

PERSONAL CHEF SERVICE

Our mission is making healthier eating easier!

Order at www.tkwitch.com
by Saturday for Pick up on Tuesday 4p-7p (or by appointment)

STARCHES

all options are gluten-free

three convenient sizes—singles, pints & quarts

Spanish Red Rice, gf/vg
\$2.50 / \$5 / \$8

Quinoa with Kale & Roasted Butternut, gf/vg
\$3/\$6/\$10

VEGGIES

Mixed Grilled Veggies, gf/vg
singles, pints & quarts
\$4/\$8/\$14

Parmesan Roasted Broccoli \$6, *pint gf*
vegan on request with cashew 'parm'

CASSEROLES

Shepherd's Pie –Beef, gf \$15
Serves 1.5-2
grass fed beef, veggies & gravy topped with
cheddar-buttermilk smashed potatoes

Shepherd's Pie—Lentil \$13
Serves 1.5-2
French lentils, veggies & gravy topped with
roasted garlic & olive-oil smashed potatoes

SOUPS

Chicken Tortilla soup \$7 *
homemade chicken stock with roasted corn,
grilled veg, organic black beans & salsa verde

Veggie Tortilla soup \$7 *
homemade veggie stock with roasted corn,
grilled veg, organic black beans & salsa verde

PROTEINS

all options are gluten-free

Garlic Landis Chicken Thighs, 6 oz portions*
\$5 each, 3 for \$13
boneless/skinless

Puerco al Pastor
*Ross Farms Pork with Pineapple & Onion **
\$5 each, 3 for \$13

No-Rizo
Chorizo-style Tofu & Quinoa
\$4/\$8/\$13

Cauliflower al Pastor *
Cauliflower with Pineapple & Onion
\$4/\$8/\$13

SAUCES

Half Pints—2-3 servings

Lime-cilantro Crema \$2.50

Fresh Pineapple Salsa \$5

Pico de Gallo \$4

Verde \$4

SALADS

Sweet Potato & Green Bean, gf/vg \$9, gf
over mixed greens with cilantro-honey dressing

Berry & Goat Cheese with almonds \$10, gf
greens, cucumbers & berries with lemon vinaigrette
vegan on request

T.K.WITCH & CO
CATERING