

# CHEF-SOCIETY

MEAL PLANNER  
TEXT YOUR ORDER TO: 631.383.9617

## CHICKEN

### PREPARATIONS

pasture raised + organic vegetable fed

SELECT FOR EACH MEAL

white meat / breast, paillard style

white meat / breast, seared

white meat / breast, milanese

dark meat // boneless thighs, whole + seared

dark meat // boneless thighs, whole, confit

### SAUCE PAIRINGS

(comes on the side, unless noted as a marinade)

SELECT 1 PER PORTION

simple, with jus

chili lime, df + gf

lemon + artichoke, (contains dairy)

saki marinated, df + gf (excludes milanese)

caper mustard vinaigrette, gf + df

hoisin bbq marinated, df (contains soy, excludes milanese)

verde herb, df + gf

eggplant caponata, df + gf

sesame + scallion

tomato sauce

## SALMON

### PREPARATIONS

wild caught

ALL SALMON PREPARATIONS ARE:

6 oz filet

skin off

### SAUCE PAIRINGS

(comes on the side, unless noted as a marinade)

SELECT 1 PER PORTION

simple, olive oil, s+p, tarter

salsa verde, gf + df

preserved lemon marinade, df + gf

teriyaki glazed, df + gf

caper mustard vinaigrette, gf + df

olive tapenade + lemon, gf + df

eggplant caponata, df + gf

spinach + artichoke, veg

raita mint + cilantro + yogurt, veg

## STEAK

### PREPARATIONS

grassfed + grass finished, 6 ozs

SELECT FOR EACH MEAL

filet

filet tips

ribeye, boneless or bone-in

ny strip, boneless

flank

### SAUCE PAIRINGS

(comes on the side, unless noted as a marinade)

SELECT 1 PER PORTION

simple jus

hoisin bbq marinated + blistered tomatoes

salsa verde, gf + df

bibimbap chili pear marinated

mushroom butter

horseradish cream

teriyaki

bone broth jus

korean marinated and shaved + broccolini

notes:

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## SHELLFISH

### PREPARATIONS

wild caught, 6 shrimp / 1 tail split

SELECT YOUR PREPARATION

poached  
roasted  
stirfry

### SAUCE PAIRINGS

(comes on the side, unless noted as a marinade)

SELECT 1 PER PORTION

old bay simple poached, gf  
lemongrass coulis curry, gf + df  
salsa verde herb marinated, gf + df  
scampi, lemon + butter  
worcestershire butter  
hoisin bbq marinated, contains soy  
tamarind glazed, gf + df

## FRESH CATCH

GROUPER / MAHI / SNAPPER / SEA BASS / FLOUNDER

### PREPARATIONS

wild caught, 6 ozs

SELECT YOUR PREPARATION

pan seared  
oven roasted  
en papillote  
lemon poached

### SAUCE PAIRINGS

(comes on the side, unless noted as a marinade)

SELECT 1 PER PORTION

simple, olive oil, s+p, saffron aioli  
citrus salsa + herbs, gf + df  
farmers succotash, gf  
caper mustard vinaigrette, gf + df  
olive tapenade + lemon, gf + df  
salsa verde, gf + df  
spinach + artichoke  
tamarind glazed, gf

## VEGAN

### ENTREES

quinoa stuffed pepper, gf  
bbq maitake mushroom, gf  
korean tofu + broccoli, contains soy  
herb pesto gnocchi  
smoked eggplant + quinoa, gf  
sesame fried tofu, gf  
farmer's stir fry, gf  
falafel, tahini honey, gf  
chili verde, quinoa, gf  
detroit pizza, bbq cauliflower  
tabbouleh + arugula

## VEGETARIAN

### ENTREES

eggplant parmesan, tomato  
truffle mushroom gnocchi  
vegetable lo mein  
saag paneer  
ricotta stuffed tortellini  
bbq mushroom tacos, gf  
detroit pizza, seasonal veg  
zucchini flower quesadillas, gf  
feta stuffed seasonal squash  
cauliflower steak + honey miso +  
capers + breadcrumbs

