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# CookUnity Healthy Meals- Flatiron

Menu Prices — October 25, 2026

CookUnity Healthy Meals- Flatiron menu with prices in United States, updated October 2019: 241 items across 10 categories, prices from $1.95 to $17.95.

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# CookUnity Healthy Meals- Flatiron Menu with Prices (United States)

CookUnity Healthy Meals- Flatiron menu with prices in United States, updated October 2019: 241 items across 10 categories, prices from $1.95 to $17.95. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/cookunity-healthy-meals-flatiron

**Menu categories:** Picked For You · Mains · Sides · Appetizers · Treat · Drinks · Breakfast · Sides and Soups · Treats · Appetizer

## Picked For You

| ITEM | PRICE |
|---|---|
| **Baked Catfish** | **$16.55** |

## Mains

| ITEM | PRICE |
|---|---|
| **Grilled Pork Chop with Parsnip Puree** | **$15.10** |
| **Pan Seared Cod** | **$16.55** |
| **BBQ Turkey and Veggie Meatloaf** | **$14.60** |
| **Beet Falafel** | **$13.60** |
| **Chicken Cordon Bleu** | **$15.35** |
| **Chicken Tikka** | **$15.35** |
| **Fish Casserole** | **$16.55** |
| **Grilled Chicken with Zucchini** | **$15.35** |
| **Hanger Steak with Seasonal Veggies** | **$16.85** |
| **Herb Crusted Cod** | **$16.80** |
| **Pork tenderloin with carmelized onion** | **$15.10** |
| **Salmon with Berry Glaze** | **$16.55** |
| **Smoked Salmon Cream Cheese Quiche** | **$16.55** |
| **Sweet Garlic Chicken** | **$15.35** |
| **Cajun Shrimp** | **$15.60** |
| **Thai Shrimp Quinoa Bowl** | **$15.60** |
| **Blackened Dijon Chicken** | **$15.35** |
| **Broiled Salmon**<br>with Scallions and Sesame by Andres Mendez. Salmon, bok choy, organic garlic, lime juice, GF soy sauce tamari, honey, ve... | **$16.55** |
| **Chicken ragu**<br>with Rigatoni by Chef Chris Ratel Hormone free chicken legs, Onions, carrots, celery, garlic, white wine, tomato, tomato... | **$15.35** |
| **Chipotle Grass-fed Meatballs** | **$14.40** |
| **Coconut Shawarma Chicken** | **$15.35** |
| **Creamy Basil and Tomato Chicken**<br>with grilled asparagus by Chef Francesco Peluffo. Boneless skinless chicken breast, yellow onion, organic cherry tomatoe... | **$15.35** |
| **Honey Chicken** | **$15.35** |

| ITEM | PRICE |
| --- | --- |
| **Israeli Couscous Chicken** | **$15.35** |
| **Jerk Chicken with rice** | **$15.35** |
| **Kung Pao Chickpeas** | **$13.60** |
| **Salmon Ginger Cakes** | **$16.55** |
| **Sesame Salmon** | **$16.55** |
| **Slow Roasted Cornish Hen** | **$15.35** |
| **Southern Blackened Tofu** | **$13.60** |
| **Turmeric Spiced Chicken** | **$15.35** |
| **Vegan Bowl** | **$13.60** |
| **Argentinian Schnitzel** | **$15.50** |
| **Bacon wrapped Chicken Breast**<br>by Francesco Peluffo Hormone-free boneless chicken breast, bacon, cauliflower, garlic, unsalted butter, extra virgin ol... | **$15.35** |
| **Caprese Chicken and Quinoa Bowl** | **$15.35** |
| **Cauliflower Shepherd's Pie** | **$14.00** |
| **Grilled Chicken Paillard** | **$15.35** |
| **Grilled Chicken with Truffle Potatoes** | **$15.35** |
| **Grilled Hanger Steak** | **$16.85** |
| **Grilled Trout with Sage Sauce** | **$16.55** |
| **Lemon Chicken** | **$15.35** |
| **My Mom's Brisket** | **$17.10** |
| **Salmon Poke Bowl** | **$16.55** |
| **Salmon Taco Bowl** | **$16.55** |
| **Shrimps Flambe** | **$15.60** |
| **Thai Basil Chicken Bowl**<br>with Shiitake Mushroom & Green Beans by Andres Mendez. Boneless Chicken breast, green beans, shiitake mushrooms, coconu... | **$15.35** |
| **Turkey Meatballs** | **$14.40** |
| **Baked Greek Meatballs** | **$14.40** |
| **Cashew Chicken** | **$15.35** |
| **Chicken Avocado Casserole** | **$15.35** |
| **Herbed Pork Tenderloin** | **$15.10** |
| **Naked bowl with grilled chicken** | **$15.35** |
| **Kerala Beef Stew** | **$15.50** |
| **Crusty Chicken Pot Pie** | **$15.35** |
| **Country Style Pork Ribs** | **$15.10** |
| **French Onion Tart** | **$13.60** |
| **Garlic Hanger Steak** | **$16.85** |

