
MICHAL SHAMIR

MENU

DELICIOUS NUTRITIOUS FOOD

*Contact me for any dietary restrictions or preferences



MEAT & CHICKEN

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	\$69
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	\$62
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

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

Each order is ~2 quarts and serves 5-6

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

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STARCHY SIDE DISHES

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

Each order is ~2 quarts and serves 5-7

Marinara	\$54
Rose ("Pink" Sauce)	\$57
Pesto	\$59
Bolognese	\$65

SALADS

serves 4-6

Asian-Style Slaw	\$36
Tabouli Salad	\$34
Black Lentils and Herbs	\$41
Black Lentils Bulgur & Herbs	\$41
Caesar (No anchovy) w/ Croutons	\$36
Carrot and Cilantro	\$29
Tomato and Herbs	\$33
Roasted Corn Salad	\$44
Tomatoes/Mozzarella/Basil	\$44
Israeli Salad	\$31

VEGGIE SIDE DISHES

Each order is ~2 quarts and serves 4

Roasted Cauliflower	\$35
Roasted Zucchini	\$39
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

Each order is ~2 quarts and serves 4-6

Lentils	\$42
Tomato and Rice	\$45
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

Each order serves ~8

Tomato Lasagna	\$55
Spinach Lasagna	\$59
Bolognese Lasagna	\$78
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

16 oz serves ~4

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

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SNACKS

~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

~1 quart

Ma'amul Cookies (Short pastry rolled w/ dates filling)	\$29
Chocolate Chip	\$29
Oatmeal	\$26
Israeli Chocolate Balls	\$25
Vanilla French Sable	\$29
Tahini Cookies	\$27
Tahini Chocolate Cookies	\$29

CAKES & PASTRIES

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