field Greens \$10.95
Grilled Chicken Greek Wrap	Marinated Grilled Chicken, Fresh Greens, Feta Cheese, Olives, Tomatoes, Red Onions and Greek Vinaigrette in A Grilled Spinach Wrap \$9.95
T.A.B.S Sandwich	Shaved, Smoked Turkey, Avocado, Bacon & Swiss With Pesto Mayo and Lettuce on Toasted Ciabatta Roll
Marinated Grilled Vegetable Sandwich	On a Toasted Ciabatta Roll with Boursin Spread
Carolina Pulled Pork Sandwich	with Caramelized Onions and Cheddar on a Seeded bun
Green Chili Cheeseburger	Our Take on this New Mexico favorite \$9.95
Roasted Brisket Sandwich	Tender lean Brisket served hot on a toasted Ciabatta roll with creamy horseradish and rich mushroom sauce
The Alley Cat	Shaved Ham, Genoa Salami, Provolone Cheese & Vegetables with Red Wine Vinaigrette on a toasted Ciabatta
CT's Chicken Salad Croissant	Creamy and Delicious, Made with Red Grapes and Tarragon and Served on a buttery Croissant with field greens and ripe tomatoes

### Salads to dine-in and eat (includes drink)

Sesame Crusted Tuna	Served over Chilled Soba Noodles and Snow Peas With Scallions, Cilantro and Ponzu Sauce \$10.95
Chinese Chicken Salad	Chopped Romaine, Napa Cabbage, Mandarin Oranges, Bean Sprouts, Cilantro, Scallions, Tender Chicken and Crispy Won Tons with Sesame Soy Dressing \$9.95
California Spinach Salad	Tender Baby Spinach, Strawberries, Mandarin Oranges, Pine Nuts, Pecan Crusted Goat Cheese Medallions and Creamy Lemon Dressing
Pecan Crusted Chicken Salad	Field Greens tossed with our Maple Balsamic Vinaigrette, Goat Cheese, Bacon, Tomato, Mandarin Orange, Apple and Pecan Crusted Chicken Breast \$9.95
Chicken Greek Salad	Fresh Greens, Tomato, Cucumber, Shaved Red Onion, Feta Cheese, Olives, Grilled Chicken and Greek Vinaigrette \$9.95
Spring Pasta Salad	Cappellini Pasta, Fresh Mozzarella, Tomatoes, Basil, Peas and Grilled Chicken
Bleu Cheese & Bacon Wedge Salad	Crisp Iceberg Wedge, Chopped Bacon, Crumbled Gorgonzola Bleu Cheese, Diced Tomatoes, Carrots, Blue Cheese Dressing and Your Choice of: Grilled Chicken \$8.95 or Pesto Grilled Shrimp \$10.95

### Hot Stuff

Quiche of the day \$7.95	Jumbo Shrimp Scampi with Angle Hair Pasta Pomedoro \$10.95
Creamy Tomato Basil Soup \$2.95 cup    \$4.95 bowl	Seasonal Soup \$2.95 cup    \$4.95 bowl

## Dinner

### Dinner Kits to take and make (includes 2 sides)

Cherry Cola Ribs	Pork Ribs with Distinctive Cherry Wood Flavor \$18.95 for 2    \$32.95 for 4
Sesame Crusted Ahi Tuna	With Soba Noodle Salad and Ponzu Sauce \$24.95 for 2    \$46.95 for 4
Chicken Picatta	Chicken in a Delightful Lemon Butter Sauce \$12.95 for 2    \$21.95 for 4
Southwest Chicken & Rice Casserole	Southwest Seasonings with Bell Peppers, Corn, Rice and Chicken and Topped with Cheddar Cheese \$12.95 for 2    \$21.95 for 4
Firecracker Shrimp	Plump Jumbo Shrimp, Stuffed with Pepper-jack Cheese and Jalapeño; Wrapped in Bacon ; with a Maple Chipotle Glaze \$22.95 for 2    \$41.95 for 4
Beef Stroganoff	With Buttered Noodles; Made with Beef Tenderloin, Delicious! \$19.95 for 2    \$33.95 for 4
Beef Stew with Root Vegetables and Herbs	Hearty and satisfying. \$14.95 for 2    \$25.95 for 4
Grilled Asian Beef with Hoi-Sin BBQ Glaze	Grilled Beef Tenderloin with Hoi-sin \$21.95 for 2    \$39.95 for 4
Baked Lemon Tilapia	Breaded with Lemon Zest and Herbs. Served with Lemon Butter Sauce \$21.95 for 2    \$36.95 for 4
Maple Glazed Salmon	Salmon with savory seasoning and a maple glaze. \$24.95 for 2    \$45.95 for 4
Stir-fry with Chicken, Beef, Pork, Shrimp or Portabella Mushrooms	With our Famous Sesame Soy Asian Sauce Chicken, Pork or Mushroom \$12.95 for 2    \$21.95 for 4 Beef or Shrimp \$15.95 for 2    \$28.95 for 4
Kabobs	Beef, Chicken, or Pork; Served with Your Choice of Glazes: Ancho-Honey, Pineapple, Asian, or Raspberry-Chipotle Chicken or Pork \$12.95 for 2    \$21.95 for 4 Beef \$15.95 for 2    \$28.95 for 4
Chicken Dijon	With Sour Cream Dijon Sauce. \$14.95 for 2    \$24.95 for 4
Texas Chili Bake	Texas Chili Topped with a Cornbread Stuffing and Baked to Perfection! \$12.95 for 2    \$21.95 for 4
Oven Fried Chicken	A Healthier Version; Oven Baked and Delicious. \$12.95 for 2    \$21.95 for 4
Portabella Stuffed Pork Chop	With a Lemon Caper Sauce \$18.95 for 2    \$32.95 for 4
Chicken Parmesan	Chicken breaded with Parmesan. \$14.95 for 2    \$24.95 for 4

### Sides

Dinner Salad	Honey-Tarragon Carrots	Stir-Fry Veggies	Pasta
Marinated Grilled Veggies	Ginger Rice or Rice Pilaf	Soba Noodle Salad	Cole Slaw
Seasoned Baker	Sweet Potato Fries	Steamed Spinach	Buttered Broccoli