



# PREPPED KITCHEN

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JANUARY 09, 2023

# MENU

PREPPED MEALS  
FAMILY DINNERS  
BREAKFAST  
BAKESHOP



Place Order by: TUESDAY

01/03/23 8 am

Delivery Date: MONDAY

01/09/23

Delivery Window: 2-5 pm

Corporate & Private Catering

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Private Chef Services

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Meal-Prep &  
Personal Chef Delivery

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Nutritional Therapy  
Consultations

PREPPED Kitchen

commissary: 301 c. Main St. Suisun City, CA 94585

office: 417 Mace Blvd. ste. J 210 Davis, CA 95618

## PREPPED Family Dinners

packaged family style. serves 4-5.

Dinners are fully prepared & cooked. To enjoy, heat containers in the microwave with the lid removed & loosely placed back on top, until food reaches 165 degrees, or steaming in the center.

1	<p><b>RED CHILE BRAISED BEEF</b></p> <p><i>slow braised beef in a sauce of dried chiles, tomato, &amp; spices; served w/ pan fried russet potatoes w/ poblano peppers &amp; scallion, spiced cauliflower/carrot/swiss chard, pickled red onion, &amp; cilantro crema</i></p> <p>//Veg Option: Red Chile Braised Plant-based Meatballs</p>
2	<p><b>TAMARI-GINGER CHICKEN &amp; BROCCOLI</b></p> <p><i>tender pieces of chicken breast marinated in ginger, garlic, sesame, &amp; tamari wok stirred w/ broccoli, sweet peppers, &amp; onion in PK tamari-ginger sauce; served w/ steamed jasmine rice, &amp; a creamy 5-spice spinach &amp; napa cabbage salad</i></p> <p>//Veg Option: Tamari-Ginger Tofu &amp; Broccoli</p>
3	<p><b>MEDITERRANEAN CHICKEN w/ ORANGE &amp; FENNEL</b></p> <p><i>chicken marinated in citrus &amp; herbs de provence, pan seared &amp; stewed w/ eggplant, fennel, winter oranges, olives, garlic, &amp; herbs; served w/ PK beet couscous w/ mint &amp; feta, &amp; blistered brussels sprouts w/ pomegranate molasses &amp; toasted pistachio</i></p> <p>//Veg Option: Falafel w/ Orange &amp; Fennel</p>
4	<p><b>WINTER HARVEST TORTELLINI</b></p> <p><i>italian cheese tortellini tossed w/ roasted butternut squash, braising greens, &amp; broccoli in a savory pumpkin cream sauce; served w/ a classic caesar salad, &amp; PKBake-shop rosemary focaccia</i></p>



**\$51.95 / each**

## PREPPED Meals

packaged individually. serves 1.

Meals are fully prepared & cooked. To enjoy, heat containers in the microwave with the lid removed & loosely placed back on top, until food reaches 165 degrees, or steaming in the center. Do not heat sauce containers.

B 1	<p><b>BACON BREAKFAST BURRITO</b></p> <p><i>13 inch flour tortilla wrapped around applewood smoked bacon, hashbrowns, scrambled egg, cheddar cheese, &amp; pico de gallo; served w/ sour cream &amp; salsa verde</i></p>
B 2	<p><b>RED PEPPER, SPINACH, &amp; CHEVRE QUICHE</b></p> <p><i>from PKBakeshop: all butter crust, savory egg custard, roasted red peppers, garlic spinach, goat cheese, mozzarella, &amp; melted leeks; served w/ roasted potatoes &amp; baby kale</i></p>
B 3	<p><b>RED CHILE BEEF w/ CHEDDAR EGGS</b></p> <p><i>soft scrambled eggs topped w/ scallion &amp; cheddar, red chile braised beef, roasted potatoes &amp; baby kale, pickled red onion, cilantro crema</i></p>
MP 1	RED CHILE BRAISED BEEF
MP 1v	RED CHILE BRAISED PLANT-BASED MEATBALLS
MP 2	TAMARI-GINGER CHICKEN & BROCCOLI
MP 2v	TAMARI-GINGER TOFU & BROCCOLI
MP 3	MEDITERRANEAN CHICKEN w/ ORANGE & FENNEL
MP 3v	MEDITERRANEAN FALAFEL w/ ORANGE & FENNEL
MP 4	WINTER HARVEST TORTELLINI
MP 5	GRILLED CHICKEN CAESAR SALAD
MP 6	5-SPICE SPINACH SALAD w/ GRILLED CHICKEN & RICE NOODLES
MP 7	COUSCOUS & BABY GREENS SALAD w/ FALAFEL, HUMMUS, & FETA

**\$14.95 / each**

Ordering & Delivery: \$150.00 order minimum req'd. Email [preppedkitchen@gmail.com](mailto:preppedkitchen@gmail.com) to place an order. No order forms needed. Indicate the menu item # and quantity you wish to order, plus any bakeshop items, in the body of your email order. Please include your name, contact info, delivery address, & venmo tag. An itemized invoice & payment request will be sent along w/ your order confirmation. Payment must be made prior to delivery. We will porch-drop between 2-5 pm Monday. All food is chilled and must be refrigerated upon delivery until ready to heat & serve. Orders will arrive w/ an email notice including heating instructions & a paper receipt.



# Bakeshop

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*our baked goods are all handmade, sourcing local organic ingredients. In all of our breads we use our house sourdough starter, and a slow ferment gluten development process that results in organically occurring probiotics that aid in digestion & overall gut wellness.*

Maple-Pecan Scones

Orange Chocolate Chip Scones

Cranberry-White Chocolate Scones

Lemon-Blueberry Muffins

Apple Strussel Muffins

Black Bottom Muffins

(choose up to 3) 6 pcs total / \$19.50

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Toffee-Chocolate Chip Banana Bread w/ Cocoa Crumble

1 loaf / \$18.00

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## Cookies:

Browned Butter Chocolate Chip  
Cran Oatmeal w/ White Chocolate  
Snickerdoodle  
Chocolate Crinkle  
Strawberry Jam Butter Gems

(choose up to 2) 6 pcs total / \$16.50

## Pan Pizza:

Marinara Mozzarella  
Pesto Mushroom  
Meatball Marinara

(choose 1) 9 in / \$22.00

Handpies: made w/ PKB puff pastry

Caramel Apple  
Preserved Summer Peach  
Mixed Berry

(choose 1) 4 pcs total / \$18.00

## Breads:

Buttermilk Biscuits  
Cheddar Scallion Drop Biscuits  
Garlic-Butter Pull Apart Rolls  
Country French Batard  
Herb Focaccia Slab  
Challah Rolls

(choose 1) \$15.00 ea

## Pear Cake w/ Maple Cream Cheese Frosting:

spiced pear cake w/ toasted pecans & tangy maple frosting  
9 in / \$32.00