



Healthy homecooked meals delivered to your door

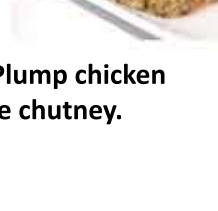


Your Local Kitchen is the place to order the best tasting, healthy meals freshly prepared and delivered to your door. We source the freshest, locally grown produce and organic ingredients where possible. We never use processed ingredients! Our healthy, balanced meals are made from scratch, to order and of a consistent high quality. Making healthy meal choices are easy because you do not have to compromise.

Try Our Delicious Holiday Offerings



Cranberry Orange Chicken With Country Stuffing- --\$12.99



A traditional holiday dish with a twist. Plump chicken under a sweet and tart cranberry orange chutney. Served with a rustic country stuffing

Now serving across the South Bay in Manhattan Beach, El Segundo, Hermosa Beach and Redondo Beach
142 Richmond Street, El Segundo, CA 0245
310-322-9626 or 310-662-1415 audrey@yourlocalkitchen.com
www.yourlocalkitchen.com



Maple Glazed 5 Spice Salmon --\$15.99



sweet maple and Chinese 5 spice glaze over our perfectly cooked sustainable Salmon

Southwest Black Bean and Corn Soup --\$7.99



Southwest spice with grilled corn, rice and beans. A great way to warm up on these cold winter nights. Served with grilled flatbread

Holiday Ginger Bread --\$5.99



All of the flavor of the cookies that you know and love, in a moist delicious cake. Fresh ginger and cinnamon make this delectable treat a favorite of our customers

Toffee Bread Pudding--\$5.99



This dish is a must try. Rustic bread, cinnamon, cloves and brown sugar are at the heart of this dessert. All topped off with crunchy toffee and baked.



Entrees

Robust and Hearty Entrees for Lunch or Dinner...

Baked Cod with Roasted Cherry Tomatoes --\$15.99
Oven Roasted to Perfection, Topped with Fresh Cherry Tomato sauce

Korean BBQ Salmon --\$15.99
Oven Baked Salmon with Sweet Glaze

Grilled Miso Salmon --\$15.99
Salmon Soaked in White Miso and Rice Wine Marinade and Grilled to Perfection

Meyer Lemon Chicken --\$12.99
Skinless Chicken Breast Marinated in Citrus Juices and Served with a Grilled Lemon

Grilled Rib Eye Steak --\$15.99
Tender Rib Eye Steak Dusted with a Flavorful Spice Rub

Tasty Pasta Dishes

Cheese Lasagna --\$10.99
Whole Wheat Pasta, Roasted Bell Peppers, Mushrooms, Onions, and Cheese

Beef Lasagna --\$12.99
Ground Beef, Light Ricotta Cheese, Mushrooms, Onions, Roasted Bell Peppers, Mozzarella Cheese

Spaghetti with Turkey Meatballs --\$12.99
Whole Wheat Spaghetti, Made From Scratch Marinara

Angel Hair With Fresh Pesto --\$9.99
Fresh Pesto, Cherry Tomatoes, Shredded Basil, And Parmesan Cheese

Fresh Vegetables

Oven Roasted Seasonal Vegetables --\$5.99
Bell Pepper, Zucchini, Yellow Squash, Red Onion, Fresh Herbs

Roasted Brussels Sprouts --\$5.99
Garlic, Olive Oil, Salt and Pepper

Steamed Vegetables --\$5.99
Broccoli, Carrots, Cauliflower, and Fresh Herbs

YLK Green Beans --\$5.99
Roma Tomatoes, Toasted Pine Nuts & Parmesan Cheese

Grains and Potatoes

Our Potatoes and Grains are Not Just Good, Their Delicious & Good For You

Baked Rosemary Purple Potatoes --\$5.99

Black Beans and Rice --\$5.99

Olive Oil Roasted Yukon Gold Potatoes --\$5.99

Delicious Sweet Potatoes --\$5.99

Tasty Wild Rice --\$5.99

Super Salads

Our Hand Tossed Salads are Made From the Freshest Ingredients Like Vine Ripped Tomatoes and Crisp Field Greens, to Create Unique and Delicious Flavors

YLK Wedge Salad --Side Salad-\$6.00 Entree Salad-\$9.00
Iceberg Lettuce, Blue Cheese Crumbles, Green Onion and Topped with Walnuts (Light Blue Cheese Dressing on the Side)

YLK Green Salad --Side Salad-\$6.00 Entree Salad-\$9.00
Mixed Field Greens, Carrot, Purple Cabbage, Cherry Tomatoes, Cucumber, & Green Onion

Red Quinoa Salad With Grilled Corn & Peppers --Side Salad-\$6.00 Entree Salad-\$9.00
Roasted Corn, Bell Pepper, Black Beans, Onion & Cilantro

Fresh Made Dressings

Sweet Ginger Dressing, Light Blue Cheese Dressing, Balsamic Vinaigrette, Lemon and Olive Oil, Miso Ginger Vinaigrette, Asian Dressing

Childrens Menu

Kids Size Portions of Some of Our Most Popular Dishes

Cheese Lasagna --\$5.99
Whole Wheat Pasta, Roasted Bell Peppers, Mushrooms, Onions, and Cheese

Home-Made Mac and Cheese --\$5.99

Spaghetti with Turkey Meatballs --\$5.99
Whole Wheat Spaghetti, Made From Scratch Marinara

Kid's Green Side Salad --\$5.99
Baby Greens, Cucumber, Shredded Carrot, Cherry Tomatoes, and Lemon Olive Oil Dressing

Tasty Granny Smith Apples with Creamy Peanut Butter --\$4.99

Kid's Chicken Bistro Box Lunch -\$5.99
Grilled Chicken, Hummus, Pita Bread, Cucumbers, Cherry Tomatoes and a Little Tasty Dessert

Any Vegetable Kids Sized --\$3.99

Desserts

Fall Cherry Bars --\$4.99
Graham Cracker, Dehydrated Cherries, White and Milk Chocolate, Coconut, Almonds

Seasonal Fruit --\$4.99
Medley of Seasonal Fruit, With Fresh Mint Garnish & Greek Yogurt Dip

YLK Trail Mix --\$4.99



ABOUT OUR MENU

All of our fish, chicken are sustainable while all vegetables are locally sourced.

We can offer organic or prime for an additional charge.

Your local kitchen works closely with a Manhattan Beach dietician to ensure that our seasonal menu meets all the nutritional guidelines.

A note from us to you:

"We're so confident you'll love the taste & convenience of our food that Your Local Kitchen are offering a complimentary sample by joining our client list. We're so excited to share our delicious and healthy meals with you. Oh and the best bit? We will deliver to your door. Looking forward to cooking for you & your family"

Chef Audrey.

TESTIMONIALS

"Really delicious food and healthy at the same time. I am so grateful as I now have a wholesome family meal ready as soon as I get home from work. So easy and takes the stress away!" Kristy - Manhattan Beach

"Because it's healthy, I no longer have to feel guilty -- and the kids love it!" Cynthia, El Segundo

"It takes all the work out of planning, and shopping for the week -- the meals are easy to prepare, and restaurant quality" Don, Hermosa Beach

