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# MICHAL SHAMIR

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# MENU

## DELICIOUS NUTRITIOUS FOOD

\*Contact me for any dietary restrictions or preferences



### MEAT & CHICKEN

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Each order is ~2 quarts and serves 5-6

Chicken & Vegetables Coconut Curry	\$60
Chicken Stir-fry w/ String Beans	\$58
Chicken Stir-fry w/ mushrooms	\$59
Chicken Schnitzel	\$60
Classic Roast Chicken w/herbs (~4 lbs)	\$52
Classic Roast Chicken w/Potatoes&Yams	\$62
Soy Glazed Chicken Breast	\$53
Chicken-Herbs Patties	\$59
Chicken-Corn Patties	\$59
Homemade Chicken Nuggets	\$58
Meatballs stew w/carrots and potatoes	\$62
Meatballs Stew w/ sweet peas	\$60
Sweet & Sour Meatballs	\$59
Coconut Curry Meatballs	\$62
Classic Meatballs in Tomato Sauce	\$60
Beef Bourguignon (serves 6-8)	\$70
Beef Stew with caramelized onions and carrots (serves 6-8)	\$75
Black Bean Beef Chili	\$55

### FISH

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Each order is ~2 quarts and serves 5-6

Soy-Ginger Glazed Salmon	\$60
Miso Glazed Salmon	\$62
“Moroccan” Fish	\$56
Tamarind Coconut Cream Salmon	\$63
Mediterranean Fish Filet in Envelope	\$63
Fish Cakes in Sauce	\$63

### VEGETARIAN MAIN DISHES

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Each order is ~2 quarts and serves 5-6

Mujadarrah (Rice & Lentils)	\$45
Yellow Split Pea Dahl w/ Rice	\$48
Baked Vegetable “Fritters”	\$50
Tofu & Vegetables Coconut Curry	\$52
Roasted Vegetables Casserole	\$55
Tofu “Meatballs” in Coconut Curry	\$58
Baked Falafel	\$52
Veggie Paella	\$48
Stir-Fry Noodles	\$48

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### STARCHY SIDE DISHES

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Each order is ~2 quarts and serves 5-6

Yellow Basmati Rice	\$28
Red Basmati Rice	\$28
Plain Basmati Rice	\$25
Basmati Rice w/ caramelized onions	\$29
Basmati Rice w/ raisins and almonds	\$30
Herb Roasted Potatoes	\$38
Classic Roasted Potatoes	\$38
Potato Gratin	\$49
Roasted Sweet Potatoes	\$38
Glazed Sweet Potatoes	\$52
Mashed Potatoes	\$32
Mashed Sweet Potatoes	\$32
Israeli Couscous (hand made)	\$34

### PASTA

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Each order is ~2 quarts and serves 5-7

Marinara	\$50
Rose ("Pink" Sauce)	\$52
Pesto	\$54
Bolognese	\$60

### SALADS

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serves 4-6

Asian-Style Slaw	\$33
Tabouli Salad	\$32
Black Lentils and Herbs	\$35
Black Lentils Bulgur & Herbs	\$35
Caesar (No anchovy) w/ Croutons	\$33
Carrot and Cilantro	\$29
Tomato and Herbs	\$29
Roasted Corn Salad	\$33
Tomatoes/Mozzarella/Basil	\$36
Israeli Salad	\$24

### VEGGIE SIDE DISHES

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Each order is ~2 quarts and serves 4

Roasted Cauliflower	\$35
Roasted Zucchini	\$35
Roasted String Beans	\$36
Roasted Assorted Vegetables	\$38
Soy-Glazed String Beans	\$35
Pesto String Beans and Almonds	\$38
Sweet Peas in Lemony Butter	\$35

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### SOUPS

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Each order is ~2 quarts and serves 4-6

Lentils	\$42
Tomato and Rice	\$40
Couscous (Soup & Couscous separate)	\$49
Chicken Noodle	\$39
Broccoli	\$37
Curried Cauliflower	\$38
Roasted Tomatoes	\$42
Roasted Butternut Squash & Shallots	\$44
Minestrone	\$44
Sweet Peas	\$39
French Caramelized Onions	\$46
Mexican Corn	\$43
Asian-Style Corn	\$44
Zucchini	\$37
Rich Vegetables	\$40
Kubbeh Adom (beef filled semolina dumpling with beet soup) <u>Serves 7-8</u>	\$70
Kubbeh Dla'at (beef filled semolina dumpling with squash soup) <u>Serves 7-8</u>	\$70



### QUICHES & SAVORY PASTRIES

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Each order serves ~8

Tomato Lasagna	\$55
Spinach Lasagna	\$57
Bolognese Lasagna	\$68
Quiche - Caramelized Onions/ Mediterranean Roasted Vegetables/ Mushrooms/Spinach/Sweet Potatoes	\$52
“Pizza” Muffins	\$39
Savory Corn Muffins	\$40
Savory Zucchini Muffins	\$41
Cheese Puff Pastry	\$43
Spinach Puff Pastry	\$44

### SPREADS & DIPS

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16 oz serves ~4

Tahini	\$11
Hummus	\$15
Babaganoush	\$17
Roamanian Style Eggplant	\$18
Matboucha	\$18

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### SNACKS

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~1 quart

Whole Wheat Bread Sticks	\$16
Sweet Potato Crackers	\$18
Sweet Granola	\$18
Savory Granola	\$16
Spelt Crackers	\$19
Chickpea Crackers	\$19
Seeds Crackers	\$22
Parmesan Sticks	\$18

### COOKIES

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~1 quart

Ma'amul Cookies (Short pastry rolled w/ dates filling)	\$22
Chocolate Chip	\$24
Oatmeal	\$20
Israeli Chocolate Balls	\$23
Vanilla French Sable	\$24
Tahini Cookies	\$25
Tahini Chocolate Cookies	\$25

### CAKES & PASTRIES

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Cakes in loaf pan, Pies are 10", Challah is ~16 inch

My Challah	\$13
ALL Sesame Challah	\$14
Chocolate Babka	\$20
Cinnamon Babka	\$17
Ricotta & Raspberries Babka	\$19
Chocolate & Tahini Babka	\$20
Brownies	\$20
Marble Cake (Chocolate-Vanilla)	\$14
Marble Cake (Cinnamon-Vanilla)	\$14
Citrus Pound Cake	\$14
Healthy Blueberry Muffins	\$19
Coffee Cake	\$18
Pecan Pie (9")	\$48
Lemon Meringue Pie (9")	\$44
Chocolate Tarte	\$42
Apple Crumble (9")	\$43