



# Chef Alyssa's Family Table Meals



WE MAKE IT EASY • WE MAKE IT FRESH • WE MAKE IT DELICIOUS

## FAMILY MEAL PACK

Choice of Hot or Cold for all meals

A meal for four includes 4 entree portions, two small sides, small table salad & four dinner rolls

\$45: Chicken, Pot Roast, Eggplant      \$55: Salmon\*

Chicken: Choice of Sauce: Spanish Romesco or Herb Pan Sauce

Salmon: Choice of Lemon Chimichurri Sauce or Rubbed with Smoked Chili-Rosemary Mustard

## ENTREES

Freshly prepared, sold as individual portions or in pack of four. All can be made hot or cold

**Pan Roasted Chicken** GF BF  
\$6.99: Individual      \$24.99: Four Pack

**Seared Salmon\*** GF BF  
\$8.99: Individual      \$33.99: Four Pack

**Braised Beef Pot Roast** GF DF  
\$6.99: Individual      \$24.99: Four Pack

**Roasted Eggplant** GF VT  
\$6.99: Individual      \$24.99: Four Pack

## SIDES

Choice of Hot or Cold for all meals except Orzo Salad and Fruit

Small serves 2-3. \$5.99  
Large serves 6-8. \$10.99

**Spring Vegetables** GF V  
**Steamed Carolina Gold Rice** GF VT  
**Mediterranean Orzo Salad** VT  
**Roasted Baby Carrots** GF V  
**Caramelized Broccoli** GF V

**Smoked Cauliflower** GF V  
**Fresh Fruit** GF V  
**Baked Potato** GF VT  
(Sm = 3 half potatoes; Lg= 6 half potatoes)  
**Crispy Root Vegetable Cakes** GF VT  
(Sm = 3 pieces; Lg=6 pieces)  
**Dinner Rolls**: 4-pack \$3.99/8-pack 7.99 VT

## SALADS

Choice of Hot or Cold for protein

**Small**  
Serves 2-3 side salads.  
Add a protein to make an entrée for 1.  
\$7.99

**Large**  
Serves 6-8 side salads.  
Add a protein to make an entrée for 3.  
\$22.99

**Table Salad** VT DF  
Mixed greens with cucumber, tomato, croutons & your choice of dressing

**Kale Salad** GF VT  
Kale, marinated in a lemon vinaigrette, with pine nuts & Parmesan.

**CAK Classic Salad** GF VT  
Baby kale with a beet & hazelnut salad, feta, almonds, & roasted lemon basil vinaigrette.

**Santorini Salad** GF VT  
Kale salad with olives, tomato pesto infused grains, spiced chickpeas, feta, & lemon herb vinaigrette

## DESSERTS

**Nutella Pie** VT  
Single Slice      \$2.99  
Whole Pie (serves 8)      \$19.99

**Chocolate Chunk Cookies**  
2-pack VT      \$3.99  
8-pack      \$13.99

**Snickerdoodle Cookies**  
2-pack VT      \$3.99  
8-pack      \$13.99

**Pumpkin Spice Dessert Cup**  
Individual GF VT      \$3.99

View our seasonal desserts listed online

## BEVERAGES

**Individual:**  
**Honest Tea**  
**Waterloo Sparkling Water**  
**Lenny Boy Kombucha**  
**Bulk** (½ gallon or 1 gallon):  
**Ginger-Citrus Tea**  
**Honey Lemon Green Tea**  
**Strawberry Mint Lemonade**  
**Filtered Water**



Pick-Up Only. 4-8 pm Monday - Friday  
1-Day notice for all orders  
Plastic Utensils not included unless specified  
The menu is nut-free except for Kale and CAK Classic Salads and Romesco Sauce

GF VT V DF  
Gluten Free    Vegetarian    Vegan    Dairy Free

\* ITEM MAY BE SERVED UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEAT OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

NO SUBSTITUTIONS, CERTAIN ITEMS CAN BE REMOVED TO ACCOMMODATE ALLERGIES AND PREFERENCES, PLEASE LEAVE REQUESTS IN SPECIAL INSTRUCTIONS BOX

chefalysaskitchen.com

(704) 817-7568

@chefalysaclt

4001-C Yancey Road #100

info@chefalysaskitchen.com

Charlotte, NC 28217