



Need Groceries?

Let our friendly staff help you shop by phone! This form is designed to help you get your grocery list started. Our staff can tell you about the variety of products in each category--we have selections to match all palettes and budgets!

MEAT/POULTRY/FISH

- ___ Chicken Breast
- ___ Turkey Breast
- ___ Grass-fed hamburger
- ___ Hot Dogs
- ___ Steak
- ___ Pork chops

CHEESE/EGGS/YOGURT

- ___ Cheese Sticks
- ___ Shredded Cheese
- ___ Fancy Cheese
- ___ Eggs
- ___ Yogurt

DELI

- ___ Chicken Salad
- ___ Tuna
- ___ Sliced Meat/Cheese
- ___ Macaroni and Cheese
- ___ Sandwiches

BREADS

- ___ Sliced Bread
- ___ Bagels
- ___ Buns
- ___ Flour Tortillas
- ___ Baguette

CEREAL/BREAKFAST

- ___ Adult cereals
- ___ Healthy kids cereals
- ___ Sugary kids cereals
- ___ Hot Cereals
- ___ Breakfast Bars

CRACKERS/COOKIES

- ___ Boxed crackers
- ___ Cheese crackers
- ___ Gourmet crackers
- ___ Pretzels
- ___ Tortilla Chips
- ___ Potato Chips
- ___ Boxed Cookies
- ___ Gourmet Cookies

FROZEN

- ___ Ice Cream
- ___ Frozen Entrees
- ___ Frozen Veggies
- ___ Frozen Fruit
- ___ Frozen Breakfast

CONDIMENTS/OILS

- ___ Cooking Oil
- ___ Olive Oil
- ___ Vinegar
- ___ Salad Dressings
- ___ Ketchup
- ___ Mayonnaise
- ___ Mustard
- ___ Relish/Pickles

COOKING ITEMS

- ___ Flour
- ___ Sugar
- ___ Salt
- ___ Powdered Sugar
- ___ Chocolate Chips
- ___ Baking Soda
- ___ Baking Powder
- ___ Cooking Spray
- ___ Bread Crumbs

FRUITS/VEGGIES

- ___ Bananas
- ___ Strawberries
- ___ Cantaloupe
- ___ Apples red/green
- ___ Grapes red/green
- ___ Lemon
- ___ Onion
- ___ Potatoes brown/red
- ___ Lettuce head/bagged
- ___ Tomatoes reg/cherry
- ___ Pepper red/yellow/grn
- ___ Carrots
- ___ Mushroom
- ___ Squash
- ___ Zucchini
- ___ Cucumber
- ___ Corn
- ___ Garlic

Too tired to cook?

Try our delicious prepared food!

Our chef, Amy Kunkle, prepares all our entrees, veggies, and sides from scratch in the GFM off-site kitchen. Whenever possible Amy sources ingredients locally and always insists on using only the finest organic produce, Bell & Evans poultry, and grass-fed beef.

Five Star Spa Chicken	13.99/lb
Homemade Meatloaf	9.99/lb.
Kid Friendly Chicken Nuggets	7.50/lb
Enchilada Pie	9.99/lb
Homemade Mac n' Cheese	6.99/lb
Lasagna	9.99/lb
Smashed Potatoes	6.99/lb
Honey Roasted Carrots	5.99/lb
Lemon Broccolini	8.99/lb

from Totaro's Tavern

Try our tasty selection of Italian fare from the well-known Conshohocken restaurant!

Grilled Salmon Fillet	19.99/lb.
Chicken Parm	9.99/lb.
Arancini	5.99/lb.
Grilled Shrimp Skewers	5.00/ea.
Chicken Saltimboca	12.99/lb.

Please note that the prepared foods menu is subject to change and availability.

call 215-242-0716 to schedule your delivery or convenient curb-side pick up!

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