



*Hil & Vil*  
Natural Wellness



**CHEF HILARY**

## **HOLISTIC PERSONAL CHEF SERVICES**

- Special Occasions
  - Bachelorettes
  - Birthdays
  - Holidays
  - Anniversaries
  - Retreats
  - Weddings/Baby Showers
- In-Home Meal Preparation
  - Weekly/Biweekly
  - Family-Friendly
  - Custom Holistic Menu
  - Dietary Preferences
  - Health-Forward
  - Whole Foods
  - Cooking Demos/Classes



**HIL & VIL NATURAL WELLNESS**

**8068 24<sup>TH</sup> AVE N, ST. PETERSBURG, FL 33710**

**(708) 571-0163 | NATURALWELLNESS@HILANDVIL.COM | WWW.HILANDVIL.COM**

---

# Brunch Menu

(example)

---

## BRUNCH ENTRÉES

HERB & VEG FRITTATA  
FARMHOUSE SCRAMBLE PLATTER  
SHAKSHUKA SKILLET  
BREAKFAST TACOS  
SMOKED SALMON BENEDICT  
BACON, EGG & CHEESE ON ENGLISH MUFFIN  
CHALLAH FRENCH TOAST  
PROTEIN PANCAKES W/ FRUIT  
BUILD YOUR OWN OMLETTE

## BRUNCH SIDES

CRISPY HASH BROWNS  
BREAKFAST POTATOES  
APPLEWOOD BACON OR SAUSAGE LINKS  
SEASONAL FRUIT PLATE  
MIXED GREENS SALAD  
TOAST BOARD  
YOGURT PLATE  
SAUTÉED GREENS  
COTTAGE CHEESE PLATE  
AVOCADO & TOMATO SALAD

## DRINKS

CLASSIC COFFEE + HOT TEA SERVICE  
ESPRESSO + LATTE SERVICE  
ORANGE JUICE  
INFUSED WATER  
BANANA-BERRY SMOOTHIE  
TROPICAL SMOOTHIE  
GREEN PROTEIN SMOOTHIE

---

## Italian Menu

(example)

---

### **APPETIZERS**

BRUSCHETTA ON SOURDOUGH  
PROSCIUTTO & MELON SKEWERS  
CHARCUTERIE  
CAPRESE SALAD  
PAPA AL POMODORO

### **ENTRÉES**

CHICKEN MARSALA  
BEEF MEATBALLS WITH MARINARA  
STUFFED BRONZINO  
WHITE FISH OR CHICKEN PICCATA  
STUFFED PORTOBELLO MUSHROOMS (V)  
GNOCCHI PESTO  
PASTA OF CHOICE W/ SAUCE CHOICE

### **SIDES**

KALE CAESAR SALAD (DAIRY-FREE OPTIONAL)  
ROASTED SEASONAL VEGETABLES  
SAUTEED ZUCCHINI  
SAUTEED GARLIC BROCCOLINI  
HERB POTATO WEDGES

---

## Mexican Menu

(example)

---

### **APPETIZERS**

FRESH SALSA OR GUACAMOLE & LIME CHIPS

NACHOS (5 TOPPINGS)

7-LAYER DIP

ELOTE

GAZPACHO

### **ENTRÉES**

TACOS (PROTEIN OF CHOICE)

BURRITO BOWL (PROTEIN OF CHOICE)

CHICKEN SALSA VERDE ENCHILADAS

FAJITAS (PROTEIN OF CHOICE)

### **SIDES**

MEXICAN STREET CORN RIBS

CILANTRO LIME RICE OR CAULIFLOWER RICE

MEXICAN RICE

REFRIED BLACK BEANS

TEX-MEX SALAD

---

## Mediterranean Menu

(example)

