

**www.meezmarket.com or www.chefsantos.com**

**8320 Litchford Rd Suite 108 Raleigh NC 27615**

**Facebook: @meezmarket**

**Email:** **meezmarket@gmail.com**

**252-327-2445**

**Let us Meez for you.**

***(slang or short for Mise en place - a French culinary term meaning "putting things into place" or "everything in its place")***

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**YOU ORDER**

1. Order your meals from our chef’s weekly created menus.



**WE PREPARE**

2. Our team of culinary experts sources the finest ingredients & prepare the meals with you in mind.



**WE DELIVER**

3. The meals are delivered fresh right to your doorstep for a small fee, on pre-selected delivery days OR you can choose to pick up your meals at Meez Market and Catering.



**YOU EAT**

4. Our fully prepared meals are ready to heat-and-serve in less than 15 minutes. We Meez for you so you can enjoy guilt-free meals at your home, place of business, or on the go!

Please Check Our Online Store and Grocery Lists as well.

**Meez Dips and Afternoon Delights**

**Chicken and Vegetable Pot Stickers**

Lightly crisped in sesame oil and topped with Thai Chili Orange panzoo glaze $**10.00 per serving**

**Butternut Squash and White Bean Hummus**

Pureed chic peas, cooked butternut squash, white beans cooked in our chefs’ spices finished, roasted garlic and chilli paste served without house made sweet and Gluten Free smoky chips **$10.00 for 16oz and $17.00 for a quart**

**Clams and Mussels Ina Italian Garlic Butter White Wine sauce**

Carnalized onions, Italian salami, roasted garlic, clams and mussels with sundried tomatoes and fresh parsly in a garlic herb butter sauce **$14.50per order served with garlic olive tepenade toast**

**Personal Charcuterie Boards**

3 Chefs featured artisan meats, 3 cheeses, olive tapenade, strawberry jam, pineapple fig, and mango chutney, served with pickled cucumbers and peppers, lavish crackers, and candied pecans. All finished with our Meez infused flavored oils and vinegars.

**$17.00 box (serves 2-3 people)**

**$22.00 box (serves 4-6 people)**

**$40.00 box (serves 8-10 people)**

**We also customize larger boards and specialty cheeses upon request.**

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**Rosemary Green Grape Chicken Salad**

Cubed grilled chicken thighs, chopped celery, slices of green grapes, and rosemary in a lemon mayo

**$8/pint and $16/quart**

**Buffalo Blue Cheese Hot Chicken Dip**

**Baked and topped with a hot blue cheese crema Served with house made blue cheese chips $9.50 per quart**

**Soups:**

 **Seafood Florentine and Pasta Dumplings**

 Braised celery, carrots, thyme, sherry, corn, clams, salmon chunks and mussels in tomato seafood broth with Portuguese sausage chunks

 $**8.00/pint or $15.00/quart**

**White bean Chicken and Sausage Chili**

slow braised chicken, white beans, chic peas, black eyed peas, celery, onions, sausage, carrots, and vegetables cooked down in chili spices served alongside **The Raleigh Biscuit Company Biscuit** $**6.00/pint or $12/quart**

 **Italian Northern Bean Butternut Squash**

Pureed butternut squash, chicken broth, Italian sausage, northern beans, spinach, sweet peppers, carrots and corn with bay leaf and Italian spices

**$6.00/pint and $11/quart**

**Salads**

**Butternut Squash Quinoa Kale Beet Salad**

Roasted butternut squash, pickled red onions, cucumbers, cranberry raisins, quinoa, and kale in white peach vinaigrette finished with a blue cheese crema and candied pecans

**$10.00 per order**

 **Cucumber Feta Tomato Caprice Salad**

Cherry tomatoes, baby mozzarella sliced, cucumbers, prickled red onions in a basil vinaigrette finished with olives and feta cheese cubes and balsamic glaze **$9.00 per order**

**Add: Grilled Sweet and Smoky Chicken or Smoked House Pulled Pork for $3.00**

**Add: Grilled Citrus Salmon or Mahi Mahi for an additional $4.00**

**Add: Grilled Adobe Chipotle Steak Cubes $5.00**

**Assorted Desserts :**

**Gluten Free Brownie**

 Gluten free chocolate brownie topped with white chocolate mascarpone cream and fresh port wine marinated strawberries $**4.00 per serving**

**House Made Dark Chocolate Cannoli**

Stuffed dark chocolate covered Cannoli with a chocolate chip cannoli cream finished with powdered sugar 3 per order **$4.50 per serving**

**Meez Caramel Chocolate Pie**

Layers of peanut butter, salted caramel, rich custard in a flaky pie shell with fresh whipped cream and a light sauce

**$5.00 per serving**

**Meez Weekly Menu Features**

**Gluten Free/Keto Options in RED *(Upon request we can alter any of our menu items to your gluten free and or keto needs)***

**Keto: Pepper Jack Chicken Stuffed Peppers and Cabbage (topped with pepper jack cream sauce)**

served in a light tomato barbecue sauce an mixed bean corn succotash **14.00 per serving**

**Keto: Mint Green Apple Rosemary Glazed Salmon Filet**

Grilled squash, zucchini, red onions, and broccoli florets $**13.50 per serving**

**Sub: chicken breasts, thighs, or Salmon for $11.50 per serving**

**Keto: Gluten Free Creamy Tomato Basil Chicken**

 Tender crispy pounded chicken cutlets basil, oregano crusted in a creamy tomato cream sauce grilled prosciutto wrapped asparagus bundles **$14.00 per serving**

