



BRUNCH MENU

flexeatss@gmail.com

STANDARD BRUNCH

SCRAMBLED EGG, BREAKFAST
POTATOES, FRENCH TOAST
SAUSAGE OR BACON, FRUIT,
ORANGE JUICE



PREMIUM BRUNCH

SCRAMBLED EGG, BREAKFAST
POTATO, SAUSAGE, BACON,
FRENCH TOAST, CHICKEN &
WAFFLES, SHRIMP & GRITS, FRESH
FRUIT, ORANGE JUICE

ADD-ON:

Steak

Lobster

Donuts

Cinnamon Buns

Biscuits

Croissants

Coffee Bar

Mimosa Bar





DINNER MENU

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PROTEIN:

BBQ/JERK RIBS
CHICKEN WINGS
BBQ/JERK CHICKEN
CURRY CHICKEN
HONEY GLAZED SALMON
GARLIC BUTTER SHRIMP

LAMB CHOPS+
LOBSTER +
STEAK +
OXTAIL +

RICE:

WHITE RICE
YELLOW RICE
RICE & PEAS

PASTA:

JERK CHICKEN PASTA
MAC & CHEESE
SEAFOOD MAC
(SHRIMP, CRAB, LOBSTER)+

+ indicates an upcharge



SIDES:

GREEN BEANS
HONEY HOT SPROUTS
ASPARAGUS
BROCCOLI
HONEY GLAZED CARROTS
CAESAR SALAD
CORN BREAD
MASHED POTATOES

****CHOOSE FROM SILVER,
OR GOLD PACKAGE.
PRICING WILL VARY ON #
OF PEOPLE & PROTENS
SELECTED.**



FULL MEAL CATERING OPTIONS DINNER

SILVER

3 PROTEINS & 3 SIDES

GOLD

4 PROTEINS & 4 SIDES

**CHOOSE FROM SILVER, OR GOLD PACKAGE.
PRICING WILL VARY ON # OF PEOPLE &
PROTEINS SELECTED. PRICES ABOVE ARE
ESTIMATED, EACH QUOTE VARIES.**

FREQUENTLY ASKED QUESTIONS

1. Do you travel?

✓ **Yes! Chef Flex caters throughout the surrounding areas and is also available for destination events. Travel fees may apply depending on location.**

2. What's the difference between Drop-Off Catering and Luxury Setup?

- **Drop-Off Catering → Food is delivered hot in foil pans with wire racks & sternos. A convenient, budget-friendly option for casual gatherings.**
- **Luxury Setup → Food is arranged buffet-style with chafing dishes, décor, and full tablescaping. Elegant & premium presentation for a polished dining experience.**

3. How many guests can you accommodate?

✓ **From intimate gatherings of 10 guests to larger events. For big parties, we'll customize the menu + service to fit your needs.**

4. Do you provide servers or bartenders?

✓ **With Luxury Setup, we can provide professional staff to serve, replenish, and assist guests. Bartenders are also available upon request.**

5. Can I customize my menu?

✓ **Yes! While we have Brunch & Dinner Packages, we can tailor the menu with substitutions or premium upgrades.**

6. How do deposits and payments work?

✓ **A non-refundable deposit secures your event date. The remaining balance is due the week of your event. (Your invoice will include a clear payment schedule.)**

7. Do you handle dietary restrictions?

✓ **Absolutely — please share any allergies or special diets (vegetarian, pescatarian, gluten-free, etc.), and we'll adjust accordingly.**

8. Are deposits refundable?

No, all deposits are non refundable.

Catering Special

MENU

\$850 (5 PANS)

FEEDS UP TO 20



PROTEINS (PICK 2)

- WINGS
- SALMON
- JERK CHICKEN
- BAKED CHICKEN
- GARLIC BUTTER SHRIMP (BAKED OR FRIED)
- OXTAIL



SIDES (PICK 3)

- MAC & CHEESE
- CANDIED YAMS
- GARLIC MASH POTATOES
- JERK PASTA
- SEAFOOD MAC N CHEESE
- RICE & PEAS
- CORN BREAD
- SWEET DINNER ROLL

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VALID UNTIL 12/01/25