



The Adequate Snack

Chef Heidi Wittenborn

www.TheAdequateSnack.com

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Prepared meals to fill your fridge and more...

Vacation Provisions

Don't work hard on your vacation.

Whether you're visiting for a week or a weekend you are here to have fun. Let The Adequate Snack fill your fridge, pantry, or ice chest so you can play.

Our focus is on

- * Fresh Ingredients,*
- * Variety,*
- * Convenience, and*
- * Gourmet Selections.*

FREE DELIVERY*

to 78645, 78641,
and 78613 zip codes

* \$50 minimum order required

The Story Behind The Name

My dad's tongue-in-cheek way of paying a compliment for a great meal was to call it an "adequate snack." So for my dad, who gave me my first lessons in fine dining, I named my company The Adequate Snack.



Chef Heidi is a graduate of
Texas Culinary Academy
Le Cordon Bleu Program
Austin

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~~~~~ Breakfast ~~~~~

French Toast Bakes 14.00 -small (serves 2-3) 25.00 -medium (serves 4-6) 50.00 -large (serves 10-12)
Thick slices of Texas toast baked in a rich custard until golden brown; served with syrup and choice of bacon or sausage
Blueberries and Cream Cheese ~ **Razzle Dazzle** (dried blueberries, cranberries, and cherries)
Sweet Cherry Chocolate Chunk ~ **Strawberries and Cream Cheese** ~ **Apple Cinnamon**

Breakfast Stratas 14.00 -small (serves 2-3) 25.00 -medium (serves 4-6) 50.00 -large (serves 10-12)
A strata is a breakfast casserole. Served with salsa fresca and seasonal fresh fruit.
Cowboy (sausage, eggs, potatoes, and cheddar cheese) **Veggie** (egg, potato, Swiss cheese, spinach, mushrooms, and onions)
Denver (eggs, ham, green peppers, onions, cheddar cheese) **Down Mexico Way** (eggs, chorizo, onions, green chilis, jack cheese)

Morning Breakfast Basket 9.00./person (4 person minimum)
Selection of coffees, teas, muffins, pastries, butter, honey, jellies, and jams.

~~~~~ We Prep It, You Cook It ~~~~~

Marinated Ribeye Steaks 20.00– two half pound thick cut steaks
Our house garlic marinade gives these steaks great flavor. Grill or pan sear them for a quick and delicious meal.

Whiskey Ginger Pork Chops 12.00– two 6 oz thick center cut boneless chops
Marinated in whiskey, honey, and fresh ginger, these chops are great grilled or pan-fried. Reduce the marinade for a sauce.

Jerk Tuna 12.00–two 6 oz tuna steaks cut 1” thick
Hot and spicy jerk mango marinade gives these tuna steaks a burst of flavor. Pan sear. Reduce the marinade for a sauce.

Burgers, Regular or Stuffed 20.00– two ½ pound burgers all the way Add bacon or jalapenos for \$1.00 each
Grill ‘em and build a burger your way. Comes with lettuce, tomatoes, pickles, red onions, mustard, mayonnaise, & buns
Italian (olive tapenade and parmesan cheese stuff) **Shroom** (Mushrooms, jalapenos, and Swiss cheese stuff)
Roasted Garlic (roasted garlic, feta cheese, sherry, and chilis stuff)

~~~~~ Easy Serve Entrees ~~~~~

14.00 -small (serves 2-3) 25.00 -medium (serves 4-6) 50.00 -large (serves 10-12)

Chicken Artichoke Casserole
Chicken breast, marinated artichoke hearts, sun-dried tomatoes, and capers with egg noodles in a creamy Parmesan cheese sauce

Tex-Mex Tortilla Stack Casserole
Layers of seasoned beef and pinto beans, tortillas, and cheddar cheese baked in a ranchero sauce.

Chicken Enchilada Casserole
Layers of chicken, Monterrey jack cheese, onions, and tortillas in a sour cream sauce with salsa fresca on the side

Stuffed Shells (Vegetarian)
Jumbo pasta shells stuffed with a spinach and ricotta filling, topped with Parmesan cheese and pine nuts, and served on a bed of fresh tomato and black olive sauce.

