



# BRUNCH MENU

flexeatss@gmail.com

## STANDARD BRUNCH

SCRAMBLED EGG, BREAKFAST  
POTATOES,  
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





## 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.**



# 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.**

# **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.**