



MEALS MADE EASY.

WITH OUR NEW LOW CARB OFFERINGS

“We have created a line of healthy high protein dinners that are good for you and full of flavor. These dinners are satisfying and give customers a healthy option from our dinner selections in our Grab & Go cases. We created dishes that either substitute traditional high carb ingredients like pasta and rice with items like cauliflower rice, squash, braised greens, or high protein like beans. Each dinner is geared to be between 30-40 Grams of Carbs per serving or lower. We have created full flavor dinners without the unnecessary calories from Carbohydrates. These are another option for our restaurant quality food items that we offer in the Deli Department.”



– MARK KOWALKOWSKI,
Corporate Executive Chef



OLIVER'S KITCHEN LOW CARB MEALS \$9.99/EA.

Selected Varieties. 13-15 oz. Package.



CHICKEN ALFREDO WITH SPAGHETTI SQUASH



CAJUN SHRIMP & SAUSAGE WITH RED BEANS & CAULIFLOWER RICE



TRI-TIP WITH CHIMICHURRI & VEGETABLES



STUFFED CHICKEN WITH BRAISED GREENS



PORK WITH FRIED CAULIFLOWER RICE



ROASTED PORK LOIN WITH SPAGHETTI SQUASH



546 E. Cotati Avenue
Cotati • 795-9501

560 Montecito Center
Santa Rosa • 537-7123

461 Stony Point Road
Santa Rosa • 284-3530

9230 Old Redwood Highway
Windsor • 687-2050