| ITEM | PRICE |
| --- | --- |
| **Burrito Bean** | **$13.60** |
| **Cheese Grits with Pan Seared Shrimp** | **$15.60** |
| **Vegan Mongolian Tofu** | **$13.60** |
| **NY beef brisket** | **$17.10** |
| **Roasted chicken**<br>with Truffle Risotto By Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, celery, arborio rice, crimini m... | **$15.35** |
| **Roasted chicken (Mains)**<br>with Truffle Risotto By Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, celery, arborio rice, crimini m... | **$15.35** |
| **Baked Catfish (Mains)** | **$16.55** |
| **Paprika Salmon** | **$16.55** |
| **Enchilada Casserole** | **$13.60** |
| **Grilled Barbeque Spareribs** | **$17.10** |
| **Spiced Chicken with Roasted broccoli** | **$15.35** |
| **BBQ Chicken Leg** | **$15.35** |
| **Grass-fed Classic Cheeseburger** | **$14.30** |
| **Blackened Salmon**<br>with Avocado and Cucumber Salsa by Andres Mendez Salmon, avocado, cucumber, green onion, organic red onion, jalapeno, ci... | **$16.55** |
| **Pork Skewers** | **$15.10** |
| **Avocado Chicken Tacos**<br>by Ruben Garcia Hormone-free chicken, romaine heart, organic red onion, cilantro, black beans, navel orange, organic gar... | **$15.35** |
| **Lemon Basil Pesto Cod**<br>by Chris Ratel. Cod, apple, brown sugar, fennel, organic garlic, organic yellow onion, lemons, basil, red pepper, extra... | **$16.55** |
| **Teriyaki Pork Tenderloin**<br>with Basmati Rice by David Thomas. Pork Tenderloin, organic garlic, ginger, scallions, GF soy sauce (tamari) , Hoisin s... | **$15.10** |
| **Herbed Crusted Chicken**<br>with Sauteed Carrots and Mushrooms by Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, assorted mushroom... | **$15.35** |
| **Steak Bulgogi Tacos**<br>"by Raymundo Agrazal Hanger steak, corn, romaine, scallions, organic garlic, gochujang, rice wine vinegar, light brown... | **$16.85** |
| **Orange Turkey meatballs**<br>by Raymundo Agrazal Hormone free ground turkey, brussel sprouts, cauliflower, free range eggs, organic onions, coconut... | **$14.40** |
| **Ravioli**<br>with Sauteed Butternut Squash and Thyme by Francesco Peluffo. Cheese Ravioli, Parmesan, butternut squash, thyme, extra v... | **$13.60** |
| **Cheeseburger Pretzel Sliders** | **$15.50** |
| **Salmon burger with chive aioli** | **$17.05** |
| **Sundried Tomato Chicken Bowl** | **$15.35** |
| **Teriyaki Meatballs** | **$14.40** |
| **Grilled Chicken Succotash** | **$15.35** |
| **Mushroom and Avocado Tacos** | **$13.60** |
| **Thai Style Meat Loaf** | **$14.40** |

