



# 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 choice of 4 dinner rolls or gluten-free cornbread

### Frenched Chicken Breast GF DF

\$8.49: Individual \$16.98: Two Pack  
\$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 \$31.98: Two Pack \$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

### Seasonal White Fish

Market fish with compote or other sauce

### Seared Salmon\* GF DF

\$10.49: Individual \$20.98: Two Pack  
\$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

## SIDES

Check out our Monthly Seasonal Specials!

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

### TideWater 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

### Roasted Broccoli Salad \$6.99/\$12.99 GF VT V

with lemon zest, cranberry, feta, spiced chickpeas tossed in lemon vinaigrette

### Corn Salad \$6.99/\$12.99

Adobo roasted corn, zucchini, queso fresco

### Seasonal Local Fruit \$8.99/\$14.99 GF V

### Quinoa Salad \$6.99/\$12.99 VT

with roasted carrots, watermelon radish, dried fruit & herbs

### Mac & Cheese \$6.99/\$12.99 VT

### Roasted Brussels Sprouts \$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

### Gluten-Free Cornbread \$7.99 GF

Local cornmeal from Coldwater Creek Farm. Serves 6

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

## SALADS

All feature local greens.  
oil-free dressing options

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

### Seasonal Salad

Utilizing fresh, seasonal ingredients

## DESSERTS

### Nutella Pie VT

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

### Chocolate Chunk/ Snickerdoodle Cookies

2-pack VT \$3.99  
8-pack \$13.99

### Salted Caramel Brownies

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

### Rotating Desserts

Creative desserts on the pastry chef's whim

*Chef Alyssa's*

TABLE

## GRAIN BOWLS

all bowls are  
gluten-free

### 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

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

## FARMS AND VENDORS

Freshlist, Coto Family Farms, Burton Farms, Tidewater Grains Co, Boy & Girl Farm, Barbee Farms, Coldwater Creek Farm, Fair Share Farm, Shipley Farms Beef, 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

GF  
Gluten Free

VT  
Vegetarian

V  
Vegan

DF  
Dairy Free

LS  
Low Sodium

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