

SUPPERMAN Personal Chef Service

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SUPPERMAN

Personal Chef Service

MENU ITEMS and SERVICES

Main Menu - 2009



MENU ITEMS and SERVICES

TABLE of CONTENTS

Poultry	page 1
Beef	page 2
Pork/Lamb/Veal	page 3
Seafood	page 4
Pasta	page 5
Vegetarian	page 6
World Cuisine	page 7
Regional American & Comfort Food	page 8
The Soup Shack	page 9
Additional Items: Breakfast-on-the-Go	page 10
Additional Items: Salads/ Sweets & Treats	page 11
Side Dishes/ Special Diets	page 12
Meal Service Plans & Pricing	page 13
Additional Services	page 14

Menu Items

page 1

Poultry

 Chicken Saltimbocca

boneless chicken breast w/ prosciutto, Gorgonzola, fresh sage & basil, in a delicious lemony-wine sauce

 Chicken Enchilada Suiza

shredded chicken enchiladas w/ creamy red sauce made w/ guajillo pepper. wrapped in fresh corn tortillas, covered with melted Mexican cheese & Crema Mexicana

 Cornish Hens w/ Raspberry Glaze

tender game hens wrapped in smoked-bacon and finished w/ a raspberry/balsamic glaze

 Coconut Chicken

sautéed boneless chicken breast w/ creamy coconut lime sauce

 Chicken Francese

classic sautéed egg-battered chicken cutlets in wonderful lemon & wine sauce

 Chicken Parmigiana

breaded boneless chicken breast w/ fresh marinara, mozzarella, and parmesan

 Chicken Milanese

crispy breaded chicken cutlets in creamy parmesan & wine sauce w/ arugula & grape tomatoes

 Stuffed Chicken Marsala

boneless chicken breast stuffed w/ Fontina cheese & prosciutto in a mushroom & Marsala wine sauce

 Chicken Pot Pie

mouth-watering chicken chunks, fresh carrots, shallots, and peas in thick béchamel sauce & a flaky homemade pie

 Chicken Cacciatore

braised chicken w/ tomato, onion, mushroom, fresh herbs, and bell pepper prepared 'hunter-style'... very delicious!

 Chicken Piccata

sautéed chicken cutlet w/ lemon, garlic, white wine, and capers

 Chicken Satay w/ Thai Peanut Sauce

skewered chicken tenders marinated & grilled w/ a tangy sweet Thai peanut sauce

 Grandma Wells' Chicken & Dumplings

The dish that started Supperman... the original Kentucky farmhouse version of this American classic. Tender & simply stewed hen w/ hand-rolled dumplings cooked in the fresh broth

 Pollo con Mole Poblano

shredded chicken in delicious dark & rich mole sauce served in flour tortilla w/ sour cream, green onions, and toasted sesame seeds

 Southwest Turkey Burgers

juicy turkey burgers filled w/ roasted corn, black beans, cilantro & onion topped w/ Jack cheese

Menu Items

page 2

Beef

 BBQ Short Ribs

incredibly tender short ribs of beef in sticky-rich sweet & smoky barbecue sauce

 Steak Diane

tender steaks with incredible flavor... shallots, capers, fresh parsley & lemon, and a delicious Madeira sauce

 Spice Glazed Apple Meatloaf

juicy all-beef meatloaf made w/ apples, herb stuffing, and shallots... glazed w/ a rich 5-spice glaze. TRY THIS!!!

 Skirt Steak w/ Chimichurri Sauce

tender grilled skirt steak w/ Argentinian chimichurri sauce made w/ fresh herbs, shallots, garlic, lemon, & olive oil

 Beef Bourguignon

braised in hearty red wine until wonderfully tender... joined by pearl onions & roasted garlic

 Old-Fashioned Beef Stew

comfort food to the core needing no explanation... this farmhouse favorite is thick, rich, and heart-warming

 Pot Roast & Gravy

just like Mom's Sunday afternoon dinner... dark, rich, hearty, and fork tender

 Madeira Beef Tips

tender sirloin tips in a rich Madeira & mushroom gravy

 Neapolitan Braciolo

savory beef roulades stuffed w/ pine nuts, mozzarella, prosciutto, and raisins w/ a rich Neapolitan sauce

