

## FAMILY TABLE SERIES SEPTEMBER 14TH MENU

## RECIPE KEY

LC = Low Carb | GF = Naturally Gluten Free | SF = Soy Free | SeF = Sesame Free | DF = Dairy Free | EF = Egg Free | SHF = Shellfish Free | NF = Nut Free

Everything is always seed-oil-free and made with organic or certified non-GMO ingredients whenever possible.

## BACK TO THE TABLE

## GATHER. NOURISH. ENJOY.

The first hints of fall meet bright coastal flavors in this week's menu. Three handcrafted stromboli selections bring something new to the table, while coconut-lime chicken, piccata meatballs, two distinct seafood entrees and slow-braised brisket offer plenty of familiar comfort. Everything is prepared in small batches with premium ingredients, clean cooking methods and thoughtful finishing touches.

## STOCK THE FREEZER

Made for the rhythm of a busy week. Keep a whole stromboli ready for a quick meal before evening activities, a substantial after-school bite or an effortless game-day gathering. Generously filled and hearty enough for hungry adults, each one slices easily for sharing and freezes beautifully for later.

## WHOLE BAKED STROMBOLI

Each handcrafted stromboli is provided fully baked and includes a 16-ounce accompaniment. Enjoy within three to four days or freeze for later. Available with traditional pizza dough or gluten-free Manini's dough. Sold whole only.

## PHILLY STEAK &amp; CHEESE STROMBOLI - \$60 | GF \$67

Prime sirloin is layered with caramelized onions, sauteed green peppers, provolone and low-moisture mozzarella, then wrapped in pizza dough and baked until deeply golden.

**Recipe Key:** NF, SF, SeF, SHF

**Allergens:** Wheat, Milk, Egg

**Served With:** 16 Ounces House-Made San Marzano Marinara

**Why You'll Love It:** Everything satisfying about a classic Philly cheesesteak is tucked inside a crisp, golden crust and ready for slicing and sharing.

**Reheating Instructions:** Directions will be packaged separately for the best results.

## ITALIAN CHICKEN STROMBOLI - \$52 | GF \$59

Italian-seasoned chicken is layered with roasted red peppers, mozzarella, provolone, Parmesan, garlic and herbs, then rolled inside pizza dough and baked until golden.

**Recipe Key:** NF, SF, SeF, SHF

**Allergens:** Wheat, Milk, Egg

**Served With:** 16 Ounces House-Made San Marzano Marinara

**Why You'll Love It:** Familiar Italian flavors, three cheeses and tender chicken make this an easy family favorite that reheats beautifully.

**Reheating Instructions:** Directions will be packaged separately for the best results.

## GREEK CHICKEN STROMBOLI - \$54 | GF \$61

Lemon-oregano chicken is layered with feta, mozzarella, Kalamata olives, sun-dried tomatoes and roasted garlic for a savory Mediterranean-inspired filling.

**Recipe Key:** NF, SF, SeF, SHF

**Allergens:** Wheat, Milk, Egg

**Served With:** 16 Ounces House-Made Tzatziki

**Why You'll Love It:** Briny olives, tangy feta, roasted garlic and cool tzatziki give this stromboli a fresh, unexpected personality.

**Reheating Instructions:** Directions will be packaged separately for the best results.

## A LA CARTE | READY TO HEAT & EAT

**À la carte is available every week and may be ordered completely on its own; weekly specials are not required.** Custom requests may also be accommodated based on ingredient availability and preparation time.

### CHICKEN PICCATA MEATBALLS - \$23.99/LB

Hand-rolled chicken meatballs seasoned with Parmesan, garlic and fresh lemon zest are finished in a bright, buttery caper sauce.

**Recipe Key:** NF, SF, SeF, SHF

**Allergens:** Wheat, Milk, Egg

**Reheating Instructions:** Warm gently, covered, at 325°F or microwave loosely covered, stirring the sauce midway.

### TRAEGER-BRAISED BRISKET WITH AU JUS - \$34.99/LB | TWO-POUND MINIMUM

Dry-rubbed beef brisket is slowly braised on the Traeger with beef stock, garlic, onions and a touch of tomato paste until deeply savory and tender. It is chilled for clean slicing and packaged with its natural au jus.