Bowtie Pasta with Marinara
Bowtie pasta served with our garden marinara filled with ground beef, green peppers, onions, mushrooms, and black olives

SxSW Veggie Tamal
Layers of tortillas, cheese, spinach, mushrooms, corn, roasted red peppers, and seasonal vegetables in a creamy chipolte sauce

Classic Beef Meat Loaf or Turkey Meat Loaf
Classic- ground beef, bell peppers, onions, and mushrooms topped with bacon and a tomato glaze
Turkey - Herbed turkey meatloaf served with a tangy orange mustard gravy

Headed out for a day on Lake Travis?
Many of our menu items are just the thing to fill your ice chest. Make it a gourmet day on the lake with The Adequate Snack.

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~~~~~ Easy Serve Sides ~~~~~

Just the thing to accompany one of our Easy Serve Entrees or We Prep It, You Cook It selections

7.00-pint 12.00-quart

Cider Glazed Carrots	Loaded Mashed Potatoes	Steakhouse Mushrooms	Garden Vegetable Sauté
Roasted Cauliflower	Herb Roasted Potatoes	SxSW Roasted Potato Salad	Quinoa Pilaf
Broccoli with Wine & Garlic	Spinach & Roasted Red Peppers	Garden Salad	Steamed Broccoli
Fassoulia (Green Beans simmered with Tomatoes and Onions)	Roasted Garlic Parmesan Mashed Potatoes		
	Rolls & Butter	6.00-half dozen 11.00-dozen	

~~~~~ Salads ~~~~~

Greek Salad 10.00 (add chicken for 2.00 or add seared salmon or grilled tuna for 3.00)
Mixed greens, artichoke hearts, roasted red peppers, red onions, kalamata olives, cherry tomatoes, and feta cheese in a lemon dill dressing

Chef Salad 12.00 (add or substitute seared salmon or grilled tuna for 3.00)
Mixed greens, ham, turkey, red onions, cherry tomatoes, cucumbers hard-boiled eggs, and cheddar cheese with ranch or raspberry vinaigrette dressing

Asian Noodle Salad 10.00 (add chicken for 2.00 or add seared salmon or grilled tuna for 3.00)
Cool, crunchy, and refreshing salad of soba noodles topped with julienned carrots, celery, bean sprouts, roasted red bell pepper, and mixed greens with a spicy sesame chili oil dressing.

Antipasto Pasta Salad 9.00 – small (serves 1+) 12.00 – large (serves 2+)
Take an antipasto tray, throw in some pasta, and toss it all together in a balsamic vinaigrette and you have this pasta salad

Texas Caviar 7.00 – pint 12.00 – quart
These black-eyed peas in a spicy vinaigrette were created by Neiman Marcus' food director, Helen Corbitt, and christened Texas Caviar at the Driskell Hotel in Austin. It ain't summer in Texas unless this dish is in your picnic basket.

~~~~~ Snack Attacks ~~~~~

Not Your Mother's Cheese Ball 20.00/flavor (each cheese ball snacks 10-12 & comes with gourmet crackers)
Blue Cheese Apricot ~ Olive Tapenade (black & green olives, capers, sun-dried tomatoes, pepperoncini)
Roasted Garlic Parmesan ~ Cranberry Jalapeno ~ Garlic w/ a 'Tude (garlic, feta cheese, chilis, & sherry)

Spinach Dip 12.00 – small snacks 4-6 20.00 – large snacks 10-12
Creamy and loaded with spinach, green onions, carrots, and dill; comes with gourmet cracker selection

Chili con Queso 12.00 – small snacks 4-6 20.00 – large snacks 10-12
Roasted poblano peppers, tomatoes, onions, and fresh squeezed garlic make our queso to die for; comes with white corn chips

Seasonal Fruit Plate 17.00 – small snacks 4-6 30.00 – large snacks 10-12
The best fruits of the season served with vanilla yogurt dipping sauce