 Beef Satay w/ Thai Peanut Sauce

marinated & skewered grilled beef strips w/ exotically savory & sweet Thai peanut sauce

 Sirloin Stuffed Peppers

'top shelf' stuffed peppers made w/ ground sirloin, rice, sweet onions, and fresh herbs

 Beef Pot Pie

tender chunks of beef...sharing the pie w/ carrots, onions, and fennel w/ a richly satisfying gravy in a flaky piecrust

 Apple-Stuffed Flank Steak w/ Applesauce Gravy

butterflied flank steak stuffed w/ apple, onion, prune, fresh bread crumbs, and fresh herbs w/ a hint of sweetness... served w/ a delicious and unique applesauce gravy

 Corned Beef & Cabbage

no need to wait until March for this taste treat... tender & juicy... warm & comforting... simple & delicious.

 Sirloin Stuffed Cabbage Rolls

ground sirloin and rice in a wonderfully seasoned blend all snuggled in tasty cabbage parcels w/ sweet & sour sauce

Pork/ Lamb/ Veal

- Pork Tenderloin w/ Caramel Apple Sauce
medallions of perfectly seasoned & seared pork tenderloin served w/ cinnamon apples topped w/ an amazing caramel apple sauce
- Pork Chops w/ Gingered-Pear Sauce
sage-rubbed pork chops 'paired' w/ an amazing sweet & savory fresh ginger & pear sauce
- Tequila & Lime Pork Carnitas
fork-tender w/ crispy edges... tequila & lime marinated pork chunks... wrapped in flour tortilla w/ sour cream & salsa
- Chorizo-Stuffed Pork Tenderloin w/ Red Currant Sauce
tender pork tenderloin stuffed w/ spicy chorizo sausage... sliced into medallions... accompanied by red currant sauce
- Parmesan & Sage Crusted Pork Chops
fresh bread crumbs, parmesan, sage, and lemon zest top these tender cider-brined pork chops
- Apple-Stuffed Pork Chops w/ Cinnamon Raisin Sauce
tangy apple-onion stuffing in orange-brined pork chops topped w/ delicious cinnamon & raisin sauce
- Medallions of Pork Tenderloin w/ Mango-Basil Sauce
tender medallions of pork tenderloin matched w/ a sauce combining sweet mango, fresh basil, and a hint of jalapeno
- Country-Style BBQ Boneless Pork Ribs
no bones about it... rib-stickin' country-style pork ribs in a smoky sweet & sour BBQ sauce... no teeth needed!
- Garlic-Roasted Lamb w/ Mint Sauce
boneless marinated lamb infused w/ roasted garlic accompanied by simple & satisfying mint sauce
- Greek Lamb Kabobs
it's all about the marinade... no need to wait until summer... garlic + lemon + parsley + secret stuff = MAGIC
- Moroccan Lamb Tagine
Moroccan spices, olives, lemon, raisins in a delicious & thick lamb stew
- Veal Francese
classic sautéed egg-battered veal cutlets in wonderful lemon & wine sauce
- Veal Saltimbocca
veal cutlet w/ prosciutto, Gorgonzola dolce, fresh sage & basil, in a delicious lemony-wine sauce
- Veal Parmigiana
veal cutlet w/ fresh marinara, mozzarella, and parmesan
- Blanquette de Veau (Tender Veal Stew)
tender veal chunks in a delicate and delicious stew w/ mushrooms & pearl onions and a hint of white wine

