

Chef On The Go, Inc.
410 Bally Way
Niceville, Fla. 32578
Phone: 850-729-3377
Fax: 850-729-3878
www.chefonthegoinc.com

SOUPS

Basic Vegetable Soup

Just like Mom used to make. This soup includes potatoes, carrots, green and lima beans.

Boathouse Chicken Etouffee

This recipe is from the "old" Boathouse Restaurant in Niceville. It's a wonderful treat.

Charlie's Chowder

A blend of garlic, onions, celery, tomatoes, herbs, clam juice and fish.

Cheddar - Tomato Soup

A great combination to warm any heart! This rich and creamy soup is a hit with all ages.

Corn Chowder

A creamy concoction of fresh corn, potatoes, onions and cream.

Shrimp Bisque

Shrimp in a light creamy cheese sauce

Grady's Seafood Gumbo

A variety of seafood mixed with okra, tomatoes, chicken and Cajun seasonings.

Potato & Leek Soup

This creamy soup warms the heart

Shrimp & Seafood Corn Chowder

What a great combination of a cream base with the sweetness of corn and seafood

Southwestern Corn Chowder

Made with a sweet potato base, this adds a nice warm and sweet flavor to the vegetarian chowder

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SALADS

Bacon - Avocado Potato Salad (Seasonal)

A combination of potatoes, avocados, bacon, onions, lime juice and spices. Yummy!

Broccoli & Bacon Salad

Fresh broccoli in a light creamy dressing with raisins, sunflower seeds and bacon. The salt and sweet combination is wonderful

Cherry Tomato Salad

Great for picnics — cherry tomatoes, bacon, lettuce, mayonnaise, vinegar and tarragon dressing.

Fresh Green Salad with Homemade Dressing

Russian, French, Blue Cheese, Dill/Onion Vinaigrette, Tarragon Vinaigrette, Honey Mustard Poppy Seed, Strawberry-Basil Vinaigrette

Marinated Tomatoes and Cucumbers

A wonderfully cool and refreshing salad. Great anytime.

Orange - Almond Salad

A romaine lettuce with mandarin oranges, red onions, slivered almonds and a light vinaigrette dressing.

Strawberry Pretzel Salad

This light strawberry Jell-O salad is a wonderful compliment to any main dish. (Strawberries may be substituted with apples and pecans.)

Superstar Spinach Salad

A spinach salad made with fresh cantaloupe, red onion, toasted pecans and served with a light orange zest and poppy seed dressing

Salad Dressings

Homemade Salad Dressings:

Balsamic Vinegar Dressing
Blue Cheese Dressing
Dill Onion Vinaigrette
French Dressing
Russian Dressing
Strawberry-Basil Vinaigrette
Honey Mustard Poppy Seed Dressing

Sauces:

Superior Salsa

A wonderful blend of fresh tomatoes, garlic, onion, and cilantro. Only the freshest ingredients used.

Mango Salsa (Seasonal)

A sweet change from your usual salsa. Made with fresh mangos, celery, tomatoes, olive oil and honey.

Lemon Dill Sauce

A great compliment to fish or chicken. Made with fresh dill, mayonnaise, Dijon mustard and lemon juice.

Honey Dill Sauce

Another wonderful compliment to fish or chicken. Made similar to the Lemon Dill Sauce with a touch of honey.

Remoulade Sauce

A wonderful compliment to seafood, roast beef or turkey. This creamy sauce contains fresh cilantro, chives, capers, sweet pickle relish and hot sauce. A Cajun favorite.

Steak Marinade

This unusual marinade is made with Tequila, olive oil, pepper, fresh lemon peel and garlic. You've never tasted a steak so wonderful.

Meat or Poultry Marinade

This wonderful marinade is a blend of soy sauce, garlic, ginger, honey and olive oil.

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MEATS

Apricot Marinated Pork Tenderloin

This marinated has the sweet taste of apricots along with a nice garlic flavor

Beef Stew

Always a favorite in the cool weather

Beef Stroganoff

The great American classic - Beef tenderloin combined with cream sauce, served over noodles.

Bulgogi (Korean Grilled Beef)

Boneless sirloin steak marinated in scallions, garlic, ginger and soy sauce. Wonderful on the grill.

Chili

This can be prepared with ground turkey or ground beef.

Classic Meatloaf

Always a family favorite, made with fresh ground beef, onions, breadcrumbs topped with a tomato sauce.

Creamy Veal or Pork and Mushrooms

This is similar to Stroganoff, but made with wine and veal. Very rich and creamy.

Ginger Pork-Sweet Potato Stir Fry

Pork tenderloin stir fried with sweet potatoes, red peppers, snow peas and green onions then tossed with a sweet pineapple sauce.

Glazed Country Ham

Country ham glazed with orange juice, bourbon, cloves and brown sugar.

Greek Lamb Stew

Lamb slow cooked in a wine and tomato sauce.

Honey Pork Tenderloin

A pork tenderloin marinated with a sweet sauce then grilled or baked.

