

breakfast & snacks

Paleo Pancakes & Waffles
Frittata with Broccoli & Onion
Greek Frittata with Spinach, Feta
& Kalamata Olives
Chocolate, Pumpkin & Cranberry-
Walnut Paleo Muffins
A selection of Vegan Fruit Smoothies
Quinoa Bars
Brownies, Blondies & Cookies

fish & seafood

Canadian Walleye with Basil &
Almond Pesto
Lemon Zested Red Snapper
Honey Mustard King Salmon
Macadamia Crusted Halibut
Gulf of Mexico Grouper with
Ancho Chili Rub
Pan Seared Mahi Mahi
Seafood Paella
Shrimp Panang
Grilled Caribbean Shrimp
New Zealand Salmon Cakes
with Lemon Aioli



beef, chicken lamb & pork

Poultry is Organic
Beef is 100% Grass-Fed

Flank Steak with Chimichurri
Greek Style Beef Kebabs with
Onions & Peppers
Carolina BBQ Brisket
Flank Steak Tacos
Chicken Mole with Broccoli & Sweet
Potato Hash
Szechuan Chicken Stir Fry
Creamy Garlic & Lemon Chicken
Chicken Schwarma with Falafel Bowl
Chicken Puttanesca
Rosemary Herb Lamb Chops
Lamb & Feta Burgers
Moroccan BBQ Baby Back Ribs
Porcini Rubbed Pork Chops



plant based & veg

Chickpea Shepherds Pie
Brussels Sprouts with
Pomegranate & Toasted Pinenuts
Cauliflower Vesuvio
Organic Mexican Street Corn
Grilled Eggplant with Peppers
Mexican Mole Lasagna

kid-friendly

Pasta with Meatballs
Breaded Chicken Strips
with Honey BBQ Sauce
Chicken Mostaccioli DF
Lasagna GF/DF
Cookies, Brownies, Blondies
Chocolate Silk Pie & more!

salads

Heirloom Tomato Salad with Green Onions,
Purple Basil & Fresh Shaved Manchego
Watermelon & Feta (Sheep) Salad with Mint & Lime Vinaigrette
Mediterranean Greek Salad with Cucumber, Candied Pecans, Red Onion,
Kale, Parsley, Tomatoes, Feta (Sheep) & Kalamata Olives
with a Lemon-Oregano Vinaigrette
Organic Beet & Goat Cheese Salad with Candied Cashews,
Cranberries, Spinach, Organic Hemp Oil & Maple Syrup
Organic Chicken Waldorf Salad with Green Apples, Grapes, Celery,
Candied Cashews & Arugula with Orange Vinaigrette

**SEE
NEXT PAGE
FOR PRICING,
QUANTITY &
ORDERING
GUIDELINES**

our menus

chef curated
seasonal
change weekly

our passion

Gluten Free

Dairy Free (Cow)

**sheep and goat milk cheeses
are used in some items*

Limited soy & white sugar

Non - GMO

All poultry is organic

All beef is 100% grass-fed
from Australia

All fish is wild caught
*or sourced from a sustainable
open-water farm*

50% of our food is plant based
including our baked items

pricing & quantities

Our average price per meal is \$23.00
and all pricing includes food & delivery.

A typical meal is comprised of:
6 oz. - 8 oz. animal protein before cooking
and 10 oz. veggies & starch
Meals are priced for one individual adult meal
but can definitely be split.

Singles will spend an average of
\$75.00 - \$150.00 per week
Families of two or more spend an average of
\$240.00 - \$370.00 per week

**Pricing varies greatly
depending upon age and the number of people dining*

Meals are packaged for
delivery & curbside pick-up
in reusable
Glasslock containers
\$150.00 deposit required

online ordering

Orders should be placed by
Wednesday midnight
for the week ahead
Deliveries are made 2X/week
to ensure freshness
www.ChefBeausKleanKitchen.com
Curbside Pick-up available
\$75.00 min order

deliveries

Northwest & Western Suburbs (min \$125.00/wk)

Mon & Thurs 12:00 – 5:00pm

Chicago Metro and North Shore Suburbs (min \$165.00/wk)

Tues & Thurs 12:00 – 5:00pm

Far North Suburbs (min \$225.00/wk)

Tues & Thurs 12:00 – 5:00pm

Barrington & Naperville (min \$250.00/wk)

Mon & Thurs 12:00 – 5:00pm

No contract is required.

**We do encourage our
customers to try us for 3-4
weeks to experience our
“Klean” flavors
& changing menus!**