---

### **APPETIZERS**

OLIVE & CRUDITES W/ DIPS OF CHOICE

HUMMUS PLATE

BABAGANOUSH PLATE

GREEK SALAD

DOLMAS

### **ENTRÉES**

CHICKEN GYROS

HERB-ENCRUSTED SALMON

FALAFEL PLATE

GRILLED CHICKEN SUFFLAKI

STUFFED SEASONAL FISH

HERB & GARLIC RISOTTO

SEABREAM W/ FENNEL & LIME

### **SIDES**

MEDITERRANEAN SALAD

GRILLED ASPARAGUS

ROASTED BRUSSEL SPROUTS OR FENNEL

BURRATA & FRUIT SALAD

---

# American Menu

(example)

---

## **APPETIZER**

SPINACH & ARTICHOKE DIP W/ PITA BREAD  
JALEPENO POPPERS  
LOADED POTATO SKINS  
NACHOS  
CHICKEN WINGS W/ CHOICE OF SAUCE  
DEVILED EGGS

## **ENTRÉES**

SMASH BURGERS W/ GRILLED ONIONS  
GRILLED CHICKEN SKEWERS  
ROASTED LEMON ROSEMARY CHICKEN  
TURKEY REUBEN SANDWICH  
BLT SANDWICH  
BLACKENED SEASONAL FISH  
BBQ JACKFRUIT SLIDERS

## **SIDES**

SWEET POTATO FRIES  
COLESLAW  
GARLIC POTATO WEDGES  
POTATO SALAD  
MIXED GREEN SALAD  
MAC & CHEESE  
ROASTED VEGGIES

---

# Steakhouse Menu

(example)

---

## APPETIZERS

GRILLED ARTICHOKE W/ GARLIC AIOLI  
BRUCHETTA OR TAPENADE ON SOURDOUGH  
CHARCUTTERIE BOARD OR BUTTER BOARD  
BACON WRAPPED DATES W/ CHIVE GOAT CHEESE  
SHRIMP COCKTAIL  
CRAB CAKES  
STUFFED MUSHROOMS

## ENTRÉE OPTIONS

STEAK CUT OF CHOICE  
NY STRIP, FILET MIGNON, RIB EYE, PRIME RIB W/ WINE  
REDUCTION OR HORSERADISH AIOLI  
ROASTED LEMON ROSEMARY CHICKEN  
MAPLE GLAZED SALMON  
WHITE FISH W/ LEMON BUTTER & CAPERS  
CHOPPED SALAD W/ PROTEIN

## SIDES

ROASTED SEASONAL VEGETABLES  
WHIPPED RED SKIN MASHED POTATOES  
MIXED GREEN SALAD W/ HOUSE MADE DRESSING OF  
CHOICE  
WEDGE SALAD W/ RANCH OR BLUE CHEESE DRESSING  
COLESLAW  
SAUTEED GARLIC SPINACH

---

## Korean Menu

(example)

---

### **APPETIZERS**

KOREAN SPICY CUCUMBERS + PICKLED RADISH  
TOKBOKI SKEWERS  
SCALLION PANCAKE (GF OPTIONAL)  
EDAMAME

### **ENTRÉES**

KOREAN BBQ GALBI, BULGOGI OR SEAFOOD  
GOCHUJANG OR TERIYAKI SALMON  
BIBIMBAP (BEEF, CHICKEN OR VEGETARIAN)  
KIMCHI JIGGAE

### **SIDES**

JAPCHAE (KOREAN GLASS NOODLES)  
GRILLED SEASON VEGETABLES  
SEASONED RICE  
FULL BANCHAN SIDE DISHES

**OPTIONAL:** INTERACTIVE KOREAN BBQ ON-SITE EXPERIENCE

# HOLISTIC PERSONAL CHEF

## MENU

### Beef

- SLOW COOKED BRISKET IN RED SAUCE W/ POTATOES & CARROTS
- SMASH BURGERS W/ GRILLED ONIONS
- KOREAN BBQ - GALBI / SHORT RIB
- BBQ BEEF RIBS
- BEEF STIRFRY
- JAPCHAE W/ BEEF
- BOLOGNESE SAUCE WITH PASTA OR GNOCCHI
- SHEPHERD'S PIE
- GRILLED STEAK (VARIOUS CUTS)
- BEEF STROGANOFF
- BIBIMBAP
- BEEF PROTEIN BOWLS W/ 3+ TOPPINGS
- BEEF MEATBALLS W/ MARINARA
- BURRITO BOWL/TACO BOWL
- STUFFED ONIONS
- STUFFED CABBAGE
- STUFFED PEPPERS