Menu Itemspage 4Seafood

- Salmon w/ Wild Mushrooms & Leeks
pan-seared fresh salmon fillet w/ wild mushrooms, leeks, fresh herbs in lemony wine sauce
- Tilapia Francese
A fresh look at a classic dish... sautéed egg-battered tilapia fillets in wonderful lemon & wine sauce
- Salmon Provencal
wine-poached fresh salmon fillet served w/ a delicious tomato & shallot provencal sauce
- Salmon w/ Hoisin-Ginger Glaze
pan-seared fresh salmon fillet w/ a thick, spicy, & sweet Hoisin sauce & fresh ginger glaze
- Grilled Mahi Mahi w/ Pina Colada Glaze
meaty Mahi Mahi grilled, slightly charred, and paired w/ tangy & tasty pineapple & coconut glaze
- Mississippi Delta Fried Catfish
fillets of fresh catfish... coated w/ finely ground, perfectly spicy, toasted bread crumbs... fried crispy out... tender in!
- Spicy Catfish 'Fingers' w/ Bayou Dip
the 'chicken fingers' of the Gulf coast... crispy, golden-brown catfish strips served w/ delicious creamy Cajun sauce
- Pecan Crusted Salmon
tender salmon fillets finished w/ a buttery & rich toasted pecan crust
- Pan-Seared Shrimp w/ Lemon-Garlic Butter
amazingly succulent shrimp finished w/ herbed lemon-garlic butter... one of Supperman's most requested dishes.
- Pan-Seared Shrimp w/ Lime-Chipotle Glaze
pan-seared shrimp finished w/ a smoky, spicy, and tangy chipotle pepper glaze infused w/ fresh lime
- Shrimp Scampi
classic shrimp entrée in a wonderfully buttery garlic, lemon, & wine sauce
- Thai Karee Curry w/ Shrimp
mouth-watering & creamy Thai yellow curry made w/ coconut milk, lemongrass, and kaffir lime leaf w/ shrimp
- Grilled Jamaican Skewered Shrimp
think of this one as a 'Jerk Kabob'... spicy jerk-marinated shrimp w/ sweet onions grilled 'kabob' style
- New Orleans Shrimp Gumbo
another highly requested Supperman entrée... authentic Louisiana ingredients... perfectly patient dark roux... and a depth of authentic flavor which you normally need to travel to taste
- Pan-Seared Sea Scallops w/ Pepper-Lime Sauce
giant sea scallops pan-seared to a slight char over high heat... finished w/ a mildly spicy black pepper & lime sauce

Menu Items

page 5

Pasta

 Rigatoni Napoletano

A SUPPERMAN signature dish... fresh Italian sausage, fresh marinara, basil, onions, garlic, zucchini, parmesan, and capers w/ imported rigatoni. A little heat... a lot of love!

 Lasagna Bolognese

homemade fresh lasagna noodles, thick & meaty Bolognese sauce, rich béchamel sauce, w/ mozzarella & parmesan cheeses make this lasagna an amazing & memorable signature dish.

 Fettucini Primavera

an array of fresh crisp vegetables in garlic, olive oil, herbs, and fresh Parmesan cheese getting cozy w/ fettucini

 Penne alla Romano

penne served w/ a spicy, creamy, and cheesy Romano sauce & toasted pignoli nuts. Also great w/ shrimp added.

 Pecan & Pumpkin Ravioli w/ Herb Butter Sauce

sweet & savory toasted pecan & pumpkin filled homemade ravioli served w/ a fresh herb, garlic, and butter sauce

 Three-Cheese & Baby Spinach Ravioli

Asiago, Parmesan, & Ricotta cheese join forces w/ chopped baby spinach in a delicious homemade ravioli & marinara

 Cheese Ravioli w/ Walnut-Herb Sauce

classic homemade cheese ravioli tossed in nutty & robust walnut-herb sauce

 Capellini al Pomodoro e Basilico

angel hair pasta w/ fresh tomato, shallots, basil, Parmesan cheese, garlic, and olive oil

 Tagliatelle w/ Saffron Cream & Shrimp

fresh homemade tagliatelle pasta in a saffron infused cream sauce made w/ mascarpone, wine & basil w/ shrimp.

 Zucchini & Pear Three-Cheese Lasagna

unique combination of thinly sliced pear & zucchini, layered w/ aged gouda, mozzarella, Parmesan, and béchamel

 Vegetable Lasagna alla Fiorentina

rich spinach lasagna w/ carrot, onion, & eggplant layered w/ mozzarella & béchamel sauce

 Penne alla Carbonara

smoked bacon, shallots, garlic, butter, and fresh Parmesan cheese in a rich cream sauce with penne

 Penne Vodka w/ Peas & Pancetta

classic penne in vodka sauce w/ red onion, green peas, and crisped pancetta

 Thick Spaghetti w/ Giant Meatballs

straight up thick spaghetti joined by HUGE & juicy Italian meatballs in a fresh marinara sauce... classic comfort food

 Rigatoni w/ Sausage & Peppers

Italian sausage & peppers, fresh basil & oregano, garlic & onion, fresh tomato & Parmesan. simple & delicious.