Nibbling Notions and Sundries 20.00 – small snacks 4-6 35.00 – large snacks 10-12
Selection of savory and sweet mixes, nuts, and candies to keep the afternoon munchies at bay or enjoy with a drink

~~~~~ Sandwich Set ups ~~~~~

8.00 –pint (comes with 2 ciabatta rolls) 12.00 -quart (comes with 4 ciabatta rolls)

Chicken Salad
Chicken, chicken, and more chicken with a little celery for crunch and just enough mayonnaise to hold it together.

Tejas Cheese Spread
Rich and creamy blend of cheddar, Monterrey Jack, and Swiss cheeses with roasted red peppers and a touch of green Tabasco for kick.

Tuna Salad
Albacore tuna, sweet pickles, celery, roasted red bell peppers, and onions are the key ingredients in our tuna salad.

~~~~~ Desserts ~~~~~

Chocolate Chunk Cookies or Sugar Cookies(select one flavor or 6 of each) 9.00/dozen

Chocolate Raspberry or Vanilla Caramel Striped Brownies(select one flavor or 6 of each) 9.00/dozen

Banana Pudding 9.00-small (serves 2+) 12.00-large (serves 4+)
Made-from-scratch vanilla pudding, filled with Nilla vanilla wafers and bananas, topped with fresh whipped cream

Triple Chocolate Trifle 9.00-small (serves 2+) 12.00-large (serves 4+)
Chocolate cake, made-from-scratch chocolate pudding, and fresh whipped cream topped with chocolate chips

Berry Bottom Trifle 9.00-small (serves 2+) 12.00-large (serves 4+)
Layers of mixed berry sauce, pound cake, made-from-scratch vanilla pudding, and fresh whipped cream

Bread Pudding (select one flavor) 9.00-small (serves 2-3) 20.00-medium (serves 4-6) 35.00-large (serves 10-12)
Our bread puddings are rich, creamy, and indulgent. Eat them alone or add a scoop of ice cream to take them over the top.

Black Forest Chocolate Cherry ~ Razzle Dazzle (dried blueberries, cranberries, and cherries) ~ **Classic Raisin**
Pineapple Rightside Up ~ Chocolate Chunk Pecan ~ Elvis Presley (bananas and peanut butter chips) ~ **Caramel Apple**

~~~~~ Beverages ~~~~~

Iced Tea 7. -half gal 12. -gal Includes sweeteners and lemon. **Moonshine Sweet Tea** 7. -half gal 12. -gal

Orange or Apple Juice 1.75 each **Bottled Water** 1.75 each

Canned Sodas 1.25 each Coca Cola ~ Dr. Pepper ~ Diet Coca Cola ~ Diet Dr. Pepper ~ Sprite

Maine Root Bottled Sodas 2.50 each (sweetened with cane sugar, fair trade certified)
Ginger Brew ~ Root Beer ~ Lemon Lime ~ Blueberry ~ Mandarin Orange ~ Sarsaparilla

~~~~~ How to Order ~~~~~

1. Review the menu and decide what you want.
2. Call 512-267-1957 to place your order with us in person or leave a message.
3. If you leave a message, we'll call you back to confirm your order and get your credit card information.

Orders must be placed at least 48 hours in advance. Orders placed less than 48 hours in advance will be accepted at the discretion of The Adequate Snack and will be assessed a rush charge of 25% of the total order.

Delivery is free with minimum order of \$50. A \$20 delivery charge applies to orders under \$50.

The Adequate Snack is a full service catering company. We take pride in prompt, dependable service. All of our meals are prepared fresh from scratch.

If you have questions about the ingredients in or preparation of any dish, just give us a call. We love talking food.

Orders cancelled within forty-eight (48) hours of the scheduled delivery, will be charged 50% of the order total.

Orders cancelled within twenty-four (24) hours of the scheduled delivery, will be charged 100% of the order total.

~~~~~ Other Services ~~~~~

Party trays • Special occasion catering – weddings, birthdays, etc. • Personal chef dinners in your home or at our chef's table