**Recipe Key:** GF, DF, NF, SF, SeF, EF, SHF

**Allergens:** None

**Reheating Instructions:** Warm tightly covered at 300°F until heated through, keeping the sliced brisket nestled in its au jus.

### FRESH GULF SHRIMP - \$36.99/LB

Fresh, never-frozen, wild-caught Gulf shrimp are seasoned to order and cooked just until tender. Sold by finished cooked weight.

**Choose:** Blackened | Garlic-Herb | Coconut Chili-Lime | Lemon-Pepper

**Recipe Key:** GF, NF, SF, SeF, EF

**Allergens:** Shellfish; additional allergens may vary by flavor

**Reheating Instructions:** Warm gently at low power just until heated through. Avoid overheating.

### PRIME SKIRT STEAK - \$32/LB

Premium skirt steak is boldly seasoned, grilled over high heat and sliced across the grain. Sold by finished cooked weight.

**Choose:** Ginger-Soy | Carne Asada

**Reheating Instructions:** Warm loosely covered at medium power just until heated through.

### CRISPY GROUND CHICKEN BURGERS - \$14 EACH | GF \$15 EACH

Hand-formed ground chicken burgers are coated for a crisp golden exterior while remaining juicy inside. Each burger weighs six ounces after cooking and is sold individually without a bun, sauce or accompaniment.

**Recipe Key:** NF, SF, SeF, SHF

**Allergens:** Wheat, Egg

**Reheating Instructions:** Reheat in an air fryer or 375°F oven until hot and crisp.

## PLEASE NOTE

Recipe keys describe the recipe as prepared. All food is produced in a kitchen that handles major allergens. Traditional and gluten-free stromboli are prepared in the same kitchen. If you have a food allergy or sensitivity, please tell us when ordering so we can review the current production recipe with you.

## CHEF'S FEATURED WEEKLY SPECIALS

### GRILLED COCONUT CHILI-LIME CHICKEN THIGHS - \$25

Boneless chicken thighs are seasoned with warm spices and grilled until lightly charred, then generously finished with a vibrant coconut sauce layered with fresh ginger, garlic, chile and lime. The sauce is folded into the chicken as it is plated, giving every bite a balance of richness, brightness and gentle heat.

**Recipe Key:** GF, NF, SF, EF, SHF

**Allergens:** Milk, Sesame

**Macros:** Approximately 620 Calories | 42g Protein | 52g Carbohydrates | 27g Fat

**Served With:** Coconut-Lime Basmati Rice | Roasted Sesame Green Beans

**Why You'll Love It:** Creamy coconut, lively citrus and warm chile transform familiar grilled chicken into a colorful, deeply flavorful dinner that still feels fresh.

**Reheating Instructions:** Microwave loosely covered, turning the chicken and stirring the rice midway. Spoon the sauce from the bottom of the container over the chicken before serving.

### CHICKEN PICCATA MEATBALLS - \$26

Tender, hand-rolled chicken meatballs with Parmesan, garlic and lemon zest are simmered in a silky lemon-butter sauce with briny capers and fresh parsley.

**Recipe Key:** NF, SF, SeF, SHF

**Allergens:** Wheat, Milk, Egg

**Macros:** Approximately 610 Calories | 39g Protein | 49g Carbohydrates | 28g Fat

**Served With:** Parmesan Mashed Potatoes | Roasted Broccolini

**Why You'll Love It:** All the brightness and comfort of classic chicken piccata arrive in tender meatball form, with creamy potatoes to catch every spoonful of sauce.

**Reheating Instructions:** Warm covered at 325°F or microwave loosely covered. Stir the sauce and mashed potatoes midway.

### BOURBON-DIJON FLAT IRON STEAK - \$29

Six ounces of tender flat iron steak are sliced across the grain and finished with a glossy bourbon-Dijon glaze and deeply caramelized onions.