Menu Itemspage 6Vegetarian

- Eggplant Parmigiana
crispy coated eggplant disks... melted mozzarella... and a delicious fresh herbed-marinara
- African Vegetable Stew
yams, sweet onions, chick peas, Swiss chard, and raisins in a garlic infused broth... delicious.
- Caramelized Onion Tart
sweet caramelized onions & a scrumptious herbed-custard in a rich flaky crust
- Vegetarian Chili
all the bold tastes of the southwest... w/ roasted corn, black beans, tangy onion & a complex blend of chili pepper
- Roasted Corn & Jack Cheese Southwest Stuffed Peppers
sweet bell peppers stuffed w/ Texmati rice, roasted sweet corn, onions, Monterey Jack cheese, and spices
- Spanakopita (Greek Spinach Pie)
classic Greek spinach pie made w/ scallions, feta cheese, fresh herbs, Parmesan cheese in a phyllo dough crust
- Asparagus & Portabella Risotto
heartly & creamy risotto made w/ Arborio rice, fresh asparagus, pan-seared portabella mushrooms & vegetable stock
- Butternut Squash Risotto
delicious & comforting risotto made w/ roasted butternut squash, garlic, sweet onions, and vegetable stock
- Spicy Southwest Black Bean Burgers
bold and spicy flavors of the American southwest w/ black beans, roasted corn, cilantro, chipotle, & queso fresca
- Cheese Enchiladas w/ Sour Cream Tomatillo Sauce
creamy melted Monterey Jack cheese, pinto beans, cilantro, and Mexican spices in fresh corn tortillas & salsa verde
- Red Beans & Rice
smoky veggie version of this Cajun classic... onions, green pepper, celery, red beans, and Creole spices... mm mm!
- White-Bean Burger w/ Cilantro, Shallots, & Lime
mashed white beans flavored w/ fresh cilantro, lime zest, and caramelized shallots on a crusty poppy seed roll
- Falafel Burgers w/ Tahini Sauce
The original veggie burger... chick peas, sesame butter, garlic, fresh parsley, and lemon... crisply fried w/ tahini sauce
- Cold Sesame Noodles
cold lo mien noodles coated in a delicious Asian peanut, ginger, and toasted sesame sauce... highly addictive.
- Creamy Polenta w/ Oven Roasted Vegetables
creamy & cheesy polenta serve as a bed for scrumptious oven roasted root vegetables and herb-garlic butter

Menu Items

page 7

World Cuisine Pad Thai (Shrimp, Chicken, or Tofu)

Thai rice noodles w/ incredible sauce of tamarind, fish sauce, palm sugar, and chile combined w/ peanuts, bean sprouts, egg, pressed tofu, and garlic chives... w/ choice of protein (shrimp, chicken, or tofu)

 Greek Souvlaki w/ Tzatziki Sauce

Greek marinated lamb... grilled to perfection served on grilled pita w/ fresh tomatoes, marinated onions & tzatziki

 Pastitsio (Greek lasagna)

thick, rich, and perfectly seasoned tomato & meat sauce layered w/ penne, Romano cheese, and béchamel sauce

 Greek Moussaka

succulent Greek 'lasagna' made w/ eggplant, meat sauce, tomatoes, onions and béchamel sauce in delicious layers

 Grecian Burgers w/ Greek Salad

Mediterranean flavors abound in this juicy lamb & beef burger made w/ oregano, garlic, lemon, feta, and tzatziki

 Swedish Meatballs w/ Lingonberry Sauce

delicate nutmeg-infused little beef meatballs served w/ tangy Lingonberry sauce & new potatoes

 Chicken Enchiladas w/ Salsa Verde

shredded chicken w/ authentic Mexican spices, refried beans, and Jack cheese in corn tortillas w/ creamy salsa verde

 Thai Karee Curry (Chicken, Shrimp, or Tofu)

Creamy Thai yellow curry made w/ coconut milk, lemongrass, potato, and kaffir lime leaf served w/ cucumber salad

 Thai Massaman Curry (Chicken, Shrimp, or Tofu)

exotic & complex curry of coconut, peanut, tamarind, cardamom, cinnamon, & palm sugar... more sweet than spicy

 Chilean Beef Empanadas

classic Chilean street food... the original 'Hot Pocket'... delicious spiced beef & onion in a handy 'pastry packet to go'

