



## Weekly Menu (Regular-Mediterranean)

### Fresh Sheet

Food Cost + 1 Meal x # of portions

### Lunch

**Hourly Rate** -Our hourly rate is \$95/hr with a minimum of 0.3 hr per item to cover shopping, recipe and nutritional writing personalization.

#### Italian Meatball Soup

- Lean turkey meatballs are featured in a chicken and tomato broth with fresh parmesan, basil and parsley garnish. Served with crusty bread.

#### Grilled Chicken Tavern Salad

- A vibrant mix of crunchy bell peppers, cucumbers, sweet tomatoes, tangy olives, and capers, topped with pan-fried halloumi. Finished with crispy pita chips for a satisfying Mediterranean meal.

#### Smoked Salmon Mediterranean Sandwich

- Smoked salmon, cream cheese & sun-dried tomato spread, goat cheese, fresh cucumber, pesto with lettuce on a multi grain bread

#### Tuna Wrap

- Packed with tuna, crunchy veggies, these wraps have sensational flavor and good for you!

#### Chicken Chashu Don

- Marinated chicken chashu, soft poached egg, mentsuyu sauce, yu choy, green onions and seaweed

#### Tuscan Pork Tenderloin

- Pork tenderloin marinated with Italian herbs and garlic, roasted and served with parmesan risotto and blistered cherry tomatoes.

## Quick Meals- Dinner

Food Cost + 1 Meal x # of portions

### Hazelnut Crusted Chicken

- Fresh organic chicken encrusted with crushed Oregon hazelnuts, pan seared and oven-baked and served with a creamy dill sauce and a side of parsnip puree.

### King Salmon

- Salmon season is here! King salmon served with a lemon Dijon caper compound butter, grilled asparagus and toasted orzo pilaf.

### Irish Stew

- A soul-soothing classic made with tender chunks of braised lamb shoulder, sweet carrots, and golden potatoes simmered with onions in a rich, savory broth scented with thyme. This traditional Irish comfort dish is slow-cooked to perfection for deep flavor and melt-in-your-mouth texture—perfect for cozy nights or hearty meals.

### Shrimp & Scallop Scampi

- Large fresh shrimp & scallops served with fresh pasta, parsley, tomatoes, and a lemon garlic sauce.

### Chicken Marsala

- Classic Chicken Marsala in a creamy mushroom wine sauce, paired with a parmesan risotto and lightly sautéed spinach.

### Thai Pork Tenderloin (Moo Ping) Salad

- Broiled lean pork tenderloin is marinated with chiles, ginger root and cilantro then combined with cabbage, fresh herbs and coconut for richness. A bit of reserved marinade serves as the dressing. Served over jasmine rice, greens and fresh mint.

### Pacific Halibut en Papillote

- Fresh Pacific halibut fillets baked in parchment paper with lemon slices, fresh dill, and fresh vegetables, served with wild rice pilaf and roasted asparagus.

## Favorite Meals

We keep all recipes. If you like a meal, let us know and we will keep it here for you!

### Lunch

#### Albondigas Soup (Spanish Meatball Soup)

- Ground turkey meatballs with oregano, parsley, mint with rice and vegetables in a chicken broth.

## Themed Meals

Want more than the fresh sheet, no problem. We have themed meals to match any evening!

American BBQ 

Food Cost + 1 Meal x # of portions

**Choose up to two entrées from the list below.** The meal comes with your choice of two sides.

Entrée Options

- **BBQ Brisket**
  - Slow-smoked brisket, tender and rich in flavor, served with a smoky BBQ sauce.
- **Pulled Pork**
  - Shredded pork shoulder, marinated and slow-cooked until perfectly tender, topped with a tangy BBQ sauce.
- **Hot Links or Kielbasa**
  - Spicy or traditional smoked sausages, grilled and bursting with flavor.
- **St. Louis Pork Ribs**
  - Dry-rubbed and smoked for hours, these ribs are glazed with BBQ sauce and fall-off-the-bone delicious.
- **Beer Can Chicken**
  - Whole chicken roasted on a can of beer, ensuring it stays juicy and infused with a subtle malty flavor.