### Poultry

- CHICKEN CAESAR SALAD
- CHICKEN SALAD (CLASSIC)
- CURRY CHICKEN SALAD
- TURKEY REUBEN
- TERIYAKI CHICKEN W/ SIDES
- LOADED CHICKEN SANDWICH
- CHICKEN TIKKA MASALA
- CHICKEN SATAY WITH PEANUT SAUCE
- THAI BASIL CHICKEN YELLOW CURRY
- PAD THAI WITH CHICKEN (ANY PROTEIN AVAILABLE)
- CHICKEN BOWLS W/ 3+ TOPPINGS
- ITALIAN TURKEY BURGERS
- TURKEY OR CHICKEN MEATBALLS
- CHICKEN TACOS
- CHICKEN GYROS
- CHICKEN MARSALA
- CHICKEN LETTUCE WRAPS
- ROASTED LEMON ROSEMARY CHICKEN
- ZOODLES W/ LEMON CHICKEN
- PULLED CHICKEN ENCHILADAS

---

## Fish & Seafood

---

- TERIYAKI SALMON BOWL
- TERIYAKI SALMON SUSHI (COOKED)
- WHITE FISH WITH BUTTER LEMON CAPER SAUCE
- MUSSELS WITH RED SAUCE
- GARLIC CRAB
- STUFFED WHOLE BRONZINO
- SHRIMP SCAMPI
- HERB-ENCRUSTED SALMON OR WHITE FISH
- SALMON CUPLETS
- PICKLED HERRING WITH RED ONIONS
- SMOKE SALMON BENEDICT
- SHRIMP TACOS
- SEABREAM W/ LIME GLAZE
- SEARED SCALLOPS
- SEAFOOD BOIL

---

## Vegetarian & Vegan

---

- EGGPLANT PARMESAN
- BLACK BEAN & QUINOA BURGERS
- HEMP TOFU TACOS
- FIRENZE PESTO PANINO (VEGETARIAN)
- MEDITERANIAN SUN-DRIED TOMATO, BLACK OLIVES & FETA EGG WHITE FRITTATA
- 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
- BABAGHANOUSH PLATE
- CHICKPEA MASALA
- CAULIFLOWER STEAK
- PESTO GNOCCHI
- BRUCHETTA ON SOURDOUGH

---

---

## Handhelds

---

- BACON, EGG & CHEESE ON ENGLISH MUFFIN
- CLASSIC REUBEN
- TURKEY REUBEN
- CHICKEN PESTO PANINO
- TURKEY BLT
- GREEK SALAD WRAP W/ CHOICE OF PROTEIN
- CAESAR WRAP WITH CHOICE OF PROTEIN
- CHEESEBURGER W/ EVERYTHING
- TURKEY BURGER W/ SUNDRIED TOMATOES & FETA
- MEATBALL SUB
- GRILLED CHICKEN & AVOCADO
- 3-CHEESE GRILLED CHEESE
- TACOS W/ PROTEIN OF CHOICE
- GRILLED BURRITO W/ PROTEIN OF CHOICE