 Hungarian Chicken Paprikash

creamy & flavor-filled Hungarian classic... melt-in-your-mouth chicken in sour-cream & paprika sauce

 Bigos (Polish Hunter's Stew)

wild mushrooms, pork, kielbasa, cabbage, onions, apples, prunes and MORE in this rich & comforting stew

 German Style Pork Chops & Sauerkraut

thick & juicy seared & braised pork chops w/ apple glaze... served over German sauerkraut w/ raisins & sour cream

 Chicken Tikka Masala

chicken marinated in Indian spices & yogurt... cooked in a richly spiced tomato-coconut cream sauce

 Jamaican Jerk Chicken

TEN different spices + scorching fresh peppers, onions, and exotic sauces make this one of the most fiery selections on the SUPPERMAN menu... if you like the heat... don't be a jerk... just go for it!

 Arroz con Pollo (Cuban style)

Latin American comfort food... incredibly succulent chicken w/ peppers, onions, garlic in an intensely flavorful sauce

Menu Itemspage 8Regional American & Comfort Food Louisiana Red Jambalaya

Creole-inspired classic French Quarter meal of chicken, smoked sausage, shrimp, onions, peppers, celery, and rice in a delicious Cajun tomato base

 American Chop Suey

traditional New England diner offering... simply spiced chopped beef, tomatoes, onions and tomato sauce. All-in-one!

 Macaroni & Cheese

classic farmhouse version of THE American classic.... rich Mac & Cheese w/ chunks of ham & a perfectly browned top

 Texas 'King Ranch' Chicken Casserole

if you're from Texas your mama & grandma made this for you... chicken, tortillas, cheese, green peppers, onions, cream soups... you remember. If you want nostalgia... SUPPERMAN will happily provide.

 Classic Chili con Carne

lots of ground beef, onions, peppers, and kidney beans in a chili-spiced tomato base...not TOO spicy...just like Mom's

 Cincinnati Style Chili

truly regional... chili w/ a hint of cinnamon & chocolate... served over spaghetti topped w/ onions, cheese, & beans

 Traditional Farmhouse Meatloaf

straight-up traditional juicy meatloaf... sweet tomato glaze... made w/ beef, pork, veal & down-home seasonings

 Bayou Shrimp Boil

another Louisiana classic... Cajun-spiced steamed shrimp... new potatoes... and corn-on-the-cob

 New England Boiled Dinner

Comfort Food 101... corned-beef, carrots, cabbage, potatoes + a few more root vegetables thrown in... mm mm !

 Mom's Tuna Noodle Casserole

You asked for it... there's something about Mom's cooking... relive the 50s & 60s... SUPPERMAN will oblige!

 Cowboy Style Franks & Beans

Thick, sweet, & smoky sauce w/ onions, peppers, chunks of all-beef franks & tender, juicy baked beans

 Southern Fried Chicken

cider-brined & slightly spicy... crispy & juicy southern fried chicken... super-moist & succulent... highly requested.

 Country Fried Steak w/ Biscuits & Sausage Gravy

tenderized round steaks dipped in egg & coated w/ bread crumbs... fried crispy w/ biscuits & sausage milk gravy

 'Top Shelf' Grilled-Cheese Sandwich w/ Creamy Tomato Soup

Mommy made this for you when you were sick... SUPPERMAN is here to help too... he'll swap the Velveeta for really good Vermont cheddar, the soft white bread for something crusty & the canned soup for something exquisite!

 Amish Yumazitti (Beef Casserole)

simple & delicious classic Amish beef & noodle casserole w/ celery & cheddar cheese in a creamy tomato sauce

