

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







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

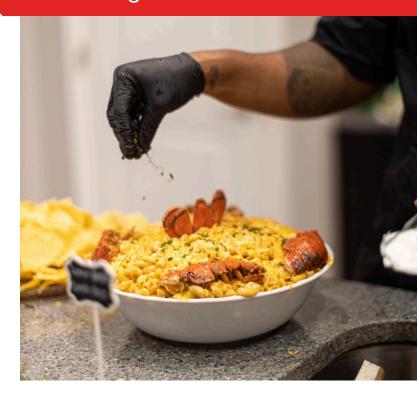
SEAFOOD MAC

(SHRIMP, CRAB, LOBSTER)+

+ indicates an upcharge

DINNER MENU

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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 &
PROTENS 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 \$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

BOOK NOW WWW.FLEXEATSS.COM VALID UNTIL 12/01/25