



# SIMPLY SATIED BY TESSA

## ✦ A NOTE FROM CHEF TESSA

Chef Tessa has a deep passion for the art of cooking, with over two decades of experience exploring, studying, and mastering a wide range of cuisines from around the world. Her approach to food is rooted in creativity, excellence, and a commitment to delivering unforgettable dining experiences.

There is no cuisine she hasn't embraced or challenged herself to perfect—each dish is crafted with intention, flavor, and heart.

If you don't see something on the menu, **just ask the Chef.**

We specialize in customization, and our mission is to create a **fully personalized dining experience** tailored to each client, each event, and each vision.

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## 🙏 OUR FOUNDATION

*"You eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you."*  
— Psalm 128:2

## MASTER SIGNATURE MENU COLLECTION

🔥 Most Popular    ⭐ Chef's Favorite    💎 Premium Experience  
🌱 Vegetarian    🌿 Vegan    GF Gluten-Free

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## APPETIZER COLLECTION



### Grazing & Displays

#### Signature Grazing Table 💎 🔥 ⭐

An abundant, visually stunning display curated with premium cured meats, artisan cheeses, fresh seasonal fruits, house-made dips, nuts, honey, jams, and an assortment of breads and crackers. Designed as edible art, each table is customized to your event aesthetic and serves as both a centerpiece and a guest experience.

### **Luxury Charcuterie Board**

A refined selection of high-quality meats and cheeses paired with marinated vegetables, dried fruits, nuts, and gourmet accompaniments for a balanced and elevated bite.

### **Fruit & Cheese Display** GF

Fresh, hand-selected seasonal fruit paired with a variety of mild to bold cheeses, offering a refreshing and visually vibrant option.

### **Chips & Dips Display**

A colorful presentation of assorted chips served with house-made dips such as spinach dip, queso, salsa, and creamy herb blends—perfect for relaxed elegance.

### **Classic Antipasto Display** GF

Italian-inspired selection of cured meats, cheeses, olives, and marinated vegetables tossed in a zesty house dressing.

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## **Passed Bites**

### **Deviled Eggs (Classic, Bacon, or Creole)** GF

Perfectly cooked eggs filled with a creamy, seasoned yolk mixture, finished with your choice of traditional, smoky bacon, or bold Creole spice.

### **Chicken & Waffle Bites**

Crispy, golden fried chicken paired with fluffy waffle bites and lightly drizzled with syrup for the perfect sweet-savory balance.

### **Mini Crab Cakes**

Delicate crab cakes made with premium lump crab meat, lightly seasoned and pan-seared, served with your choice of remoulade or bourbon mustard sauce.

### **Mini Mac & Cheese Muffins**

Baked macaroni and cheese formed into golden, handheld portions featuring a rich, cheesy interior and lightly crisp exterior.

### **Mini Meatloaf with Smoked Gouda Mash**

Tender, seasoned meatloaf topped with creamy smoked gouda mashed potatoes for a bold Southern-inspired bite.

### **Franks in a Blanket**

Savory sausages wrapped in flaky puff pastry and baked until golden, finished with a hint of parmesan.

### **Signature Sliders** 🔥

Mini sandwiches featuring your choice of protein, including beef, chicken, or BBQ, topped with flavorful sauces and served on soft slider buns.

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## **Bruschetta & Skewers**

### **Brisket Bruschetta** 🔥 ⭐

Slow-braised brisket layered over toasted baguette slices and finished with rich, savory toppings.

### **Guacamole Bruschetta** 🌱

Fresh, seasoned guacamole spread over crisp toasted bread for a vibrant, flavorful bite.

### **Mediterranean Bruschetta** 🌱

Roasted tomatoes, garlic, herbs, and olive oil served over grilled baguette.

### **Meatball Skewers** 🔥 ⭐ GF

Juicy, seasoned meatballs glazed in your choice of Italian, sweet chili, or Mexican-style sauce.

### **Korean BBQ Chicken Skewers** 🔥 GF

Tender chicken skewers grilled and coated in a bold, savory-sweet Korean BBQ glaze.

