



BEACH HOUSE MEAL PREP

**No more crowded disappointing restaurants,
grocery stores, or time away from the family.**

Orders must be placed a minimum of **7 days** prior to the drop off date in order for chef to shop and prepare your menus.

Breakfast:

Breakfast Burritos (12 total) (eggs, cheese, sauteed peppers+onions) (add bacon or sausage \$2)
(GF available \$2) (salsa & sour cream on side)
Pancakes (24 total) (allergy friendly available) (\$3 per topping: chocolate chips or blueberries)
(banana chocolate chip, blueberry, or plain) real maple syrup
Avocado toast bar (local sourdough, smoked salmon, avocado, pickled red onions, everything bagel seasoning, peanut butter, cream cheese)
Overnight breakfast strata (blueberry or classic cinnamon)
Tropical Fruit plate (pineapple, mango, kiwi, dragon fruit, strawberry)
Tahini maple fruit bowl (pineapple, strawberry, apple, blueberry, lemon, vanilla, tahini, maple syrup)
Pork bacon or sausage links (2 lbs cooked. serves 4-6)
Yogurt parfait Bar (4 toppings) (DF yogurt \$5)
Chia Pudding (chocolate coconut raspberry, or coconut mango)
Quinoa + yogurt bowls (berries, hemp seed, chia seed)
Baked oatmeal squares (oats, banana, egg, hemp seed, chia seed, dates, choice of toppings)
Veggie quiches
Meat quiches

Breakfast Beverages:

Lemon ginger shots (8 shots)
Bloody mary bar (local mixer, celery stalks, olives, lemon, lime, Pickled okra, horseradish (add shrimp/bacon)
(alcohol not included)
Coffee bar (local coffee, creamer of choice, sweeteners, disposable hot coffee carafe, cups + lids)

Marinated & fully cooked Proteins

Choose your marinade: Italian herb blend, rotisserie blend, lemon pepper, teriyaki, miso ginger, plain.

Proteins:

Chicken breasts (3 lb)
Turkey, ground beef, or chicken burgers

Sliced top sirloin steak (3 lb per 4 people)

Marinated tempeh (1 lb per 3 people) or chickpeas (zataar, curry, or mediterranean)

Poached local shrimp (2 lb minimum. Feeds 6 people) (peeled + deveined)

** Make it a Taco Bar: Includes: flour or corn tortillas, chips, salsa, guac, 4 toppings of your choice)*

XL Salads:

Leafy greens, goat cheese, seasonal fruit,, shaved almonds, honey balsamic dressing

Low country boil potato salad (shrimp, sausage, corn, potato, mayo, old bay, fresh herbs, lemon) (chef favorite)

Picnic pasta salad (GF available) Italian herb vinaigrette , cherry tomato, cucumber, + muenster cheese

Picnic potato salad (hard boiled egg, mayo, celery, dijon mustard)

Pineapple coleslaw

Classic coleslaw

Caprese tortellini salad with pesto + arugula

Peach + tomato salad with balsamic dressing and fresh basil (add burrata)

Tomato + cucumber with balsamic dressing

Watermelon & strawberry salad with lime vinaigrette, fresh basil and mint

Mexican street corn (or cauliflower) salad

Zoodle, grilled asparagus and mushroom salad with balsamic dressing

Broccoli salad (mayo, raisins, sun flower seeds) (Vegan available)

Asian noodle salad with crisp garden veggies + peanut sauce (sub lentils for rice noodles)

Chickpea, kale, brown rice, shaved almonds, lemon marjoram vinaigrette

Mediterranean three bean salad with micro greens (chef favorite. High in protein + fiber)

Afternoon snacks + Sweets:

High protein dunkaroo dip (32 oz) Kodak graham crackers for dipping.

