



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

\$8.49: Individual \$16.98: Two Pack

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

Braised Beef Pot Roast

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

Shipley Farms Seared Flank Steak*

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*

Aji Dulce Barbeque Sauce

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

Seasonal White Fish

Market fish with compote or other sauce

Seared Salmon*

\$10.49: Individual \$20.98: Two Pack

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

Stuffed Bell Pepper

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

Stuffed Eggplant Moussaka Meal

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

Grilled Chicken

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

SIDES

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

with roasted carrots, zucchini, quinoa, feta, lemon, mint

Always local. Grilled seasonal squash, tossed in chimichurri

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 GF V

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

Roasted Brussels sprouts, finished with za'atar spice, lemon

zest, pine nuts and fresh herbs

Middle Eastern Spiced Cauliflower

\$7.99/\$14.99 GF VT V DF

Roasted Cauliflower, finished with Za'atar 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

F 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

VT

V

DF

LS

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

• (704) 817-7568

• 4001-C Yancey Road #100
Charlotte, NC 28217

• chefalyssaskitchen.com

• @chefalyssaskitchen

• info@chefalyssaskitchen.com