### **Caprese Skewers** 🌱 GF

Fresh mozzarella, basil, and tomatoes finished with balsamic drizzle.

### **Watermelon Feta Skewers** 🔥 🌱 GF

Sweet watermelon paired with feta cheese and finished with a honey balsamic glaze.

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## **Shooter Appetizers**

### **Shrimp & Grits Shooters** 🔥 ⭐

Creamy, buttery grits topped with seasoned shrimp and finished with bold Southern flavor.

### **Gumbo Shooters** 🔥 GF

Rich, slow-simmered gumbo served over rice with deep Cajun seasoning.

### **Jambalaya Shooters** 🔥 GF

Flavorful rice dish infused with spices and your choice of protein.

**Loaded Mashed Potato Shooters** 🔥 ⭐ GF

Creamy mashed potatoes layered with cheese, bacon, and green onions.

**Four Cheese Mac Shooters** 🔥 ⭐

Rich, creamy macaroni featuring a blend of cheeses.

**Chili Mac Shooters** 🔥

Hearty chili layered with pasta for a bold, comforting bite.

**Elote Shooters** 🔥 🌱 GF

Sweet corn tossed in a creamy, zesty sauce with cheese and seasoning.

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 **Vegetarian & Vegan**

**Collard Green Dip + Cornbread Crostini** 🔥 ⭐ 🌱

A rich, savory dip made with seasoned collards, served with crisp cornbread crostini.

**Stuffed Mushrooms** 🌱 🌿 GF

Mushrooms filled with a flavorful blend of herbs, vegetables, and seasoning.

**Roasted Cauliflower Bites** 🌿 GF

Crispy cauliflower tossed in bold sauces like buffalo or honey glaze.

**Hummus Trio + Pita & Vegetables** 🌿

A trio of classic, roasted red pepper, and garlic hummus served with fresh vegetables and pita.

**Spinach & Artichoke Bites** 🔥 ⭐

Creamy spinach and artichoke filling baked into golden bite-sized portions.

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 **Signature Southern Fusion**

**Soul Rolls (Fried Onsite Only)** 💎 🔥 ⭐

Crispy eggrolls stuffed with collards, macaroni and cheese, and candied yams, with optional chicken or turkey—your signature, unforgettable dish.

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 **PASTA & ITALIAN ENTRÉES**

### **Classic Spaghetti** 🔥

Perfectly cooked pasta served with your choice of vegetable marinara, rich Bolognese, or hearty meatballs.

### **Baked Ziti** 🔥

Ziti pasta layered with marinara sauce and a blend of cheeses, baked until bubbly and golden.

### **Chicken Parma Rosa Pasta** ★

Tender chicken tossed in a creamy parmesan and tomato blush sauce.

### **Rasta Pasta** 🔥 ★

Caribbean-inspired pasta featuring bold spices, colorful peppers, and a creamy sauce with your choice of protein.

### **Chicken Riggies**

Pasta tossed with tender chicken, peppers, and a slightly spicy, creamy tomato sauce.

### **Pesto Pasta** ★

Pasta coated in rich basil pesto sauce with your choice of chicken or shrimp.

### **Pasta Primavera** 🌱

Seasonal vegetables sautéed and tossed with pasta in a light garlic herb sauce.

### **Spinach & Artichoke Pasta** ★

Creamy pasta featuring spinach and artichokes in a rich savory sauce.

### **Caesar Salad Pasta**

A unique blend of pasta tossed with Caesar dressing, parmesan, and your choice of protein.

### **Taco Pasta** 🔥

Seasoned beef, pasta, and a creamy, zesty sauce delivering bold taco flavor.

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You're right—and I'm glad you caught it, because that's a **major revenue section**. Let's fix it properly and completely.

Below is your **FULL PROTEIN / ENTRÉE SECTION (FULLY DETAILED + LUXURY LANGUAGE + GF MARKED)** so it can drop directly into your master menu.

