



Chef Loly Mar

Personal Chef & Catering Boutique

2021-2022
Fall/Winter

DIP, SAUCES & DRESSINGS

- **Green sauce**
- **Ranch tahini dressing**
- **Avocado ranch dressing**
- **Homemade ranch dressing**
- **Avocado green sauce (Dairy free)**
- **Baba ganoush, eggplant, dry mint and caramelized onion dip(Persian style)**
- **Tzatziki sauce (Yogurt and Cucumber sauce)**
- **Cesar dressing**
- **Pesto sauce**
- **Romesco sauce* spicy or mild**

SOUPS

- **Black beans soup**
- **Cilantro and lime chicken soup**
- **Coconut and turmeric lentil soup**
- **Chupe de camarones (Creamy shrimp soup)***
- **Sancocho**
- **Auyama creamy soup (Mexican butternut squash)**
- **Seafood soup***
- **Sopa pobre. Chicken soup with potatoes and carrots**
- **Potatoes and leek cream soup**
- **Cream of mushrooms**
- **Chicken and broccoli cheddar soup**

SALAD

- **Cesar salad with homemade croutons**

- Kale salad (seasonal toppings)
- Texmex chopped salad, corn, black beans, cilantro, red onions, tomatoes, romaine lettuce, cilantro, tortilla chips served with avocado ranch dressing
- Cabbage salad
- Harvest salad, romaine lettuce, tomatoes, corn, bacon, cheddar cheese and ranch dressing
- Brussels sprouts cesar salad
- Creamy potato salad
- Spinach salad with apple and a honey mustard vinaigrette

PASTA DISHES

- Lasagna
- Autumn orecchiete pasta with butternut squash, mushrooms and broccoli
- Pappardelle bolognese
- Pasta Alfredo
- Chicken parm with spaghetti
- Chicken piccata with spaghetti
- Tuscan penne pasta* Chicken or Salmon
- Short ribs ragu with pasta*
- Bucatini pasta ala vodka

OCEANO

- Roasted salmon with leeks and peppers*
- Salmon
- Baja fish tacos with cilantro crema
- Fish tacos with all the toppings and tortilla
- Tuna Pastel with sweet plantains, eggs and potato
- Shrimp scampi
- Fish of the day

CHICKEN, BEEF AND MORE

- Arroz con pollo
- Arroz con mariscos (seafood)
- Paella Valenciana made with orzo, chicken and artichokes
- Chicken chipotle
- Chicken milanese (Cutlets)
- Chicken with lemon and rosemary sauce
- Chicken with wine sauce
- Spanish Chicken Stew. Venezuelan Style
- Chicken cordon bleu
- Chicken curry* Spicy or Mild
- Chicken breast, thighs or half with romesco sauce
- Beef or chicken stroganoff
- Whole roasted chicken (Inas Garten Style)
- Flank Steak with chimichurri Sauce
- Stuffed Peppers, Italian or latin Style
- Ropa Vieja (chuck roasted beef with peppers, onion and garlic)
- Pabellon, traditional Venezuelan dish with four components. Black beans white rice , shredded beef and sweet plantain
- Braised short ribs
- Taco tuesday with all the fixings and toppings
- Chipotle night (choice of beef or chicken)
- Lomo saltado (peruvian style)
- Chicken enchiladas
- Chicken with mustard and honey
- Pollo with aji roasted potatoes, garlic and carrot
- Ground beef pastel with sweet plantains and white cheese (Latin Lasagna)

SIDE DISHES & TREATS

- Cilantro lime rice
- Coconut and turmeric rice
- Black beans and rice
- White rice and Vermicelli (Venezuelan style)
- White rice with diced carrots, peas and garlic
- Air fried potato
- Mashed potatoes

- **Roasted veggies with Italian seasoning**
- **Green beans and wild mushrooms**
- **Maple glazed carrots with pecans**
- **Roasted Brussels sprouts**
- **Green plantains (tostones)**
- **Sweet plantains**
- **Steam yucca**
- **Pico de gallo**
- **Tostones with shredded cabbage and french dressing**
- **Arroz con leche**
- **Torta tres leches**
- **Banana bread**
- **The Ultimate Chocolate chip cookies (\$250 recipe for \$10) :) fun to google**
- **Vegan Brownies with zucchini**
- **Quesillo (flan caramel) Venezuelan Style**
- **Arepas (Venezuelan Cornmeal patties)**
- **Empanadas**

Sunday Brunch *****

PERSONAL CHEF MENU Fall/Winter 2021 LOLY MAR

1. Minimum order of 4 for family style meals*Per request*Prices may vary

2. MENU CAN BE CUSTOMIZED TO MEET YOUR PREFERENCES AND DIETARY RESTRICTIONS

3. RICE DISHES CAN BE SUBSTITUTE WITH QUINOA OR BROWN RICE.
For additional \$5 per/meal

4. PRICES VARIES DEPENDING ON PRICE MARKET INCLUDING FISH AND SEAFOOD

5. MEALS CAN BE PREPARED VEGAN AND VEGETARIAN

6. PLEASE PLACED ORDER 48 IN ADVANCE

Some proteins are served with your choice of white rice or pasta. All meals are served Family Style. Please provide your own container. Container can be provide for additional cost

