





# Dietary Restrictions Recommendations for Chef Alyssa's Kitchen - Family Table Meals

# Low Carb/Diabetes-Friendly Meal Items

#### Entrees

- Frenched Chicken Breast
- Flank Steak
- Seared Salmon
- Roasted Chicken
- Adobo Spiced Tofu
- Grilled Chicken

#### Sides

- Spiced Local Carrots
- Roasted Broccoli
- Roasted Local Veggies
- Seasonal Fresh Fruit
- Brussel Sprouts
- Roasted Cauliflower
- Curry Cauliflower Steak
- Seasonal Squash

#### Salads

- Table Salad-optional no croutons
- Kale Salad
- **CAK Standard Salad**
- Tunisian Spice Salad

# Hypertension/Low Sodium Options Specifying No Salt On Order

#### Entrees

- Seared Salmon
  - Adobo Spiced Tofu
- Grilled Chicken

### Sides

- Spiced Local Carrots
- Garlic Fingerling Potatoes
- Seasonal Local Veggies
- Seasonal Local Fruit
- Brussel Sprouts
- Roasted Cauliflower
- Cauliflower Steak
- Anson Mills Carolina Gold Rice
- Seasonal Squash

#### Salads

All Salads- excluding cheese & croutons

#### Grain Bowls

- South end-excluding buttermilk slaw & sub grilled chicken
- Rio Grande-excluding chipotle-cilantro crema & sub grilled chicken.

# Dairy-Free Friendly Meal Items

#### Entrees

- All Entrees
- Sides
  - All Sides excluding Mac & Cheese
- Salads
  - All Salads- exclude cheeses

#### Grain Bowls

All Grain Bowls- exclude cheeses, buttermilk slaw, & crema

#### Desserts

Vegan chocolate crumble cheesecake bar

## Vegan Friendly Meal Items

#### > Entrees

- Adobo Spiced Tofu
- Stuffed Red Bell Pepper

## ➤ Sides

- Carolina Gold Rice
- Garlic Fingerling Potatoes
- Spiced Local Carrots
  - Roasted Broccoli
- Seasonal Local Vegetables
- Seasonal Local Fruit
- **Brussel Sprouts**
- Roasted Cauliflower
- Quinoa Salad
- Curry Cauliflower Steak
- Seasonal Squash

#### Salads

All Salads exclude cheese on them.

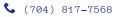
#### Grain Bowls

- Rio Grande- if you choose tofu option and exclude chipotle-cilantro crema
- South End- if you choose tofu option and exclude buttermilk slaw

Vegan Chocolate crumble cheesecake bar

# Vegetarian Friendly Meal Items

- Adobo Spiced Tofu
- Stuffed Red Bell Pepper
- Sides
  - All Sides
- Salads
  - All Salads
- **Grain Bowls** 
  - Rio Grande
  - South End
- Desserts
  - Lacto-vegetarian options for all desserts



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