Lasagna

This traditional Italian dish is always the favorite.

Shepherd's Pie

Definitely a warm comfort food. Always a favorite

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VEGETARIAN**Eggplant Romano Parmesan**

Eggplant baked with tomatoes, mozzarella and Romano cheeses.

Garden Style Stuffed Potatoes

Potatoes stuffed with mushrooms, broccoli, garlic and scallions.

Giant Spinach Shells

Combination of spinach, cheese and onion stuffed in giant shells covered with a marinara sauce and mozzarella cheese

Lasagna with Spinach, Mushrooms and Three Cheeses

Lasagna made spinach, mushrooms, Gorgonzola, Parmesan, and ricotta cheese.

Meatless Lasagna

A wonderful blend of fresh green peppers, celery, and carrots with a hint of Burgundy wine with fresh basil makes a great tasting lasagna.

Southwestern Corn Chowder

Made with a sweet potato base, this adds a nice warm and sweet flavor to the vegetarian chowder

Vegetarian Bundles

Sautéed spinach, artichoke hearts, broccoli and red peppers baked in a pastry shell.

Vegetable Primavera

Sautéed fresh "in season" vegetables served over pasta in a light Primavera sauce

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POULTRY (Turkey may be substituted for most chicken recipes).

Basil Chicken or Turkey Roll

Chicken rolled with fresh spinach and mushrooms, then baked with a basil herb sauce

Brandied Peach Chicken

Marinated chicken with a hint of brandy and peach nectar, then sautéed in a sweet sauce with fresh grapes and plums. (this can be made without the alcohol)*

Chicken and Blackbean Salad

This light chicken salad is made with fresh Mexican herbs, black beans and corn.

Chicken Num Num

Fresh green beans with chicken in a parmesan cream sauce topped with fried onions

Country Chicken Casserole

This good old fashioned chicken and vegetable casserole is sure to please everyone

Country French Baked Chicken

Chicken baked with carrots, new potatoes, pearl onions, mushrooms and bacon.

King Ranch Casserole

A casserole with a Mexican flare, made with tomatoes, red pepper, cheddar and Monterey Jack cheese, onions and corn tortillas.

Lemon-Pineapple Baked Chicken

Lemons, pineapple, garlic, rosemary and mustard make this chicken dish out of this world. Served with rice.

Mexican Chicken Roll-ups

Chicken breasts stuffed with cheeses, olives, then baked in enchilada sauce.

Poppyseed Chicken Casserole

This creamy chicken casserole is topped with crushed crackers and poppyseeds.

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SEAFOOD

Cajun Shrimp

Shrimp sautéed in olive oil and Cajun seasonings.

Honey Macadamia Fish with Pineapple Relish

Baked or grilled fish steaks topped with macadamia nuts and accompanied by pineapple relish.

Microwave Salmon Steaks

Salmon steaks topped with dill weed, paprika, and fresh lemon. Best of all it is microwaveable.

Parchment Baked Fish

Fresh "in season" fish baked in parchment paper

Salmon with Oriental Marinade

Salmon marinated in oriental seasonings, then baked with carrots, onions, squash and zucchini.

Salmon Tetrastini

Salmon cooked in a light cream sauce with Parmesan cheese.

Scallops Florentine

Scallops cooked in wine, tarragon, garlic and pepper combined with a white sauce served over spinach.

Shrimp Cardinale

Shrimp cooked in a creamy cheese sauce.

Shrimp with Feta Cheese

Shrimp sautéed in olive oil, fresh tomatoes and wine, then baked with a feta cheese sauce.

Shrimp Tetrazzini

Shrimp cooked in a light cream sauce with a hint of garlic and white wine. A wonderful dish to enjoy while watching the sunset.

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VEGETABLES

Asparagus Casserole

Fresh asparagus in a cream sauce with peas, then topped with a breaded stuffing and baked

Asparagus or Spinach Stuffed Tomatoes

Tomatoes stuffed with asparagus or spinach, fresh mushrooms, onions, garlic and topped with Parmesan cheese

Bacon Spinach

Spinach simmered in a cream sauce with bacon, onions and fresh mushrooms.

Baked BBQ Corn (Seasonal)

Ears of corn baked with chili powder, onion powder and butter.

Baked Corn

Corn baked in a cornbread mixture with sour cream.

Company Sweet Potatoes

Baked sweet potatoes with coconut and toasted pecans.

Glazed Carrots and Snow Peas

Carrots and snow peas in a maple syrup glaze.

Lisa's Gourmet Baked Beans

A new twist to traditional baked beans, made with bacon, apples and raisins.

Roasted Seasonal Vegetables

Lightly roasted vegetables are a great compliment to any meal

Sautéed Spring Vegetables

Carrots, green beans, fresh asparagus, snap peas, cherry tomatoes and red onions sautéed in light olive oil and topped with fresh basil

Squash OR Broccoli Casserole

Made with fresh squash or broccoli, carrots, sour cream and stuffing.

Stir Fry Vegetables

Fresh "in season" vegetables lightly stir fried