



Capital City Kitchen Weekly Meals Menu

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Hi!

I'm Chef Valerie and this is our Capital City Kitchen Weekly Meals menu.

My amazing team + I create yummy, chef-crafted meals using fresh, all natural ingredients so you can feed your family the best food possible, without having to take the time to shop and prepare the meals after a long busy day! Awesome, right?!

The following menu is divided into two categories, *Week Days*, for your weeknight family meals and *Weekends*, because we know that sometimes you want to have a little something special for a weekend brunch, or you may be in need of some delectable party foods, but don't want to prepare them yourself. We've got you either way!

Here's how it works...

- 1. Choose your menu items**
- 2. Email your order to info@capcitykitchen.com**
- 3. We'll send you a confirmation email via PayPal**
- 4. We'll prepare your meals, and chill them down so they'll be ready for pick-up in our kitchen on Monday-Friday from 10am – 6pm.**
- 5. Then you take them home and just heat + eat!**

Because Capital City Kitchen is here to help make your life easy by providing wholesome, delicious, restaurant-quality meals for your home table...and you don't even have to wear pants!

Week Days

AVAILABLE FOR PICK-UP MONDAY-FRIDAY

Chicken

Marinated Grilled Chicken \$32/serves 4

with roasted fingerling potatoes and romesco sauce or chimichurri

Shepherd's Pie \$36/serves 4

tender chicken + loads of vegetables in savory gravy with a whipped sweet potato crust

Island Chicken \$36/serves 4

on cashew-lime rice with pineapple salsa

Beef

Mama's Amazing Meatloaf \$40/serves 4

with our world famous mac + cheese

Italian Beef \$46/serves 4

deeply flavored with spices, pepperoncini + giardiniera aioli with crusty rolls

Beef Burgundy Stew \$48/serves 4

braised low + slow in a rich tomato-balsamic gravy on smashed yukon golds

Pork

House-Smoked Pulled Pork \$32/serves 4

sweet bourbon mustard bbq sauce with roasted sweet potatoes

Smoked Sausage \$32/serves 4

grilled kielbasa served on cabbages sautéed with onion + apples

Seafood

Baja Tacos \$38/serves 4

cornmeal crusted basa, white corn tortillas, white cheddar, chipotle slaw

House-Smoked Salmon \$48/serves 4

on bbq lentils

Vegetarian

Stuffed Bell Peppers \$32/serves 4

filled with quinoa, lentils, tons of veggies, herbs + spices, topped with lemon-sea salt cashew cream (this dish is vegan)

Roasted Vegetable + Polenta Pie \$32/serves 4

layers of rosemary-gorgonzola polenta, red + green pesto, roasted veggies, tomato sauce + asiago cheese

Week Days

AVAILABLE FOR DELIVERY OR PICK-UP MONDAY-FRIDAY

Pasta

Big Kid Spaghetti O's \$36/serves 4

ditalini pasta + meatballs in red sauce with green beans

Crusty Lasagna \$48/serves 4

deep dish, cheesy + tucked into golden crescent crust with house greens

Cheese Ravioli \$36/serves 4

with sautéed vegetables in lemon-asiago vinaigrette with house greens

Salads

House Greens \$16/serves 4

spring mix with fresh vegetables + balsamic vinaigrette

Caesar \$16/serves 4

romaine, parmesan, grape tomatoes, shaved red onion, croutons, caesar dressing

Fresh Herb Salad \$16/serves 4

spring mix, fresh herbs, crumbled blue cheese, dried currants, sweet-spicy pecans + balsamic vinaigrette

Asian Slaw \$16/serves 4

red + green cabbage, romaine, veggies, mei fun vinaigrette, crispy wontons

**contains peanuts

Chipotle Slaw \$16/serves 4

red + green cabbage, scallions, bell pepper, carrot, cucumber, radish + chipotle aioli

Sides

Our World Famous Mac + Cheese \$17/serves 4

it really does have fans from around the globe

Roasted Seasonal Veggies \$16/serves 4

a beautiful array of colorful seasonal vegetables roasted in olive oil with sea salt + fresh black pepper

Roasted Fingerling Potatoes \$16/serves 4

roasted in olive oil + italian parsley with sea salt + fresh black pepper

Cashew-Lime Rice \$16/serves 4

brown rice with a delightful tropical flair

Whipped Sweet Potatoes \$16/serves 4

with butter, sweet cream, sea salt + fresh black pepper

Green Beans \$16/serves 4

simply roasted in olive oil with sea salt + fresh black pepper

Weekends

AVAILABLE FOR PICK-UP ON FRIDAY

Noshes

Z's Cakes

Named after our former restaurant Zest! Exciting Food Creations, these are absolutely the most perfect appetizers imaginable!

