

EC Family Meal Menu

March 23, 24 & 26
(Tuesday, Wednesday & Friday)



Bruschetta Chicken

Fresh basil and tomato bruschetta + sundried tomato parmesan butter sauce
Crispy Smashed Yukon Gold Potatoes
Roasted Brussels Sprouts
Baby Kale Salad with Cucumber, Olives, Tomatoes, Feta and Lemon Vinaigrette
Baguette with whipped rosemary sea salt butter
Assorted Spring Desserts
\$20 per person | 5 person minimum

Blood Orange Seared Salmon

Charred blood orange wedges and fresh thyme
Orzo & Rice Pilaf
Roasted Broccoli & Cauliflower
Arugula Salad: fresh basil, shaved radish, shaved parmesan, heirloom tomatoes, balsamic vinaigrette
Baguette with whipped rosemary sea salt butter
Assorted Spring Desserts
\$22 per person/5 person minimum

Dijon Crusted Beef Tenderloin au jus

Double Stuffed Potatoes, aged white cheddar
Zucchini Fries, lemon aioli
Grilled Caesar Salad, grilled romaine, shaved parmesan, oven roasted tomatoes, grilled baguette crouton, caesar dressing
Grilled Rustic Polenta Garlic Bread
Assorted Spring Desserts
\$22 per person | 5 person minimum

{Whole 30} Banh Mi Bowl

Spiced Ground Turkey, Cabbage, Bell Pepper, Cucumber, Carrots, Ginger, Daikon, Jalapeno, Sriracha Aioli
Cauliflower Rice
Dark Chocolate Bark with goji berries
\$16 per person | 2 person minimum

Extras!

Baked Mac and Cheese - \$15 | serves 6

Pigs in a Blanket, mustard dipping sauce - \$15 | serves 6

Tuscan Orzo: garlic, spinach, lemon, blistered tomatoes parmesan & burrata cheese - \$20 *serves 4

Eggplant Parmesan - \$38 *serves 8

Chicken Parmesan Meatballs
panko encrusted meatballs, marinara, parmesan and mozzarella cheese
\$28 | serves 4

Taco Salad
Spiced chicken, iceberg lettuce, queso, charred corn, tomatoes, salsa, black beans, sour cream, tortilla chips, avocado, cilantro, chipotle ranch - \$32 | serves 4

Roasted Red and Gold Beet Salad with candied blueberries, brûlée goat cheese and balsamic vinaigrette - \$20/serves 4

Caprese Salad: heirloom tomatoes, burrata, fresh basil & balsamic vinaigrette
\$20*serves 4

Chopped Salad: romaine, grilled chicken breast, hard cooked egg, avocado, tomato, cucumber, feta, green goddess dressing - \$24 *serves 4

SOUPS

{WHOLE30}

Chicken Bone Broth
\$10 per quart | serves 4

Butternut Squash Soup
with Candied Pepitas garnish
\$14 per quart | serves 4

Tomato Basil Soup
with Grilled Cheese Croutons
\$14 per quart | serves 4

Spring Minestrone Soup
\$14 per quart | serves 4

Grilled Pound Cake
Fresh Berries, Berry Sauce
and Whipped Cream
shortbread crumble and fresh mint
\$20 *serves 5

Paninis

*select 1 \$28 | serves 4

~Grilled Chicken, oven roasted tomato, Arugula, sundried tomato pesto Panini

~Heirloom Tomato, Buffalo Mozzarella, Sundried Tomato Pesto and Basil

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*orders are due 48 hours in advance of your requested delivery date *delivery window between 1 PM-4 PM
*no delivery fees *within 25 miles of Downtown Chicago *heating instructions will be included *5 person minimum

