



## About Confluence Kitchen

At Confluence Kitchen & Market good things come together to make your search for delicious, wholesome food easier.

**Nourishing:** Ingredients are all natural. Meals are carefully prepared by hand and recipes emphasize organic and locally grown produce as well as naturally raised and pastured beef, poultry/eggs and pork.

**Easy:** For many of us these days—if it's not easy, it's not happening. We're here to offer a healthy alternative. We've got you covered whether you're ready to eat now or fill the freezer for later.

**Local:** Our market is filled with locally grown and produced food, including organic produce, eggs, local beef, lamb and pork. We also carry local honey, jams, jellies, sauces and exceptional foothill wines.

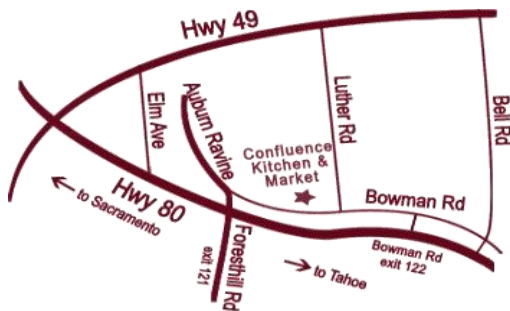
**Delicious:** It's not enough to just be healthy, it's got to taste great. We serve everything from Andean Quinoa with roasted sweet potatoes to Polenta Lasagna with Italian sausage and peppers to our popular Chicken Pot Pie.

Hours: M-F 10-7, S-S 10-6

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## Local • Organic Goodness To Go

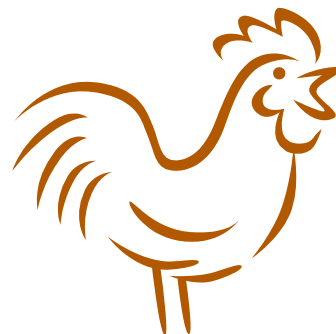


Lunch and Dinner  
Sandwiches, Soup, Salads  
Meals To Go

## Goodness To Go

Our frozen meals are made just like you would at home, if you only had the time - family recipes, all natural meats, organic veggies and simply delicious. So let us give you a break once in a while and enjoy the comfort and community of a good meal. These meals are ready to heat and eat and come in small (feeds 2-3) and large sizes (feeds 4-6).

**Handmade Ravioli, Tomato Sauce and Meatballs** – My grandmother Angela's recipe - pure, simple, and delicious. Made from scratch, one by one, in our kitchen .



**Thai Coconut Curry Chicken & Jasmine Brown Rice** - This curry is more creamy than spicy so that everyone can enjoy it. With organic carrots, green beans, and potatoes. G,D

**Tuscan Quiche** – After years of making quiche, we tried adding smoked mozzarella and found that combined with super eggs and organic veggies, it really gives this vegetarian dish satisfying depth.

**Grass-Fed Beef or Veggie Empanadas** - Our's is larger and healthier than the Latin America version, with a light whole wheat crust and seven different veggies (a Nourishing Traditions recipe).

**Chicken Pot Pie** – The pinnacle of comfort food made with nourishing ingredients. Ours has a crust on the top and bottom, lots of chicken, gravy and veggies inside. Mmmmm.

**Steak Chili Pie with Cheddar Biscuit Crust** – This combination of biscuit crust and thick, rich beef, corn, carrot and pinto bean chili creates a well balanced dish.

**Latin Pork and Sweet Potato Stew** – This stew has a unique flavor that is very accessible (our kids loved it on the first try). Hearty, but not heavy– it is sure to satisfy. G,D

**Chicken and Sausage Jambalaya** - When I lived in New Orleans, my friends and I would debate the merits of different styles of Jambalaya endlessly. Ours is made with free range chicken, Niman Ranch andouille sausage, a little tomato sauce and a good spicy kick. Le Bon Temps Roule. G,D

**Grass-fed Beef Meatloaf** – The classic using super ingredients. If any is leftover – a sandwich made with hearty bread is heavenly. Our Yukon Gold mashed potatoes make a great side for this dinner.

**Pesto and Spinach Lasagna** – Our lasagna, like our ravioli, is made from fresh, hand rolled pasta. Its taste and texture is quite different than industrial extruded dry pasta. The filling is simple to complement the rich flavor of our roasted garlic pesto.

**Nuevo Chicken and Black Bean Enchiladas** - Not your typical enchilada, ours are made with corn tortillas and lots of extra veggies added in. The red chili sauce is made from scratch. G

**Grass-Fed Beef Shepherd's Pie** More comfort food from your youth – this one has diced grass-fed beef and organic veggies. The Yukon Gold mashed potatoes on top are heavenly.

**Sausage and Pepper Polenta Lasagna** – We start this dish with our polenta, which is richly flavored from the addition of chicken stock and garlic, and then create layers with sausage, peppers and tomato sauce. Also available vegetarian. G



G = gluten free D = dairy free V = vegan

## Sandwiches

**Confluence Classic** - Turkey, Avocado & Provolone \$7.00  
Hearty classic turkey, avocado and provolone sandwich with pesto mayonnaise, tomatoes, lettuce and sweet onions on sourdough.

**Ruck-a-Chucky** - Roast Beef & Provolone \$6.50  
Lean, rare all natural roast beef, sliced thin, with provolone, lettuce, tomato and red onion. Served on a deli roll with zesty deli mustard.