**Recipe Key:** GF, NF, SF, SeF, EF, SHF

**Allergens:** Milk

**Macros:** Approximately 650 Calories | 43g Protein | 48g Carbohydrates | 31g Fat

**Served With:** Twice-Cooked Garlic Smashed Potatoes | Savory Roasted Brussels Sprouts with Thyme and Cracked Black Pepper

**Why You'll Love It:** The savory steak, gently sweet bourbon glaze and crisp-edged potatoes create a polished steakhouse dinner without leaving home.

**Reheating Instructions:** Warm the steak gently at medium power just until heated through. Reheat the potatoes uncovered in a 375°F oven or air fryer for the crispest edges.

## CHEF'S FEATURED WEEKLY SPECIALS

### BLACKENED SALMON WITH SMOKED GOUDA & ROASTED CORN GRITS - \$29

Premium salmon is coated with warm blackening spices and seared until deeply bronzed, then settled over creamy smoked Gouda grits studded with roasted corn and bites of savory Andouille sausage. A smooth tomato-cream sauce brings the entire plate together.

**Recipe Key:** GF, NF, SF, SeF, EF, SHF

**Allergens:** Fish, Milk

**Macros:** Approximately 690 Calories | 42g Protein | 47g Carbohydrates | 36g Fat

**Served With:** Smoked Gouda & Roasted Corn Grits with Andouille | Tomato-Cream Sauce

**Why You'll Love It:** Smoky, creamy and just a little spicy, this is an indulgent Southern-inspired salmon dinner with layers of flavor in every bite.

**Reheating Instructions:** Warm the salmon gently at 300°F, loosely covered, until just heated through. Stir the grits and tomato-cream sauce midway.

### PESCADO A LA TALLA: RED & GREEN GRILLED SNAPPER - \$31

Fresh mutton snapper is deeply scored and painted with two vibrant Contramar-inspired sauces: a smoky red chile paste on one side and a vivid parsley-garlic puree on the other. Grilling lightly chars the sauces while keeping the fish moist and delicate.

**Recipe Key:** GF, DF, EF, SHF

**Allergens:** Fish, Coconut

**Macros:** Approximately 590 Calories | 42g Protein | 58g Carbohydrates | 21g Fat

**Served With:** Crispy Coconut Jasmine Rice | Charred Green Beans with Shaved Garlic & Lime Zest

**Why You'll Love It:** Dramatic red-and-green sauces bring smoky chile, fresh herbs and bright citrus to delicate snapper, while crispy coconut rice makes the plate especially memorable.

**Reheating Instructions:** Warm the fish gently at 300°F, loosely covered. Reheat the rice and green beans separately at higher heat to preserve their texture.

## FAMILY TABLE

Wholesome, chef-prepared dinners designed to heat easily and serve generously. Family Table pricing is approximately 10% less than purchasing four individual meals and includes a family-size salad, packaged separately.

### COCONUT CHILI-LIME CHICKEN FAMILY DINNER - \$90

Serves Four | Family Meal Deal

Grilled coconut chili-lime chicken thighs with coconut-lime basmati rice and roasted sesame green beans.

**Served With:** Family-Size Salad, Packaged Separately

**Allergens:** Milk, Sesame

**Reheating Instructions:** Cover and warm the chicken, rice and green beans at 350°F until heated through. Serve the salad chilled.

## SWEET SHOP

### NOT YOUR BUBBY'S HONEY COOKIES - SIX FOR \$18 | TWELVE FOR \$34

Soft, warmly spiced honey cookies bake with tender centers and lightly crisp golden edges. A subtle seasonal nod made for sharing over coffee, packing into lunches or keeping close by for an afternoon treat.

**Recipe Key:** NF, SF, SeF, SHF

**Allergens:** Wheat, Egg

**Why You'll Love It:** Honey and warm spice give these nostalgic cookies an inviting fall flavor without making the menu feel overly holiday-focused.

**Storage Instructions:** Keep tightly covered at room temperature or freeze for longer storage.

## ORDERING

Please reply with your name, selections and quantities. A four-item minimum applies to each service order. Availability is limited, and early orders are always appreciated.

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