

SAMPLE MENUS

FOODIE FAVORITES



305-388-3536



CHEFLIZ@THEPICKLEDBEET.COM



THEPICKLEDBEET.COM

**All menus are 100%
customized for each client.**

You receive a new menu to review and approve every week. These are some sample menus we've prepared recently.



FOODIE FAVORITES

If you don't have any dietary restrictions, and want 100% personalized, restaurant-quality meals cooked from scratch by professional chefs using organic produce and poultry ... we are here for you too!

We designed this menu for a client who wanted delicious meals they could heat up and have on the table in less than 30 minutes.

MONDAY DINNER

SHREDDED CHICKEN TACOS

Flavorful shredded organic chicken served in corn tortillas with lettuce and fresh pico de gallo.

BROWN BASMATI RICE

TOMATO, CORN, AND AVOCADO SALAD

Nothing compares to the juiciness of summer tomatoes in this show-stopping salad.

TUESDAY DINNER

CHURRASCO SKIRT STEAK -- CUBAN STYLE

Marinated grass-fed skirt steak served with chimichurri sauce.

CUBAN-STYLE BLACK BEANS

A classic.

CUBAN-STYLE ROASTED BROCCOLI

Broccoli florets seasoned with traditional Cuban spices and roasted with onions.

WEDNESDAY DINNER

MAHI MAHI FRANCAISE

Sautéed Mahi wild-caught filets in a lemon, white wine sauce.

SUMMER TOMATO GRATIN

We bake vine-ripened tomatoes with crusty baguette cubes and Parmesan.

BAKED PARMESAN ZUCCHINI

Crisp, tender zucchini sticks oven-roasted to perfection. It's healthy, nutritious and completely addictive!

THURSDAY DINNER

DINNER

ALMOND-CRUSTED CHICKEN

The almond coating keeps roasted organic chicken breasts moist and adds protein and healthy fats.

SWEET POTATO HASH BROWNS

Colorful, fiber-packed shredded sweet potatoes stand in for regular potatoes in this crispy hash brown recipe.

ROASTED ASPARAGUS WITH CRISPY LEEKS AND CAPERS

Asparagus stalks and thinly sliced leeks are glossed with olive oil and covered in salty capers. Capers also make an appearance in the mustard sauce served alongside, which adds a tangy, mayonnaise-like richness.

A photograph of a middle-aged couple with grey hair, smiling and looking at a laptop screen. The man is wearing glasses and a blue shirt, and the woman is wearing a pink shirt. The image is partially obscured by text overlays.

WHAT'S ON THE MENU?

This is a question we get asked all the time.
The answer is simple ...whatever YOU want and
NEED, whenever YOU want and need it.

All of our menus are customized each week for
every client.



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