



## **SAMPLE MENUS**

### **SAMPLE VEGETARIAN MEALS:**

- Chickpea Crêpes filled with Roasted Shiitakes, Red Peppers, and Cauliflower; Miso Soup; Spinach Salad with Grapefruit and Walnuts
- Root Vegetable Stew over Basmati Rice; Shredded Romaine Salad with Dill and Scallions
- Mushroom, Onion, and Irish Vintage Cheese Quiche; Sautéed Chard with Frizzled Ginger; Watercress, Orange, and Endive Salad

### **SAMPLE SEAFOOD MEALS:**

- Baked Halibut with Pistachio Pesto; Grilled Asparagus and Onions; Mesclun Greens Salad
- Cold Poached Wild Salmon with Garlicky Green Mayonnaise; Roasted Russet Potato Batons; Sautéed Collards
- Broiled Sea Scallops with Chive Butter; Red Pepper Soup; Arugula Salad

### **SAMPLE POULTRY MEALS:**

- Roasted Maple-Mustard Chicken; Sautéed Broccoli Rabe with Garlic, and Pignoli Nuts; Greek Salad
- Chicken Breast Stuffed with Fresh Herbs and Goat Cheese; Rosemary-Olive Crostinis; Frisée, Endive, and Pear Salad;
- Spicy Turkey Burgers; Roasted Squash Soup; Steamed Broccoli with Parmigiano-Reggiano Shavings

### **SAMPLE DESSERTS:**

- Pumpkin Cheesecake
- Vegan Chocolate Coconut Cake with Non-Dairy Fudge Frosting
- Apple-Cherry Kantan
- Gluten-Free Macarons

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