

Please note: this is a sample menu.
Menus change with seasonal availability and my inspiration. All menus are customized according to your taste and dietary needs.



CARNIVORES

BROTHS, STEWS AND MAIN ENTREES

Organic chicken bone broth
Chunky chicken (or turkey) chili with black beans, roasted sweet potatoes, grilled corn, kale and chipotles
Grass fed roasted beef bones and vegetable broth
Chicken and black beans enchiladas with homemade roasted tomatillo sauce, jack (or cotija) cheese
Duck fat roasted chicken
Bacon, kale and mushrooms stuffed pork chops
Persian beef and potato cutlets
Turkey meatloaf with sun-dried tomatoes, spinach and feta
Old-fashioned beef (or lamb) stew with mushrooms and potatoes
Crispy buttermilk chicken (or pork) cutlets
Grilled lamb kabobs with roasted red peppers, artichokes, and kalamata olives with herb yoghurt sauce
Creamy chicken Marsala with mushrooms
Turkey and zucchini patties with feta, fresh parsley, feta and mint
Chicken Parmesan
Red wine braised short ribs served with creamy cauliflower puree and crispy shallots
Baked Parmesan crusted chicken nuggets

SEAFOOD

Creamy coconut corn chowder with poached salmon
Crispy shrimp and vegetable spring rolls
Asian glazed salmon with mango/avocado salsa served with ginger basmati rice or "riced" cauliflower
Roasted sesame shrimp (or seared tuna) over soba noodles, crispy vegetables and edamame
Crispy wild cod with baked French fries and homemade slaw