

---

---

# 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)	\$63
Classic Roast Chicken w/Potatoes&Yams	\$67
Soy Glazed Chicken Breast	\$61
Chicken-Herbs Patties	\$64
Chicken-Corn Patties	\$65
Homemade Chicken Nuggets	\$62
Meatballs stew w/carrots and potatoes	\$62
Meatballs Stew w/ sweet peas	\$60
Sweet & Sour Meatballs	\$62
Coconut Curry Meatballs	\$62
Classic Meatballs in Tomato Sauce	\$61
Beef Bourguignon (serves 6-8)	\$72
Beef Stew with caramelized onions and carrots (serves 6-8)	\$75
Black Bean Beef Chili	\$60

### 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

---

---

# MICHAL SHAMIR

---

---

# MENU

## DELICIOUS NUTRITIOUS FOOD

\*Contact me for any dietary restrictions or preferences



### STARCHY SIDE DISHES

Each order is ~2 quarts and serves 5-6

Yellow Basmati Rice	\$29
Red Basmati Rice	\$30
Plain Basmati Rice	\$29
Basmati Rice w/ caramelized onions	\$32
Basmati Rice w/ raisins and almonds	\$34
Herb Roasted Potatoes	\$38
Classic Roasted Potatoes	\$38
Potato Gratin	\$55
Roasted Sweet Potatoes	\$45
Glazed Sweet Potatoes	\$54
Mashed Potatoes	\$38
Mashed Sweet Potatoes	\$39
Israeli Couscous (hand made)	\$55

### PASTA

Each order is ~2 quarts and serves 5-7

Marinara	\$54
Rose ("Pink" Sauce)	\$58
Pesto	\$59
Bolognese	\$65

### SALADS

serves 4-6

Asian-Style Slaw	\$39
Tabouli Salad	\$39
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

---

---

# MICHAL SHAMIR

---

---

# MENU

## DELICIOUS NUTRITIOUS FOOD

\*Contact me for any dietary restrictions or preferences

### SOUPS

---

Each order is ~2 quarts and serves 4-6

Lentils	\$44
Tomato and Rice	\$45
Couscous (Soup & Couscous separate)	\$49
Chicken Noodle	\$45
Broccoli	\$44
Curried Cauliflower	\$45
Roasted Tomatoes	\$45
Roasted Butternut Squash & Shallots	\$44
Minestrone	\$44
Sweet Peas	\$43
French Caramelized Onions	\$46
Mexican Corn	\$43
Asian-Style Corn	\$44
Zucchini	\$44
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	\$64
Spinach Lasagna	\$66
Bolognese Lasagna	\$78
Quiche - Caramelized Onions/ Mediterranean Roasted Vegetables/ Mushrooms/Spinach/Sweet Potatoes	\$68
“Pizza” Muffins	\$45
Savory Corn Muffins	\$51
Savory Zucchini Muffins	\$53
Cheese Puff Pastry	\$51
Spinach Puff Pastry	\$52

### SPREADS & DIPS

---

16 oz serves ~4

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

---

---

# MICHAL SHAMIR

---

---

# MENU



## DELICIOUS NUTRITIOUS FOOD

\*Contact me for any dietary restrictions or preferences

### 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	\$22
Cinnamon Babka	\$22
Ricotta & Raspberries Babka	\$24
Chocolate & Tahini Babka	\$20
Brownies	\$26
Marble Cake (Chocolate-Vanilla)	\$19
Marble Cake (Cinnamon-Vanilla)	\$18
Citrus Pound Cake	\$20
Healthy Blueberry Muffins	\$30
Coffee Cake	\$25
Pecan Pie (9")	\$48
Lemon Meringue Pie (9")	\$44
Chocolate Tarte	\$42
Apple Crumble (9")	\$43