Menu Itemspage 9The Soup Shack

- Uncle Bob's Soup Shack® Chicken Noodle Soup
guaranteed to be your favorite Chicken Noodle Soup... thick homemade noodles in an amazing chunky chicken soup
- Uncle Bob's Soup Shack® Chili
you'll never search for another chili after a bowl of this... thick & meaty, spicy & complex, a full-meal in one serving
- Uncle Bob's Soup Shack® Split Pea w/ Smoked Turkey Soup
thick & rich split pea soup w/ great smoked flavor & big meaty chunks of smoked turkey and big homemade croutons
- Uncle Bob's Soup Shack® Nantucket Clam Chowder
creamy and rich 'white' clam chowder... chock-full-of-clams, a hint of smoky bacon, some carrots & potatoes... yum!
- Uncle Bob's Soup Shack® Bronx Bomber Clam Chowder
Hey! We like the 'red' kind in NY! Still full of chunky clams only this time a delicious tomato base & chunky veggies
- Uncle Bob's Soup Shack® Jamaican Curried Carrot Soup
spicy... yet surprisingly soothing at the same time... creamy & smooth carrot soup w/ spicy & sweet curry flavors
- Uncle Bob's Soup Shack® Colonial Peanut Soup
from Williamsburg, Virginia w/ love... a rich, salty, sweet, and creamy soup... one sip... you'll say... "AHHHHH!"
- Uncle Bob's Soup Shack® Cream of Wild Mushroom Soup
hearty, robust, and complex blend of wild mushrooms, sweet onions, and fresh herbs blended until creamy
- Uncle Bob's Soup Shack® Cajun Shrimp Gumbo
classic New Orleans shrimp gumbo... w/ perfectly cooked roux, sausage, celery, onions, peppers, okra & gumbo filé
- Uncle Bob's Soup Shack® Louisiana Gumbo Ya Ya
another Louisiana classic... chicken & smoked sausage in a dark roux based broth... lots of vegetables... tons of flavor
- Uncle Bob's Soup Shack® Chicken Soup w/ Fluffy Matzah Balls
just like in a NY deli... intensely flavored chicken stock poured over GIANT... yet amazingly fluffy matzah balls
- Uncle Bob's Soup Shack® Sicilian Roasted Red Pepper Soup
enjoy this soup all year long... roasted red pepper, garlic, lemon, olive oil, and herbs w/ oregano sour cream sauce
- Uncle Bob's Soup Shack® Swedish Yellow Pea Soup
a Scandinavian classic... dried yellow peas... salt-pork... onions & fresh herbs w/ crisp bread & mustard on the side
- Uncle Bob's Soup Shack® Damn Yankee Bean & Bacon Soup
rich & flavor-filled bean soup w/ smoky thick-cut bacon, onions, carrots & the perfect amount of comforting spice
- Uncle Bob's Soup Shack® New Orleans Shrimp Bisque
rich & creamy bisque made w/ fresh shrimp, Creole seasonings, fish stock, garlic, and a hint of sherry & brandy

Menu Items

page 10

Additional Items:

Breakfast On-the-Go

- Kentucky Farmhouse Breakfast Casserole
sausage, egg, and cheese are featured in this delicious and convenient 'heat & eat' breakfast casserole
- Baked French Toast Casserole
everything you love about French toast in a family friendly casserole... French bread, cinnamon, nutmeg & praline
- Hash Browns Casserole
hash browns, onions, sour cream, cheddar cheese and a crunchy topping make this casserole a savory favorite
- Rise & Shine Casserole
eggs, potatoes, ham & cheese... in a classic and crowd-pleasing complete breakfast casserole
- Southwestern Fiesta Breakfast Casserole
green chiles, Monterey jack cheese, roasted corn in a delicious & spicy egg casserole
- Sausage, Egg and Cheese Squares
truly delicious and hearty breakfast casserole w/ a fantastic taste & texture... guests will ask for second helpings!
- Cheesy Grits, Sausage, and Country Gravy
if you're not from the south you'll wish you were after one bite of this delicious and comforting breakfast
- Smoked Salmon & Cream Cheese Frittata
classic combination of smoked salmon & cream cheese in a delicious egg frittata w/ red onions & chives
- Breakfast Burritos
maple sausage, egg, & potato, with a hint of maple and sour cream... a snazzy way to start the day!
- Breakfast Enchiladas
scrambled eggs, Monterey jack cheese, pinto beans, onions, and creamy salsa verde all under melted cheese
- Breakfast Empanadas
chorizo sausage, eggs, onions, and cheese in a handy 'pastry packet to go'
- Belgian Waffles (perfect for 'freezer to toaster')
big, thick, and classic Belgian waffles... they freeze & reheat in toaster to perfection for a great & easy breakfast
- Sour Cream & Cardamom Waffles w/ Lingonberry Sauce (freeze & toast)
thick waffles w/ a decidedly Norwegian viewpoint... also great from freezer to toaster
- Cinnamon Noodle Kugel
egg noodles, raisins, cinnamon & spices, eggs, and cottage cheese in this classic sweet taste treat
- Fresh & Fantastic* Homemade Granola
out of time in the morning... take a container of this incredible granola with you on your commute... mm mm!

