

## COCONUT LIME SRIRACHA CHICKEN

Chicken breast smothered in a coconut milk lime sriracha reduction served over white rice along with roasted broccoli.

## PULLED CHICKEN ENCHILADA BOWL

Tender braised pulled chicken breast simmered in enchilada sauce and topped with cheese along with cilantro lime rice and roasted cauliflower.

## PEPPERCORN CRUSTED SLICED STEAK

Peppercorn crusted strip steak cooked to perfection and served with roasted fingerling potatoes, sautéed mushrooms, and a brandy cream reduction.

## MOROCCAN CHICKEN MEATBALLS

Moroccan meatballs in a savory tomato sauce and roasted carrots served over roasted fingerling potatoes.

## MAPLE CHIPOTLE CHICKEN BREAST

Tender roasted chicken breast drizzled with a chipotle maple reduction and served over quinoa and brown rice, paired with roasted Brussel sprouts.

## MOJO SALMON BOWL

Mojo marinated Faroe salmon on a bed of rice pilaf, along with organic green beans and homemade pineapple salsa.

## ITALIAN SAUSAGE

Italian-style pork sausage accompanied by tender roasted potatoes and topped with grilled bell peppers and onions.

## EVERYTHING SEASONED CHICKEN

Everything-seasoned chicken breast served over a bed of wild rice and paired with roasted kale and tomatoes tossed in a vibrant chimichurri sauce.

## CREAMY CAJUN CHICKEN

Cajun-seasoned chicken breast served over linguine with a light creamy sauce along with a savory corn succotash.

## LECHON ASADA

Tender chicken thighs slow-cooked to perfection served over fluffy white rice along with sweet plantains and roasted kale.

## ASIAN SESAME CHICKEN

Tender wok tossed chicken breast smothered in our homemade sesame Asian sauce on a bed of white rice along with broccoli and red bell pepper chunks.

## BALSAMIC STRIP STEAK

Hand carved balsamic marinated prime steak cooked to perfection, served with roasted potatoes and fresh arugula with balsamic glaze.

## CHIPOTLE CHICKEN MEATBALLS

Oven roasted chipotle chicken meatballs over rice alongside a roasted zucchini & yellow squash medley.

## MEATLOAF

Glazed homemade beef meatloaf served with roasted potatoes and roasted carrots.

## MISO GLAZED SALMON

Wild caught Faroe salmon topped with a miso glaze reduction and served over white rice along with roasted asparagus.

## SNAPPER FRANÇAISE

Light egg-battered wild snapper pan fried golden brown and topped with a lemon white wine sauce, served over linguine along with roasted broccolini.

## BLACKENED CHICKEN BOWL

Blackened chicken thighs served on a bed of cilantro lime rice with a side of elote street corn.

## CHICAGO STRIP STEAK

Chicago seasoned strip steak cooked to perfection and garnished with herb butter, with roasted fingerling potatoes and green beans.

## HONEY ORANGE SHRIMP

Jumbo poached shrimp tossed in Asian honey orange glaze, over white rice along with organic broccoli.

## LEMON PEPPER MAHI BOWL

Lemon pepper seared Mahi Mahi served on a bed of rice pilaf along with purple cabbage slaw.



## SOUTHWEST BEEF & SWEET POTATO SKILLET

Southwest-style skillet ground beef and roasted sweet potato chunks topped with smoky roasted bell peppers.

## SPAGHETTI MEATBALLS AND RICOTTA

Juicy beef and pork meatballs over whole grain spaghetti, smothered in homemade marinara with a side of spinach.

## TERIYAKI CHICKEN RAMEN

Chicken breast glazed in teriyaki sauce, served over ramen noodles with bell pepper chunks.

## ROPA VIEJA

Shredded skirt steak slow cooked in a Cuban tomato sauce, served with vibrant yellow rice and roasted broccoli.