Side Options

- **Baked Beans**
  - Slow-cooked with bacon and molasses, offering a sweet and savory side.
- **Fresh Baked Dinner Rolls**
  - Soft and warm, perfect for mopping up sauces and juices.
- **Cornbread**
  - Sweet and buttery, served with honey butter on the side.
- **Potato Chips**
  - Crispy and seasoned to perfection, a crunchy accompaniment.
- **Coleslaw**
  - Freshly shredded cabbage and carrots in a creamy dressing, providing a crisp contrast to the rich BBQ.
- **Fresh Fruit Cup**
  - A mix of seasonal fruits, offering a fresh and light option.
- **Garden Salad**
  - Crisp greens and a variety of vegetables, served with your choice of dressing.
- **Potato Salad**
  - Creamy potatoes mixed with mayonnaise, mustard, and herbs, a classic BBQ staple.

The meal comes with a side of stir-fried vegetables and your choice of white rice or sushi rice. We can adjust the seasoning to suit your taste preferences.

### Entrée Options

- **Tonkatsu**
  - Breaded and deep-fried pork cutlet, served with a tangy katsu sauce, providing a crispy and savory dish.
- **Sashimi Assortment**
  - A selection of fresh, thinly sliced raw fish such as salmon, tuna, and yellowtail, served with soy sauce, wasabi, and pickled ginger.
- **Chicken Teriyaki**
  - Grilled chicken glazed with a sweet and savory teriyaki sauce, offering a flavorful and popular choice.
- **Beef Sukiyaki**
  - Thinly sliced beef cooked with vegetables, tofu, and noodles in a sweet and savory broth, served hot pot style.
- **Unagi Don**
  - Grilled eel over a bed of sushi rice, coated with a rich, sweet soy-based sauce, providing a classic and beloved Japanese flavor.

### Side Options

- **Stir-Fried Vegetables**
  - A mix of Japanese vegetables such as shiitake mushrooms, bell peppers, and snap peas, stir-fried with a hint of soy sauce and sesame oil.
- **Rice Options**
  - **White Rice:** Steamed to perfection, fluffy and slightly sticky, serving as a staple in Japanese meals.
  - **Sushi Rice:** Seasoned with a blend of vinegar, sugar, and salt, offering a slightly sweet and tangy flavor.

**Choose from the Italian entrée below.** Meal comes with Italian salad and fresh focaccia bread.

#### Entrée Options

- **Beef Bolognese**
  - A rich and hearty sauce made with ground beef, simmered with tomatoes, herbs, and a splash of wine, served over tagliatelle pasta.
- **Ratatouille**
  - Thinly sliced vegetables such as zucchini, eggplant, and bell peppers, layered and baked in a robust tomato sauce, offering a flavorful vegetarian option.
- **Piccata**
  - Choose from chicken, pork, or fish lightly breaded and sautéed, then served with a tangy lemon caper sauce.
- **Marsala**
  - Choose from chicken, pork, or beef tenderly cooked in a creamy Marsala wine and mushroom sauce.
- **Parmesan**
  - Choose from chicken, pork, beef, or eggplant breaded and pan-seared, then topped with homemade marinara sauce and melted cheese. The cheese is served on the side to accommodate personal preferences.

#### Protein Options

- **Chicken**
- **Pork**
- **Beef**
- **Fish**
- **Eggplant** (for a vegetarian option)

#### Included with Every Meal

- **Italian Salad:** A fresh blend of mixed greens, tomatoes, cucumbers, olives, and red onions, dressed with a light vinaigrette.
- **Fresh Focaccia Bread:** Crusty on the outside and soft on the inside, perfect for dipping into sauces or enjoying alongside your meal.

**Choose your meat option.** Meal comes with Spanish rice and your choice of beans, freshly made salsa, sour cream, and tortilla chips.

#### Entrée Options

- **Enchiladas**
  - Choose your choice of protein. Enchiladas are served with your choice of red or green enchilada sauce and come with Mexican cheese jalapeños, diced sweet onion, and other toppings.
- **Tacos**
  - Served on your choice of flour or corn tortillas with your choice of protein. Toppings include Mexican cheese jalapeños, diced sweet onion, fresh salsas, shredded lettuce, and more.

