



# 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

- \$38: Adobo Spiced Tofu
- \$42: Roasted Chicken
- \$45: Frenched Chicken Breast, Eggplant, Pork Loin
- \$55: Salmon\*, Pot Roast, Wild Bass, Organic Tempeh
- \$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  
\$8.99: Individual \$33.99: Four Pack

**Wagyu Flank Steak\*** GF  
Seared with Balsamic Reduction Sauce  
\$11.99: 6oz Individual \$45.99: 2lb Four Pack

**Wild Bass** GF  
Lemon-White Wine-Caper Butter  
\$8.99: Individual \$33.99: Four Pack

**Honey Garlic Smoked Pork Loin** GF DF  
Aji Dulce Barbeque Sauce  
\$24.99: 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** GF V  
Served with seasonal accompaniments

\$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

**Glazed Carrots** GF V

**Caramelized Broccoli** GF V

**Fresh Fruit** GF V

**Crispy Root Vegetable Cakes** GF VT  
(5m = 3 pieces; Lg=6 pieces)

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

**Seasonal Vegetables** GF V

**Mac & Cheese** VT

**Brussels Sprouts with Roasted**

**Garlic** GF V

## 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 extra-virgin olive oil and lemon, drizzled with balsamic figs, parmesan and toasted pine nuts

**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

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

## DESSERTS

**Nutella Pie** VT  
Single Slice \$3.99  
Whole Pie (serves 8) \$23.99

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

**Seasonal Gluten-Free Dessert Cup**  
Individual GF VT \$3.99

**Salted Caramel Brownies**  
2-pack \$5.99  
8-pack \$19.99

**Fruit Buckle** VT  
Single Slice \$4.25  
Whole Fruit Buckle (serves 8) \$24.99

**Chocolate Cake Slice**  
Vanilla whipped cream and raspberry sauce  
Single Slice \$4.99

## BOWLS

**South End** GF Can be VT  
Carolina rice, Carolina rice, choice of [herb pulled chicken or roasted tofu], smoked cauliflower, butternut squash, sautéed greens, buttermilk slaw, aji dulce barbeque

**Rio Grande** GF Can be VT  
Carolina rice, choice of [adobo chicken or adobo tofu], smashed avocado, zucchini, marinated tomatoes, chipotle-cilantro crema

## BEVERAGES

Home selection available online



## 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 VT V DF  
Gluten Free Vegetarian Vegan Dairy Free

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