

EAT WELL, STRESS LESS WITH FOOD DELIVERY SERVICES

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# SPECIAL DELIVERY

Local services bring healthy, gourmet meals right to your own front door



More and more busy folks are taking advantage of food delivery services—whether it's a bushel of seasonal fruits and veggies that lands on the doorstep, all the ingredients you need to prepare a chef-provided recipe or a high-end meal that's already prepared and ready to heat and serve. And while there are a number of national companies—Blue Apron, for one—that offer great options, there are plenty of local businesses ready to take a little stress off your plate, and instead fill it up with healthy, delicious, restaurant-quality ingredients and dishes. Here's a look at six Colorado-based services to add to your dining repertoire. Now, what will you do with all that extra time?



BY LESLEY KENNEDY & KENDALL KOSTELIC | PHOTOGRAPHY BY ANNETTE SLADE

**WHAT IT IS:** Farm-grown fresh, organic produce and Good Food groceries delivered to your doorstep.

**THE SERVICE:** Started in 1997, based in Lafayette and now available in seven markets across the country, simply choose a produce box (veggies, fruit or a mix of the two), a delivery day and set your preferences for likes and dislikes. Orders may be customized each week, and additional groceries are available. Not sure what you need? Shop by recipe for a list of ingredients. Cancel any time.

**WHAT YOU GET:** A wide variety of produce. Don't like something? Substitutions are allowed. The bitty box is most popular, serving one to two people; small feeds a family of three to four; medium works for a fruit- and veggie-loving family of four; and large feeds a vegetarian family (or is great for a party).

**WHY WE LOVE IT:** Not only is the service convenient (make those week-night grocery runs a thing of the past), we love the variety of ingredients we might not always shop for or cook with. It's also a fun way to introduce kids to new, colorful, healthy foods they can help prepare.

**PERFECT FOR:** People who love to cook with fresh, healthy ingredients, but don't have time to run to the grocery store all week long. Plus, it's great for families and individuals looking to jump-start wellness routines.

**SAMPLE ITEMS:** A recent mixed bitty box included one of each of the following: bunch of beets, cucumber, green bell pepper and butternut squash; two of the following: kiwi, Bosc pears and on-the-vine tomatoes; plus, three bananas and four Satsuma mandarins. Need groceries, too? Select everything from spices and coffee to eggs and meat.



People who love to cook with fresh, healthy ingredients, but don't have time to run to the grocery store all week long, will appreciate this service.

**PRICE RANGE:** \$25.99-\$59.99 for boxes; grocery prices vary  
**DELIVERY:** Throughout Colorado—check website for your area and delivery days. Not home? No problem: A cooler will be

left at your door.

**TIP:** According to Door to Door Organic's *The Good Food Blog*, try adding savory ingredients to your usual breakfast oatmeal on cold mornings. An over-easy

egg with sautéed kale or cashews with cooked squash will give you energy and help you reach your recommended servings of veggies for the day.



**GOBISTRO**

mygobistro.com

**WHAT IT IS:** Chef-prepared packaged breakfasts, lunches, dinners and snacks.

**THE SERVICE:** Launched in 2013 by Colleen Callaway Eager and Mike Keuler, GoBistro's meals can be delivered to your home or office or picked up at various locations, including its store, 111 Broadway. The menu also includes locally produced drinks and snacks—think Upstart Kombucha (Boulder), Poparuba cake bites (Denver) and Jackson's Honest chips (Crested Butte).

**WHAT YOU GET:** Fresh, portion-controlled, grab-and-go options brimming with flavor—from burritos, oatmeal and protein boxes to entrees, salads and sandwiches.

**WHY WE LOVE IT:** How many times have you sat at your computer, staring down your sad desk lunch in misery? With GoBistro, there's no excuse to suffer through days-old leftovers or hit the drive-through at lunch anymore.

**PERFECT FOR:** Busy folks who want to eat well during the day—or night—but don't have time to sit down at a restaurant or spend hours prepping in the kitchen.

**SAMPLE ITEMS:** Sweet Potato Burrito; Sausage, Onion and Cheese Savory Bun; Agave Sage Pork Tenderloin; Roasted Beet Salad with Salmon and Quinoa; Rosemary Chicken Sandwich

**PRICE RANGE:** \$1.25-\$12

**DELIVERY:** Central Denver (\$3-\$7 delivery fee); see website for areas.

**QUOTE:** "Most people know what healthy eating entails, but we are all so busy, and I'm no exception," says Eager, president and co-founder of GoBistro. "I started GoBistro because I was tired of having to choose between healthy, convenient and tastes good. We make real food that fits into your life."

"Real, all-natural food is fuel for our bodies. When it's designed by a chef to be delicious—and packaged in a way that's convenient—it's easy to stick to a healthy diet. Let's bring the joy back to eating; a good diet doesn't have to be about discipline and sacrifice."

—Colleen Callaway Eager, president/co-founder, GoBistro



GoBistro's roasted beet salad with salmon and quinoa (above) or agave sage pork tenderloin make lunch or dinner special. For dessert? Gluten-free Poparuba cake bites.





Chef-sourced ingredients from To-Table include caviar, gourmet cheese and crackers or New York Strip with fetuccine and Périgord black winter truffles.



**WHAT IT IS:** A curated list of the best ingredients, as recommended by top chefs (including Alex Seidel of Fruition, Hugo Matheson of The Kitchen, Paul Reilly of Beast + Bottle, Eric Johnson of The Curtis Club and Daniel Asher of Root Down) for meals you create yourself. Think of it as a culinary buyers club.

**THE SERVICE:** To-Table asks chefs for their best luxury and hard-to-find produce and products, and then makes recommendations that are offered for purchase at close to wholesale

prices. Products are delivered straight from the original producer to you. Craving caviar? Order through To-Table and receive an overnighted box from the California Caviar Company. Recipes and instructions are available on the company's blog.

**WHAT YOU GET:** The freshest specialty ingredients available; To-Table curates the best of the best in food you likely won't find at your local grocery store. From finger limes to duck breasts to Hudson Valley foie gras, any food enthusiast is likely to find a little adventure here.

**WHY WE LOVE IT:** To-Table helps us feel connected to the people whose restaurant creations we covet. But it caters to our inner foodie, too. The unique selections kept us guessing, and the preparation instructions gave us direction for successful avant-garde cooking.

**PERFECT FOR:** Your next elegant soiree. Your guests will crown you Chef of the Neighborhood when they learn you cooked the delicacies on their plates.

**SAMPLE DISHES:** Stone Crab Claws; Gourmet Cheese and Crackers; Kurobuta Berkshire Bone-In Pork Chops

**TIP:** "When cooking meats, use the thumb and finger test to judge the temperature: Loosely place the thumb to the index finger and feel the firmness of your muscle between your thumb and fingers," says Charles Duke, CEO of To-Table. "The firmness of that muscle is the firmness of a steak when rare. Placing the thumb on your pinkie gives you the firmness of the steak when well done. The fourth finger is medium and the middle finger is medium rare—most peoples' favorite. Grill away!"

**PRICE RANGE:** \$9.80-\$165 per item

**DELIVERY AREAS:** Nationwide



## WHITE SPARROW FOOD COMPANY

[whitesparrowfoodco.com](http://whitesparrowfoodco.com)

**WHAT IT IS:** A heat and serve, food-allergy friendly, meal delivery service.



Try White Sparrow's teriyaki salmon lettuce wraps for lunch and their peanut whole-roasted chicken for dinner.



**THE SERVICE:** Make menu selections between Wednesday and Saturday of the current week, and get a week's worth of meals brought to your door the Monday after ordering. No subscription necessary.

**WHAT YOU GET:** Main dishes, with a few extras, such as snacks, salads and soups. Food arrives in oven-safe containers with reheating directions. Owner/chef Kat Arthurs and chef Amber Stauffer recommend oven-heating.

**WHY WE LOVE IT:** The menu caters to most food allergies and preferences, with entrees clearly marked vegetarian, gluten-free, dairy-free or Paleo. Some are marked all four. You'll even see an acronym for freezer-friendly dishes. The weekly online menu is emailed to customers, a good reminder to get orders placed.

**PERFECT FOR:** A double-date night. Offer to host another couple with no worries of being stuck in the kitchen cooking while everyone else is mingling.

**SAMPLE DISHES:** Bang Bang Scallion Shrimp with Coconut Braised Kale and Pineapple Cabbage Slaw; Quinoa Crusted Butternut Squash and Spinach Quiche with Goat Cheese; Raw Chocolate Protein Bites

**QUOTE:** "Life is busy but that doesn't mean you need to sacrifice your meal time because of your lack of time," Arthurs says. "Fast food or your local takeout place has nothing on freshly prepared food that is specifically made for you and your family using the best ingredients around. Meal delivery is convenient, healthy and easy."

**PRICE RANGE:** Entrees, \$24-\$62, extras \$8-\$18

**DELIVERY AREAS:** Denver metro area and surrounding neighborhoods. Delivery fee of \$10-\$25.

### ORDER'S UP!

Home food delivery services are booming—reports show domestic food delivery is now a \$70 billion industry. Here's just a sampling of services available locally that will bring everything from bread to booze to your door. Leaving home is so 2015.

