If you don't see what you like listed, please contact us using the "Special Request" form below.

CHICKEN

- Chicken Wings: BBQ; Buffalo; Fried; Jerk; Baked; Scarpariello
- Chicken: Francaise; Marsala; Fried; Jerk; Curried; Roasted
- Pernil
- Jerk Pork
- Honey Glazed Ham
- Roasted Pork

FISH

- Crab Cakes
- Salmon
- Lemon Butter Garlic
- Fried Whiting Fish
- Shrimp: Fried; Sautéed; Stuffed

SALADS

- Potato Salad
- Tuna & Macaroni Salad
- Pasta Salad
- Tossed Salad

- Collard Greens
- String Beans
- Sautéed Kale & Cabbage
- Cabbage

- Rice: Brown; Red; Yellow; Pilaf; with Peas
- Mashed Potatoes
- Garlic Mashed Potatoes
- Broccoli + Cheddar Mashed Potatoes



PORK

TURKEY

- Roasted Turkey
- Fried Turkey
- Turkey Meatballs
- Turkey Meatloaf

PASTA

- Beef Lasagna
- Turkey Lasagna
- Baked Ziti

HEALTHY PROTEINS

- Salmon: Steamed; or, Grilled
- Shrimp: Steamed; or, Grilled
- Grilled Chicken

VEGETABLES

- Candied Carrots
- Sweet Corn
- Roasted Vegetables
- Okra Medley

STARCHES & SIDES

- Bacon + Cheddar Mashed Potatoes
- Herb Roasted Potatoes
- Marshmallow Sweet Potatoes (Yams)
- Macaroni & Cheese

- Apple & Sausage
- Stuffing
- Sweet Plantains

BEEF

- Ribs: BBQ; Dry Rub; Jerk
- Beef Meatballs
- Beef Meatloaf
- Braised Oxtails

HEALTHY GRAINS

- Quinoa
- Farro
- Cous Cous
- Wild Rice

- Carrots: Steamed; or, Grilled
- Zucchini: Steamed; or, Grilled
- Yellow Squash: Steamed; or, Grilled
- Broccoli: Steamed; or, Grilled
- Cauliflower: Steamed; or, Grilled

Chipotle Chicken with Macaroni & Cheese