

Ambrosia Chef Services – Sample Client Menu

SOUPS

Thai Shrimp Soup with Lime and Cilantro
Mexican Chicken Soup
Rustic Tomato Soup
Apple-Butternut Squash Soup
Vegetable and Bean Soup
Chicken Lemon with Seasonal Vegetables
Turkey Soup with Barley & Vegetables
Miso Tofu Soup with Wakame
Seven Bean Soup with Greens
Curried Sweet Potato & Apple Soup
Minestrone Verde
Asian Vegetable, Chicken & Shrimp Soup
Yucatan Soup with Lime & Chicken
Shitake & Lemongrass Soup

SALADS

Lemon-Tarragon Asparagus Salad
Tomato-Crab Salad
Ginger-Lime Chicken Salad
Spicy Asian Noodle Salad with Peanut Sauce
Barley Vegetable Salad
Roasted Sweet Potato Salad
Crunchy Tofu Curry Salad
Sesame-Orange Chicken & Snow Pea Salad
Sautéed Shrimp on Arugula and White Bean Salad
Jicama, Tomato and Black Bean Salad
Roasted Vegetables with Balsamic Vinegar & Fresh Herbs
Chinese Long Green Beans, Feta Cheese & Cherry Tomatoes
Spinach Salad with Grilled Chicken and Pomegranate
Buck Wheat Salad with Smoked Tofu
Broccoli & Almond Salad
Cranberry Apple Spinach Salad
Roasted Eggplant Salad

ENTREES

Seared Scallops with Asian Lime Chile Sauce
Mahi-Mahi with Soy Honey-Ginger Glaze
Poached Salmon with Lime Ginger Sauce
Grilled Halibut with Mango-Papaya Salsa
Cornflake Crusted Halibut with Chile-Cilantro-Aioli
Continued

ENTREES (cont.)

Grilled Trout with Cilantro and Lime
Honey BBQ Glazed Salmon
Stir Shrimp with Spicy Orange Sauce
Sesame Scallops with Citrus
Pan-Seared Tilapia with Citrus Vinaigrette
Shrimp with Chard and Red Beans
Red Snapper with Pepper and Fennel
Tilapia with Lemon Grilled Asparagus
Halibut with Pepper Salsa
Thai Red Curry Chicken Stir-fry w/ Vegetables
Turkey Meat Loaf with Ajuis
Turkey Meatballs with Marinara Sauce & Vegetables
Teriyaki Chicken Stir-Fry
Chicken Marsala
Roasted Chicken with Mint Cilantro Pesto
Tequila- Orange Grilled Chicken
Herb-Mustard Chicken
Grilled Sesame Ginger Chicken Breasts
Chicken with Tangerine, Honey & Chipotle Glaze
Chicken with Balsamic-Fig Sauce
Grilled Chicken with Pesto
Roasted Chicken with Garlic, Lemon & Rosemary
Tarragon Chicken Primavera
Marinated Chicken over Greens
Roasted Chicken with Oregano & Feta
Chicken Breasts Stuffed with Spinach & Goat Cheese
Grilled Lime Chicken with Roasted Rosemary Vegetables
Tandoori Chicken with Cucumber Yogurt Sauce

VEGETARIAN DISHES

Tofu with Black Beans, Fresh Mozzarella, and Tomatoes
Orange Almond Tofu Stir-fry
Tofu Spinach Lasagna (no pasta)
Tempeh and Tofu with Green Beans, Mushrooms, with Sesame-Orange Sauce
Tempeh Chili with Fresh Garden Vegetables
Eggplant Bulgur Lasagna
Black Bean and Goat Cheese Tostadas (whole-wheat tortilla)
Spelt Pasta with Chick Peas and Broccoli
Hearty Miso Soup with Soba Noodles
Portobello Burgers
Tempeh Sandwich with Avocado
Ratatouille
Vegetable Chili with Roasted Tofu
Spicy Tofu Stir-fry
Bahamian Bean and Corn Stew with Sweet Potatoes

GRAINS and LEGUMES

Southwestern Quinoa with Chickpeas
Barley with Greens
Botana
Wheat Berry, Orange & Mint Salad
Millet Pilaf
Spicy Spinach & Lentils
Edamame with Scallions & Sesame
Roasted Sweet Potatoes
Toasted Grain Pilaf
Tabbouleh
Curried Chick Peas
Bulgur Pilaf with Tomato Zucchini
Buckwheat Pilaf
Black Bean Salad with Lime-Cilantro Vinaigrette
Stewed Chickpeas with Tomato, Zucchini, and Cilantro
Bulgur and Lentil Pilaf

VEGETABLE SIDES

Tarragon Green Beans
Pan-Steamed Lemon Asparagus
Broccoli with Orange-Sesame Sauce
Artichokes and Mushrooms in White Wine Sauce
Braised Southern Blend with Soy, Ginger & Garlic
Steamed Brussel Sprouts with Lemon Sauce & Caraway Seeds
Sautéed Spinach with Garlic and Balsamic Vinaigrette
Roasted Beets with Citrus Vinaigrette
Steamed Vegetable Medley
Roasted Yams with Balsamic Vinegar
Lemon-Roasted Cauliflower with Parmesan Cheese
Broccoli Rabe with Lemon-Orange Citrus
Roasted Sweet Potato Mash with Garlic
Green Beans with Lemon Vinaigrette
Grilled Portobello's, Peppers, & Onions
Stir-Fried Broccoli and Mushrooms with Tofu
Sweet and Sour Red Cabbage & Apples
Eggplant with Herbed Goat Cheese
Steamed Red Chard with Red Wine Vinaigrette
Garlic-Mustard Beans
Wild Mushrooms with Herbs & Shallots
Sesame-Ginger Spinach with Fennel
Roasted Eggplant with Olive Oil & Lemon
Lemon Sautéed Escarole
Sautéed Zucchini Yellow Squash with Garlic & Rosemary

SNACKS

Celery with Herbed Cream Cheese & Walnuts
Granny Green Apple slices (whichever apple you prefer)
With Peanut Butter
Multigrain Watercress & Cucumber Tea Sandwiches
Garlic Hummus with Fresh Veggies
Yogurt Cheese Cucumber Dip with Fresh Vegetables
Cucumbers, Tomatoes & Cottage Cheese Vinaigrette w/Fresh Veggies
Smoked Tofu with Apples
Chicken Salad with Rye Crackers
Plain Yogurt with Toasted Almonds
Smoked Salmon with Avocado
White Bean- Garlic Dip with Vegetables
Turkey Roll- ups with Spinach & Lime Cilantro Aioli