**DOORDASH:** This national delivery service features a slew of restaurants (from Hapa Sushi Grill to LaMar's Donuts). Just select your eatery online, add your items to your cart and receive your meal within 60 minutes. Delivery fees and neighborhoods served vary. [doordash.com](http://doordash.com)

**FOODUCOPIA'S CORNER STORE:** An online grocery store delivering local, seasonal produce and artisan foods to your door. Find everything from Cappello's Pasta (Denver) to Oldeman Granola (Golden) to Gram-pa's Gourmet Clover Honey (Alamosa) to Continental Sausage (Denver).

Prices and delivery areas vary. [cornerstore.fooducopia.com](http://cornerstore.fooducopia.com)

**INSTACART:** This national grocery delivery service allows you to shop online at stores including King Soopers, Whole Foods, Natural Grocers, Safeway, Marczyk Fine Foods, Costco and PetcoNow. Simply add what you need to your cart and have it delivered in around an hour. Delivery fees vary. [instacart.com](http://instacart.com)

**DRIZLY:** Get beer, wine or liquor delivered to your door within an hour with this service that includes much of the Denver metro area as one of its markets. Retail partners fulfill orders and execute deliveries. And, yes, you'll need a valid ID. [drizly.com](http://drizly.com)

**MINIBAR:** Another wine, beer and liquor service available in Denver. Must be 21; fees and minimum orders vary. [minibardelivery.com](http://minibardelivery.com)



**SUPPERBELL**

supperbell.com

**WHAT IT IS:** A gourmet delivery service that prepares chef-inspired, restaurant-quality meals fresh daily, blast-chilling them before they go out for home delivery.

**THE SERVICE:** Led by culinary director Frank Bonanno (Mizuna, Luca di Italia, Osteria Marco and others) and executive chef Cristino Griego (most recently with The Bistro at Stapleton), the weekly-rotating menu is inspired by the most popular dishes from Bonanno's restaurants. Featuring fresh, seasonal ingredients, simply order online by 3 p.m. (no membership plan necessary) for delivery that evening. Reheat the food in the oven or microwave, and dinner is served.

**WHAT YOU GET:** Fully assembled and fully cooked, choose from a handful of entrees, sides and salads, plus a kid-friendly option and, occasionally, cookies.

**WHY WE LOVE IT:** For starters, SupperBell couldn't be easier to use. Select your meals, choose your delivery window and watch for a text alert announcing your

driver's arrival. After about 10 minutes of heating (the packaging is oven-friendly, so clean-up is minimal), a fancy—and, honestly, delicious—meal is on the table. Our only caveat: The kids are demanding it every night.

**PERFECT FOR:** Anyone who loves great food, but doesn't have the time—or money—to dine out every night. Older kids will love the offerings (our 11-year-old devoured the steak kabobs before we even got a fork in), while couples will appreciate a nice prepared meal after a long day at the office.

**SAMPLE DISHES:** Pasta Primavera, Chicken Souvlaki, Teriyaki Salmon with Sesame Soba Noodles, Quinoa Bowl, kids' Grilled Chicken Vegetable Wraps

**PRICE RANGE:** \$2.45-\$29.95

**DELIVERY:** Monday-Friday throughout Denver; \$2.50 delivery fee. (Hint: Live in the 'burbs but work in the city? Have the meals sent to your office—deliveries start at 4 p.m.)

**QUOTE:** "A lot of people tend to order dinner after work because they're too tired and want something that's hassle free," Bonanno says. "But ordering food sometimes means you have to compromise quality. SupperBell is great because it is not only convenient, the meals are healthy and high quality."



RACHEL NOBREGA

### GRILLED SALMON WITH OLIVE COUSCOUS

Courtesy of chef Frank Bonanno and SupperBell

**CHEF'S NOTE:** Our salmon fillet comes from our neighbors at Denver-based Seattle Fish Co., and is grilled over an open flame and drizzled with a chunky tomato vinaigrette. Couscous cooked in broth and dotted with Greek olives rounds out the meal. Serves 4

#### INGREDIENTS

- 4, 6-ounce salmon filets
- 2 cups couscous
- ½ cup Kalamata olives, finely chopped
- 2 cups vegetable broth
- 1 tablespoon fresh tarragon, minced
- 1 tablespoon fresh parsley, minced
- Zest of 1 lemon
- 2 tablespoons butter
- 1 tablespoon extra virgin olive oil
- Salt and pepper

#### DIRECTIONS

**FOR COUSCOUS:** Place couscous in a 2-quart bowl with the olives. Place butter and stock in a pot and bring to a boil. Once boiling, pour over the couscous and wrap the bowl tightly with plastic wrap. Let sit for 10 minutes, then remove wrap and, with a fork, lightly stir in herbs and zest. Season with salt and pepper (go light on the salt as the olives are salty). Couscous should be light and fluffy and the grains separated. Rewrap in plastic and keep warm.

