

THE INTELLIGENT GOURMET TAMPA

OCTOBER 27TH, 2025 MENU

PLEASE NOTE: Everything is based on a first come, first serve basis.

Service Days & Areas:

- Monday & Wednesday: S. Tampa, Downtown, Davis Island, Harbor Island, Midtown
- Tuesday & Thursday: Wesley Chapel, Odessa & Lutz, Land O' Lakes, Westchase

RECIPE KEY

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

Everything is always sugar-free, seed & vegetable oil-free, organic or certified non-GMO, humanely raised, and grass-fed.

READY-TO-HEAT & EAT SPECIALS

CROISSANT FRENCH TOAST – \$12.00

Flaky butter croissants dipped in a lightly spiced custard, baked until golden, and enriched with added protein for a satisfying breakfast. Served with a side of maple syrup for a decadent brunch-style treat.

Recipe Key: NF

Allergens: Wheat, Egg, Dairy

Macros: 365 cal | 22g Protein | 36g Carbs | 15g Fat

Reheating Instructions: Oven 325°F 8–10 min or microwave 45–60 sec.

CANTINA BOWLS – \$15.00 (chicken) | \$17.00 (shrimp or steak)

A 24-ounce bowl over rice (warm) or lettuce (fresh), topped with fire-roasted tomatoes, black beans, corn, onion, pico de gallo, and cheddar cheese. Customize proteins and enjoy either warm or chilled.

Recipe Key: GF, NF, SF, SeF, SHF (varies)

Allergens: Dairy (cheddar, Baja sauce)

Macros (chicken): 510 cal | 38g Protein | 44g Carbs | 18g Fat

Reheating Instructions: Rice bowls microwave 1–2 min (lid vented). Salad bowls enjoy chilled.

THAI-INSPIRED SMOKED CHICKEN BOWL – \$21.00

Colorful and delicious, this vibrant chicken and rice bowl draws its flavor from the bold, aromatic spices of Thailand. Tender chicken thighs are tossed in a fragrant Thai red curry paste, then **smoked low and slow on the Traeger** for a deep, wood-fired flavor. Served over jasmine rice with Persian cucumber, mango, and avocado, this dish balances smoky heat with fresh, cooling elements and a touch of sweetness.

Recipe Key: GF, DF, NF, SF, SeF

Allergens: None major

Macros: ~480 cal | 38 g Protein | 35 g Carbs | 15 g Fat

Reheating Instructions: Microwave 1–2 min (lid vented) or enjoy chilled to preserve freshness.

Chef's Pick – Smoked on our Traeger for bold, wood-fired flavor.

CHICKEN PARM SANDWICH – \$19.00

Hand-breaded chicken cutlet with basil and mozzarella on toasted ciabatta. Marinara on the side to keep it crisp until serving.

Recipe Key: NF, SF

Allergens: Wheat, Egg, Dairy

Macros: 585 cal | 46g Protein | 48g Carbs | 21g Fat

Reheating Instructions: Oven 350°F 10 min in foil; warm marinara separately.

MEATBALL SUB – \$19.50

House-made meatballs with mozzarella on a toasted sub roll. Marinara on the side so every bite stays melty and perfect.

Recipe Key: NF

Allergens: Wheat, Egg, Dairy

Macros: 610 cal | 42g Protein | 44g Carbs | 25g Fat

Reheating Instructions: Oven 350°F 10 min in foil; warm marinara separately.

SEASONAL SIDES TO SHARE – Minimum Order 1 lbs

ROASTED BRUSSELS SPROUTS WITH PANCETTA & PEARS – \$21.00/lb

Caramelized Brussels sprouts roasted with crispy pancetta and fresh, ripe pears for the perfect balance of savory and sweet. Finished with a drizzle of balsamic reduction and a touch of cracked black pepper for a rich, elegant fall side.

Recipe Key: GF, NF, SF, SeF

Allergens: None major

Macros (per 6 oz serving): ~220 cal | 8g Protein | 22g Carbs | 10g Fat

Storage: Keep refrigerated. Reheat at 325°F for 8–10 minutes or enjoy warm room temperature.

