



# 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

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

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

\$32: Adobo Spiced Tofu

\$42: Roasted Chicken

\$45: Chicken, Pot Roast, Eggplant

\$55: Salmon\*, Grass-Fed Beef Kofta, Organic Tempeh Kofta

\$66: Wagyu Flank Steak

## ENTREES

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

### Pan Roasted Chicken GF DF

\$6.99: Individual      \$24.99: Four Pack

### Braised Beef Pot Roast GF DF

\$6.99: Individual      \$24.99: Four Pack

### Wagyu Flank Steak GF

Seared with Balsamic Reduction Sauce

\$11.99: 6oz Individual      \$45.99: 2lb Four Pack

### Grass-Fed Beef Kofta GF

Savory spices and fresh herbs with Lemon Yogurt and Tahini Sauce

\$8.99: Individual      \$33.99: Four Pack

### Seared Salmon\* GF DF

\$8.99: Individual      \$33.99: Four Pack

### Roasted Eggplant GF VT

\$6.99: Individual      \$24.99: Four Pack

### Organic Tempeh Kofta GF V

Savory spices and fresh herbs with Lemon Yogurt and Tahini Sauce

\$8.99: Individual      \$33.99: Four Pack

### Roasted Chicken GF DF

\$11.99: half chicken      \$20.99: Full Chicken

### Adobo Spiced Tofu GF V

\$4.99: Individual      \$17.99: 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 V

### Garlic Fingerling Potatoes GF V

### Mediterranean Orzo Salad VT

### Roasted Baby Carrots GF V

### Caramelized Broccoli GF V

### Smoked Cauliflower GF V

### Fresh Fruit GF V

### Crispy Root Vegetable Cakes GF VT

(Sm = 3 pieces; Lg=6 pieces)

### Dinner Rolls: 4-pack \$3.99/8-pack 7.99 VT

### Seasonal Vegetables GF V

### Sundried Tomato Israeli Couscous V

### Mac & Cheese

### Seasonal Side 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, marinated tomatoes infused grains, spiced chickpeas, feta, & lemon herb vinaigrette

### Caesar Salad VT

Local organic romaine lettuce, croutons, Parmesan & classic creamy dressing

## DESSERTS

### Nutella Pie VT

Single Slice

\$2.99

Whole Pie (serves 8)

\$19.99

### Chocolate Chunk/ Snickerdoodle Cookies

2-pack

\$3.99

8-pack VT

\$13.99

### Seasonal Gluten-Free Dessert Cup

Individual GF VT

\$3.99

### Salted Caramel Brownies

2-pack

\$4.50

8-pack GF VT

\$15.99

### Fruit Buckle VT

Single Slice

\$2.99

Whole Fruit Buckle (serves 8) \$19.99

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

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## BEVERAGES

### Individual:

### Honest Tea

### Waterloo Sparkling Water

### Lenny Boy Kombucha

### Bulk (1/2 gallon or 1 gallon):

### Ginger-Citrus Tea

### Honey Lemon Green Tea

### Strawberry Mint Lemonade

*Chef Alyssa's*  
TABLE

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

☎ (704) 817-7568

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Charlotte, NC 28217

Pick-Up/Delivery 3:30 - 7:30 pm • Monday - Friday.

Plastic utensils not included unless specified. The menu is nut-free except for Kale and CAK Classic Salads

GF

VT

V

DF

Gluten Free

Vegetarian

Vegan

Dairy Free