

Imagine...

Coming home from work —

You're tired and hungry—

and in just a few minutes you are enjoying a delicious, nutritious, healthful dinner. The best part is, you didn't have to shop, cook or clean up! It was all done by your very own Personal Chef.

Specialties Gourmet, Personal Chef Service, is a unique service providing you affordable meals that are customized and prepared just for you in your home.

~**Save Time...** there is no planning, shopping, cooking or cleaning up. It's all done by your Personal Chef--extra time in your schedule.

~ **Eat Healthy...** the freshest and best ingredients are always used and never any preservatives--a great value!

~ **Dinner at Home...** back to the basics. Your family can enjoy a meal with quality time at the dinner table--price less.

Specialties Gourmet Personal Chef Service is your "What's For Dinner?" solution!

A Unique and Healthy Alternative

All too often our busy life-styles force us to choose fast food or tasteless frozen entrees when we'd much rather enjoy the benefits of good, home-cooked meals. Unfortunately, our schedules leave us little time to plan, shop for and prepare the kind of food we'd like to eat. Specialties Gourmet, Personal Chef Service, is your "What's for Dinner?" solution!

Specialties Gourmet offers you:

- Customized Menus
- Meal Preparation in your home
- Variety of Healthy Menus
- Grocery Shopping
- Freshest Vegetables
- Fresh Fish
- Top Quality Meats
- Fresh Herbs and Seasonings

Other services offered include:

- Cooking Classes
- Interactive Dinner Parties
- Special Event Planning
- Weight Management Support

Specialties Gourmet Personal Chef Service

Tallahassee, FL 32308

(800) 363-3202

E-mail: info@specialties-gourmet.com

Member United States Personal Chef Association



Professional Personal Chef Service

Your
"What's for Dinner?"
Solution!



(800) 363-3202

www.specialties-gourmet.com

Customized Menus

Our goal is to make each meal the very best you have ever tasted! In order to accomplish this we must know about your preferences and your dietary needs. We have the ability to prepare gourmet meals to your specifications as well as preparing favorite recipes you may have.

When you hire a **Specialties Gourmet** Personal Chef, the chef will come to your home and conduct an interview and complete a detailed questionnaire. Each menu lists entrees and some side dishes for a two-week period and is presented to you for your approval prior to your scheduled cooking day.

Meal Preparation in Your Home

Once you have approved your menu, we will schedule a day to cook in your home. We arrive with all of the utensils we need to complete your meals. We cook the food in your home, then package and refrigerate or freeze each item, and leave thawing and reheating instructions. By following these instructions your meals will taste like they were just prepared!

We leave your kitchen clean and home smelling wonderful. You simply reheat the meals and enjoy the free time, the clean kitchen, and the fabulous food.

Variety of Healthy Menus

We have the ability to cook not only to your tastes, but also according to your dietary requirements. So, if you need a low fat or low

carb meal and you don't eat red meat, don't worry. You may want to try the turkey and black bean chili, or maybe you would prefer the lime and cilantro marinated shrimp. If neither of these entrees appeal to you there are many more you can try. In fact, Over 300 entrees are available, which means you won't see the same meal twice in a 6-month period.

Complete Grocery Shopping

On your scheduled cooking day, we will shop for the groceries needed for the meals on your menu. We will purchase all of the items needed and the cost of these groceries are incorporated into the charge for the service.

Freshest Vegetables

On your scheduled cooking day, we will select the freshest vegetables available for your meals. If at all possible, we will use produce that was harvested that day.

Freshest Fish

We will select the freshest fish available for your meals. If fish is available that was flown in on your cooking day, we will select that fish, even if we drive to three markets to get the very best!

Top Quality Meats

The meats we select are of the finest quality available. The cuts we purchase are the freshest and most tender available. No frozen meat here! We offer beef, veal, lamb, pork, turkey, and chicken entrees.



Member American Personal Chef Association

Freshest Herbs & Seasonings

The herbs used in your meals are fresh and harvested that day if possible. If the herb is not in season, we will purchase dried herbs and crush them when we use them. We grind our seasonings fresh each day and only as much as we need. These practices prevent the flavorful oils from evaporating while the herbs and spices sit on a shelf waiting for use.

The Solution

Specialties Gourmet is ready to provide you with this affordable, time saving service which solves your "What's for Dinner?" problem. Call now for a no-obligation, free consultation.



Personal Chef Service

(800) 363-3202



Save 20% on your next service!

We are looking for more great customers like you.

Please present this coupon (#1209) to a friend that would benefit from our personal chef services and you will receive 20% off your next service date.

Referred By:

www.specialties-gourmet.com