CHILE-LIME ROASTED SWEET POTATO WEDGES – \$17.00/lb

Crisp-on-the-outside, tender-on-the-inside sweet potato wedges roasted with olive oil, chili powder, and sea salt. Finished with a squeeze of fresh lime for brightness and served with a tangy Greek yogurt-harissa sauce on the side for dipping. A colorful, zesty addition to your fall table.

Recipe Key: GF, NF, SF, SeF

Allergens: Dairy (Greek yogurt)

Macros (per 6 oz serving): ~230 cal | 5g Protein | 28g Carbs | 10g Fat

Storage: Keep refrigerated. Reheat at 375°F for 8–10 minutes until warm; serve sauce chilled.

SOUPS

CREAMY ORGANIC TOMATO SOUP – \$12.99

Organic tomatoes are gently simmered with aromatic herbs, carrots, and a hint of cream to bring out their natural richness. Balanced, velvety, and vibrant — a modern take on a timeless comfort classic.

Recipe Key: NF, SF, SeF, SHF

Allergens: Dairy

Macros (per 16 oz): ~210 cal | 6g Protein | 22g Carbs | 10g Fat

Reheating Instructions: Stovetop over medium heat, stirring occasionally until warmed through, or microwave 1–2 minutes.

BAKED STUFFED CHICKEN BREASTS WITH SPINACH, ARUGULA & FONTINA – \$24.00

Tender chicken breasts rolled and filled with a blend of fresh spinach, peppery arugula, and creamy Fontina cheese. The panko crust bakes to a crisp, golden finish, perfectly balancing light greens with melted cheese richness — comforting, but bright enough for a Florida fall day.

Recipe Key: NF, SF, SeF

Allergens: Dairy, Wheat, Egg

Macros: ~460 cal | 42g Protein | 24g Carbs | 18g Fat

Reheating Instructions: Oven 325°F for 15–20 minutes covered, or microwave 1–2 minutes until just warm.

CUBAN-STYLE CHICKEN FRICASSEE WITH STEAMED RICE – \$24.00

Boneless, skinless chicken thighs simmered in a light yet vibrant Cuban-style braising sauce made with citrus, sweet peppers, tomatoes, and herbs. Served over steamed rice to soak up the bright, savory sauce — classic comfort with coastal warmth.

Recipe Key: DF, GF, NF, SF, SeF

Allergens: None major

Macros: ~480 cal | 40g Protein | 30g Carbs | 16g Fat

Reheating Instructions: Oven 325°F for 12–15 minutes covered, or microwave 1–2 minutes until warm.

LEMONY CHICKEN RICOTTA MEATBALLS WITH GARLIC SPINACH ORZO – \$24.00

Tender chicken meatballs with creamy ricotta, Parmesan, and bright lemon zest for a light Mediterranean twist. Served over garlic spinach orzo infused with lemon and olive oil — fresh, vibrant, and satisfying without feeling heavy.

Recipe Key: NF, SF, SeF

Allergens: Dairy (ricotta, Parmesan), Egg, Wheat

Macros: ~480 cal | 42g Protein | 32g Carbs | 18g Fat

Reheating Instructions: Oven 325°F for 12–15 minutes covered, or microwave 1–2 minutes until warm.

SALMON STEAMED IN CEDAR PAPERS WITH ROASTED SHIITAKE SALAD – \$26.00

Salmon fillets marinated in a red miso–yuzu glaze and wrapped in cedar grilling papers, gently roasted for a delicate smoky flavor. Topped with a light shiitake mushroom salad for a modern coastal take on comfort — balanced, aromatic, and bright.

Recipe Key: DF, GF, NF, SF, SeF, LC

Allergens: Fish, Soy

Macros: ~395 cal | 34g Protein | 12g Carbs | 20g Fat

Reheating Instructions: Oven 325°F for 10–12 minutes in parchment or cedar paper, or microwave briefly until warm.

GRILLED SKIRT STEAK WITH SHISHITOS & CHARRED LEMON SALAD – \$27.00

Herb-marinated skirt steak grilled to perfection and served with a shishito and charred lemon salad of mixed greens, frisée, and watercress. Tossed with celery, mint, and Stilton for the perfect balance of smoky, citrus, and cool herbal notes. A light, coastal take on steakhouse flavor.

Recipe Key: GF, NF, SF, SeF

Allergens: Dairy (blue cheese)

Macros: ~540 cal | 42g Protein | 26g Carbs | 32g Fat

Reheating Instructions: Oven 325°F for 10–12 minutes covered, or stovetop over medium heat until warmed through.

