



Appetizer Platters

\$35 per platter for 6-8 people

Sesame Seared Ahi Tuna

Coriander sesame rubbed yellow fin tuna seared rare, chilled, sliced and accompanied by an edamame Asian slaw

Tomato and Fresh Mozzarella

Vine ripened roma tomatoes and fresh mozzarella cheese with basil, balsamic reduction, herb crostinis and a kalamata olive tapenade

Garden Vegetables with Trio of Dips

Chef's selection of several seasonal vegetables with a trio of dipping sauces

Salads

Mealweek Cobb Salad

Romaine, iceberg and baby spinach with golden corn, avocado, gorgonzola cheese, honey ham, smoked turkey, hard boiled egg, toasted almonds, cucumber, tomatoes, garden vegetable ranch and smokey tomato dressing
\$7/person

Caesar Salad

Crisp romaine lettuce with parmesan cheese, herb croutons, toasted almonds, shaved carrots, baby tomatoes and creamy Caesar dressing
\$5/person or \$8/person with choice of chicken or shrimp

Signature Garden Salad

Organic baby spinach and field gathered greens with carrot strings, breakfast radishes, red cabbage, English cucumber, grape and roma tomatoes with parmesan cheese, toasted pine nuts, herb croutons and two homemade chef's choice salad dressings
\$6/person

Gourmet Salad Bar

Organic salad greens and crisp romaine lettuce accompanied by a wide variety of garden vegetables, gourmet toppings and homemade salad dressings
\$6/person
With marinated chicken and choice of seared tuna or shrimp - \$10/person



Wraps or Sliders
\$10 per person

All wraps and sliders are served with fresh cut fruit

Also choose:
our signature garden salad or
Chef's selection of freshly prepared side dishes

All wraps and sliders are made with sliced roma tomatoes and organic baby spinach

Roasted Red Pepper Chicken Salad

White wine poached chicken breast in a roasted red pepper parmesan dressing
with clover sprouts and fresh mozzarella cheese

Mediterranean Grilled Chicken

Marinated grilled chicken breast with feta cheese, kalamata olive tapenade,
sun-dried tomatoes, cucumber and a ranch mayonnaise

Southwestern Chicken

Oven roasted Southwestern spiced Chicken with pepper jack cheese, avocado, cilantro,
pineapple, black beans, golden corn and a light sour cream

Smoked Turkey

Mesquite turkey with smoked gouda cheese, fresh avocado, clover sprouts
and a whole grain mustard remoulade

Turkey Vegetable

Honey roasted turkey with cucumber, clover sprouts, shredded carrots,
havarti cheese and a light herb aioli

Thai Beef

Thai marinated shaved Angus beef rolled with edamame, jasmine rice,
clover sprouts, shredded carrots, cucumber, cilantro,
sesame seeds and a sweet chili sauce



More Wraps or Sliders

Italian

Genoa salami, pepperoni, shaved ham, fresh mozzarella cheese, balsamic marinated red onions, roasted peppers and a herb aioli

Roast Beef

Roasted top round Angus beef with caramelized onions, mushrooms, boursin cheese, sun-dried tomatoes and a creamy horseradish sauce

Ham and Jarlsberg

Shaved honey roasted ham with light Jarlsberg swiss cheese, asparagus and a whole grain honey mustard remoulade

Lemon Basil Shrimp and Crab Salad

Shrimp and lump crab with boursin and sun-dried tomatoes in a lemon basil dressing with crisp celery, cucumber and an herb spread

Thai Shrimp

Chili garlic wok seared shrimp with edamame, jasmine rice, clover sprouts, shredded carrots and cucumber with a sweet chili sauce

Tomato, Mozzarella and Eggplant

Roma tomatoes, fresh mozzarella, grilled eggplant, tapenade and roasted pepper hummus with extra virgin olive oil and a balsamic reduction (vegetarian)

Garden Vegetable

A colorful blend of seasonal vegetables with chef's selection of cheese and spreads (vegetarian)



Hot Dishes
\$12 per person

Signature garden salad and fresh cut fruit included

Hot Dish du Jour

Chef Enan whips up new dishes every day—ask him!

Sun-dried Tomato Chicken

Herb marinated chicken breast oven roasted and tossed with a robust sun-dried tomato sauce. Accompanied by creamy three cheese orzo pasta

Wild Mushroom Chicken Marsala

All natural chicken breast slowly simmered with onions, garlic and wild mushrooms in a marsala wine sauce with fresh herbs. Accompanied by a herb brown rice pilaf

White Balsamic Grilled Chicken

Grilled chicken breast marinated with white balsamic vinegar, lemon juice, garlic and fresh herbs. Topped with baby tomatoes and fresh mozzarella and accompanied by mini tortellini pasta

Thai Beef Sirloin

Thai marinated beef sirloin griddle seared and tossed with broccoli, carrots, peppers, edamame and fresh cilantro. Accompanied by ginger laced jasmine rice

Red Wine Marinated Flank Steak

Beef flank steak marinated with red wine and herbs, griddle seared, sliced and tossed with a ragout of caramelized onions, mushrooms, baby spinach and goat cheese. Accompanied by a herb brown rice pilaf

Honey and Whole Grain Mustard Pork Loin

Slow roasted all natural pork loin marinated with honey, whole grain mustard and a blend of seasonings. Topped with an apricot sauce and accompanied by a texmati and wild rice blend



More Hot Dishes

Shrimp and Smoked Sausage Creole

Shrimp sautéed with smoked sausage, peppers, corn, okra, onions and garlic in a mild Creole sauce.
Accompanied by creamy yellow stone ground grits

Lump Crab and Shrimp Saute

Lump crab meat, shrimp and poultry sausage sautéed with white wine, lemon juice, grape tomatoes and fresh herbs in a light parmesan sauce.
Accompanied by mini spinach raviolis

Build Your Own Specialties

*All served with a variety of meats, accompaniments,
fresh cut fruit and signature salad*

Southwestern Taco Bar \$12/person

Greek Gyro Pita Bar \$12/person

Deli Platter with Lunch Meats \$10/person

Deli Platter with Trio of Salads \$10/person

Fresh Baked Desserts

*Pastry Chef Jen Meintel prepares
delicious homemade sweets every day*

Cookies, Brownies, Bars and Specialty Treats \$12/dozen

Family Style Desserts \$20/tin for 15-20 people

*A hand crafted gourmet cake will make a great treat for the office and delight everyone.
Let Chef Jennifer tailor a cake to suit your taste!
Please contact us for more info*



**All mealweek.com lunch deliveries include:
Fresh seasonal fruit, paper plates, plastic ware,
drinks, ice, cups and napkins**

**Personal Chef Enan Parezo specializes in
PHARMACEUTICAL LUNCHESES**

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