They're unique + unexpected, and we make these signature savory cheesecakes in a huge array of fun flavors, so even your most persnickety guest will be pleased.

And, serving them is so easy. All you have to do is put a Z's cake on a pretty platter, slip a little knife next to it so your guest can spread the deliciousness on a little wafer. There's no fuss, since each one is at its tasty best served at room temperature.

Then...prepare yourself for the applause!

The Z's Cakes Flavors

Smoked Bacon . Cheddar
Lemon . Artichoke . Fresh Basil*
Pepperoni . Green Olives . Onions
Smoked Ham . Bleu Cheese . Green Onion
Red Grape . Roasted Shallots . Bleu Cheese*
Goat Cheese Pesto*
Bleu Cheese . Wild Mushroom . Pecan*
Spicy Santa Fe*
House-Smoked Salmon . Fresh Dill . Goat Cheese
Mediterranean Vegetable*
Chicken . Artichoke . Pepperoni . Feta
Pimento Cheese*
Smoked Ham . Fig . Goat Cheese
Crispy Prosciutto . Pear . Gorgonzola
Sausage . Black Bean + Corn Salsa . White Cheddar
Bacon . Corn . Sun-dried Tomato . Goat Cheese
**Indicates vegetarian selection*

Each 4" Z's Cake is \$18.00 (serves 6-10 people – includes assorted wafers for serving)

Whipped Feta

\$10/pound

kissed with lemon, rosemary + sundried tomatoes

Caramelized Onion Dip

\$10/pound

this dip is amazing with our house potato chips

House Potato Chips

\$9/pound

house-made potato chips...the best ever!!

Deviled Cheese

\$12/pound

spicy pimento cheese

Thai Chicken Satay

\$48/24

with spicy peanut sauce for dipping

Antipasto Skewers	\$48/24
pepperoni, olive, tomato, basil, asiago, artichoke	
'Pop' Tarts	\$36/12
puff pastry filled with deliciously savory fillings on a stick!	
<i>chicken pot pie</i>	
<i>tuscan beef pot pie</i>	
<i>wild mushroom with kale (vegan)</i>	
<i>grilled artichoke, marinated tomato + gruyere (vegetarian)</i>	
<i>pear + gorgonzola with rosemary honey + pecans (vegetarian)</i>	
Chicken Wings	\$40/24
grilled + rubbed with our magic bbq dust	
<i>Choice of sauces:</i>	
<i>herbed garlic butter</i>	
<i>spicy bbq</i>	
<i>tangy sweet mustard</i>	
<i>real tough guy</i>	
Caribbean Pork Shanks	\$48/24
mini pork shanks roasted in warm spices until tender + garnished with mango salsa	
Grilled Vegetables	\$45 serves 12
served with romesco sauce + radish-top pesto	
Crudités	\$45 serves 12
fresh vegetables with hummus + green goddess	
Deviled Eggs	
<i>green eggs + sam:</i> fresh herbed pesto + house smoked salmon	\$48/dozen
<i>french:</i> fresh dill, capers, shallots, cornichons, dijon	\$36/dozen
<i>hometown:</i> relish, yellow mustard, paprika	\$36/dozen
<i>sinner:</i> horseradish, steak, blue cheese	\$48/dozen
<i>wasabi:</i> pickled ginger, black tobikko	\$48/dozen
<i>truffled:</i> parmesan frico, fresh chives	\$48/dozen
<i>herbed:</i> boursin, fresh lemon	\$36/dozen
Shrimp Cocktail	\$50/dozen
large shrimp + house cocktail sauce	
Bubba's Shrimp	\$50/dozen
grilled large shrimp + lemons, house pickles + grilled pineapple ketchup	
Citrus Shrimp	\$48/dozen
roasted large shrimp marinated with orange, lime, cilantro + chilis, with our feisty citrus vinaigrette for dipping	

Weekends

AVAILABLE FOR PICK-UP ON FRIDAY

Brunch

Crème Brûlée French Toast

\$65/serves 8-12

our most popular brunch item...it's a warm, dreamy mixture of custard + challah with real vanilla bean and a golden caramelized crust that your guests will never forget!

Our Luscious Quiche

\$28/serves 6-8

without a doubt THE most luscious quiche nestled in the flakiest crust you'll find anywhere, and they're packed with delicious, savory ingredients. Ask what's on deck for this week!

Breakfast Strata

\$65/serves 8-12

delicious cheesy egg + bread casserole packed with delicious, savory ingredients. Ask what's on deck for this week!

Smoked Salmon + Bagels

\$85/serves 8-12

house smoked salmon + local bagels with cream cheese, tomato, capers + red onion

Cowboy Potatoes

\$45/serves 8-12

cheesy potato casserole...I mean, do we need to say more??