#### Meat Options

- **Chicken:** Seasoned and grilled, perfect for both tacos and enchiladas.
- **Carnitas:** Slow-cooked pork, tender and flavorful.
- **Al Pastor:** Marinated pork with pineapple, offering a sweet and savory taste.
- **Marinated Steak:** Juicy and robust, seasoned with traditional spices.
- **Fish:** Typically a mild white fish, seasoned and grilled.
- **Sofritas:** Braised tofu in a spicy chili sauce, a hearty vegetarian option.
- **Impossible Meat:** Plant-based meat that's seasoned and cooked to mimic traditional Mexican meat fillings.

#### Beans

- **Pinto Beans:** Served whole or mashed, seasoned with Mexican spices.
- **Refried Beans:** Creamy and rich, cooked with a hint of spice.

#### Add ons

- **Guacamole:** Freshly made with ripe avocados, lime, cilantro, and onions.

**Choose from the classic American entrée below.** The meal comes with roasted seasonal mixed vegetables and your choice of starch options.

#### Entrée Options

- **Meatloaf**
  - A traditional meatloaf with a tomato glaze, focusing on the rich flavors of blended meats and herbs.
- **Hamburger/Cheeseburger**
  - American style Kobe beef patties on a sesame bun, accompanied by lettuce, tomato, pickles, ketchup, and mustard.
- **Pot Roast**
  - Slow-cooked beef chuck in a rich gravy with potatoes and carrots, a comforting classic.
- **Cedar Plank Salmon with Honey Lemon Glaze**
  - Salmon roasted on a cedar plank, glazed with honey and lemon for a sweet and tangy flavor.
- **Grilled Chicken with Herb Butter**
  - Perfectly grilled chicken breasts topped with a dollop of homemade herb butter to enhance its juicy flavors.
- **Stuffed Bell Peppers**
  - Bell peppers filled with a mixture of ground turkey, quinoa, vegetables, and spices, topped with a light tomato sauce.

#### Starch Options

- **Mashed Potatoes**
  - Creamy and smooth, perfect for pairing with gravies and sauces.
- **Roasted Rosemary Potatoes**
  - Baby potatoes roasted with rosemary and olive oil until golden.
- **Rice Pilaf**
  - Fluffy rice cooked with onions, carrots, and a touch of chicken broth for extra flavor.
- **Macaroni and Cheese**
  - A creamy blend of cheeses with elbow macaroni, baked to golden perfection.

**Choose from the Thai entrée below.** The meal comes with stir-fried vegetables and your choice of jasmine rice or sticky rice. We can tailor the spice level to your liking.

#### Entrée Options

- **Pad Kra Pao**
  - Minced pork stir-fried with holy basil and chilies, served over rice. A fiery dish beloved for its bold flavors.
- **Moo Ping**
  - Skewers of marinated pork, grilled until caramelized. Served with a side of spicy tamarind sauce.
- **Khao Soi**
  - Egg noodles in a rich and creamy yellow curry coconut broth, accompanied by pickled vegetables and topped with crispy noodles.
- **Laab Gai**
  - Minced chicken salad with fresh herbs, chili, and lime juice, offering a refreshing and spicy flavor.
- **Pad Thai**
  - Classic stir-fried noodles with your choice of protein (chicken, shrimp, or tofu), eggs, and a mix of fresh vegetables, garnished with peanuts and lime.
- **Curries**
  - **Green Curry:** Aromatic and spicy curry made with green chilies, served with your choice of chicken or fish.
  - **Red Curry:** Rich and deep flavor with a slightly sweet profile, available with beef or pork.
  - **Yellow Curry:** Mild and creamy, typically served with shrimp or tofu.

#### Additional Protein Options

- **Beef Satay**
  - Skewers of marinated beef, grilled and served with peanut sauce.
- **Crispy Fish with Chili Sauce**
  - Whole fish fried until crispy, then topped with a spicy sweet and sour chili sauce.

#### Side Options

- **Stir-Fried Vegetables**
  - A colorful assortment of seasonal vegetables, lightly stir-fried with garlic and soy sauce.
- **Rice Options**
  - **Jasmine Rice:** Fragrant and fluffy, a perfect complement to rich curries.
  - **Sticky Rice:** Glutinous rice that pairs wonderfully with hands-on dishes like laab gai and moo ping.
  - **Brown Rice:** Fluffy whole grain rice

Choose from the Chinese entrée below. The meal comes with stir-fried seasonal vegetables and your choice of white jasmine rice or fried rice.