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 **SIGNATURE PROTEIN COLLECTION**

*Thoughtfully prepared, boldly flavored, and beautifully presented—our protein selections are the heart of every Simply Sated experience.*

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## POULTRY SELECTIONS

### **Herb-Roasted Chicken** 🔥 ★ GF

Tender chicken marinated in fresh herbs, garlic, and citrus, then oven-roasted to perfection for a juicy, flavorful finish.

### **Lemon-Thyme Chicken** 🔥 ★ GF

Lightly seasoned chicken infused with lemon and thyme, finished with a silky citrus cream sauce that delivers bright, balanced flavor.

### **Southern Fried Chicken Breast** 🔥 ★

Crispy, golden-fried chicken with a perfectly seasoned crust and juicy interior. *Best prepared onsite for optimal texture.*

### **Mediterranean Bruschetta Chicken** ★

Grilled chicken topped with fresh tomatoes, garlic, herbs, and olive oil for a vibrant, refreshing finish.

### **Creamy Pesto Chicken** ★

Tender chicken finished in a rich, herb-forward pesto cream sauce.

### **Margherita Chicken** GF

Grilled chicken topped with melted mozzarella, fresh tomatoes, and basil for a clean, classic flavor profile.

### **Grilled Margarita Chicken** GF

Citrus-marinated grilled chicken topped with pesto and mozzarella, delivering a bold yet refreshing taste.

### **Roasted Turkey Medallions** GF

Hand-carved turkey roasted until tender and juicy, offering a lighter, classic option.

### **Smothered Turkey Wings** 🔥 ★ GF

Slow-cooked turkey wings braised in rich gravy until fall-off-the-bone tender and deeply flavorful.

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## BEEF SELECTIONS

**Chopped Steak with Mushroom & Onion Gravy** 🔥 ⭐ GF

Seasoned chopped steak smothered in a rich, savory gravy with caramelized onions and mushrooms.

**Beef Tips in Brown Gravy** GF

Tender pieces of beef simmered in a full-bodied brown gravy for a hearty, comforting dish.

**Slow-Roasted Roast Beef with Au Jus** 💎 GF

Perfectly roasted beef, thinly sliced or pulled, and served with a rich, flavorful au jus.

**BBQ Braised Brisket** 🔥 GF

Slow-cooked brisket infused with bold, smoky BBQ flavor and finished until tender and juicy.

**Savory Southern Meatloaf** ⭐

A homestyle classic seasoned and baked, finished with a rich glaze.

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 **PREMIUM BEEF & STEAK EXPERIENCES**

**Beef Tenderloin** 💎 ⭐ GF

A succulent, premium cut of beef seasoned and cooked to perfection for a tender, luxurious bite.

**Beef Wellington** 💎

Seasoned tenderloin wrapped in flaky puff pastry and paired with a rich mushroom sauce.

**Prime Rib** 💎 🔥 GF

Slow-roasted prime rib carved to order and served with a flavorful horseradish dill sauce.

**T-Bone Steak** 💎 GF

Thick-cut, pan-seared steak delivering bold, full-bodied flavor.

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 **PORK SELECTIONS**

**Southern Pork Chops** 🔥 GF

Prepared fried, smothered, or roasted, delivering rich, comforting Southern flavor.

**Pork Tenderloin (Garlic Herb Butter)** 💎 ⭐ GF

Tender pork medallions finished in a rich garlic herb butter sauce.

**Pulled Pork (BBQ or Smoked)** 🔥 GF

Slow-cooked pork, shredded and tossed in flavorful BBQ or smoked seasoning.

**Honey Glazed or Smoked Ham** 🔥 GF

Juicy ham finished with a sweet glaze or slow smoked for deep flavor.

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## ADDITIONAL CROWD FAVORITE PROTEINS

**Chicken Wings (Buffalo, BBQ, Lemon Pepper, Honey Garlic)** 🔥

Crispy, flavorful wings tossed in your choice of sauce. *(GF depending on preparation)*

**Pulled Chicken (BBQ or Herb Seasoned)** 🔥 GF

Slow-cooked shredded chicken, tender and full of flavor.

