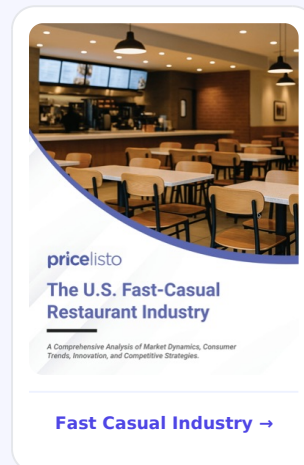




CookUnity Healthy Meals- Flatiron

Menu Prices — September 9, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

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	\$16.55
with Scallions and Sesame by Andres Mendez. Salmon, bok choy, organic garlic, lime juice, GF soy sauce tamari, honey, ve...	
Chicken ragu	\$15.35
with Rigatoni by Chef Chris Ratel Hormone free chicken legs, Onions, carrots, celery, garlic, white wine, tomato, tomato...	
Chipotle Grass-fed Meatballs	\$14.40
Coconut Shawarma Chicken	\$15.35
Creamy Basil and Tomato Chicken	\$15.35
with grilled asparagus by Chef Francesco Peluffo. Boneless skinless chicken breast, yellow onion, organic cherry tomatoe...	
Honey Chicken	\$15.35
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

ITEM	PRICE
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	\$15.35
by Francesco Peluffo Hormone-free boneless chicken breast, bacon, cauliflower, garlic, unsalted butter, extra virgin ol...	
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	\$15.35
with Shiitake Mushroom & Green Beans by Andres Mendez. Boneless Chicken breast, green beans, shiitake mushrooms, coconu...	
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
Burrito Bean	\$13.60
Cheese Grits with Pan Seared Shrimp	\$15.60
Vegan Mongolian Tofu	\$13.60
NY beef brisket	\$17.10

ITEM	PRICE
Roasted chicken with Truffle Risotto By Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, celery, arborio rice, crimini m...	\$15.35
Roasted chicken (Mains) 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 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 by Ruben Garcia Hormone-free chicken, romaine heart, organic red onion, cilantro, black beans, navel orange, organic gar...	\$15.35
Lemon Basil Pesto Cod by Chris Ratel. Cod, apple, brown sugar, fennel, organic garlic, organic yellow onion, lemons, basil, red pepper, extra...	\$16.55
Teriyaki Pork Tenderloin with Basmati Rice by David Thomas. Pork Tenderloin, organic garlic, ginger, scallions, GF soy sauce (tamari) , Hoisin s...	\$15.10
Herbed Crusted Chicken with Sauteed Carrots and Mushrooms by Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, assorted mushroom...	\$15.35
Steak Bulgogi Tacos "by Raymundo Agrazal Hanger steak, corn, romaine, scallions, organic garlic, gochujang, rice wine vinegar, light brown...	\$16.85
Orange Turkey meatballs by Raymundo Agrazal Hormone free ground turkey, brussel sprouts, cauliflower, free range eggs, organic onions, coconut...	\$14.40
Ravioli 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

ITEM	PRICE
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

ITEM	PRICE
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 with Avocado and Cucumber Salsa by Andres Mendez Salmon, avocado, cucumber, green onion, organic red onion, jalapeno, ci...	\$16.55
Thai Basil Chicken Bowl with Shiitake Mushroom & Green Beans by Andres Mendez. Boneless Chicken breast, green beans, shiitake mushrooms, coconu...	\$15.35
Israeli Couscous Caprese Bowl by Andres Mendez. Chicken breast, buffalo mozzarella, organic red onion, red tomatoes, yellow tomatoes, basil, rosemary,...	\$15.35
Meatloaf with Zoodles by Andres Mendez Ground beef, celery stalk, organic red onions, crimini mushrooms, garlic, ground mustard, chili powder,...	\$14.40
Beef Bourguignon with Potatoes Boulangere by Chris Ratel Hormone-free beef stew, bacon, organic garlic, organic pearl onion, organic pota...	\$17.10
BBQ Chicken 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 with grilled asparagus by Chef Francesco Peluffo. Boneless skinless chicken breast, yellow onion, organic cherry tomatoe...	\$15.35
Coconut Shrimp with cilantro lemon rice by Chef Francesco Peluffo. Shrimp, coconut milk, rice, lemons, extra virgin olive oil, organi...	\$15.60
Coconut Chicken Thai Curry by Meena Skreenivas Hormone free chicken breast, zucchini, red peppers, scallions, yellow onions, ginger, organic garli...	\$15.35
Scallion Butter Salmon with brown rice by Chef Meena Sreenivas. Salmon, brown rice, onions, garlic, green beans, mushroom, tomato, scallions, u...	\$16.55
Chicken Avocado Burger 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 by Chef Raymundo Agrazal. Organic carrots, broccoli, green beans, shiitake mushrooms, sweet chilli sauce, tofu, wild ric...	\$13.60
Teriyaki Chicken with Sauteed bok choy by Ruben Garcia Hormone-free boneless chicken breast, scallions, gluten-free soy sauce, honey, bok...	\$15.35