**Monkey Rock** - Roasted Veggie \$7.50 (served warm)  
Marinated roasted veggies (portabella mushrooms, sweet red peppers, zucchini and red onions) joined by provolone cheese and pesto mayonnaise—all warmed and melted to perfection on a deli roll.



**China Bar** - Wasabi Tuna \$6.50  
Tuna salad with an Asian twist plus fresh ginger, dikon sprouts and tomatoes on soft multigrain bread — yummy. D

**No Hands** - Ham & Cheddar \$6.50 (served warm)  
Warm smoked ham topped with melted sharp Vermont cheddar, tomato and red onion on deli roll with zesty deli mustard.

**Stagecoach** - Housemade Veggie Pattie \$6.50  
Our version of a Falafel pita pocket only better for you because it is baked not fried and topped with our lemon tahini dressing, cucumbers, tomatoes and mixed greens. D,V

**Firebelly** - Spicy Chicken & Pepper Jack \$6.50 (served warm)  
With our own hot and sweet sauce, cool crunchy cabbage, tomato and melted jack on a toasted roll.

**Clark's Hole** - Vegan Hummus & Tapenade \$6.50  
Crisp nourishing sandwich combines housemade hummus and olive tapenade together with cucumbers, tomatoes and onions all on soft multigrain bread. D,V

Bread and condiment substitutions are no problem. We can also warm your sandwich to toasty perfection - just ask.

**Gluten Free bread for any sandwich – add \$1.75**

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## Sandwiches

**Clementine** - Tarragon Chicken Salad - \$6.50  
with fresh herbs, lemon juice, lettuce and tomato on multi-grain.

**Wendell** – Create Your Own - \$6.50  
Choice of: turkey, roast beef, smoked ham, or chicken and provolone, cheddar, pepper jack or swiss. with mustard or mayo, lettuce, tomato and onion. Multi, sour or roll Add avocado + 50. Double meat add \$2.50

**KIDS**– Organic PB&J - \$4.50 Half \$3.50  
Cheddar Quesadilla \$3.50  
Add choice of meats -\$2.50

## Combos

Half Sandwich - \$4.50 (on sourdough or multigrain)

Half Sandwich and Cup of Soup - \$6.50

Half Sandwich and Side Salad - \$7.00

## Specialty Salads

**Andean Quinoa** - With roasted sweet potatoes, corn, tomato, cilantro and vinaigrette. \$7.00/lb D,V,G

**California Tabouli** - Bulgur wheat with sweet red pepper, cucumber, lemon juice, mint & parsley. \$6.00/lb

**Creamy Potato Salad** - With organic red potatoes, yogurt, mayo and fresh dill. \$5.00/lb

More seasonal specialty salads are often available, just ask to see what's fresh.



Winter/Spring 2009

## Green Salads

**Greek Salad** - Organic mixed greens, calamata olives, feta, tomato, cucumber, red onion, herb vinaigrette \$7.00/\$4.50 half

**Garden Toss Salad** - Organic mixed greens, sunflower seeds, avocado, tomato and cucumber with lemon tahini dressing \$7.00/\$4.50 half

**Spinach Salad** - Organic spinach, egg, blue cheese, cranberries, balsamic candied walnuts with balsamic vinaigrette \$7.00/\$4.50 half

**Side Salad** - Organic mixed greens, tomatoes and cucumbers with housemade dressing. \$3.50 D,V,G  
Add Chicken Salad or Tuna Salad + \$3.00

**Housemade Salad Dressings:**  
Lemon Tahini  
Herb Vinaigrette  
Balsamic Vinaigrette (all D,V,G)



## Entrée Specials

Check our specials which include the following and more:

**Stuffed Chicken Breast Special** - Delicious pairings with our all natural, free range chicken.

**Lasagna Special** - Always made with fresh, hand rolled pasta.

**Frittata Special** - Made with Sinclair Family Farm pastured eggs and delectable combinations of veggies and cheese.

## Soup

Daily soups including: one of the following:

Vegetable Tofu Miso	Corn Chowder
Ginger Coconut Carrot	Butternut Squash
Minestrone	Black Bean
\$2.50/cup	\$4.50 /pint \$8.00/quart

## Drinks

Mighty Leaf Iced Teas	Pine Mountain Coffee
Housemade Lemonade	Assorted Herbal Teas
Kombucha & Mate	Natural Sodas
Wine by the Glass	Micro Brews
Housemade Smoothies	

## Market

Our market includes carefully selected local and regional items that add nutrition and magic to any meal. We buy direct from farmer's markets, local businesses and Bay Area kitchens.

**Produce/Eggs:** Local organic fresh picked produce and seasonal fruit. Pasture raised, organic eggs from Penryn. Sauerkraut and other cultured vegetables.

**Meat:** Local grass-fed beef, all natural pork and lamb. No nitrate sausage and salami. Beef and Chicken stock. Holiday meat orders available.

**Wine & Cheese:** Local and regional wines for all tastes. Artisan and organic cheeses, cut on premises for freshness. Samples always available.

**Staples:** Pasta, rice, olive oil, Celtic sea salt, chips and salsa. Gluten-free, vegan and raw food items. Healthy snacks like granola, trail mix, nuts and nutrition bars.

**Culinary Delights:** Small batch jams, mustards, zesty vinaigrettes, marinades and BBQ sauce. Decadent chocolates, cookies, ice cream, spoon fudge and dessert toppings. Specialty items to complement any meal and for gift giving.



## Catering/Events

Pick up and drop off catering - Order from our menu or let us plan something special just for your event.

Tasting events including wine, cheese and chocolate.