Menu Items

page 11

Additional Items (individually priced):**Salads**

- Mixed Field Greens w/ Dates & Toasted Pine Nuts (serves 4) \$20-
fresh field greens w/ chopped dates & toasted pine nuts... served w/ homemade lemon-vinaigrette
- Caesar Salad w/ Homemade Artisan Croutons (serves 4) \$20-
fresh romaine lettuce, parmesan cheese, delicious homemade Caesar dressing & giant garlic croutons
- Arugala & Curly Endive w/ Raspberry Balsamic Dressing (serves 4) \$20-
tangy bitter greens & sliced shallot balanced w/ a sweet & savory raspberry balsamic dressing
- Mixed Greens w/ Strawberries & Caramelized Pecans (serves 4) \$20-
fresh field greens w/ chopped dates & toasted pine nuts... served w/ homemade lemon-vinaigrette
- Texas-Style Iceberg Wedges w/ Creamy Bleu Cheese (serves 4) \$16-
4 giant iceberg lettuce wedges w/ chopped fresh tomato & deliciously rich homemade bleu cheese dressing

Sweets & Treats

- Uncle Bob's Ginger Snaps \$16- for two dozen
quite simply... your NEW favorite cookie! Super crispy & crunchy sugared ginger snaps... w/ awesome deep crackling
- Dark Chocolate-Black Pepper Cookies \$16- for two dozen
over-the-top richness in an unusual combination of flavors... dark, dark chocolate, espresso, and black pepper... YUM!
- Earl Grey Tea Crispy Rounds \$16- for three dozen
delicate little tea rounds... sophisticated shortbread crisps flavored with Earl Grey Tea leaves
- The Definitive Brownie \$12- for eighteen brownies
chewy on the inside... wrinkly on top... a little crispy on the edges... and then those chopped walnuts... COME ON !
- SUPPERMAN Happy Birthday Cake \$24- for whole cake (serves 8 big pieces)
moist & rich vanilla layer cake... vanilla custard filling... and Swiss Chocolate Almond icing... better make a wish!
- Grandma Wells' German Crumb Cake \$20- for whole cake (serves 12)
brown sugary... crumbly cake... chocolate chips... nuts... in a spectacular & delicious cake you'll be fighting for
- Caramel Apple Muffins \$20- for one dozen
you could have these for breakfast... but they're S-O-O-O-O good call them dessert. WARNING: Sticky Fingers Alert!
- Norwegian Riskrem (Rice Cream) \$20- for large container (10 servings)
think delicate rice pudding folded w/ whipped cream... serve drizzled w/ Lingonberry sauce... find the almond & WIN!
- Norwegian Søsterkage \$18- for two loaves
this is the Norwegian version of pound cake... with a distinct cardamom spice flavor... makes a great welcome gift

Menu Items

page 12

Side Dishes:

There are far too many side dishes on the SUPPERMAN menu to list here. Choices for side dishes will be made based on your personal tastes & preferences as discussed in our initial assessment meeting & questionnaire. For every meal prepared, Chef Robert will select an appropriate side dish to accompany & enhance each entrée. Please feel free to request any side dish you would like (for our next cook date) if you discover *favorites* from the previous cooking session.

Diet Specific & Low Carb/Low Fat or All-Organic Ingredients:

Many of the menu items described in the previous pages can be modified to meet the requirements of the *South Beach Diet*, the *Atkins Diet*, the *Zone Diet*, and *Weight Watchers*. SUPPERMAN Personal Chef Service can prepare your meals following the specific guidelines of those popular diet plans.

If you are not interested in following a *specific* diet but just prefer eating 'low carb' or 'low fat' many of our menu items can be modified to reduce carbs and/or fats and still be delicious & satisfying while allowing you to *lose weight* and *eat healthy*. If the menu planning, shopping, and meal preparation has kept you from 'sticking to your diet'... then SUPPERMAN can help you overcome those obstacles.