#### Entrée Options

- **Kung Pao Chicken**
  - Tender chicken stir-fried with peanuts, vegetables, and chili peppers in a savory and slightly spicy sauce.
- **Beef and Broccoli**
  - Slices of beef sautéed with broccoli in a rich garlic and oyster sauce.
- **Sweet and Sour Pork**
  - Crispy pork pieces tossed in a vibrant sweet and sour sauce with pineapple, onions, and bell peppers.
- **Shrimp with Lobster Sauce**
  - Juicy shrimp cooked in a creamy, garlic-infused lobster sauce with green peas and egg.
- **Mapo Tofu**
  - Soft tofu cooked in a fiery and flavorful Sichuan pepper sauce with minced pork, known for its distinctive mala (numbing and spicy) taste.

#### Specialty Dishes

- **Szechuan Beef**
  - Spicy and pungent beef stir-fried with chili peppers and Szechuan peppercorns.
- **Cantonese Roast Chicken**
  - Chicken roasted with a honey and soy glaze, featuring crispy skin and tender meat.

#### Side Options

- **Stir-Fried Seasonal Vegetables**
  - A mix of fresh vegetables quickly cooked to maintain crispness, seasoned with garlic and soy sauce.
- **Rice Options**
  - **White Jasmine Rice:** Fragrant and light, perfect for complementing rich flavors.
  - **Fried Rice:** Stir-fried rice with eggs, peas, carrots, and onions, seasoned with soy sauce and sesame oil.

**Choose from the Indian entrée below.** The meal comes with a side and your choice of basmati rice or naan bread.

#### Entrée Options

- **Butter Chicken**
  - Tender chicken pieces cooked in a creamy, rich tomato-based sauce, infused with butter and aromatic spices.
- **Lamb Rogan Josh**
  - Lamb chunks cooked in a robust curry made with garlic, ginger, and a variety of spices.
- **Fish Curry**
  - Fish fillets cooked in a tangy and spicy curry sauce with tomatoes and tamarind.
- **Paneer Tikka Masala**
  - Grilled paneer (Indian cottage cheese) simmered in a spicy and creamy tomato-based sauce.
- **Vegetable Biryani**
  - Aromatic basmati rice cooked with mixed vegetables, nuts, and spices, served with a side of cooling raita.
- **Chana Masala**
  - Spicy chickpeas cooked in a flavorful mix of onions, tomatoes, and traditional spices.

#### Side Options

- **Mixed Vegetable Curry**
  - A hearty combination of seasonal vegetables cooked in an aromatic and spicy gravy.
- **Dal Tadka**
  - Yellow lentils tempered with mustard seeds, cumin, onions, chili peppers, and garlic.
- **Aloo Gobi**
  - Cauliflower and potatoes sautéed with cumin, turmeric, and coriander, making for a tasty and satisfying side dish.
- **Papadum**
  - Crispy lentil crackers served as a crunchy side to complement the meal.

#### Rice and Bread Options

- **Basmati Rice:** Perfectly steamed to pair well with rich curries.
- **Naan Bread:** Freshly baked, soft, and perfect for dipping into creamy sauces and gravies.

# Weekly Add- Ons

## Vegetable Add Ons

Will be charged by cost of ingredients and private chef labor based on number of servings.

### Salads

- Strawberry Field Salad
- Garden Salad
- Chef Salad
- Cobb Salad
- Quinoa Salad
- Spinach Salad
- Potato Salad
- Chicken Salad
- Potato Salad
- Tuna Salad
- Pasta Salad
- Superfood Salad
- Greek Salad
- Tabbouleh Salad

### Sautee Options

- Italian vegetable blend
- Roasted Garlic Kale
- Stir fried Asian vegetables
- Blistered Tomatoes
- Sauteed Spinach and Tomatoes
- Sauteed Zucchini
- Sauteed Green Beans

