ENSAYNE PROVISIONS

EP Meal Prep Services

This service of meal prep provided by Chef Reneise gives clients the option of personalizing and picking customized meal plans to suit their everyday life. The pricing includes personalized shopping as well as recipes tailored to suit the taste of each client. Services include plans for gluten-free, vegans, vegetarians, weight loss or gain, and health issues (i.e. celiac, diabetes, high cholesterol, high blood pressure).

10 meals (2 meals x 5days) - $250.00

14 meals (2meals x 7 days) - $350.00

Surcharges/Add-ons:

Fruit Medley- $3.50/ea

Garden Salad- $3.50/ea

Soup (customized/made to order)- $5.00/bowl

PLEASE NOTE:
Meal prep service prices do not include the cost of food.

EP Meal Corporate Lunches

Suggested for groups of 5 or more starting at $20 per person. Collaborate with Chef Reneise to build your own menu or choose from the prix fixe menu options of a pasta and salad or an entree and two sides. Both are served with your choice of garlic bread or whole wheat rolls.

Vegetarian options, vegan options, and substitutions are available upon request.

Salads

Ensaynely Fresh Ceasar Salad

Romaine Lettuce with Shaved Parmesan Reggiano and Croutons with Our Housemade Ceasar Dressing

Ensaynely Fresh Salad

Romaine Lettuce with Cherry Tomatoes, Cucumber Slices, Red Onion, Shredded Cheese and Croutons served with Our Housemade Ranch Dressing

Ensaynely Fresh Spinach Salad

Spinach with Dried Cranberries, Cherry Tomatoes, Cucumber Slices, and Roasted Walnuts served with Our Housemade Raspberry Vinaigrette

Pasta

Alfredo with Fettuccini

Shrimp Alfredo with Fettuccini

Chicken and Cheese Tortellini

Meat Lasagna

Vegetable Lasagna

Ratatouille with Penne Pasta

Baked Ziti

Vegetable Baked Ziti

Entrees

Basil Painted Grouper

Boneless Beef Short ribs

Baked Chicken Breasts

Crab Cakes

Seared Salmon

Turkey Breast Cutlets

Sides

Braised Cabbage

Caviar Rice Medley

Garlic Whipped Potatoes

Haricot Verts

Lemon Garlic New Potatoes

Macaroni and Cheese

Roasted Mushrooms

Sauteed Spinach

Steamed Broccoli