



# PREPPE KITCHEN

Corporate & Private Catering

Private Chef Services

Meal-Prep Subscriptions

Nutritional Therapy Consultations



707.580.9678



*This week's menu:* **Family Style** serves **4-6 people**

ITEM #	ENTREE	QNTY	PRICE	TOTAL
1	<b>HULI HULI CHICKEN</b> <i>chicken breast marinated in a smokey pineapple-tamari bbq sauce; served w/ coconut-ginger rice, pineapple salsa, &amp; spinach salad w/ creamy coconut dressing</i> //Veg Option: Huli Huli Tofu		\$39.95/ 4-6 servings	
2	<b>SHRIMP &amp; ASPARAGUS ALFREDO</b> <i>garlic shrimp, asparagus, blistered tomatoes, &amp; sweet peppers sauteed &amp; in a parmesan cream sauce; served w/ penne pasta &amp; tomato-herb topped focaccia</i> //Veg Option: Mushroom-Asparagus Alfredo		\$39.95/ 4-6 servings	
3	<b>BBQ BEEF MEATBALLS W/ MAC &amp; CHEESE</b> <i>housemade beef meatballs in PK bbq sauce; served w/ classic mac &amp; cheese, &amp; toasted garlic broccoli</i> //Veg Option: Veggie "Meat" balls		\$39.95/ 4-6 servings	
4	<b>INDIAN STYLE POTATO &amp; CAULIFLOWER CURRY</b> <i>assorted potatoes, cauliflower, carrot, spinach &amp; red onion in a yellow coconut curry; served w/ steamed quinoa</i>		\$39.95/ 4-6 servings	
<b>MP/B</b>	Additional Meal Prep / Bakery			
<b>TOTAL</b>	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 03/04/21  
by 10 am

Delivery Date: 03/08/21

Delivery Window: 3-5 p

// Indicate in "Notes" how many vegetarian options are needed (ex: 2 veg each or all veg)

Delivery Location: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Notes: \_\_\_\_\_

**\*\*Please have all orders adhere to a \$120.00/minimum**

PREPPE Kitchen  
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# PREPPED KITCHEN

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## Now offering BREAKFAST !!

We've been providing breakfast meal prep to our clients for nearly 10 years. We create tried & true breakfast classics as well as some PK originals, individually packaged for a quick heat-and-eat start to you day.

### PK Meal Prep:

Individually packaged servings for one.

Available in Vegetarian or Traditional options.

Perfect for taking to work, & convenient for a quick lunch or dinner at home.

All meals are fully prepared and delivered chilled w/ heating instructions and ingredient lists.

### This week's menu: Meal Prep

ITEM #	ENTREE	QUANTITY	PRICE	TOTAL
<b>B</b>	<b>PK BREAKFAST BURRITO</b> <i>13 inch flour tortilla filled w/ scrambled egg, cheddar cheese, apple-wood smoked bacon, hashbrown, &amp; pico de gallo; served w/ sour cream &amp; salsa verde</i>		\$13.95	
<b>1</b>	<b>HULI HULI CHICKEN</b> <i>chicken breast marinated in a smokey pineapple-tamari bbq sauce; served w/ coconut-ginger rice, pineapple salsa, &amp; spinach salad w/ creamy coconut dressing</i> <i>//Veg Option: Huli Huli Tofu</i>		\$13.95/ each	
<b>2</b>	<b>SHRIMP &amp; ASPARAGUS ALFREDO</b> <i>garlic shrimp, asparagus, blistered tomatoes, &amp; sweet peppers sauteed &amp; in a parmesan cream sauce; served w/ penne pasta &amp; tomato-herb topped focaccia</i> <i>//Veg Option: Mushroom-Asparagus Alfredo</i>		\$13.95/ each	
<b>3</b>	<b>BBQ BEEF MEATBALLS W/ MAC &amp; CHEESE</b> <i>housemade beef meatballs in PK bbq sauce; served w/ classic mac &amp; cheese, &amp; toasted garlic broccoli</i> <i>//Veg Option: Veggie "Meat" balls</i>		\$13.95/ each	
<b>4</b>	<b>INDIAN STYLE POTATO &amp; CAULIFLOWER CURRY</b> <i>assorted potatoes, cauliflower, carrot, spinach &amp; red onion in a yellow coconut curry; served w/ steamed quinoa</i>		\$13.95/ each	
<b>TOTAL</b>	add this total in the MP line above			

**\*\*If ordering ONLY Meal Prep please meet a 10 meal minimum.**

**If ordering in addition to our Family Style Dinner Delivery no minimum required.**