



Chef Alyssa's Family Table Meals



At Chef Alyssa's Kitchen, our mission is to provide fresh food for you and your family made with local ingredients, sustainable packaging and designed to travel from our kitchen to your home

ENTREES

Family Meal Packs include 4 entree portions, 2 small sides, small table salad and 4 dinner rolls

Frenched Chicken Breast

\$8.49: Individual \$32.99: Four Pack \$55.00: Family Pack

Braised Beef Pot Roast

\$8.99: Individual \$33.99: Four Pack \$55.00: Family Pack

Wagyu Flank Steak*

Seared with Balsamic Reduction Sauce

\$12.99: Individual \$49.99: 1.5lb Four Pack

\$64.99: 2lb Four Pack \$70.00: Family Pack

Smoked Pork Loin*

Aji Dulce Barbecue Sauce

\$7.99: Individual \$30.99: Four Pack \$55.00: Family Pack

Seared Salmon*

\$10.49: Individual \$46.99: Four Pack \$70.00: Family Pack

Stuffed Bell Pepper

\$6.99: Individual \$24.99: Four Pack \$45.00: Family Pack

Local Tempeh

Served with seasonal accompaniments

\$8.99: Individual \$33.99: Four Pack \$55.00: Family Pack

Roasted Chicken

\$11.99: Individual \$20.99: Four Pack \$42.00: Family Pack

Adobo Spiced Tofu

\$4.99: Individual \$17.99: Four Pack \$38.00: Family Pack

Check out our Monthly Seasonal Specials!

SIDES

Small serves 2-3. Large serves 4-6.

Anson Mills Carolina Gold Rice

\$7.99/\$14.99

White and brown rice blend

Garlic Fingerling Potatoes

\$7.99/\$14.99

Mediterranean Orzo Salad

\$6.99/\$12.99

Spiced Local Carrots

\$9.99/\$19.99

Roasted Broccoli with Lemon

\$6.99/\$12.99

Seasonal Local Vegetables

\$7.99/\$14.99

Mashed Local Sweet Potatoes

\$7.99/\$14.99

Seasonal Local Fruit

\$8.99/\$14.99

Crispy Root Vegetable Cakes

\$7.99/\$14.99

Potatoes with local root vegetables

Dinner Rolls: 4-pack

\$3.99/8-pack 7.99

Mac & Cheese

\$6.99/\$12.99

Brussels Sprouts with Sherry & Honey

\$6.99/\$12.99

Roasted Cauliflower with Herbs and Currants

\$7.99/\$14.99

SALADS

All feature local greens.

Small serves 2-3 as sides. \$12-\$14

Large serves 6-8 as sides. \$21-\$26

Table Salad

Mixed greens with cucumber, tomato, croutons & your choice of dressing

Kale Salad

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

CAK Standard Salad

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

Santorini Salad

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

Tunisian Spice Salad

Spice roasted carrots, shredded kale and cabbage, granny smith apples, herb pulled chicken, feta cheese, toasted walnuts and tahini balsamic vinaigrette

DESSERTS

Nutella Pie

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 \$3.99

Salted Caramel Brownies

2-pack \$7.50
8-pack \$28

GRAIN BOWLS

all bowls are gluten-free

South End

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

Rio Grande

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

Oaxacan Mole

Carolina rice, mole verde pulled pork, corn and queso fresco salad, pickled radish

BEVERAGES

House selection available online

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



FARMS AND VENDORS

Coto Family Farms, Burton Farms, Anson Mills Grains, Boy & Girl Farm, Barbee Farms, Freshlist, Fair Share Farm, Shipley Farms Beef, Inland Seafood, Bell & Evans Chicken, Smiling Hara Tempeh

Pick-Up/Delivery 3:30 - 7:00 pm • Monday - Friday. Same day ordering until 11 am

Delivery to about anywhere in Charlotte and the surrounding areas.

Most menu items are nut-free. All nuts, croutons, dressings and sauces are always on the side



Gluten Free



Vegetarian



Vegan



Dairy Free

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