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## SEAFOOD SELECTIONS

**Citrus Salmon (Also Blackened, Bourbon, or Creole Style)** 💎 🔥 GF

Flaky salmon marinated with citrus and garlic, finished with your choice of bold seasoning.

**Herb-Roasted Catfish (Blackened, Creole, or Citrus)** 🔥 GF

Seasoned catfish roasted or blackened to perfection with your preferred flavor profile.

**Blackened Tilapia** 🔥 GF

Tilapia coated in bold blackened seasoning and seared for a flavorful crust.

**Lemon Butter Swai** 🔥 GF

Delicate white fish finished in a rich lemon butter sauce.

**Shrimp over Mixed Vegetables** ★ GF

Seasoned shrimp served over a vibrant medley of sautéed vegetables.

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## SOUTHERN SEAFOOD CLASSICS

**Louisiana Shrimp & Grits** 🔥 ★

Creamy grits topped with seasoned shrimp and rich Southern flavor.

### **Shrimp Creole GF**

Shrimp simmered in a vibrant, seasoned Creole tomato sauce.

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## **SIGNATURE SOUTHERN SPECIALTY**

### **Smothered Oxtails** GF

Slow-braised oxtails cooked until tender and served in a rich, full-bodied onion gravy.

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## **STUFFED & SPECIALTY OPTIONS**

### **Stuffed Bell Peppers (Vegan, Vegetarian, or Beef)** GF

Bell peppers filled with a flavorful mixture of rice, vegetables, and your choice of protein, baked until tender.

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## **SIDE COLLECTION**

### **Vegetables**

#### **Southern Green Beans** GF

Prepared sautéed with onions and carrots or Southern style with red potatoes for rich flavor.

#### **Collard Greens** GF

Slow-cooked collards with smoked turkey or vegetable base, rich and tender.

#### **Roasted Broccoli** GF

Oven-roasted broccoli finished with a light lemon garlic glaze.

#### **Brussels Sprouts** GF

Roasted until caramelized, optionally finished with bacon and lemon cream.

#### **Roasted Carrots** GF

Tender, naturally sweet carrots lightly seasoned and roasted.

#### **Marinated Asparagus** GF

Lightly seasoned asparagus with herbs and peppers.

### **Steamed Cabbage GF**

Cabbage simmered in seasoned broth with garlic and spices.

### **Roasted Vegetable Medley** 🍷 🌿 GF

A colorful blend of seasonal vegetables roasted with olive oil, herbs, and light seasoning, delivering a fresh, vibrant, and well-balanced side option.

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## **Potatoes**

### **Creamy Garlic Mashed Potatoes** 🍷 ⭐ GF

Smooth, buttery mashed potatoes infused with roasted garlic.

### **Loaded Mashed Potatoes** 🍷 ⭐ GF

Topped with cheese, bacon, and green onions.

### **Garlic Parmesan Potatoes** ⭐

Crispy roasted potatoes finished with parmesan and herbs.

### **Roasted Red Potatoes** GF

Seasoned and roasted until golden and tender.

### **Potatoes Au Gratin** 💎 🍷

Thinly sliced potatoes layered with creamy cheese sauce and baked to perfection.

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## **Rice & Grains**

### **White Rice** 🍷 GF

Fluffy, perfectly steamed long grain rice.

### **Confetti Rice** 🍷 GF

Rice mixed with bell peppers, onions, and herbs.

### **Yellow Rice** GF

Seasoned rice with warm spices and rich color.

### **Dirty Rice** 🍷 GF

Savory Southern rice cooked with seasoned meat.

**Coconut Rice** ★ GF

Lightly sweet rice simmered in coconut milk.

**Jollof Rice** 🔥 GF

Bold, tomato-based rice infused with spices.

**Hoppin' John** 🔥 ★ GF

Black-eyed peas and rice cooked with Southern seasoning.

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 **Southern Classics**

**Macaroni & Cheese (6 Cheese Blend)** 🔥 ★

Rich, creamy baked macaroni with multiple cheeses including smoked gouda.

**Cornbread Dressing** ★

Savory cornbread stuffing prepared with chicken or turkey.

**Corn Casserole** 🔥

Sweet corn baked into a rich, buttery casserole.

