

# OUR SERVICES

- Our Personal Chef service is hourly. We come to your home or venue. We assist in creating the menu and it's optional, We provide the groceries for your meal. We prepare, clean up, plate and serve your meal.
- Our catering service currently servicing small events 70 or less. We help create the menu, prepare the food and arrange for pick up or delivery.
- Meal planning We create a healthy 5-7 day meal plan to your specifications. We then prepare and package your meals making your meal time quick ,easy with minimal prep. and clean up.



OUR MEAL SERVICE

Toast'it also offers Meal (delivery/ pick up) service to homes and businesses in Tulsa, Jenks and surrounding areas. Get fresh, quality made to order Soul Bistro food without the hassle. Just 3 simple steps place your Menu order 24hrs prior to delivery or pick up, once you have received confirmation of your order, location, and time, make your payment through Cash App, Paypal, or Chime.

Phone: 918.986.7109

Email: Toastitordernow@Gmail.com

www.Sagehospitality.company

# MEAL SERVICE MENU

Sandwich, Salad or Soup Meal \$10

**Hot Entrée Meal \$13** 

All Meals include Drink & Side/ Bread

CashApp \$Toastit918
Chime \$Toastitllc
Paypal.me/Toastit918

# HOT ENTRÉES

- Seafood Gumbo 16oz
- Stuffed smotherd Pork Chop
- Red Beans & Rice 16oz
- Roasted Chicken breast
- Chicken Parmesan

## **SANDWICHES**

- Vibez Club 3meat 2cheese
- Turkey Club or Wrap 1meat 2cheese
- Crossiant (Hot)

Genoa Salami/Bacon Egg & Cheese

### **SALADS**

- Italian Chef
- Chef
- Ceasar

#### **HOT DRINKS 120Z OR 160Z COLD**

- Pineapple Ice Tea
- Lemonade Ice Tea
- Bottled water
- Mango Ice Tea
- Peach Ice Tea
- Coffee or Cappuccino
- Strawberry Lemonade

**Meal Service Days** 

**Monday & Friday (More TBA)** 

Meal retrivial times 9am, 12pm & 6pm

#### **DESSERTS**

## \$3 MUFFINS, \$5 MINI CAKE

- Chocolate Pecan
- Bananna Walnut
- Lemon Cream
- Pina-colada
- Blueberry

#### SIDES

- Chips
- Fries
- House Salad
- Southern Greenbeans

**Texas toast or Cornbread** 

#### **SOUPS 120Z**

- Broccoli cheese
- Chicken noodle
- Tomato Basil





# YOUR ORDER HERE

