

PERSONAL CHEF

MENU



SLOW COOKED BRISKET IN RED SAUCE W/ POTATOES & CARROTS

SMASH BURGERS

KOREAN BBQ - GALBI / SHORT RIB

JAPCHAE (VEGETARIAN KOREAN NOODLE STIR-FRY)

BOLOGNESE SAUCE WITH PASTA OR GNOCCHI

SHEPHERD'S PIE

GRILLED STEAK (VARIOUS CUTS)

AMANDA'S BEEF STROGANOFF

BIBIMBAP

BEEF BOWLS

BEEF MEATBALLS W/ MARINARA

BURRITO BOWL/TACO BOWL



Poultry



CHICKEN CAESAR SALAD

CHICKEN SALAD (CLASSIC)

CURRY CHICKEN SALAD

TERIYAKI CHICKEN WITH PEPPERS & RICE

OADED CHICKEN SANDWICH

BUTTER CHICKEN

CHICKEN SATAY WITH PEANUT SAUCE

THAI BASIL CHICKEN YELLOW CURRY

PAD THAI WITH CHICKEN (OPTIONAL PROTEIN)

CHICKEN BOWLS

ITALIAN TURKEY BURGERS

TURKEY MEATBA

TACOS

KIBBEH / GYROS



TERIYAKI SALMON BOWL

TERIYAKI SALMON COOKED ROLLED SUSHI AT HOME

WHITE FISH WITH BUTTER LEMON CAPER SAUCE

MUSSELS WITH RED SAUCE

GARLIC CRAB BAKE
STUFFED WHOLE BRONZINO

GEFILTE FISH WITH CARROTS

SHRIMP SCAMPI

HERB-ENCRUSTED SALMON OR WHITE FISH

SALMON CUPLETS

PICKLED HERRING WITH RED ONIONS

SALMON BENEDICT

Vegetarian & Vegan

EGGPLANT, TOMATO, PARM (NO BREADCRUMBS)

BLACK BEAN & QUINOA BURGERS

TACOS

FIRENZE PESTO PANINO (VEGETARIAN)

MEDITERANIAN SUN-DRIED TOMATO, BLACK OLIVES & FETA EGG WHITE FRITTATA (VEGETARIAN)

JAPCHAE (VEGETARIAN KOREAN NOODLE STIR-FRY)

SUNDUBU (KOREAN TOFU SOUP)

TTEOKBOKKI (KOREAN RICE CAKES, VEGETARIAN)

POTATO PANCAKES W/ SOUR CREAM & APPLE SAUCE

CONTINENTAL BREAKFAST

GRILLED TOFU REUBEN

HUMMUS PLATE

CHICKPEA MASALA

Sides & Salads

RICE PILAF

LOADED POTATOES

ROASTED POTATOES WITH DILL SOUR

CREAM

FRIES (TRADITIONAL OR SWEET POTATO)

KALE SALAD

ASIAN SLAW

ISRAELI SALAD

POTATO SALAD

WHITE SALAD WITH PEAS (LITHUANIAN-

STYLE)

BEET SALAD

COLD BEET SOUP

STEAMED ARTICHOKE WITH GARLIC AIOLI

CHICKPEA SALAD

LEEK PANCAKES WITH KOREAN DIPPING

SAUCE

FARMERS MARKET VEGETABLES

SUN-DRIED TOMATO PESTO WITH

FLATBREAD

SALT DILL CUCUMBERS (INSTEAD OF

PICKLES)

FLAXSEED CRACKERS WITH INFUSED

OLIVE OIL

CHARCUTERIE BOARDS (CHEESE, MEATS,

PICKLES, OLIVES)

CHICKPEA SALAD (VEGAN)

Soups & Stews

ANTI-INFLAMMATORY CHICKEN SOUP OR (VEGAN OPTION)

KIMCHI JIGGAE W/ BRISKET OR FLANK STEAK

VEGAN BORSCHT W/ BONE BROTH

KALE & WHITE BEAN STEW

SEAFOOD GUMBO

RAMEN

LEMON WHITE FISH STEW W/ DILL

COLD SUMMER BORCHT

POTATO & LEEK



DESSERTS & SWEETS
OPTIONAL SELECTIONS FOR CLIENT
MENUS:

KUGEL

NEAPOLITAN ICE CREAM
STRACCIATELLA ICE CREAM
CASHEW MILKSHAKES
CASHEW ICE CREAM FROM KAREN'S
(VEGAN)

VEGAN ICE CREAM

MANGO STICKY RICE

NAPOLEON CAKE

DATE BARK

POWER PROTEIN BLISS BALLS (RAW

VEGAN)

OVERNIGHT OATS

XMAS POPPYSEED MILK

KUGEL