**Fried Corn** 🔥 ★ GF

Corn sautéed with peppers and onions for bold flavor.

**Baked Beans** GF

Slow-cooked beans in a sweet and savory sauce.

**Potato Salad** GF

Creamy and well-seasoned classic side.

**Cole Slaw** GF

Crisp cabbage tossed in a tangy dressing.

**Macaroni Pie** ★

A Caribbean-style baked macaroni dish with rich flavor.

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 **Sweet Sides**

**Mashed Sweet Potatoes** ★ GF

Smooth and naturally sweet with a buttery finish.

### **Candied Yams** 🔥 GF

Tender yams glazed in a rich, sweet syrup.

### **Sweet Potato Casserole** 🔥 ⭐

Baked sweet potatoes topped with a buttery pecan crumble.

## **SIGNATURE TACO BAR EXPERIENCE**

*An interactive, crowd-favorite dining experience designed to bring bold flavor, customization, and fun to your event.*

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### **THE EXPERIENCE**

Our Taco Bar allows guests to build their perfect plate with a variety of seasoned proteins, fresh toppings, and flavorful accompaniments. This station-style setup creates an engaging and memorable dining experience while offering something for every guest.

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### **PROTEIN SELECTIONS**

*Expertly seasoned and prepared for bold, authentic flavor*

- **Seasoned Ground Beef** 🔥 GF  
Classic taco-style beef, rich in flavor and perfectly seasoned.
  - **Grilled or Shredded Chicken** 🔥 ⭐ GF  
Tender, juicy chicken seasoned to perfection.
  - **Pulled Pork (BBQ or Traditional)** 🔥 GF  
Slow-cooked, flavorful pork with a savory finish.
  - **Seasoned Shrimp** 💎 ⭐ GF  
Lightly seasoned shrimp offering a fresh, elevated option.
  - **Vegetarian Fajita Blend** 🌱 GF  
Sautéed peppers, onions, and vegetables seasoned with bold spices.
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### **TOPPINGS BAR**

*Fresh, vibrant, and fully customizable*

- Shredded Lettuce
- Diced Tomatoes
- Pico de Gallo
- Shredded Cheese
- Sour Cream
- Guacamole 🔥
- Jalapeños
- Fresh Cilantro
- Diced Onions
- Salsa (Mild & Hot)
- Queso Cheese Sauce

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## **OPTIONAL ADD-ONS (RECOMMENDED)**

*Enhance the experience with complementary sides*

- Spanish / Yellow Rice 🔥 GF
- Cilantro Lime Rice ★ GF
- Black Beans or Refried Beans 🌱 GF
- Elote (Mexican Street Corn) 🔥
- Chips & Salsa Display 🔥

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## **SIGNATURE SALADS & BREAD SELECTIONS (REFINED)**

*Fresh, vibrant, and thoughtfully prepared, our salads and breads are designed to complement your menu while adding balance, elegance, and a refreshing contrast to your entrée selections.*

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## **SALAD SELECTIONS**

### **Mixed Green Salad** 🔥 🌱 GF

A crisp blend of seasonal greens, tomatoes, cucumbers, and carrots, served with your choice of dressings including ranch, Italian, balsamic vinaigrette, or honey mustard.

### **Classic Caesar Salad** 🔥

Crisp romaine lettuce tossed in a creamy Caesar dressing, finished with parmesan cheese and crunchy croutons.

### **Strawberry Pecan Salad (with Feta)** ⭐ 🌱 GF

Fresh greens topped with sweet strawberries, candied pecans, and crumbled feta cheese, finished with a light vinaigrette for the perfect balance of sweet, tangy, and savory.

### **Italian Garden Salad** 🌱 GF

A vibrant mix of lettuce, tomatoes, cucumbers, onions, olives, and peppers, tossed in a zesty Italian dressing.

### **Greek Salad** 🌱 GF

Fresh cucumbers, tomatoes, red onions, olives, and feta cheese, lightly dressed in a traditional Greek vinaigrette.