## HULI HULI CHICKEN THIGHS

Grilled chicken thighs marinated in our sweet and savory Huli Huli sauce and bell pepper and pineapple chunks over a bed of white rice.

## CHICKEN GYRO BOWL

Savory chicken breast seasoned in traditional Mediterranean spices with herb-tossed pearled couscous alongside a Greek salad.

## CHICKEN PRIMAVERA

Tender chicken breast tossed with penne in our house primavera sauce and topped with cherry tomatoes and spinach.

## CHIMICHURRI SKIRT STEAK

Skirt steak grilled to perfection and finished with our house chimichurri sauce served over fluffy white rice with roasted green beans.

## PAN-SEARED BLACKENED CHICKEN

Pan-seared blackened chicken thighs and roasted carrots laid over a bed of aromatic rice pilaf.

## SHRIMP & VEGGIE FRIED RICE

Jumbo shrimp served over our signature veggie fried rice alongside roasted sesame broccoli.

## SHRIMP AGLIO E OLIO

Poached jumbo shrimp tossed in extra virgin olive oil & caramelized garlic over rice pilaf along with sautéed spinach.

## DIJON ROASTED CHICKEN

Dijon herb roasted chicken breast served over a bed of sweet potato mash alongside sautéed spinach.

## GUAVA GLAZED CHICKEN

Roasted guava glazed chicken breast served on a bed of white rice with roasted asparagus.

## CHOP HOUSE STRIP STEAK

Chop house seasoned strip steak alongside creamy mashed potatoes with roasted Brussels sprouts.

## CHICKEN BRUSCHETTA

Italian breaded chicken scaloppini served over angel hair pasta tossed with olive oil & garlic, with a side of garden fresh bruschetta.

## RIGATONI MEZZE CHICKEN ALLA VODKA

Tender sautéed chicken breast & baby bella mushrooms over rigatoni mezze tossed in our signature alla vodka sauce.

## CHICKEN FAJITAS WITH RED BEANS

Steamed white rice topped with seasoned chicken breast and grilled peppers & onions, with a side of homemade red beans.

## CARIBBEAN BLACKENED CHICKEN

Blackened chicken breast served over a bed of yellow rice alongside roasted asparagus and a side of mango salsa.

## FILET MIGNON STEAK TID-BITS

Sautéed filet mignon tid-bits served over creamy garlic mashed potatoes and topped with a baby bella mushroom gravy.

## HERB ROASTED CHICKEN

Roasted chicken breast encrusted in herbs, paired with scalloped potato au gratin and roasted Brussels sprouts.



## SHRIMP SCAMPI

Jumbo shrimp and pasta tossed in a white wine lemon butter sauce alongside a roasted zucchini and squash medley.

## CHICKEN MARSALA

Roasted chicken breast over a bed of mashed potatoes and smothered with marsala gravy and mushrooms.

## LEMON ROSEMARY CHICKEN

Roasted lemon rosemary chicken breast and crispy Brussels sprouts served over aromatic rice pilaf.

## CREAMY DILL CHICKEN PASTA

Chicken breast over angel hair pasta topped with a light lemon dill cream sauce, paired with roasted green beans.

## CHICAGO STEAK

Grilled Montreal seasoned strip steak garnished with herb butter, served with mini baked potatoes and a broccoli & carrot medley.

## B.B.Q. CHICKEN BOWL

Sweet potato hash topped with dry rubbed roasted chicken breast and drizzled with B.B.Q. sauce, along with fire grilled corn & cherry tomatoes.

## ARROZ CON POLLO

Tender chicken breast with traditional yellow rice & mixed vegetables and served with a side of red beans and plantains.

## BOLOGNESE

Homemade Wagyu beef blend bolognese sauce tossed with rigatoni mezze and topped with whipped ricotta cheese, served with a side arugula salad.

## BLACK & BLEU PRIME STRIP STEAK

Blackened Prime strip steak sliced and topped with melted bleu cheese crumbles, paired with roasted yukon gold potatoes & asparagus.