## Sides

| ITEM | PRICE |
|---|---|
| Cucumber Salad | $1.95 |
| Herbed Israeli Couscous | $1.95 |
| Honey Glazed Carrots | $1.95 |
| Potato Wedges | $1.95 |
| Roasted Broccoli | $1.95 |
| Roasted Squash | $1.95 |
| Sauteed Collard Greens | $1.95 |
| Coconut Rice | $1.95 |
| Simple Salad | $1.95 |

## Appetizers

| ITEM | PRICE |
|---|---|
| Grilled Corn on the Cob | $5.00 |
| Greek Brussel Sprouts | $5.00 |
| Spinach Tart | $7.50 |
| Truffle Mashed potatoes | $7.00 |

## Treat

| ITEM | PRICE |
|---|---|
| Gluten-free Triple Chocolate Brownie (x1) | $4.00 |
| Gluten-free Triple Chocolate Brownie (x2) | $6.50 |
| Gluten-free Triple Chocolate Brownie (x2) (Treat) | $6.50 |
| Gluten-free Caramel Fleur de Sel Brownie (x2) | $6.50 |
| Gluten-free Caramel Fleur de Sel Brownie (x2) (Treat) | $6.50 |
| Almond Croissant | $4.00 |
| Fresh Cut Fruits XL | $5.00 |
| Gluten-free Caramel Fleur de Sel Brownie (x1) | $4.00 |
| Berry Cheesecake Bars | $6.00 |
| Canneles | $4.00 |
| Carrot Cake Bar | $6.00 |
| Oatmeal Treasures Cookies | $3.00 |
| Chocolate Rugelach | $11.00 |

## Drinks

| ITEM | PRICE |
|---|---|
| **Boxed Water** | **$3.50** |
| **Rosemary Pear Water** | **$4.00** |
| **Pineapple Water** | **$4.00** |
| **Orange Carrot Juice** | **$5.50** |
| **Immuno-booster** | **$4.00** |
| **Banana Matcha Kale Smoothie** | **$9.00** |
| **Berry Smoothie** | **$9.00** |
| **Berry Smoothie (Drinks)** | **$9.00** |
| **Mint Lemonade** | **$4.00** |

## Breakfast

| ITEM | PRICE |
|---|---|
| **Be Well Green Breakfast 1** | **$7.00** |

## Picked For You

| ITEM | PRICE |
|---|---|
| **Baked Catfish** | **$16.55** |

## Mains

| ITEM | PRICE |
|---|---|
| **Blackened Salmon**<br>with Avocado and Cucumber Salsa by Andres Mendez Salmon, avocado, cucumber, green onion, organic red onion, jalapeno, ci... | **$16.55** |
| **Thai Basil Chicken Bowl**<br>with Shiitake Mushroom & Green Beans by Andres Mendez. Boneless Chicken breast, green beans, shiitake mushrooms, coconu... | **$15.35** |
| **Israeli Couscous Caprese Bowl**<br>by Andres Mendez. Chicken breast, buffalo mozzarella, organic red onion, red tomatoes, yellow tomatoes, basil, rosemary,... | **$15.35** |
| **Meatloaf with Zoodles**<br>by Andres Mendez Ground beef, celery stalk, organic red onions, crimini mushrooms, garlic, ground mustard, chili powder,... | **$14.40** |
| **Beef Bourguignon**<br>with Potatoes Boulangere by Chris Ratel Hormone-free beef stew, bacon, organic garlic, organic pearl onion, organic pota... | **$17.10** |
| **BBQ Chicken**<br>with Mac and Cheese by Chris Ratel. Hormone-free chicken, molasses, pasta, sharp cheddar, new American, organic milk, al... | **$15.35** |
| **Creamy Basil and Tomato Chicken**<br>with grilled asparagus by Chef Francesco Peluffo. Boneless skinless chicken breast, yellow onion, organic cherry tomatoe... | **$15.35** |
| **Coconut Shrimp**<br>with cilantro lemon rice by Chef Francesco Peluffo. Shrimp, coconut milk, rice, lemons, extra virgin olive oil, organi... | **$15.60** |
| **Coconut Chicken Thai Curry**<br>by Meena Skreenivas Hormone free chicken breast, zucchini, red peppers, scallions, yellow onions, ginger, organic garli... | **$15.35** |