**FOR SALMON:** Pre-heat grill. Drizzle fish with EVOO and season with salt and pepper. Place on grill over medium heat and cook 6 minutes on one side. Flip and cook 4 more minutes. Salmon should be medium rare. Cook longer if preferred.

**TO PLATE:** Divide couscous over four plates and top with salmon. Garnish with drizzle of EVOO, parsley and a squeeze of lemon.



Please the kids with chicken vegetable wraps (left), while Mom and Dad enjoy eggplant parmesan or grilled salmon from SupperBell.



## THE SPICY RADISH

thespicyradish.com

**WHAT IT IS:** A weekly heat and serve delivery service from chef Katie Kannen, meant to take the stress out of menu planning, shopping and cooking.

**THE SERVICE:** A well-balanced menu is posted on Tuesdays, with orders due by Thursday at noon. Meals are delivered on Sunday during a two-hour window; if you aren't home, the food can be placed in a cooler outside your door.

**WHAT YOU GET:** Main courses come packaged in oven-, microwave- and freezer-safe containers. Kannen uses whole food ingredients that require no cooking by the time they arrive at your door. Most meals need 15-20 minutes for heating.

After that, *voilà!*

**WHY WE LOVE IT:** The Spicy Radish is not a subscription-based service, so you can treat it like takeout with a little advanced planning. Know you'll be too busy to cook next week? Just order what you'll need.

The service uses text alerts,

offering a tracking link, so you know when your food is close. Oh, and those containers: Who else is excited for no dish duty?

**PERFECT FOR:** Busy families. From choir concerts to swim meets to club meetings, toting the kids around can make week-night cooking seem but an impossible feat. The easy preparation ensures there's still enough time to enjoy a hot meal around the dinner table.

**SAMPLE DISHES:** Roast Salmon with Mustard Dill Sauce and Quinoa Salad; Yogurt-Marinated Chicken with Harissa Chickpea Stew; Beef and Beer Pie with Potato Cheddar Crust and Roasted Parsnips and Carrots

**PRICE RANGE:** \$24 for two to \$56 for six

**DELIVERY AREAS:** Greater Denver metro area, check website for your address. Free delivery.

## DELIVERED TO YOUR DOOR

Food delivery services offer an easy way to try new menus—from Paleo to vegan. Here are four national services we love.

### FOR ORGANIC FANS: GREEN CHEF

greenchef.com  
**What it is:** Organic, portioned ingredients and recipes for three dinners delivered weekly—skip when you want.

**What you get:** Rotating weekly menu items such as Moroccan Chicken, Island Swordfish or Five-Spice Tofu. Recipes serve two, take around 30 minutes to prepare and calories clock in between 450-800 per dish.

**The verdict:** The meal plan variety is impressive: vegetarian, omnivore, carnivore, gluten-free or Paleo. We chose Paleo and found we love Baked Sole Fillets with Carrot and Parsnip Latkes.  
**Prices:** \$10.49-\$14.99 per person, per meal

### FOR VEGANS: PURPLE CARROT

thepurplecarrot.com  
**What it is:** Seasonal, portioned ingredients and recipes from Mark Bittman, author of "How to Cook Everything." Pause, skip or cancel at any time.

**What you get:** A box filled with plant-based items. We tried Khatti Dal, Tofu Larb with Crisp Noodle Pancake and Latkes with Cran-Apple Compote and "Sour Cream."  
**The verdict:** We appreciate the health and sustainability reasons for adding vegan meals to our diet. Plus, learning to cook with soft silken tofu, yellow lentils and chickpea flour was like receiving a private class from the pros.

**Price:** \$68 for three meals per week, each meal serves two; \$74 for two meals per week, each meal serves four

### FOR THE OFFICE: THE FRUIT GUYS

fruitguys.com  
**What it is:** Fruit deliveries ranging from daily to monthly.

**What you get:** Apples, oranges, bananas—plus seasonal produce. Available in several sizes; trail mix and almonds may be added on.

**Price:** \$25 and up for boxes  
**The verdict:** Reaching for a tangerine over candy? Yes, please.

### FOR FAMILIES: BLUE APRON

blueapron.com  
**What it is:** Seasonal, artisan ingredients and recipes.

**What you get:** Sample meals include Spiced Catfish, Tofu Tortas and Warm Grain Salad

**The verdict:** With easy-to-follow recipes that made the whole family happy, it's perfect for those extra-busy work weeks.

**Price:** \$59.94-\$139.84 per week; two-person plan provides three meals; family plan for four offers two or four meals per week. **DLM**



Please the whole family with chicken tortilla casserole (above) or pasta bolognese from The Spicy Radish.