The cost of meal plans for the *specific diets* (as noted above) and for *all-organic ingredients* is higher due to the higher grocery costs incurred (more protein items & premium ingredients) to provide appropriate meals, and the increased time in menu planning & recipe development to provide the highest quality meals possible.

Meal Service Plans & Pricing

SUPPERMAN Personal Chef Service is an ALL-INCLUSIVE service. All meal plans include consultation, menu planning, grocery shopping, food preparation, all cooking done in YOUR OWN KITCHEN, all container costs, packaging, heating instructions, kitchen clean-up... and ALL FOOD COSTS.

The service plans listed below describe the most popular plans offered. If you desire a service not listed please keep in mind that SUPPERMAN is a PERSONAL Chef Service. We will gladly work with you to develop a plan that can meet your needs.

<u>FULL FAMILY PLAN</u> (includes entrées & side dishes)			
5 entrées	(4 servings each)	20 total portions	
+			} \$425-
5 side dishes	(4 servings each)	20 total portions	
<i>(also the most popular choice for couples when packaged in multiple '2 serving' containers)</i>			

<u>CLASSIC FAMILY PLAN</u> (includes entrées & side dishes)		
4 entrées	(4 servings each)	16 total portions
+		
4 side dishes	(4 servings each)	16 total portions
} \$375-		

<u>5 x 2 for YOU PLAN</u> (includes entrées & side dishes)		
5 entrées	(2 servings each)	10 total portions
+		
5 side dishes	(2 servings each)	10 total portions
} \$340-		
<i>(this service provides a single client w/ two weeks of dinners Monday–Friday)</i>		

<u>Fill-Up-Your-Freezer ECONOMY PLAN</u>		
3 entrées	(6 servings each)	18 portions
+ 2 hearty soup, stew, or chili	(6 servings each)	12 portions
<u>30 Total Portions</u> ...a full MONTH of main courses!		\$300-
<i>(packaged for your freezer in family style or 2 serving containers. SINGLE SERVINGS add \$25)</i>		

Additional Services

page 14

SUPPERMAN Personal Chef Service offers additional services designed to meet your dining, entertaining, and party planning needs. If you don't find the service you're seeking here... we will be delighted to accommodate you in designing additional theme parties, dinner parties, and private dining functions that will *serve you best*.

Candlelight Dinner for Two

\$325-

All-Inclusive service includes:

- Romantic 5-course dinner prepared in your kitchen
- complete table setting w/ linens, silverware, dishes & glasses, fresh flowers, and candles
- table service by the chef
- Supperman's *Romantic* music mix
- *complimentary* wine pairing
- table/kitchen clean-up.

An all-inclusive night to remember. MAKES A GREAT GIFT and a perfect Valentine's Day present.
Gift Certificates available.

Private Dinner Parties

Includes 4-course dinner prepared in your kitchen

- 4 - 5 guests \$50– per person + cost of food
- 6 - 7 guests \$45– per person + cost of food
- 8 - 12 guests \$40– per person + cost of food

Additional Options for Private Dinner Party Services:

- server/assistant \$25– per hour (duration of party)
 - Complete Table Setting (linens, silverware, dishes, glasses, flowers) starting @ \$75-
- Gift Certificates available.*



ALL of these
SERVICES make
great GIFTS !

Cooking Class Parties

Invite some friends to a *themed* cooking class in your home where you'll have a great time learning, laughing, and then dining on the fruits of your labor!

4 - 8 guests \$40– per person + cost of food

Outrageous & Fun-Filled Theme Parties

Many memorable choices to entertain friends & family:

- A Night on the Bayou (Cajun/Creole)
- Big Night on the Big Island (Hawaiian)
- Prime Time Polka Party (Polish/German)
- Bella Luna Napoli (Italian)

plus many more theme choices available

prices vary depending on theme & choices...

PLEASE VISIT www.SuppermanChef.com for more detailsHands-OnPrivate Cooking Lessons

in your home

\$75– per 90 minute lesson

+ cost of food.

(additional participants @ \$25– each)

maximum of 4 participants @ lessons

Notes

Thank you for your business. We promise to provide you with the most personalized service possible & to provide stress-relieving solutions which allow you to reclaim more time for yourself & your family.

Providing time... peace of mind... and delicious home-cooked meals
for families to enjoy together at their OWN tables.

SUPPERMAN Personal Chef Service

www.suppermanchef.com
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(908) 723-0286

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