
MICHAL SHAMIR

MENU

DELICIOUS NUTRITIOUS FOOD

*Contact me for any dietary restrictions or preferences



MEAT & CHICKEN

Each order is ~2 quart , 6-7 portions

Chicken & Vegetables Coconut Curry	\$68
Chicken Stir-fry w/ String Beans	\$65
Chicken Stir-fry w/ mushrooms	\$67
Chicken Schnitzel	\$69
Classic Roast Chicken w/Potatoes&Yams	\$67
Soy Glazed Chicken Breast	\$67
Chicken-Herbs Patties	\$69
Chicken-Corn Patties	\$69
Homemade Chicken Nuggets	\$72
Meatballs stew w/carrots and potatoes	\$68
Meatballs Stew w/ sweet peas	\$67
Coconut Curry Meatballs	\$68
Classic Meatballs in Tomato Sauce	\$66
Beef Bourguignon (serves 6-8)	\$80
Beef Stew with caramelized onions and carrots (serves 6-8)	\$80

FISH

Each order is ~2 quarts and serves 5-6

Soy-Ginger Glazed Salmon	\$80
Miso Glazed Salmon	\$82
Tamarind Coconut Cream Salmon	\$83
Mediterranean Fish Filet in Envelope	\$82
“Chraime” Fish	\$78

VEGETARIAN MAIN DISHES

Each order is ~2 quarts and serves 5-6

Mujadarrah (Rice & Lentils)	\$52
Yellow Split Pea Dahl w/ Rice	\$54
Tofu & Vegetables Coconut Curry	\$62
Tofu “Meatballs” in Coconut Curry	\$65
Baked Falafel	\$62
Veggie Paella	\$63
Stir-Fry Noodles	\$60

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STARCHY SIDE DISHES

Each order is ~2 quarts , 6-7 portions

Yellow Basmati Rice	\$30
Red Basmati Rice	\$30
Plain Basmati Rice	\$30
Basmati Rice w/ caramelized onions	\$32
Basmati Rice w/ raisins and almonds	\$34
Herb Roasted Potatoes	\$44
Classic Roasted Potatoes	\$43
Potato Gratin	\$58
Roasted Sweet Potatoes	\$43
Soy-Glazed Sweet Potatoes	\$54
Mashed Potatoes	\$40
Mashed Sweet Potatoes	\$40
Israeli Couscous (hand made)	\$55

PASTA

Each order is ~2 quarts and serves 5-7

Marinara	\$54
Rose (“Pink” Sauce)	\$58
Pesto	\$62
Bolognese	\$65

SALADS

serves 6

Asian-Style Slaw	\$42
Tabouli Salad	\$44
Black Lentils and Herbs	\$45
Black Lentils Bulgur & Herbs	\$45
Carrot Cilantro and Orange	\$44
Tomato and Herbs	\$50
Roasted Corn Salad	\$50
Tomatoes/Mozzarella/Basil	\$54
Israeli Salad	\$42

VEGGIE SIDE DISHES

Each order is ~2 quarts and serves 6

Roasted Cauliflower	\$46
Roasted Zucchini	\$46
Roasted String Beans	\$44
Roasted Assorted Vegetables	\$45
Soy-Glazed String Beans	\$44
Pesto String Beans and Almonds	\$42
Sweet Peas in Lemony Butter	\$42

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SOUPS

Each order is ~2 quarts and serves 4-6

Lentils	\$50
Tomato and Rice	\$49
Couscous (Soup & Couscous separate)	\$65
Broccoli	\$49
Curried Cauliflower	\$52
Roasted Tomatoes	\$56
Roasted Butternut Squash & Shallots	\$55
Minestrone	\$50
Sweet Peas	\$49
French Caramelized Onions	\$55
Mexican Corn	\$54
Asian-Style Corn	\$54
Zucchini	\$49
Rich Vegetables	\$49
Kubbeh Adom (beef filled semolina dumpling with beet soup) <u>Serves 7-8</u>	\$75
Kubbeh Dla'at (beef filled semolina dumpling with squash soup) <u>Serves 7-8</u>	\$75



QUICHES & SAVORY PASTRIES

Each order serves ~8

Tomato Lasagna	\$72
Spinach Lasagna	\$74
Bolognese Lasagna	\$84
Quiche - Caramelized Onions/ Mediterranean Roasted Vegetables/ Mushrooms/Spinach/Sweet Potatoes	\$68
“Pizza” Muffins	\$54
Savory Corn Muffins	\$54
Savory Zucchini Muffins	\$55
Cheese Puff Pastry	\$62
Spinach Puff Pastry	\$62

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COOKIES

~1 quart

Ma'amul Cookies (Short pastry rolled w/ dates filling)	\$40
Chocolate Chip	\$38
Oatmeal	\$38
Vanilla French Sable	\$42
Tahini Cookies	\$38
Tahini Chocolate Cookies	\$42

CAKES & PASTRIES

Cakes in loaf pan, Pies are 9", Challah is ~16 inch

My Challah	\$15
ALL Sesame Challah	\$16
Chocolate Babka	\$30
Cinnamon Babka	\$30
Ricotta & Raspberries Babka	\$30
Chocolate & Tahini Babka	\$32
Brownies	\$30
Marble Cake (Chocolate-Vanilla)	\$24
Marble Cake (Cinnamon-Vanilla)	\$24
Citrus Pound Cake	\$22
Healthy Blueberry Muffins	\$36
Coffee Cake	\$28
Pecan Pie (9")	\$56
Lemon Meringue Pie (9")	\$58
Chocolate Tarte	\$58
Apple Crumble (9")	\$54