

**Personal Chef Menu  
Summer  
LOLY MAR 2022**

**DIP, BUTTER & DRESSINGS**

- **Homemade Hummus**
- **Green Sauce (salsa verde)**
- **Ranch Tahini dressing**
- **Avocado Ranch**
- **Avocado Green Sauce (DF)**
- **Baba Ganoush, eggplant, dry mint and caramelized onion dip(Persian style)**
- **Tzatziki Sauce (Yogurt and Cucumber sauce)**
- **Caesar Dressing**
- **Pesto Sauce**
- **Mexican Salsa**
- **Homemade Ranch**

**SOUPS**

- **Black Beans Soup**
- **Cilantro and lime chicken soup**
- **Minestrone**
- **Coconut and Turmeric Lentil Soup**
- **Split Pea Soup**
- **Italian Weeding Soup**
- **Potato leek Soup**
- **Chupe de camarones (creamy shrimp bisque)**
- **Sancocho (Venezuelan soup)**
- **Salmorejo (cold creamy tomato soup)**
- **Gazpacho (cold Soup)**

**SALAD**

- **Caesar Salad with homemade croutons**
- **Kale Salad (seasonal toppings)**

- Southwest chopped salad, corn, black beans, cilantro, red onions, tomatoes, romaine lettuce, cilantro, tortilla chips served with avocado ranch dressing
- Cabbage salad
- Pasta Salad with orzo or your choice of pasta shape
- Harvest Salad, Romaine Lettuce, tomatoes, corn, bacon, cheddar cheese and ranch dressing
- Salad Shirazi, chopped tomatoes, cucumber with mint and lime dressing
- Brussels sprouts cesar salad
- Quinoa or Couscous Salad
- Mediterranean Chickpeas Salad
- Cold Thai Noodle salad with peanut sauce
- Chicken salad, grapes, celery, almonds and creamy aioli -great for sandwich

### PASTA DISHES

- Lasagna
- Meatballs and Spaghetti night
- Parpadelle and Bolognese Sauce
- Linguini Alfredo
- Rigatoni with eggplant, spicy tomato sauce and mozzarella
- Chicken parmigiana with spaghetti
- Chicken piccata with spaghetti
- Tuscan penne pasta
- Pasta Primavera
- White chicken lasagna

### OCEANO

- Roasted Salmon with leeks and peppers
- Salmon Papillote with veggies and lemon butter sauce
- Shrimp Skewers with jalapeño and lime sauce
- Fish tacos with all the toppings and tortilla
- Red snapper filet served with mango, jalapeño salsa and green plantains
- Shrimp Scampi
- Whole fish \*\*

## CHICKEN, BEEF AND MORE

- Arroz Con Pollo
- Paella Valenciana made with orzo, chicken, orzo, and artichokes
- Chicken Chipotle
- Chicken Milanese (Cutlets)
- Chicken with lemon and rosemary sauce
- Chicken with wine sauce
- Grill chicken with butter sauce
- Spanish Chicken Stew
- Beef or chicken stroganoff
- Whole roasted chicken (Inas Garten Style)
- Latin Style meatballs
- Flank Steak with Chimichurri Sauce
- Stuffed Peppers, Italian or Latin Style
- Ropa Vieja (chuck roasted beef with peppers, onion and garlic)

Served with black beans and rice.

- 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)
- Beef bourguignon (French dish)
- Carnitas taco
- CAVA Night, choice of mini meat balls, chicken, roasted veggies, rice, cucumber salad, yogurt sauce and mix green

## SIDE DISHES & TREATS

- Cilantro lime rice
- Coconut and turmeric rice
- Black beans and rice
- White rice and Vermicelli
- White rice and shredded carrots
- Air fried potato
- Mashed Potatoes
- Roasted veggies with Italian seasoning
- Green Beans
- Green Beans and wild mushrooms
- Maple glazed carrots with pecans

- **Roasted Brussels sprouts**
  - **Green Plantains (tostones)**
  - **Sweet Plantains**
  - **Polenta (spicy)\*\***
  - **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**
  - **Coconut Kisses**
  - **Arepas (Venezuelan Cornmeal patties)**
  - **Empanadas**
- Sunday Brunch \*\*\*\*\***

## PERSONAL CHEF MENU 2022 LOLY MAR

1. Minimum order of 4 for family style meals\*\*Min order of 10 for individual meal prep

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