## LOUISIANA SHRIMP GUMBO

Savory Louisiana shrimp gumbo served over steamed rice along with roasted assorted peppers.

## BREAKFASTS:

### *BREAKFAST BURRITO*

Shredded chicken thighs, sweet potato, bell pepper chunks, scrambled egg, and cheese wrapped in a tortilla.

### *OATMEAL WITH FRESH FRUIT*

Homemade oatmeal topped with cinnamon, dates, and nuts with a side of fresh fruit.

### *PANCAKES AND PARFAIT*

Four mini pancakes with a side of maple syrup and a mini yogurt berry parfait.

### *BREAKFAST HASH*

Diced white potatoes sautéed with shredded chicken thighs, bell pepper, and egg topped with cheese.

### *MINI BREAKFAST SANDWICHES*

Two mini Hawaiian rolls stuffed with a ground chicken patty, a hash brown, a fried egg, and cheese.

## SALADS:

### *SOUTHERN SALAD*

Mixed greens tossed with corn, diced red bell pepper, black beans, minced red onion, and cilantro.

### *CHICKPEA ARUGULA SALAD*

Arugula topped with pickled cucumber & red onion and crunchy chickpeas.

### *CHEF SALAD*

Mixed greens tossed with diced celery and carrot, topped with shredded cheddar cheese, croutons, and sliced hard-boiled egg.

### *FALL SALAD*

Mixed greens tossed with sliced almonds and dried fruit, topped with chunks of roasted apple chunks and feta crumbles.

### *CHICKEN CAESAR SALAD*

Chopped romaine lettuce tossed with parmesan and topped with chicken breast and croutons, with a side of classic Caesar dressing.

## DINNERS:

### *BOURBON SALMON*

Braised salmon topped with our signature bourbon sauce and served over citrus rice along with broccoli and bell pepper.

### *NEW ENGLAND STYLE BAKED COD*

Flaky white codfish topped with a golden brown Ritz cracker crust laid over a brown rice & quinoa mix alongside asparagus.

### *BANG BANG SHRIMP*

Jumbo poached shrimp tossed in Sriracha honey lime sauce and a baby bok choy & bell pepper medley over steamed white rice.

### *ROASTED CHICKEN*

Seasoned and roasted all white meat chicken breast over an aromatic quinoa & brown rice mix along with roasted green beans.

### *BLACKENED YELLOW TAIL SNAPPER*

Wild caught yellow tail snapper blackened and served over a bed of rice pilaf alongside roasted kale.



## SUNDAY DELIVERY:

### BREAKFAST HASH

#### BEEF & BROCCOLI

Sauteéd ground beef served with broccoli florets on a bed of steamed rice and drizzled with teriyaki sauce.

#### BONELESS PORK CHOP

Pan fried Cheshire boneless pork chop and crispy roasted Brussels sprouts laid over savory sweet potato mash.

#### PENNE CHICKEN SAUSAGE CAPRESE

Chicken sausage grilled and tossed with sautéed cherry tomatoes, basil leaves & baby mozzarella on penne pasta.

#### CHICKEN OREGANATA

Baked oreganata crusted chicken breast served alongside roasted green beans over rice pilaf with a lemon butter white wine sauce.

#### CHICKEN FAJITAS

Shredded chicken thighs a la plancha and fajita style onion & bell peppers piled over cilantro lime rice.

## WEDNESDAY DELIVERY:

### MINI BREAKFAST SANDWICHES

#### KEY WEST PASTA

Tender chunks of chicken breast and green peas tossed in a brandy lobster cream sauce over linguine pasta.

#### LEMON PEPPER ROASTED PORK

Lemon pepper seasoned pork served over homemade mashed potatoes with spinach & feta cheese, topped with lemon sauce.

#### BEEF TACO BOWL

Seasoned ground beef and fajitas served on a bed of yellow rice with a side of avocado sauce.