

A La Carte ✨ Sample Menu ✨

1 item = 3-4 portions

4 items for \$300 - 5 items for \$350 - 6 items for \$400 - 7 items for \$450 - 8 items for \$500 - 9 items for \$550

MAIN DISHES

- ☐ Broiled Cajun Mustard Salmon
- ☐ Baked Lemon Herb Garlic Salmon
- ☐ Teriyaki Salmon
- ☐ Pesto Grilled Shrimp
- ☐ Spanish Style Grilled Shrimp w/ tomato garlic sauce
- ☐ Grilled Fajita Style Shrimp w/peppers & onions
- ☐ Grilled Fajita Style Steak w/peppers & onions
- ☐ Grilled Fajita Style Chicken Thighs w/peppers & onions
- ☐ Pork Tenderloin w/apples & onions & mustard pan sauce
- ☐ Mexican Stuffed Peppers w/Ground Beef, Chicken or Turkey w/or without melted cheese
- ☐ Buffalo Chicken Stuffed Peppers w/or without melted cheese
- ☐ Cilantro Jalapeno Turkey Meatballs
- ☐ Cilantro Jalapeño Beef Meatballs
- ☐ Organic Beef Burger Patties w/grilled onions & mushrooms, burger sauce
- ☐ Organic Turkey Burger Patties w/grilled onions and mushrooms, burger sauce
- ☐ Grilled Chicken Breast w/creamy lemon caper parsley sauce
- ☐ Cajun Chicken Thighs + peppers + onions + zucchini
- ☐ Teriyaki Chicken Thighs
- ☐ "Egg Roll In A Bowl" - ground chicken, cabbage, ginger, stir fry sauce
- ☐ Thai Ground Chicken & Basil (Pad Kra Pao)
- ☐ Grilled Flank Steak w/balsamic shallot pan sauce
- ☐ Grilled Shrimp Cocktail - horseradish, garlic, lemon, tomato sauce
- ☐ Shredded Pulled Chicken Breast w/tangy bbq sauce

- ☐ Moroccan Chicken + Broccoli + Toasted Almonds
- ☐ Mexican Grass-fed Ground Beef Stir Fry
- ☐ Cajun Sausage Stir Fry - andouille chicken sausage, zucchini, cajun spice
- ☐ Chicken Sausage w/peppers, onions and garlic tomato sauce
- ☐ Japanese Style Spicy Tuna Salad w/seaweed pieces and cucumbers
- ☐ Classic Tuna Salad - w/celery, red onion, dijon, greek yogurt for higher protein
- ☐ Italian Tuna Salad- capers, lemon, white beans, shallots, dijon mustard (olive oil based)
- ☐ Egg, bacon + potato breakfast burritos
- ☐ Soy Chorizo & Tofu Breakfast Burritos
- ☐ Air Fried General Tso's Crispy Tofu
- ☐ Air Fried General Tso's Shrimp
- ☐ Vegan "tuna" (chickpea) salad
- ☐ Savory Goat Cheese & Tomato Pie/Quiche

VEG SIDES

- ☐ Broccolini, Farro & Pecorino Salad
- ☐ Spicy Cauliflower Mexican Style Rice
- ☐ Thai Cauliflower Fried Rice w/organic egg
- ☐ Italian Chopped Salad w/romaine, chickpeas, cucumbers, feta, olives, tomatoes and a red wine vinaigrette
- ☐ Tomato, Cucumber, Red Onion & Parsley Greek Salad (Shirazi) w/feta
- ☐ Zucchini w/sesame oil, tamari soy and chili crisp
- ☐ Pesto Sautéed Zucchini
- ☐ Sautéed Garlic Spinach w/lemon and chili flakes
- ☐ Roasted Asparagus w/herb vinaigrette
- ☐ Roasted Balsamic Brussels Sprouts (w/or without bacon)
- ☐ Garlic Balsamic Mushrooms

- ☐ Smokey Roasted Cauliflower
- ☐ Curried Roasted Cauliflower w/capers
- ☐ Charred Broccolini w/garlic, lemon, chilies
- ☐ Stir-fried broccoli w/garlic, soy, chilies
- ☐ Sunomono (Japanese Cucumber Salad)
- ☐ Cherry Tomato & Garlic Confit

- ☐ Chia Pudding w/fresh berries

CARBS/STARCHES

- ☐ Steamed Jasmine or Brown Rice
- ☐ Steamed Quinoa
- ☐ Thai Basil Fried Rice
- ☐ Garlic Egg Fried Rice
- ☐ Creamy Pesto & Cherry Tomato Pasta
- ☐ Creamy Lemon Pasta
- ☐ Pasta Puttanesca
- ☐ Roasted Garlic Herb Sweet Potatoes
- ☐ Roasted Garlic Herb Baby Potatoes
- ☐ Cilantro Lime Rice
- ☐ Cuban Black Beans
- ☐ Quinoa Tabbouleh
- ☐ Cheesy Garlic Bread
- ☐ Roasted Seasonal Squash
- ☐ Rosemary Braised White Beans

SOUPS

- ☐ Vegetable Minestrone
- ☐ Chicken, Kale & White Bean Chili
- ☐ Creamy Tomato Basil
- ☐ Organic Chicken Soup (w or w/o noodles)
- ☐ Mexican Chipotle Chicken Soup
- ☐ Creamy Potato, Sausage, Kale & Fennel
- ☐ Mushroom Tom Kha
- ☐ Thai Coconut Chicken Curry
- ☐ Creamy Butternut Squash

SNACKS/BITES

- ☐ High Protein Greek Yogurt Parfaits
- ☐ Organic Deviled Eggs w/smoked paprika (12 pieces)
- ☐ High Protein Egg Bites/Mini Frittatas
- ☐ Marinated Ramen Eggs