

# ***Chef Enan Parezo's Menu***

## ***Salads and Soup***

***Delivery for This Menu will be on Tuesday 8/10***

*Due to summer vacation plans we will be delivering this menu on Tuesday 8/10 instead of Monday 8/10. Sorry any inconvenience, thanks for your business!*

*\$0.01*

### ***Asparagus and Smoked Salmon salad for Two***

*Organic baby spring mix with chilled Asparagus, Smoked Salmon, capers, shaved Radish and baby Tomatoes with a Lemon Dijon Dressing. Toss it all together and you have a delicious salad for two. Can be done vegetarian upon request*

*\$7.50*

### ***Chilled Melon Soup***

*Athenean cantelope and honey dew blended with non fat yogurt, vanilla beans, and a touch of honey. Studded with diced watermelon and blueberries this will be a refreshing treat on a hot August day*

*\$3.50*

## ***Entrees***

### ***Blackened Flat Iron Steak with Pasta***

*Angus Beef Flat Iron Steak rubbed with Cajun seasoning, griddle seared, and thinly sliced. Served with a light alfredo sauce and spinach fettuccine pasta*

*\$10.50*

## ***Crab and Crawfish Cakes***

*Lump crab meat with crawfish tails, diced peppers, chives, smoked paprika, bread crumbs, and a blend of seasonings. Sauteed to a golden brown and finished in your oven*

\$12.50

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## ***Eggplant and Spinach Pizza for Two***

*Homemade Pizza Dough rolled out to twelve inches and topped with Tomato Sauce, Grilled Eggplant, Baby Spinach, Roma Tomatoes, Caramelized onions, Basil, and Fresh Mozzarella Cheese. Finish baking in your oven to make a fantastic made-from-scratch gourmet pizza for two*

\$14.00

## ***Peanut Chicken with Grilled Pineapple***

*Ginger marinated chicken breast in a Thai peanut sauce with grilled pineapple, bell peppers, tomatoes, light coconut milk, and Jasmine rice*

\$11.00

## ***Sauteed Mahi Mahi***

*Mahi Mahi Fillets brushed with Lemon, Fresh Herbs, and Olive Oil. Sauteed and served in a white wine pan sauce with diced tomatoes*

\$11.00

## ***Southwestern Chicken Salad by the Pint***

*All natural Chicken Breast slow roasted with Golden Corn, Black Beans, Mango, Bell Peppers, Red Onion, Cilantro and a blend of Spices in a light Dressing. Sold by the Pint containing around four servings*

\$14.00

### ***White Wine Braised Chicken***

*All natural chicken thighs slowly cooked with white wine, poultry stock, a bouquet of fresh herbs and vegetables. Served in a refined pan sauce with green beans and carrots*

\$10.00

### ***Sides***

#### ***Hominy with Peppers and Corn***

*White Hominy Kernels sauteed with roasted golden Corn, Tomatoes and Peppers in homemade Vegetable Stock*

\$2.95

#### ***Leaf Spinach and Chick-Peas***

*Leaf Spinach and tender Chick-Peas sauteed with Caramelized Onions and fresh Herbs in homemade Vegetable Stock*

\$2.95

#### ***Lemon Zest Broccoli Spears***

*Broccoli Spears sauteed and tossed with fresh Herbs, Sunflower Seeds and Lemon Zest*

\$2.95

#### ***Portobello, Baby Tomato, Couscous Salad by the Pint***

*Portobello Mushrooms, Grape Tomatoes, Israeli couscous, and fresh Basil tossed with olive oil, balsamic vinegar, and a blend of seasonings. Sold by the pint, this will yield several servings*

\$7.50

## ***Summer Squash Saute***

*Yellow Squash sauteed with Mushrooms, Spinach and fresh Herbs*

*\$2.95*

## ***Desserts***

### ***Apple Bars***

*A blend of delicious sweet & tart Apples are combined with Sugar and Spices and baked with a crispy sweet Oat Bottom, a thin layer of Cream Cheese Filling, & topped with Streusel. Baked fresh the day of delivery. Sold by the half dozen*

*\$10.00*

### ***Lemon-blueberry French Parfait***

*This light, creamy French style dessert is a frozen custard served over a vanilla sponge cake. Served in individual portions*

*\$4.00*