



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

GF DF

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

Braised Beef Pot Roast

GF DF

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

Shipley Farms Seared Flank Steak*

GF

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*

GF DF

Aji Dulce Barbeque Sauce

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

Seared Salmon*

GF DF

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

Stuffed Bell Pepper

GF VT Can be V

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

Stuffed Eggplant Moussaka Meal

GF VT

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

Roasted Chicken

GF DF

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

Adobo Spiced Tofu

GF V

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

Grilled Chicken

GF DF LS

\$8.49: Individual \$32.99: Four Pack \$55.00: 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 GF V

White and brown rice blend

Garlic Fingerling Potatoes

\$7.99/\$14.99 GF V

Mediterranean Orzo Salad

\$6.99/\$12.99 VT

Spiced Local Carrots

\$9.99/\$19.99 GF V

Roasted Broccoli with Lemon

\$6.99/\$12.99 GF V

Roasted Local Sweet Potatoes

\$7.99/\$14.99 GF V

Seasonal Squash

\$7.99/\$14.99 GF VT V DF

Always local. Grilled seasonal squash, tossed in chimichurri

Seasonal Local Fruit

\$8.99/\$14.99 GF V

Quinoa Salad

\$6.99/\$12.99 VT

with roasted carrots, watermelon radish, dried fruit & herbs

Dinner Rolls: 4-pack

\$3.99/8-pack 7.99 VT

Mac & Cheese

\$6.99/\$12.99 VT

Brussels Sprouts with Sherry & Honey

\$6.99/\$12.99 GF V

Middle Eastern Spiced

Cauliflower

\$7.99/\$14.99 GF VT V DF

Roasted Cauliflower, finished with Za'taar spice, lemon zest, pine nuts and fresh herbs

SALADS

All feature local greens.
oil-free dressing options

DESSERTS

GRAIN BOWLS

all bowls are
gluten-free

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

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

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.

Mediterranean Salad

GF V

Baby Kale, Portobellos, Smoked Cauliflower, Roasted Eggplant, Walnuts, Tahini-Balsamic Vinaigrette

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 Flavor Cake Pop

GF

Double Chocolate Cake Pop

Individual

\$3.00

Salted Caramel Brownies

2-pack

\$7.50

8-pack

\$28

Chocolate Crumble Cheesecake Bar

Individual V

\$3.99

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

Oaxacan Mole

GF

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

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



Low Sodium

Chef
Alyssa's

TABLE

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