



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. Reheat Instructions listed online.

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: Frenched Chicken Breast, 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.

Frenched Chicken Breast 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 Can be V

\$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

Check out our Monthly Seasonal Specials!

SIDES

Small serves 2-3. \$6.99

Large serves 4-6. \$10.99

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 VT

SALADS

All feature local greens.

Small serves 2-3 as sides. \$7.99

Large serves 6-8 as sides. \$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 Standard Salad GF VT Can be DF

Kale with a beet & hazelnut salad, feta, almonds, & roasted lemon basil vinaigrette.

Santorini Salad GF VT Can be V

Kale salad with olives, marinated tomatoes infused grains, spiced chickpeas, feta, & lemon herb vinaigrette

Caesar Salad VT

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

\$5.99

8-pack GF VT

\$19.99

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

BOWLS

South End GF Can be VT

Carolina rice, choice of [herb pulled chicken or roasted tofu], smoked cauliflower, butternut squash, sautéed greens, buttermilk slaw, aji dulce barbecue

Rio Grande GF Can be VT

Carolina rice, choice of [adobo chicken or adobo tofu], smashed avocado, zucchini, marinated tomatoes, chipotle-cilantro crema

BEVERAGES

House selection available online

Chef Alyssa's
TABLE

FARMS AND VENDORS

Coto Family Farms, Burton Farms, Anson Mills Grains, Boy & Girl Farm, Glory Farms, Freshlist, Fair Share Farm, Shipley Farms Beef, Inland Seafood, Springer Mountain Chicken, Smiling Hara Tempeh

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

Delivery to about anywhere in Charlotte and the surrounding areas.

The menu is nut-free except Nutella Pie, Kale and CAK Standard Salads.

GF

Gluten Free

VT

Vegetarian

V

Vegan

DF

Dairy Free

☎ (704) 817-7568

✉ 4001-C Yancey Road #100

Charlotte, NC 28217

🌐 chefalyssaskitchen.com

📧 @chefalyssactt

📧 info@chefalyssaskitchen.com