



Chef At Your Door Menus

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Gluten Free

Entrée's

Grilled and slow roasted baby back ribs with sweet baby ray's sauce
 Chicken Piccata with potato flour
 Herb roasted bone in chicken
 Shrimp scampi with buttery reduction
 Grilled pesto trip tip steak
 Chicken Sonoma
 Tequila cilantro grilled tuna
 Chicken forever
 Flat iron steak with pepper berry merlot reduction
 Beef tenderloin in roasted garlic and sage au jus
 Pecan encrusted chicken with pineapple relish
 Pork loin with apple brandy butter
 Buttermilk fried chicken with rye flour
 Sesame ginger seared salmon
 Citrus sage grilled turkey breast

Sides

Rosemary roasted potatoes
 Cheddar and garlic mashed potatoes
 Wild mushroom risotto
 Fussily with tomato garlic and basil sauce
 Potato pancakes made with potato flour
 Vanilla scented jasmine rice
 Lemon zested asparagus
 Molasses glazed baby carrots
 Wild rice blend with tarragon stock

Soups by the pint or quart

Coconut curry cauliflower
 Gazpacho with butter poached lobster
 Roasted corn chowder topped with caramelized bacon
 Lentil with merlot reduced herb and veggie mixed

Salads

Caesar with romaine leaves freshly prepared dressing and parmesan crisps
 Pear tree signature salad, mixed greens, poached pears, pine nuts and gorgonzola with sherry shallot dressing
 Mixed greens, hearts of palm, cherry tomato and avocados with creamy herbal dressing
 Baby spinach, enoki mushrooms, carrots, red onions with roasted red pepper tarragon vinaigrette

***Ask us about our gluten free, low sodium, low carb and diabetic menus*

***All menu items can be customized to meet your special dietary needs*

*****packaging options: microwave dish or aluminum pans**

***** PTC does not bake the gluten free breads and desserts, however we provide them from an authorized gluten free bakery**



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Gluten Free Meal Option Pricing

5 options Menu includes 20 Meals \$299.00
4 servings of 5 individual meals (20 individual meals)
Serves a family of four for 1 week
Serves two people for approximately 2 weeks
Serves one person for approximately 1 month

4 options Menu includes 16 meals from \$249.00
With side dishes if applicable
4 servings of each meal (16 individual meals)

3 options Menu includes 12 meals from \$200.00
With side dishes if applicable
4 servings of each meal (12 individual meals)

5 options Menu includes 10 Meals \$180.00
With side dishes if applicable
2 servings of 5 individual meals (10 individual meals)
Serves two people for approximately 1 week
Serves one person for approximately 2 weeks

Additional Charges

Additional servings can be added for \$15-19 per entrée

Organic menus will incur an additional \$50-100 fee depending on items required and availability of product

These prices are based on a variety of ingredients. If menu choices are premium ingredients, for example beef tenderloin, lobster, rack of lamb, etc. additional charges may apply. Fees do not include delivery

Additional Items

Soups.....\$15 per quart
\$8 per pint

Salads.....\$6.50 per serving

Family Pans ...Call to inquire about different selections and pricing

All of our meals in this program are prepared fresh, utilizing healthy cooking techniques and customized for each individual customer; cooking with only fresh, all natural ingredients, free of additives, preservatives and growth hormones. Our meals come fully cooked in individual containers with simple to follow heating instructions. Most of the selection on the list can be prepared with a specific requirement in mind such as low sodium, reduced fat, etc.

Because we follow strict portion control guidelines (644) any of the meals coupled with a good exercise regiment can be eaten with the intention of losing weight. We do not claim to be a diet program or part of a diet program such as Atkins or weight watchers however most of the meals fit into the similar guidelines these programs specify.

Typically, each entrée is delivered with a starch and vegetable included. Some exceptions exist.