ITEM	PRICE
Fish Tacos by Chef Ruben Garcia. Tilapia, napa cabbage, radicchio, jalapenos, mayonnaise, dijon mustard, organic carrots, lemons, h...	\$16.55
Chicken Enchilada Bowl over Cauliflower rice by Chef David Thomas. Hormone chicken thighs, cauliflower, coconut oil, red onion, chili, cilantro...	\$15.35
All Spice Rubbed Pork Tenderloin with Cilantro Cauliflower Rice by David Thomas Pork tenderloin, cauliflower, granny smith apples, lime juice, cilantro,...	\$15.10
Blackened Cod 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 with Glazed Carrots and Sauteed Leeks by Chef Luciana Peguet. Salmon, organic carrots, orange, rosemary, lemon, chicken...	\$16.55
Hanger Steak with Scallions and peas by Luciana Peguet. Hormone- free skirt steak, white Quinoa, basil, parsley, organic garlic, lem...	\$16.85
Korma Stuffed Sweet Potatoes with Garlic Tahini Dressing by Victoria Wilhelm. Sweet potato, organic onion, zucchini, mushroom, corn, peas, broccoli,...	\$13.60
Pumpkin Risotto with goat cheese and dried cranberries by Luciana Peguet Arborio rice, vegetable broth, unsalted butter, white wine, pa...	\$13.60
Roasted chicken with Truffle Risotto By Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, celery, arborio rice, crimini m...	\$15.35
Roasted chicken (Mains) with Truffle Risotto By Chef Ruben Garcia. Hormone-free chicken breast, organic carrots, celery, arborio rice, crimini m...	\$15.35
Chicken with Fennel Gremolata by Ruben Garcia. Hormone free chicken breast, sweet potatoes, fennel, cumin, mint, lemon, pine nuts, saffron, chard, cab...	\$15.35
Coconut Crusted Chicken Salad by Raymundo Agrazal. Hormone free chicken breast, broccolini, coconut flour, coconut flakes unsweetened, f...	\$15.35
Italian Meatballs 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 Marsala Over Creamy Polenta bvy Chef Meena Sreenivas. Baby Portobello mushroom, chickpea, organic garlic, parmigiano - r...	\$13.60
Chicken ragu with Rigatoni by Chef Chris Ratel Hormone free chicken legs, Onions, carrots, celery, garlic, white wine, tomato, tomato...	\$15.35
Chicken Paillard by Andres Mendez. Hormone free chicken breast, asian pear, celery, cilantro, lime, organic garlic, shallots, thyme, extr...	\$15.35
Asian Quinoa Power Bowl by Andres Mendez "Quinoa, baby spinach, carrots, edamame, dried cranberries, kimchi, scallions, sesame seeds, coconut oi...	\$13.60
Broiled Salmon 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 by Francesco Peluffo Hormone-free boneless chicken breast, bacon, cauliflower, garlic, unsalted butter, extra virgin ol...	\$15.35
Greek Beef Patty "by Raymundo Agrazal. Ground lamb, green bell pepper, sun-dried tomatoes, greek-style seasoning, mustard greens, caulifl...	\$16.85
Short Rib Sliders by Chef Ruben Garcia. Hormone-free short ribs, organic onions, organic carrots, green cabbage, red cabbage, organic toma...	\$17.10
Malabar Shrimp Biriyani by Meena Sreenivas. Shrimp, basmati rice, ghee, organic onion, ginger garlic paste, tomato, green chillies, mint, corian...	\$15.60
Poke Salmon Bowl by Chef Edward Rodwell. Salmon, organic garlic, shallots, scallions, lemon, ginger, romaine salad, cabbage, avocado, red...	\$17.05

ITEM	PRICE
Pesto Hager Steak 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
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

ITEM	PRICE
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	\$13.60
With goat cheese and rosemary. Organic zucchini, organic squash, organic eggplant, organic red onion, red pepper, organi...	
Braised Pot Roast	\$17.10
by Chris Ratel. Hormone-free beef, organic onions, organic carrots, organic parsnips, organic garlic, apple smoked bacon...	
Roast Chicken Tikka	\$15.35
by Andres Mendez. Hormone free chicken breast, cauliflower, potatoes, coriander, organic garlic, shallots, thyme, tikka...	
Spring Broccoli Buddha Bowl	\$13.60
by Luciana Peguet broccoli, sweet potato, avocado, carrots, purple cabbage, green lentils, sesame seeds, lemon, quinoa,...	
Healthy chicken korma	\$15.35
with cauliflower rice by Chef Luciana Peguet. Chicken breast, organic carrots, butternut squash, red bell pepper, caulif...	
Salmon with Potato Gratin	\$16.55
by Chef Ruben Garcia. Salmon, organic yukon potatoes, parmesan cheese, panko, heavy cream, organic onions, organic garli...	
Grilled Hanger Steak (Mains)	\$17.95
with Sauteed Cauliflower by Chef Ruben Garcia. Hormone-free NY strip, cauliflower, parsley, cilantro, organic red onion,...	
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

ITEM	PRICE
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