

KITCHEN BANDIT — PRE-HEIST QUESTIONNAIRE

Before the Bandit arrives, I need to know what I'm working with...

1. Dietary Rules (Non-Negotiables)

(Check all that apply)

- No restrictions — surprise me
- Vegetarian
- Vegan
- Pescatarian (seafood only)
- Eggs OK
- Dairy-free
- Gluten-free
- Allergies (please list): _____

2. Food Preferences (What You Like / Don't Like)

Favourite foods or flavours: _____

Foods you absolutely avoid: _____

3. Protein Check (Important)

To create a proper 3-course meal, I aim for 6–8 oz of protein per guest.

What do you currently have?

(Check all that apply)

- Chicken
- Beef
- Pork
- Seafood
- Eggs
- Plant-based protein (tofu, beans, lentils, etc.)
- Not sure

4. Kitchen Inventory (The Playground)

Cooking setup:

- Gas stove
- Electric stove
- Induction

Available equipment:

- Oven
- Blender
- Food processor
- BBQ / Grill
- Stand mixer
- Air fryer
- Other: _____

5. Pantry Basics (Fuel for the Magic)

Most kitchens have enough to work with—but let's confirm:

- Salt
- Pepper
- Sugar
- Flour
- Eggs
- Oil / butter
- Basic spices

(If anything is missing, note it here: _____)

6. Fresh Ingredients on Hand

(Quick scan of your fridge & cupboards)

Vegetables: _____

Fruits: _____

Dairy: _____

Grains / carbs (rice, pasta, bread, etc.): _____

7. Guest Count & Occasion

Number of guests: _____

Special occasion (if any): _____

8. Final Word

Anything else the Bandit should know before entering your kitchen?

“You bring the ingredients. I’ll bring the experience.”