



GOURMET TAKE-HOME CUISINE

1350 South Howard Avenue, Tampa, Florida • 813 251 1500 • www.chavezathome.net

Specials for August 30th

Too busy to cook – we offer healthy alternatives to “fast food”



Chicken, Fish, Tenderloin and Pork served with healthy sides: Broccoli, Stringbeans, Asparagus, Wild Rice, Grilled Onions, Marinated Grilled Vegetables...

We serve Breakfast Monday – Friday from 7 am – 11 am. Saturday & Sunday we open at 7:30 am – 2 pm. We have Eggs Benedict, Caramelized French Toast, Oatmeal Pancakes, Omelets, Eggs Sardou and more. If you feel festive we also serve Mimosas & Champagne. Catch us on the way to Work or a lazy Saturday morning or after Church on Sunday. We also have seating outside. Hope to see you!



Labor Day is coming we can help with your plans- Potato Salad, Apple Slaw, Main Dishes (Ham, Chicken Tetrazinis, Tenderloin, Ribs and Chicken) & some of our Popular Desserts! Go to our website to see what we have. Order now... We will be closed on the 6th but open on Tuesday.



If you don't have time to prepare a healthy lunch for the kids call us and we will have it ready for you that morning or you can pick it up at lunch time. Or if you need a healthy snack on the way to piano, dance, soccer after school we can have something ready for you to pick up. We have a great Fruit Sundae with Yogurt and our own Homemade Granola that might just fill the bill or Banana and Peanut Butter Sandwiches – let us know.



Save the Date. We are having our first of the season Wine/Food Pairing September 24th. Some great wines that are very affordable paired with just the right appetizer.

Monday:

♥Vichyssoise Soup
♥Roasted Chicken with Dried Fruit and Pine Nuts
♥ Salmon with Roasted Sesame Garlic Glaze
Chicken Parmesan
♥Tilapia topped with Julienned Vegetables with Sundried Tomato Sauce on the Side
Meatballs with Marinara
Chicken Marsala with Marsala Sauce
1lb Hamburger Stuffed with Bleu Cheese topped with Caramelized Onions & Bacon
Seafood Crepes
Fresh Collard Greens

Tuesday

Minestrone Soup with Pesto
♥½ Chicken Marango
♥ Roasted Salmon with Charmoula, Tomatoes & Potatoes – Charmoula is a heady blend of garlic, cilantro & cumin
Chicken Breast Fricassee – wonderful sauce
Chicken Chili Rellenos with Chipotle Sauce
Stuffed Pork Chops with Marsala Gravy
Eggplant Parmesan
Vegetable Manicotti
Black Eyed Pea Salad

Wednesday

Gingered Carrot Soup
♥ 1/2 Chicken with Apricot & Mustard Glaze
♥Salmon with Leek Fondue
Chicken Cordon Bleu
Italian Sausage Lasagna
1 lb. Hamburger with Mushrooms sautéed with Garlic in Vermouth & Bacon
Grilled Vegetables
Potato Croquettes

Thursday

Broccoli Cheddar Soup
♥1/2 Chicken Duxelle with Madeira Gravy
♥Grilled Salmon with Mustard Glaze & Grilled Asparagus
Mahi Mahi with Chimichurri Sauce
Lamb Steaks with Sautéed Spinach & Feta
♥Chicken Breast Olivia – boneless skinless Chicken Breast with Olives Tomatoes – low fat

TGIFriday

Black Bean Chili
½ Mango Bar B Que Chicken with Onion Strings
Salmon Gremolata
Chicken Breast Stuffed with Spinach, Cheese & Guava with Caramelized Mango
Country Bar B Que Ribs
Yellow Rice – great with the Basque Chicken & the Chicken Breast with Spinach, Guava & Caramelized Mango
Ginger Glazed Mahi Mahi