FAMILY MEALS (SERVES 4)**POT PIE – \$22.00**

Classic homestyle pot pie filled with seasonal vegetables, chicken, and creamy sauce, topped with a golden crust.

Recipe Key: NF

Allergens: Dairy, Wheat

Macros: ~540 cal | 38g Protein | 45g Carbs | 24g Fat

Reheating Instructions: Oven 350°F 25 min covered, then 10 min uncovered.

BRAISED CHICKEN PAPPARDELLE – \$79.00

Tender braised chicken tossed with a tarragon-cream sauce and ribbons of pappardelle makes for a delicious and decadent cold-weather meal. Organic chicken imparts superior flavor, while the addition of lemon zest and fresh herbs provides a welcome burst of brightness to this comforting fall pasta.

Recipe Key: NF, SF, SeF

Allergens: Dairy, Wheat

Macros (per serving): ~580 cal | 42g Protein | 40g Carbs | 24g Fat

Reheating Instructions: Oven 325°F for 20–25 minutes covered, or until warmed through.

À LA CARTE – PROTEINS

Macros available upon request.

CHICKEN AVOCADO SMASH BURGER (6 oz) – \$15.99 ea

Hand-formed patty with Kewpie mayo and house-pickled vegetables.

Allergens: Egg

ORGANIC CHICKEN BREASTS OR THIGHS – \$17.99/lb

Choices: citrus lemon, lime & orange • soy ginger • blackened • butter garlic & herb.

Allergens: Varies by flavor — Soy (soy ginger), Dairy (butter garlic & herb).

PULLED BBQ SEASONED CHICKEN – \$19.99/lb

Slow-cooked chicken tossed in a tangy, smoky barbecue sauce. Perfect for sliders, nachos, or bowls.

PANKO-CRUSTED CHICKEN CUTLETS – \$20.99/lb

Parmesan-crusted or with lemon butter sauce.

Allergens: Wheat, Dairy.

WILD-CAUGHT SALMON – \$29.00/lb

Lightly seasoned and roasted.

Allergens: Fish.

GRASS-FED SKIRT STEAK – \$30.00/lb

Soy ginger • black garlic & rosemary • salt & pepper crusted.

Allergens: Soy (soy ginger option).

À LA CARTE – SIDES

Macros available upon request.

BASMATI RICE – \$9.99/lb

Allergens: None major.

CILANTRO LIME RICE OR RICE PILAF – \$11.00/lb

Allergens: None major.

POTATOES – \$12.99/lb

Mashed, roasted, or sweet potato wedges.

Allergens: Dairy (mashed).

ORGANIC VEGETABLES – \$15.99/lb

French green beans, asparagus, broccoli, broccolini, or Brussels sprouts.

Allergens: None major.

MEDITERRANEAN ORZO PASTA SALAD – \$22.00/lb

Sweet bell peppers, roasted red bell peppers, tomato, pepperoncini, black olives, feta cheese & parsley in a Greek vinaigrette.

Allergens: Dairy, Wheat.

ARTISAN BREAD

SOURDOUGH BOULE – \$17.00

ROSEMARY & ROASTED GARLIC LOAF – \$18.00

CHEDDAR BREAD LOAF – \$20.00

CHEDDAR JALAPEÑO LOAF – \$20.00

BAKERY

CHOCOLATE CHIP COOKIES – \$18.00/dozen

Classic chewy cookies with chocolate chips.

Allergens: Wheat, Egg, Dairy

OATMEAL RAISIN COOKIES – \$18.00/dozen

Spiced oatmeal cookies dotted with plump raisins.

Allergens: Wheat, Egg, Dairy

PUMPKIN BREAD – \$21.00 (loaf)

Spiced pumpkin loaf with cinnamon, nutmeg, and clove.

Allergens: Wheat, Egg, Dairy

APPLE CINNAMON STREUSEL LOAF – \$21.00 (loaf)

Tender apple loaf with cinnamon swirl and buttery streusel topping.

Allergens: Wheat, Egg, Dairy

ORDERING INFORMATION

To work with me please email eatintelligentgourmet@gmail.com or call

[813.287.2253](tel:813.287.2253)