| ITEM | PRICE |
| --- | --- |
| **Scallion Butter Salmon**<br>with brown rice by Chef Meena Sreenivas. Salmon, brown rice, onions, garlic, green beans, mushroom, tomato, scallions, u... | **$16.55** |
| **Chicken Avocado Burger**<br>with Lemon aioli and sauteed green beans by Chef Raymundo Agrazal. Hormone-free ground chicken, brioche buns, avocado, g... | **$15.35** |
| **Korean Tofu Rice Bowl**<br>by Chef Raymundo Agrazal. Organic carrots, broccoli, green beans, shiitake mushrooms, sweet chilli sauce, tofu, wild ric... | **$13.60** |
| **Teriyaki Chicken**<br>with Sauteed bok choy by Ruben Garcia Hormone-free boneless chicken breast, scallions, gluten-free soy sauce, honey, bok... | **$15.35** |
| **Fish Tacos**<br>by Chef Ruben Garcia. Tilapia, napa cabbage, radicchio, jalapenos, mayonnaise, dijon mustard, organic carrots, lemons, h... | **$16.55** |
| **Chicken Enchilada Bowl**<br>over Cauliflower rice by Chef David Thomas. Hormone chicken thighs, cauliflower, coconut oil, red onion, chili, cilantro... | **$15.35** |
| **All Spice Rubbed Pork Tenderloin**<br>with Cilantro Cauliflower Rice by David Thomas Pork tenderloin, cauliflower, granny smith apples, lime juice, cilantro,... | **$15.10** |
| **Blackened Cod**<br>with Garlic Aioli and Corn Salsa by David Thomas Cod, ears of corn, lemons, plum tomato, organic garlic, avocado,cayenn... | **$16.80** |
| **Orange Rosemary Salmon**<br>with Glazed Carrots and Sauteed Leeks by Chef Luciana Peguet. Salmon, organic carrots, orange, rosemary, lemon, chicken... | **$16.55** |
| **Hanger Steak**<br>with Scallions and peas by Luciana Peguet. Hormone- free skirt steak, white Quinoa, basil, parsley, organic garlic, lem... | **$16.85** |
| **Korma Stuffed Sweet Potatoes**<br>with Garlic Tahini Dressing by Victoria Wilhelm. Sweet potato, organic onion, zucchini, mushroom, corn, peas, broccoli,... | **$13.60** |
| **Pumpkin Risotto**<br>with goat cheese and dried cranberries by Luciana Peguet Arborio rice, vegetable broth, unsalted butter, white wine, pa... | **$13.60** |
| **Roasted chicken**<br>with Truffle Risotto By Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, celery, arborio rice, crimini m... | **$15.35** |
| **Roasted chicken (Mains)**<br>with Truffle Risotto By Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, celery, arborio rice, crimini m... | **$15.35** |
| **Chicken with Fennel Gremolata**<br>by Ruben Garcia. Hormone free chicken breast, sweet potatoes, fennel, cumin, mint, lemon, pine nuts, saffron, chard, cab... | **$15.35** |
| **Coconut Crusted**<br>Chicken Salad by Raymundo Agrazal. Hormone free chicken breast, broccolini, coconut flour, coconut flakes unsweetened, f... | **$15.35** |
| **Italian Meatballs**<br>and Braised Greens Bowl by chef Raymundo Agrazal. Ground beef, bacon, collard greens, swiss chard, organic onion, organi... | **$14.40** |
| **Chickpea and Baby Portobello Mushroom**<br>Marsala Over Creamy Polenta bvy Chef Meena Sreenivas. Baby Portobello mushroom, chickpea, organic garlic, parmigiano - r... | **$13.60** |
| **Chicken ragu**<br>with Rigatoni by Chef Chris Ratel Hormone free chicken legs, Onions, carrots, celery, garlic, white wine, tomato, tomato... | **$15.35** |
| **Chicken Paillard**<br>by Andres Mendez. Hormone free chicken breast, asian pear, celery, cilantro, lime, organic garlic, shallots, thyme, extr... | **$15.35** |
| **Asian Quinoa Power Bowl**<br>by Andres Mendez "Quinoa, baby spinach, carrots, edamame, dried cranberries, kimchi, scallions, sesame seeds, coconut oi... | **$13.60** |
| **Broiled Salmon**<br>with Scallions and Sesame by Andres Mendez. Salmon, bok choy, organic garlic, lime juice, GF soy sauce tamari, honey, ve... | **$16.55** |
| **Bacon wrapped Chicken Breast**<br>by Francesco Peluffo Hormone-free boneless chicken breast, bacon, cauliflower, garlic, unsalted butter, extra virgin ol... | **$15.35** |