---

---

## Sides & Salads

---

- MEXICAN RICE
- CILANTRO LIME RICE
- LOADED POTATOES
- ROASTED PARMESAN SWEET POTATO
- ROASTED POTATOES WITH DILL SOUR CREAM
- FRIES (TRADITIONAL OR SWEET POTATO)
- GARLIC RED SKIN MASHED POTATOES
- KALE SALAD
- ASIAN SLAW
- ISRAELI SALAD
- POTATO SALAD
- WHITE SALAD WITH PEAS (LITHUANIAN)
- BEET SALAD
- STEAMED ARTICHOKE W/ GARLIC AIOLI
- CHICKPEA SALAD
- LEEK/SCALLION PANCAKES
- ROASTED SEASONAL VEGETABLES
- PESTO QUINOA
- SALTED DILL CUCUMBERS (INSTEAD OF PICKLES)
- GRILLED ASPARAGUS
- CHARCUTERIE BOARDS (CHEESE, MEATS, PICKLES, OLIVES, CRACKERS, JAMS)
- KOREAN SPICY CUCUMBERS
- PICKLED RADDISH
- GRILLED FAJITA VEGETABLES
- MEXICAN STREET CORN
- REFRIED BLACK BEANS
- QUINOA SALAD

---

## Soups & Stews

---

- ANTI-INFLAMMATORY CHICKEN SOUP OR (VEGAN OPTION)
- KIMCHI JIGGAE W/ BRISKET OR FLANK STEAK
- BORSCHT W/ BONE BROTH (VEGAN OPTIONAL)
- KALE & WHITE BEAN STEW
- SEAFOOD GUMBO
- RAMEN W/ CHOICE OF PROTEIN
- WHITE FISH STEW W/ LEMON & DILL
- HOT BORSCHT
- COLD BORSCHT
- POTATO & LEEK STEW
- THAI COCONUT CURRY W/ CHOICE OF PROTEIN
- MISO SEAWEED SOUP
- LEMON CHICKEN & RICE

---

## Dressings & Condiments

---

- CAESAR DRESSING
- GARDENING GODDESS DRESSING
- BALSAMIC VINAIGRETTE
- WHITE WINE VINAIGRETTE
- GREEK DRESSING
- TZATZIKI
- TAHINI LEMON DRESSING
- THOUSAND ISLAND DRESSING
- SPICY MAYO
- GUACAMOLE
- PICO DE GALLO (MILD/SPICY)
- JALEPENO GARLIC SAUCE
- CILANTRO CREMA (MILD/SPICY)
- FRESH PESTO (TRADITIONAL OR PLANT-BASED)
- CREAMY RANCH DRESSING
- CREAMY GARLIC DRESSING
- CREAMY BLUE CHEESE DRESSING
- GARLIC AIOLI

---

---

## Desserts

---

- MANGO STICKY RICE
- DATE TURTLES
- PROTEIN BALLS
- PEANUT BUTTER CHOCOLATE CHIP BLENDED OVERNIGHT OATS
- POPPYSEED MILK
- KUGEL
- TIRAMISU
- CHOCOLATE OR VANILLA CHIA SEED PUDDING
- CHOCOLATE AVOCADO PUDDING

---

---

## Beverages

---

- COFFEE
- ESPRESSO
- LATTE
- MATCHA LATTE
- LOOSE LEAF TEA
- GREEN JUICE
- GINGER, LEMON & TURMERIC SHOT
- CARROT JUICE
- CELERY JUICE
- BEET JUICE
- TROPICAL SMOOTHIE
- BANANA-STRAWBERRY SMOOTHIE
- TRIPLE BERRY SMOOTHIE
- CHOCOLATE PB PROTEIN SMOOTHIE
- FRUIT INFUSED WATER
- SEASONAL AGUA FRESCA
- HORCHATA

---

### COCKTAILS/MOCKTAILS

- TART CHERRY MOJITO OR MOCKTAIL
- SKINNY MARGARITA OR MOCKTAIL
- FROZEN MARGARITA OR MOCKTAIL
- FROZEN PINA COLADA OR MOCKTAIL
- MOSCOW MULE OR MOCKTAIL
- DIRTY MARTINI W/ STUFFED OLIVES