**Gluten Free Sesame Thai Chili Chicken Cutlets Sesame and Pot Stickers**

Served over stir fry vegetables, fried rice, green onions, roasted sesame orange glazed green beans and carrots **$13.50 per serving**

**Shrimp Lingui and Clams a la Penne**

Sauteed NC shrimp, little neck clams, onions, roasted garlic, olives and Portuguese sausage in a lemon pepper garlic white wine chicken broth ready to pour over asiago parmesan basil penne pasta served with garlic olive tapenade toast **$14.00 per serving**

**Bourbon Molasses Beef Tips**

 bourbon molasses marinated beef tips, wild mushrooms, roasted corn and French green beans over cinnamon sweet potato mash all topped with a light orange pepper bourbon glaze **$18.00 per serving Sub: Chicken for $13.00 per serving**

**Pork Empanadas**

Pulled smoky barbecue pork, beans, cheese, and Spanish spices served over cilantro yellow rice, cucumber tomatillo cabbage salad and dipping sauce $**12.50 per serving**

**Rosemary Creamy Chicken Pot Pie**

Chunks of chicken, peas, carrots in rich creamy chicken broth baked in a light 6-inch pastry tartlets topped with pastry baked and served with braised carrots and broccoli florets **$13.00**

**Our Meez Market Groceries and Provisions**

**Steaks and Meats:**

* **Hand Cut 12 Oz Certified Angus Butchers Block Ribeye $17.00 per steak**
* **Thick Cut Molasses Bourbon Marinated Ribeye Steaks 10-12oz ready to finish on your own grill $18.00 per steak**
* **8 oz Certified Angus Hand Center Cut Filet Mignon Steaks $18.00 per steak**
* **8 oz Certified Angus Hand Center Cut Filet Mignon Steaks Rubbed in our Espresso Cracked Pepper Rub $19.00 per steak**

**Poultry/Pork/Other:**

* **Chicken Thighs Boneless Organic and Trimmed Clean from Fat $3.50/lb**
* **Chicken Thighs Boneless Organic Sweet and Smoky Barbecue marinated ready to grill $3.75/lb**
* **Chef Santos In House Made Fresh Portuguese Smoked Cured Sausage $7.00/lb**

**Seafood:**

* **NC Caught Mahi Steaks $14/lb 12-14 oz steaks bone in**
* **NC Mahi Mahi Vacuum packed frozen 4 oz portions $9.00/lb**
* **Fresh Wild Caught Faro Island Salmon filets $16.50/lb**
* **Sushi Grade Ahi Tuna Fresh 6oz Vacuum Sealed $13/lb**
* **NC Wahoo $12.00 a lb ( 6oz steaks)**

**Frozen/Fresh Artisanal Pasta/Vegan**

* **Black Bean Burgers (made in house, contains assorted beans, corn, carrots, celery, onions) Ready to cook $3.50 each**
* **Potato Three Cheese Perogies $9.00/lb**
* **Cheese Filled Tortellini Frozen $6.00/lb**
* **1 pound Gnocchi Pasta ready to cook $9/bag**

**Produce and Provisions:**

* **Fresh Organic Green Cabbage $4.00/head (large heads)**
* **Jumbo Sweet Potato 3 Eagles Farm $2.70/lb**
* **Yellow Squash Fresh $2.75/lb**
* **Zucchini Fresh $2.75/lb**
* **Fresh Whole Carrots $3/lb**
* **Fresh Tomatoes Whole Market Price**
* **Red onions Market Price, Brussel Sprouts and Broccolini or Wild Mushrooms Market price**

**Cleaning Supplies**

* **CLOREX BLEACH WIPES $11 PER CONTAINER**
* **Concentrated Commercial Bleach $3.00 a gallon**
* **Sanitizer Tablets for Hand soap sinks and dishes $11 jar 150 tablets**
* **Food Contact Safe Spray Sanitizer $10 per Spray Bottle.**
* **Large and XL powder free Gloves $12 a box of 100**
* **Medium Gloves Powder Free $12 a box**
* **Powdered Gloves Medium, Large and XL $12 a box of 100**
* **Garbage bags and household goods are available in bulk, and I can order through our distributor, and I can get you pricing on any household items if needed or in a shortage**
* **Cleaning Supplies etc…Can be ordered in bulk as well.**

**Infused Oils and Vinegars**

***(Cook with some of Chef Santos’ infused oils and vinegars)***

* **White Peach Vinegar (hints of apricot, apple, and orange peel: great in salads, desserts, and pork)**
* **White Ginger Honey Balsamic Vinegar (great on desserts, salads, seafood, pork, chicken, and in salads)**
* **Smoked Dark Balsamic Vinegar (great on salads, any grilled meats, appetizers, and vegetables)**
* **Dark Black Cherry Balsamic Vinegar (great with chicken, trout, turkey, salmon, on salads or cheese boards)**
* **Blood Orange Infused Olive Oil (great on salads, chicken, fish, and on desserts)**

***All of our oils and vinegars are available in large bottles for $13.00/bottle.***

***These oils and vinegars are very concentrated and go a long way.***

***Get suggestions on recipes from Chef Santos, available upon purchase.***

**Please place orders via email @** **meezmarket@gmail.com**

**Meals can be delivered once a week on the day of your choice for a $8.00 charge (within a 8-10 miles range from our kitchen. Price vary if we have to travel farther then outside our area or you can arrange a customized pick-up time at Meez Market and Catering.**

**The Meez Market team looks forward to being a part of your weekly meal plan!**

**Please keep up with us on/Like and Follow Us:**

**Facebook @meezmarket**

**Instagram: @#letsmeez**