| ITEM | PRICE |
| --- | --- |
| **Greek Beef Patty**<br>"by Raymundo Agrazal. Ground lamb, green bell pepper, sun-dried tomatoes, greek-style seasoning, mustard greens, caulifl... | **$16.85** |
| **Short Rib Sliders**<br>by Chef Ruben Garcia. Hormone-free short ribs, organic onions, organic carrots, green cabbage, red cabbage, organic toma... | **$17.10** |
| **Malabar Shrimp Biriyani**<br>by Meena Sreenivas. Shrimp, basmati rice, ghee, organic onion, ginger garlic paste, tomato, green chillies, mint, corian... | **$15.60** |
| **Poke Salmon Bowl**<br>by Chef Edward Rodwell. Salmon, organic garlic, shallots, scallions, lemon, ginger, romaine salad, cabbage, avocado, red... | **$17.05** |
| **Pesto Hager Steak**<br>by Edward Rodwell Hornone-freeHanger steak, fingerling potatoes, spinach, organic garlic, parmesan cheese, rosemary, bas... | **$17.75** |
| **Crusty Chicken Pot Pie** | **$15.35** |
| **Kerala Beef Stew** | **$15.50** |
| **Kung Pao Chickpeas** | **$13.60** |
| **Naked bowl with grilled chicken** | **$15.35** |
| **Baked Catfish (Mains)** | **$16.55** |
| **Burrito Bean** | **$13.60** |
| **Cauliflower Shepherd's Pie** | **$14.00** |
| **Cheese Grits with Pan Seared Shrimp** | **$15.60** |
| **Garlic Hanger Steak** | **$16.85** |
| **NY beef brisket** | **$17.10** |
| **Slow Roasted Cornish Hen** | **$15.35** |
| **Vegan Mongolian Tofu** | **$13.60** |
| **Cajun Shrimp** | **$15.60** |
| **Grilled Barbeque Spareribs** | **$17.10** |
| **Spiced Chicken with Roasted broccoli** | **$15.35** |
| **Grass-fed Classic Cheeseburger** | **$14.30** |
| **Pork Skewers** | **$15.10** |
| **Blackened Salmon (Mains)** | **$16.55** |
| **Argentinian Schnitzel** | **$15.50** |
| **Caprese Chicken and Quinoa Bowl** | **$15.35** |
| **Grilled Chicken with Truffle Potatoes** | **$15.35** |
| **Grilled Hanger Steak** | **$16.85** |
| **Grilled Trout with Sage Sauce** | **$16.55** |
| **Salmon Poke Bowl** | **$16.55** |
| **Shrimps Flambe** | **$15.60** |
| **Turkey Meatballs** | **$14.40** |
| **Chipotle Grass-fed Meatballs** | **$14.40** |