### Oven Ready Options

- Ratatouille
- Briam
- Maple Glazed Carrots

### Roasted Vegetables

- Roasted Asparagus
- Roasted Broccoli
- Roasted Brussel Sprouts
- Roasted Cauliflower
- Roasted Root Vegetables
- Roasted Zucchini

## Family Style Side Add-Ons

### Soups

- Chicken Noodle Soup
- Minestrone
- Italian Wedding Soup
- Chicken Tortilla Soup
- Roasted Tomato Soup
- Chili (Vegetarian option available)

### Other Sides

- Baked Beans
- Fresh Baked Dinner Roll
- Cornbread
- Coleslaw
- Fresh Fruit Cup

## Platter Add-Ons

### Fresh Fruit Platter

**\$45**

- A mixture of seasonal fruit and tropical fruit arranged and served on a 18"
- Serves 6+

### Fresh Vegetable Platter

**\$48**

- A mixture of seasonal vegetables served on a 18" with your choice of onion dip or ranch dressing.
- Serves 6+

### Individual Charcuterie

**\$26/ea**

- Includes: Cheese, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers and pretzels, jam, pickles, honey, and of course something sweet! (Minimum order quantity of 5)

### Small Platter

**\$80**

- As an appetizer size board artfully arranged and served on a 10x10\* tray. Includes assorted imported & domestic cheeses, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers/pretzels/bread, mini jams/mini mustard, pickles/olives, honey stick, and finally a few sweets!
- Displays are decorated with seasonal flowers, herbs, etc. Served with Mini Bamboo Forks
- Serves 2-4 people

### Medium Platter

**\$130**

- As an appetizer size board artfully arranged and served on a 10x14\* tray. Includes assorted imported & domestic cheeses, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers/pretzels/bread, mini jams/mini mustard, pickles/olives, honey stick, and finally a few sweets!
- Displays are decorated with seasonal flowers, herbs, etc. Served with Mini Bamboo Forks
- Serves 4-6 people

### Large Platter

**\$230**

- As an appetizer size board artfully arranged and served on a 15"\* round tray. Includes assorted imported & domestic cheeses, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers/pretzels/bread, mini jams/mini mustard, pickles/olives, honey stick, and finally a few sweets!
- Displays are decorated with seasonal flowers, herbs, etc. Served with Mini Bamboo Forks
- Serves 8-10 people

## Dessert Add-Ons

### Dark Chocolate & Sea Salt Cookies

\$5/ea

- These large delicious dark chocolate chip childhood inspired cookie that has grown up to be the adult version with higher quality ingredients and a balance between sweet and salty.

### Dark Triple Chocolate Brownies

\$20

- These are large fudgy, dark chocolate brownies that will cure your chocolate craving and bring a smile to your face. Box of 4

### 4 & 5" Tarts (Served 1-2)

\$20

- Our locally sourced, preservative free, all natural pies featuring a butter only crust gives you all the flavor but no short cuts.
- Tart Flavors:
  - Lemon
  - Fresh Fruit
  - Tarte Tatin
  - Chocolate
  - Egg Tart

### 5" Pies Organic Fruit Pies (Served 1-2)

\$15

### 9" Pies Organic Fruit Pies (Served 6-8)

\$50

- Our locally sourced, preservative free, all natural pies featuring a butter only crust gives you all the flavor but no short cuts.
- Pie Flavors:
  - Classic Apple
  - Cherry Lattice
  - Peach Crumb
  - Mixed Berry
  - Raspberry
  - Blueberry
  - Strawberry & Rhubarb

### 5" Pies Cream Pies (Served 1-2)

\$15

### 9" Pies Cream Pies (Served 6-8)

\$50

- These pies are unique featuring different crust from our organic butter pie crust to salted graham cracker to chocolate cookie crumb.
- Pie Flavors:
  - Dark Chocolate Cream
  - Pumpkin
  - Ube
  - Banana Cream
  - Coconut Cream

**We can make a wide array of desserts. Let us know what you're looking for and our chefs can make it happen!**

# Don't See What You Want!

## Other options available upon request!

\*Please note due to supply chain issues our platter may slightly vary in size depending on supplier availability. It will be the same amount of food with possible change in plating style

**Note:** Serving are a guidelines only