### **Caprese Salad** 💎 🌱 GF

Sliced fresh mozzarella, ripe tomatoes, and basil, finished with olive oil and balsamic glaze—simple, elegant, and refreshing.

### **Fresh Spinach Salad** ⭐ 🌱 GF

Tender baby spinach topped with seasonal additions such as strawberries, red onions, nuts, and cheese, finished with a light vinaigrette.

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## **BREAD SELECTIONS**

### **Dinner Rolls (Yeast Rolls)** 🔥

Soft, fluffy, and freshly baked rolls served warm with your choice of **whipped honey butter** for a light, subtly sweet finish or **rich garlic parmesan butter** for a bold, savory enhancement.

### **Southern Cornbread** 🔥

Moist, golden cornbread with a rich, slightly sweet flavor that pairs beautifully with Southern dishes.

### **Garlic Toast**

Crispy toasted bread brushed with garlic butter and herbs for bold, savory flavor.

### **Buttermilk Biscuits** ★

Flaky, buttery biscuits baked to golden perfection, offering a classic Southern touch.

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## **SIGNATURE DESSERT COLLECTION**

*Indulgent, beautifully crafted, and made with love—our desserts are designed to leave a lasting impression and create the perfect sweet ending to your Simply Sated experience.*

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## **CUSTOM DESSERT EXPERIENCE**

*Don't see exactly what you're looking for?*

**We specialize in customization. If you can dream it, we can create it.**

From family favorites to elevated wedding desserts—just ask the Chef.

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## **SOUTHERN CLASSIC DESSERTS**

### **Peach Cobbler** 🔥 ★

Warm, baked peaches layered beneath a golden, buttery crust—sweet, comforting, and a guest favorite.

### **Apple Cobbler**

Tender cinnamon-spiced apples baked under a soft, golden topping.

### **Apple Pie**

Classic apple pie filled with perfectly spiced apples and wrapped in a flaky, buttery crust.

### **Sweet Potato Cobbler** ★

A rich and flavorful twist on a Southern favorite, combining warm spices with a buttery topping.

### **Sweet Potato Pie** 🔥 ★

Smooth, spiced sweet potato filling baked into a flaky crust for a rich, comforting finish.

### **Pecan Pie** 💎

A decadent blend of caramelized pecans and sweet filling baked into a buttery crust.

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## SIGNATURE FAVORITES

### **Banana Pudding (Classic or Biscotti)**

Creamy, layered dessert featuring fresh bananas, vanilla wafers or biscotti, and rich custard.

### **Strawberry Shortcake Shooters**

Light, fluffy cake layered with fresh strawberries and whipped cream, served in elegant individual portions.

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## CAKES & CUSTOM CREATIONS

### **Pound Cakes (Any Flavor)**

Rich, buttery cakes available in a variety of flavors—from classic vanilla to lemon, marble, and beyond.

### **Wedding Cakes (Custom Designed)**

Beautifully designed cakes tailored to your vision, flavor preferences, and event aesthetic.

### **Sheet Cakes**

Perfectly baked cakes designed for efficient serving while maintaining flavor and presentation.

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## SWEET TREATS & DESSERT TABLE FAVORITES

### **Cake Pops (Custom Designed)**

Moist, flavorful cake rolled and dipped in chocolate, beautifully decorated to match your event theme.

### **Cake Sicles (Decorated Cake Bars)**

A modern dessert favorite—rich cake blended with frosting, shaped and dipped in chocolate, and finished with custom designs.

### **Chocolate-Dipped Pretzels**

Sweet and salty pretzels dipped in chocolate and decorated for a polished presentation.

### **Chocolate-Dipped Strawberries**

Fresh strawberries dipped in rich chocolate—simple, elegant, and always a crowd favorite.

### Cupcakes (Any Flavor) 🍷 ⭐

Soft, flavorful cupcakes topped with smooth, decorative frosting—available in endless flavor combinations.

## 🌟 THE SWEET FINISH

*Every dessert is crafted to bring comfort, joy, and a memorable finishing touch to your event.*

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### OUR FOUNDATION

*“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.”*

— 1 Peter 4:10

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