

Personal Chef Menu
Loly Mar
Vegan /Vegetarian
Dips and more

- Hummus
- Green Sauce
- Ranch Tahini Dressing
- Baba Ganoush
- Cesar Dressing
- Pesto V*
- Mexican Salsa

Soups

- Black bean Chili
- Cilantro and lime veggie soup
- Split pea soup
- Minestrone
- Roasted Tomato and garlic soup
- Venezuelan Sancocho
- Potato leek soup
- Gazpacho (cold soup tomato creamy soup)
- Broccoli Cheddar soup

Primeros and something else

- Arroz con Artichokes (arroz con pollo)
- Venezuelan Pabellon, 4 components:
White rice, Black beans, Sweet Plantains and Veggies peppers
with mushrooms
- Tikka Masala served with white basmati rice

- Mushroom Stroganoff served with white rice *Vegan and Vegetarian
- Baked Eggplant Parm
- Tex mex Stuffed Pepper *Vegetarian
- Cauliflower Alfredo with fettuccini
- Tabouleh Bowl with hummus and falafel
- Eggplant parmigiana served with angel hair
- Black beans Enchiladas *vegan or vegetarian
- Chipotle night veggie fajitas (Cilantro Lime rice, Black beans and pico de gallo)
- Taco night with chopped mushrooms and all the fixings *vegan GF corn tortilla
- Coconut and turmeric chickpeas stew served with basmati rice
- Coconut Lentil stew served with Jasmine Rice
- Vegetarian Lasagna

Something different

- Empanadas with salsa verde
- Arepas served with black beans and sweet plantains
- Tostones with cabbage salad and “pink sauce” spicy or mild
- Coconut and turmeric rice
- Cilantro lime rice
- Black beans and rice
- Steam Yuca with salsa verde
- Mexican Buddha bowl, components: rice, corn, black beans, salsa and avocado sauce
- Venezuelan Buddha bowl, components: rice, black beans, sweet plantains, cabbage salad and avocado sauce

- Mediterranean Buddha bowl, components: Quinoa, chickpeas, black olives, cucumbers tomato salad, with lemon tahini sauce
- Brussels sprouts Cesar Salad
- Vegan Brownies with zucchini

1. Minimum order of 4 for family style meals* *
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. 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

Thank you so much for for your support during this hard times.