| ITEM | PRICE |
|---|---|
| **Honey Chicken** | **$15.35** |
| **Turmeric Spiced Chicken** | **$15.35** |
| **BBQ Turkey and Veggie Meatloaf** | **$14.60** |
| **Beet Falafel** | **$13.60** |
| **Chicken Cordon Bleu** | **$15.35** |
| **Chicken Tikka** | **$15.35** |
| **Hanger Steak with Seasonal Veggies** | **$16.85** |
| **Herb Crusted Cod** | **$16.80** |
| **Pork tenderloin with carmelized onion** | **$15.10** |
| **Salmon with Berry Glaze** | **$16.55** |
| **Smoked Salmon Cream Cheese Quiche** | **$16.55** |
| **Grilled Ratatouille Cassoulet**<br>With goat cheese and rosemary. Organic zucchini, organic squash, organic eggplant, organic red onion, red pepper, organi... | **$13.60** |
| **Braised Pot Roast**<br>by Chris Ratel. Hormone-free beef, organic onions, organic carrots, organic parsnips, organic garlic, apple smoked bacon... | **$17.10** |
| **Roast Chicken Tikka**<br>by Andres Mendez. Hormone free chicken breast, cauliflower, potatoes, coriander, organic garlic, shallots, thyme, tikka... | **$15.35** |
| **Spring Broccoli Buddha Bowl**<br>by Luciana Peguet broccoli, sweet potato, avocado, carrots, purple cabbage, green lentils, sesame seeds, lemon, quinoa,... | **$13.60** |
| **Healthy chicken korma**<br>with cauliflower rice by Chef Luciana Peguet. Chicken breast, organic carrots, butternut squash, red bell pepper, caulif... | **$15.35** |
| **Salmon with Potato Gratin**<br>by Chef Ruben Garcia. Salmon, organic yukon potatoes, parmesan cheese, panko, heavy cream, organic onions, organic garli... | **$16.55** |
| **Grilled Hanger Steak (Mains)**<br>with Sauteed Cauliflower by Chef Ruben Garcia. Hormone-free NY strip, cauliflower, parsley, cilantro, organic red onion,... | **$17.95** |
| **Grilled Chicken Succotash** | **$15.35** |
| **Mushroom and Avocado Tacos** | **$13.60** |
| **Teriyaki Meatballs** | **$14.40** |
| **Thai Style Meat Loaf** | **$14.40** |

## Sides and Soups

| ITEM | PRICE |
|---|---|
| **Coconut Rice** | **$1.95** |
| **Cucumber Salad** | **$1.95** |
| **Honey Glazed Carrots** | **$1.95** |
| **Herbed Israeli Couscous** | **$1.95** |
| **Potato Wedges** | **$1.95** |
| **Roasted Broccoli** | **$1.95** |
| **Roasted Squash** | **$1.95** |

## Drinks

| ITEM | PRICE |
|---|---|
| Mint Lemonade | $4.00 |
| Pineapple Water | $4.00 |
| Rosemary Pear Water | $4.00 |
| Rosemary Pear Water (Drinks) | $4.00 |
| Boxed Water | $3.50 |
| Immuno-booster | $4.00 |
| Mint Lemonade (Drinks) | $4.00 |
| Orange Carrot Juice | $5.50 |
| Pineapple Water (Drinks) | $4.00 |
| Berry Smoothie | $9.00 |

## Treats

| ITEM | PRICE |
|---|---|
| Chocolate Rugelach | $11.00 |
| Gluten-free Caramel Fleur de Sel Brownie (x2) | $6.50 |
| Gluten-free Caramel Fleur de Sel Brownie (x2) (Treats) | $6.50 |
| Gluten-free Triple Chocolate Brownie (x1) | $4.00 |
| Gluten-free Triple Chocolate Brownie (x2) | $6.50 |
| Gluten-free Triple Chocolate Brownie (x2) (Treats) | $6.50 |
| Almond Croissant | $4.00 |
| Chocolate Rugelach (Treats) | $11.00 |
| Fresh Cut Fruits XL | $5.00 |

## Appetizer

| ITEM | PRICE |
|---|---|
| Grilled Corn on the Cob | $5.00 |
| Truffle Mashed potatoes | $7.00 |
| Truffle Mashed potatoes (Appetizer) | $7.00 |
| Grilled Corn on the Cob (Appetizer) | $5.00 |
| Greek Brussel Sprouts | $5.00 |