



CHEF'S CHOICE MEAL PREP

The following meals are specially priced to give us an opportunity to "test the waters" with new ideas, recipes, and showcase some of our favorite flavors and combinations (SMALL MODIFICATIONS ACCEPTED)



**LOADED CREAMY
CAJUN CHICKEN** \$10 + tax

Cajun seasoned shrimp and andouille sausage in a Cajun cream sauce, Smothering a split chicken breast over rice or zucchini noodles



**SOUTHERN STYLE
SHRIMP AND MASH** \$10 + tax

A lunch version of "shrimp n grits" with a light citrus roux full of red and green bell pepper, red onion, bacon, and shrimp, over mashed cauliflower or potatoes.



**MEDITERRANEAN
ZUCCHINI BOATS** \$10 + tax

A zucchini sliced in half, hollowed and filled with ground turkey, garbanzo beans, black olives, tomato, red onion, and topped with feta cheese. Served with a balsamic glaze



SALMON TACO BOWL \$10 + tax

A bottom layer of quinoa, topped with "taco" spiced salmon chunks, black beans, and a cilantro lime slaw. Served with a spicy creamy avocado sauce



CUBAN MOJO CHICKEN \$10 + tax

Cuban inspired mojo marinated chicken leg quarter (citrus, garlic, herbs, and spices) grilled and plated over Cuban style black beans and rice



BBQ BRISKET PLATE \$10 + tax

Slow smoked Texas style brisket slices (5-6oz), with a side of Mac n cheese and collard greens. Served with JFC BBQ sauce

