



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

\$74: 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 \$54.99: 21b Four Pack

Wild Bass GF
Lemon-White Wine-Caper Butter
\$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 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 GF VT \$19.99

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

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

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 VT V DF
Gluten Free Vegetarian Vegan Dairy Free

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