

## About Us

Perfect Plate is the dream and unique creation of owner Kira Ottaway Watt.

From 2011 to 2014, Kira lost 85 pounds through a consistent exercise routine and eating nutritionally balanced meals.

From her experience and success, Kira helped her cousin Julia lose 65 pounds in one year with balanced nutrition alone! Julia inspired Kira to make a 180 degree turn from her pastry chef career to start up Perfect Plate.



With the help of consultant Jill D. Miller, Kira opened the first Perfect Plate location at 5255 N. Maize Rd. Suite 104 where they prepare all the healthy, gluten free meals.

In May 2019, Kira opened her second location at 220 W. Douglas Ave. Suite 62 inside the Kiva at the Garvey Center.

This is a unique hybrid concept of the healthy prepared meals meets café and coffee shop. Still 100% gluten-free and nutritionally balanced with ingredients that are thoughtfully sourced.



@perfectplategarvey



@perfectplate-garvey



PerfectPlateKS.com



Visit our west location at  
5225 N. Maize Road, Suite 104  
Maize, Kansas 67101



100%

*Gluten Free Kitchen*

Garvey Center Kiva  
220 W. Douglas Ave. Suite 62  
Wichita, Kansas 67202  
(316) 239-6465

Hours:  
Monday - Friday 11 am - 3 pm  
Fall/Winter Menu

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## Weekly Meal Plans

**Now available at Garvey Center!**

*Includes breakfast, lunch, dinner,  
and two snacks for 3 days!*

Pick up fresh food once a week on  
Wednesday from 8 AM - 6PM

Small: ~~\$88~~ only \$75

Large: ~~\$98~~ only \$85



## Perfect Plate Signature Meals

Served all day  
\$7.75 - \$12

HEALTHY MEAL PREP  
SEE REFRIGERATOR FOR FRESH OPTIONS

## Drinks

### ESPRESSO DRINKS - HOT OR ICED

	12 oz.	16 oz.
Latte	\$3.50	\$4.00
Flavored Latte	\$4.00	\$4.50
Cappuccino	\$3.00	\$3.50
Mocha	\$4.00	\$4.50
Americano	\$2.50	\$3.00
Shot in the Dark	\$3.00	\$3.50
Chai Tea Latte	\$4.00	\$4.50
Hot Chocolate	\$2.75	\$3.25

Espresso - Single-\$2 / Double-\$3 /Triple-\$4  
Cortado \$3.00

Add almond milk - \$0.50  
Add extra flavor syrup - \$0.50  
Add extra shot of espresso - \$1.00

### FRESH BREWED COFFEE

	12 oz.	16 oz.	20 oz.
Medium Roast	\$1.85	\$2.20	\$2.50

### OTHER DRINKS

	12 oz.	16 oz.	32 oz.
Chocolate Milk	\$2.75	\$3.25	
Bottled Water	\$1.50		
Bai	\$2.50		
La Croix	\$1.50		
Coconut Water	\$2.00		
Yerba Mate	\$3.00		

**ASK ABOUT OUR SPECIALS!**

## Lunch

### PANINIS - \$7.99

*Served with a Pickle & Chips or Fruit*

The Perfect Pesto - All-Natural turkey, mozzarella cheese, basil pesto, sliced tomato, sliced onion, and spinach

The Balsamic - All-Natural ham, mozzarella cheese, house made honey balsamic, sliced tomato, and spinach

Welcome to the Club - All-Natural ham, turkey, hickory smoked thick cut bacon, mozzarella cheese, tomato, spinach, and light olive oil mayo

The Caprese (Vegetarian) - Fresh mozzarella slices, farm fresh tomatoes, spinach, homemade honey balsamic glaze, and pesto.

Add bacon - \$1.25  
Add turkey - \$2.50  
Add ham - \$2.25.  
Add a side of fruit- \$1.25



### SOUP OF THE DAY

Small	\$4.50	Large	\$5.99
Add to sandwich:			
Small	\$3	Large	\$4.50