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# SIDES

## GRAINS

cous cous zucchini + lemon + parmesan, veg  
quinoa + quinoa + eggplant + tomato v + gf  
sesame noodles salad, v + gf  
wild rice + mushroom, v + gf  
curry chickpea salad, v + gf  
vegetable fried rice, veg  
orzo greek, feta + tomato + cucumber, veg  
french lentils, caper + mustard vin, v + gf  
tabbouleh + arugula

roasted beets + honey, v + gf  
burrata + squash + fennel, veg + gf  
twice baked potato, broccoli + cheddar  
roasted sweet potatoes + tahini, v + gf  
loaded potato salad  
broccolini, garlic oil, v + gf  
simple french beans, garlic oil  
seared artichokes  
sautéed mushrooms  
pomme puree + haricot verts, gf  
roasted potato + seasonal veg, gf  
wild rice + braised greens, gf  
corn off the cob + basil + tomato

## SALADS

romaine + kale caesar salad  
leafy green base  
simple green salad, tomato + cucumber  
provencal salad, raw vegetable mustard carper vin  
shaved brussels sprout Caesar salad  
frisee + goat cheese + fig, fig vinaigrette  
tomato steak + crispy shallot, remoulade + basil  
little gem salad, herb vinaigrette + corn  
squash + buratta salad, pepitos  
seaweed salad  
buffalo wedge salad, feta + ranch,  
chicken caesar salad, pulled chicken  
seared tuna poke salad, quinoa + green goddess  
lobster cobb salad, bacon + egg + greens + ranch  
simple roasted salmon + caesar salad  
steakhouse wedge, filet tips + romaine + bleu  
provencal salad + smoked salmon, caesar  
provencal salad + prociutto, mustard vin

## COLD BREAKFAST

sliced melons + citrus  
fruit skewers, berries + seasonal melons + fruits  
yogurt + granola parfaits, seasonal berries  
chia seed pudding, cocoa, vegan  
overnight oats, coconut milk, vegan  
deviled eggs  
continental: cheese + prosciutto + biscuit + jam  
smoked salmon + pickled rye + cucumber + raita  
croissant / chocolate croissant / biscuit

## HOT BREAKFAST

frittata: kale + gruyere  
frittata: jamon + cheddar  
egg white frittata: spinach + goat cheese  
quiche: kale + gruyere  
quiche: bacon + egg + cheese  
bacon + egg + cheese brioche sandwich  
egg + cheddar croissant sandwich  
green goddess blt, brioche  
tofu scramble, vegan / with vegan toast  
french toast + maple syrup  
side of bacon  
side of breakfast sausage  
side of home fries

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# STARTERS

## TARTS

mushroom pate + pickled mushrooms, veg  
tomato pie + blistered tomato, veg  
spinach + artichoke, mozzarella  
kale + gruyere + farm egg quiche  
goat cheese + zucchini  
smoked salmon + cucumber + salmon roe +crema

truffle mushroom gnocchi, shaved parmesan, serve hot  
seared tuna crudo + wasabi vinaigrette + edamame  
buratta + eggplant caponata + arugula  
salmon sashimi poke bowl  
zucchini blossom quesadillas + zucchini salsa  
peeky toe crab + chili pepper + citrus, crostinis  
caviar + blinis + crema, crumbled egg + chives

## SNACKS

crudite + hummus  
chips + queso  
cheese board  
cheese + charcuterie  
caviar plate  
old bay shrimp cocktail  
pesca fresca  
house pita chips  
house tortilla chips + house pickled corn salsa  
fresh loaf of bread

## CRAVINGS

detroit pizza, supreme (requires oven reheat)  
farmer's nachos: pickled corn + queso  
squash blossom quesadilla + zucchini salsa  
smash burger + cheese + pickles  
sesame chicken + fried rice  
korean shave beef + broccoli + white rice  
loaded tater tots, bacon + scallion

## KIDS EATS

or kids at heart

detroit pizza, cheese pizza (requires oven reheat)  
smash burger + cheese + pickles  
picnic fried chicken fingers  
tater tots (requires oven), gf + v  
traditional manicotti, veg  
baked meatballs, tomato sauce  
quesadilla, chicken or zucchini, gf  
beef tacos, deconstructed: tortillas + toppings  
chicken tacos, deconstructed: tortillas + toppings  
shrimp tacos, deconstructed: tortillas + toppings  
chicken cutlet, parmesan, tomato + mozzarella  
teriyaki chicken, gf + df  
filet tips, bbq or simply cooked

notes: