



Whisk *and* Spoon

MEAL ASSEMBLY

Taste the difference

Healthy, home cooking for people on the go.

Whisk and Spoon Meal Assembly helps you turn prep time into quality time. Our staff does all the planning, shopping, chopping and preparation to bring farm-to-table meals directly to you.

3 easy steps to your chef-created meal.

- 1. Visit** our website and choose your meals from our monthly menu.
- 2. Select** pick-up from one of our convenient locations or delivery at work or home.
- 3. Enjoy** all the benefits of real home cooking by following our easy step-by-step cooking instructions.

Expires 2/28/08. Not redeemable for cash. Coupon valid for 1st time customers only and orders over \$50.00. Discount is applied during time of order using Promo Code: TEN10.
Central Kitchen: 2521 Christian Street, Philadelphia, PA 19146

\$10 COUPON