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# BORN AND BRAISED

## Weekly Menu Suggestions

All menu items are available for weekly Personal Chef services.  
Custom menu items are also available upon request.

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## ENTREES

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### SAUCES

Sauces can accompany various cuts of meat, seafood, or tofu.  
For specific recommendations, please inquire.

- BBQ Sauce
- Chimichurri
- Corn + Black Bean Salsa
- Honey Dijon Cream
- Honey Garlic Glaze
- Honey Mustard Sauce
- Mango Salsa
- Pico de Gallo
- Roasted Tomato Salsa
- Salsa Verde
- Sesame Soy Glaze
- Tzatziki

### VEGETARIAN

- Black Bean Enchiladas
- Chickpea Curry
- Crispy Tofu
- Falafel
- Mixed Grain Bowl
- Spiced Red Lentils + Sweet Potatoes
- Thai Coconut Red Curry
- Veggie Burger
- Veggie Fried Rice
- Veggie Stir Fry
- Veggie Tacos

### FISH + SEAFOOD

- Beer Battered Cod
- Beer Battered Tilapia
- Cajun Salmon or Shrimp
- Cold Poached Salmon
- Dijon Crusted Whitefish
- Jerk Salmon
- Lemon Salmon
- Salmon Cakes
- Salmon Piccata
- Sesame Soy Glazed Salmon
- Shrimp Cocktail
- Shrimp + Corn Fritters
- Shrimp Fried Rice
- Shrimp Scampi
- Shrimp Stir Fry
- Thai Shrimp Coconut Curry

### BEEF

- Barbacoa
- Beef Bourguignon
- Beef Enchiladas
- Beef Pot Roast
- Beef Stew
- Beef Stroganoff
- Beef Tacos
- Broccoli + Beef Stir Fry
- Ground Beef + Cabbage
- Gyro Meatballs
- Korean Ground Beef
- Meatloaf
- Sheppard's Pie
- Spinach + Beef Lo Mein
- Steak Fajitas
- Stuffed Peppers
- Swedish Meatballs
- Sweet + Sour Beef Stew
- Teriyaki Meatballs

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# ENTREES CONT.

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## CHICKEN

- Balsamic Chicken Breast
- Blackened Chicken
- Buffalo Chicken Meatballs
- Buffalo Chicken Breast, Thighs, or Wings
- Buttermilk Fried Chicken Thighs
- Chicken Curry
- Chicken Enchiladas
- Chicken Fajitas
- Chicken Fried Rice
- Chicken + Leek Stew
- Chicken Marsala
- Chicken Paprikash
- Chicken Parmesan
- Chicken Piccata
- Chicken Tikka Masala
- Chicken Tinga
- Cilantro Lime Chicken Breast
- Cuban Chicken Breast
- Dijon Crusted Chicken
- Greek Chicken
- Honey Chicken Stir Fry
- Honey Chipotle Chicken
- Huli Huli Chicken
- Indian Spiced Chicken
- Lemon Chicken
- Lemon Pepper Chicken
- Maple Glazed Chicken
- Rosemary Balsamic Chicken
- Teriyaki Chicken
- Tuscan Chicken

## PORK

- Maple Glazed Pork Chops
- Pork Marsala
- Pork + Cabbage Stir Fry
- Pork Stir Fry
- Pork Teriyaki
- Rosemary Balsamic Pork Tenderloin
- Sausage + Artichoke Stew
- Sweet + Sour Pork

## TURKEY

- Buffalo Sloppy Joes
- Meatballs
- Meatloaf
- Stuffed Peppers
- Thai Lettuce Wraps
- Turkey Burgers
- Turkey Enchiladas

## KIDS FOOD

- BBQ Chicken
- Chicken Parmesan
- Chicken Salad Sandwiches
- Chicken + Stars Soup
- Chicken Tenders
- Crudite + Hummus
- Egg Salad
- Enchilada Bake
- Fried Rice
- Grilled Cheese
- Mac + Cheese
- Meatballs
- Meatloaf
- Quesadillas
- Sloppy Joes
- Stuffed Shells
- Turkey Burgers

## PASTA

- Alfredo
- Baked Ziti
- Balsamic Pasta Salad
- Basil Pesto
- Beef Bolognese
- Buttered Noodles
- Greek Orzo Salad
- Israeli Cous Cous
- Lasagna
- Mac and Cheese
- Pasta + Peas
- Pasta Primavera
- Puttanesca
- Roasted Tomato + Feta
- Spinach Artichoke Orzo
- Spinach + Garlic Orzo
- Tomato Sugo
- Tomato Vodka Sauce
- Vegetable Marinara
- White Mac + Cheese

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# SIDE DISHES

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## SOUP

- Beef + Barley
- Broccoli
- Butternut Squash
- Carrot + Fennel
- Chicken Noodle
- Chicken + Sausage Gumbo
- Chicken Tortilla
- Chicken + Wild Rice
- Clam Chowder
- Corn
- Lentil
- Minestrone
- Mushroom
- Pasta Fagioli
- Potato Leek
- Stuffed Pepper
- Sweet + Sour Cabbage
- Tomato
- Turkey + White Bean + Kale

## GRAINS + BREAD

- Arepas
- Beer Bread
- Cheddar Grits
- Corn Bread
- Corn Fritters
- Faro
- Garlic Bread
- Mixed Grains
- Quinoa
- Rosemary Dinner Rolls

## SALAD

- Apple
- BLT
- Caesar
- Chopped
- Cobb
- Greek
- Green Goddess
- Italian Chopped
- Nicoise
- Poached Pear
- Southwest
- Thai Chopped
- Tomato Mozzarella

## RICE

- Brown Rice
- Cilantro Lime Rice
- Coconut Rice
- Dill Rice
- Garlic Fried Rice
- Green Rice
- Mushroom Brown Rice
- Rice + Black Beans
- Rice Pilaf
- Spanish Rice
- Sushi Rice Cakes
- White Rice

## LEGUMES

- Baked Beans
- Barley + Bean Salad
- Black Beans
- Curried Black Eyed Peas
- Lentils
- Red Beans + Rice

## VEGETABLES

- Asparagus
- Baba Ganoush
- Balsamic Green Beans
- Braised Cabbage
- Broccoli
- Broccoli Salad
- Brussel Sprouts
- Butternut Squash
- Cauliflower
- Cole Slaw
- Collard Greens
- Crispy Kale + Chickpeas
- Cucumber + Tomato Salad
- Edamame + Corn Salad
- Eggplant Caponata
- Elotes Corn Salad
- Green Beans
- Green Beans Almondine
- Marinated Kale
- Ratatouille
- Roasted Peppers
- Saag Paneer
- Sesame Green Beans
- Sichuan Green Beans
- Spaghetti Squash
- Yellow Squash
- Zucchini

## POTATOES

- Hasselback Potatoes
- Mashed Potatoes
- Olive Oil Smashed Potatoes
- Patatas Bravas
- Potato Salad
- Potato Wedges
- Red Skinned Mashed Potatoes
- Roasted Potatoes
- Sweet Potato Wedges
- Twice Baked Potatoes
- Tzatziki Potato Salad