

Chef Enan Parezo's Menu

Salads and Soup

Fresh Cut Fruit Salad by the Pint

A variety of fruit cut fresh on the morning of delivery. One pint

\$6.00

Grilled Vegetable Salad for Two

Organic Baby Spinach with a medley of grilled Summer Vegetables, grape Tomatoes, Parmesan Cheese, and a homemade Balsamic Dressing on the side. Simply toss the ingredients together and you'll have a great salad for two

\$9.00

Vegetarian Chili

Onions, Bell Peppers, Chili Peppers and Tomatoes. Slowly simmered with Black Beans, Kidney Beans, Northern Beans, Red Beans, Scallions and Chef Enan's Signature Seasoning Blend

\$3.50

Entrees

Chicken Creole

Spice rubbed chicken breast simmered with smoked poultry sausage, tomatoes, corn, okra, peppers, and onions. This delicious dish goes great with a pot of rice

\$9.50

Flank Steak and Italian Sausage

Angus Beef Flank Steak pan seared, sliced and tossed with sauteed bell Peppers, caramelized Onions, sweet Italian Turkey Sausage in a tomato pan sauce

\$13.00

Horseradish Dill Salmon Filet

Pan seared farm raised Atlantic Salmon Filet. Marinated with Horseradish, Dill, fresh Herbs and Lemon Zest

\$11.50

Marmalade Glazed Turkey Cutlets

All-Natural Turkey Breast Cutlets marinated extra virgin olive oil, sage, and Rosemary. Pan seared and glazed in the oven with Orange Marmalade. Served in poultry jus with caramelized onions

\$11.00

Penne Pasta Primavera

A bountiful medley of fresh Garden Vegetables and Herbs, oven roasted and tossed with whole Grain Penne Pasta and in a Sundried tomato Alfredo sauce

\$9.50

Spinach and Feta Stuffed Pork Loin

All natural Pork Loin stuffed with Spinach, Artichokes, Feta Cheese, Bread Crumbs, and Parmesan. Slowly roasted to perfection and sliced

\$10.50

Tuscan Seafood Medley

Shrimp, Scallops, and lump Crab sauteed in extra virgin olive oil with white wine, fresh Herbs, Tomatoes, Capers, white Beans, and orzo in a light Parmesan sauce

\$11.50

Sides

Broccoli Cheddar Twice Baked Potato

Baked Russet Potato mixed with Sharp Cheddar Cheese, Broccoli, light Sour Cream, Olive Oil and fresh Herbs. Re-baked in your oven to a golden brown

\$2.95

Collard Greens

Local Collard Greens slowly simmered with Turkey Bacon, Poultry Stock, Honey and Apple Cider Vinegar

\$2.95

French Lentils

Organic Green Lentils cooked with Onions, Celery, Spinach, and carrots

\$2.95

Greek Pasta Salad by the Pint

Orzo Pasta in a Greek dressing tossed with Feta Cheese, Cucumber, Roma Tomatoes, Olives, Arichoke Hearts, Roasted Bell Peppers, Olive oil, and Blend of Mediterranean herbs and seasonings. Sold by the pint this is a great side for the family to share

\$7.50

Green Beans Almondine

Organic hericoverts simmered in Homemade vegetable broth with crushed almonds and Caramelized Onions

\$2.50

Desserts

Flourless Chocolate Torte

This deliciously moist chocolate desert is not only flourless, but vegan too! One serving.

\$4.00

Strawberry Rhubarb Bars

Six delicious bars are topped with fresh, ripe Strawberries and Rhubarb and baked over a homemade sweet Dough Crust

\$10.00