(greek yogurt, vanilla pudding, sprinkles, vanilla, almond extract)

Pimento cheese (32 oz) with pita bread

Chicken salad with pita bread, rolls or wraps

Egg salad (32 oz) with pita bread, rolls or wraps

Tropical shrimp ceviche with tortillas chips

Zucchini fritter with tzatziki (Keto friendly)

Black bean patties (24) with cilantro lime crema

Fried green tomatoes (24)

black bean brownies,(V/GF) (24 pieces)

Rice crispy treats (regular or peanut butter) (GF)

One dozen classic chocolate cookies

GF/DF chickpea cookie dough (32 oz)

(DF/GF) Seasonal fruit cobbler

No-bake vegan cinnamon roll bites (chef favorite!) (25 pieces)

Baked oatmeal squares (strawberry banana or blueberry almond) (DF/GF)

Dozen housemade muffins or pastries

Banana bread



GF/DF one dozen donuts (cinnamon roll or chocolate)
Rice Crispy treats (regular or peanut butter)
Double chocolate black bean brownies (gf/df) (high in fiber)

Heat & Serve Dinners

Italian night: Choice of:

- (4) Strombolis or calzones with marinara (ricotta, mozzarella + 2 veggie toppings) (+\$3 per protein)
- lasagna & zucchini lasagna
- Turkey or chicken meatballs

Served with seasonal vegetables,, leafy green salad and dressing.

Grilled Chicken Alfredo with fettuccine (GF available) Parmesan, black pepper, garlic bread, and

Leafy green salad. Balsamic or blue cheese dressing

Pecan crusted chicken, house made honey mustard, sweet potato wedges, steamed broccoli

Wild caught salmon filet, tropical mango salsa, veggie of your choice, potato or rice

Local shrimp & Grits (dairy free available), vegetable of your choice, cornbread

Crab stuffed butterflied shrimp over garlic mashed potatoes and vegetable of choice

BBQ pulled pork, pork ribs (¼ rack per person) rolls, pickles, coleslaw, BBQ sauce, mac and cheese, cornbread

Cashew Cream Pasta with Zucchini and Mushroom (AIP friendly) (+\$30 add protein)

Stuffed bell peppers (ground beef, rice, cheese, tomato sauce) (vegan available)

Shepherd's pie (russet or sweet potato mash) side of grilled asparagus with lemon + cornbread

Southern Sides:

Summer squash casserole

Cornbread with honey butter

Southern biscuits

Charleston red rice

Garlicky green beans

Mac and cheese (vegan/gf available)

Collard greens

Rosemary sweet potato mash

Strawberry shortcake with southern biscuit

Pecan pie

Key lime pie

Charleston chew cookies



On site DINNER options: (\$300 minimum service charge)

Low Country Boil (local shrimp, sausage, corn, potato) cocktail, butter

Local white fish chimichurri

Salmon en crouete with marjoram cream sauce

**Tow behind rotisserie: open flame cooking + addition grilled items

**(Ask for details on menus and service fees)

on-site BREAKFAST: (\$350 minimum service charge for four people)

Individual chef attended omelet station

Steak and Eggs

Eggs benedict with crab cakes (or salmon)

Chicken and waffles (try the sweet potato waffles)

Breakfast pizza

Breakfast burgers with sweet potato wedges, hash browns, or breakfast potatoes

Avocado toast bar (Smoked salmon, avocado, microgreens, pickled red onions, everything bagel seasoning)

Have something else in mind?

Chef Mari can accommodate (almost) any requests.

Ask about our autoimmune friendly menu options.

Ingredients are locally sourced and made in house whenever possible.

100% grass feed, pasture raised, and organic purchased upon request.

Pricing will be reflected in the grocery total.

Order by visiting www.marjoramcuisine.com

Scroll down & fill out the questionnaire to begin the process.

Full payments are due after you confirm your menu choices.

(square, venmo, paypal, zelle)

11% Tax + service fees not included.

Gratuuity not included.

Pick up available at The Chef's Collective

874 Orleans Road, Charleston SC 29407

Thank you for considering Marjoram Cuisine to be part of your vacation.

Let's get cooking!