

EST. 2019

# MOUNTAIN TOP MEAL PREP & CATERING

## Our Story



In 2018 Danny, a New York native with a background in the fine dining New York Restaurant scene, started a meal prep company to provide gourmet healthy meals to Middle Tennessee, but would eventually grow to be much more. They now provide catering at the highest level of quality as well as having a cafe in which has hot food and prepped meals.

Danny's journey brought him to small town Tennessee from the "Big Apple" because of his deep passion for Christian ministry, and was involved in several nonprofit startups in Middle Tennessee. Danny says, "although I do in fact have a deep culinary passion, my true heart is for people and building relationships. And what better way to do that then through food. When I was doing missions work in India, one thing that became evident to me is that intrinsically in their culture, and in every culture really, eating is such a treasured communal act. Everybody loves food! Especially good food! It is a language that everybody speaks. Good food will unify any diverse group of people and is a beautiful way to share your culture with others".

In the mist of his philanthropic journey He encountered Rosie Onderka, a German native who moved to the states about a decade prior. Danny quickly realized that Rosie, who had retired from owning her own highly successful German restaurant, not only had an unmatched talent in the culinary arts, but also had a deep passion for people. Together they have created a business that brings recipes from all over the globe to provide the highest quality of catering that Middle Tennessee has to offer. And they do it with extremely aggressive pricing so that it can be affordable to the masses.

In addition, by doing business with Mountain Top Meal Prep & Catering you are partnering with a company that invest in various nonprofits. They also have they're very own homeless outreach Ministry in which they provide hot gourmet meals to those living on the streets of inner city Chattanooga. Danny says "bologna sandwiches are great but we want them to feel special, because they are special, so we bring our best".

# I T A L I A N

---

## H O R S   D ' O E U V R E

### Italian Charcuterie

All the Italian classics such as antipasto, Italian salami's & prosciutto, Italian cheeses, crackers, & other thoughtful assorted veggies & fruit that pair exceptionally.

### Stuffed Mushrooms

Stuffed Rockefeller or house style.

### Tuscan Caprese

sliced tomato, roasted peppers, basil, & fresh mozzarella with a balsamic glaze drizzle.

### Bruschetta

Toasted sliced baguette with fresh herbs topped with fresh cut tomato and onion tossed in a balsamic reduction.

### Meatballs Ricotta

Italian meatballs with homemade marinara and a spoon full of ricotta cheese & fresh basil on each one.

Bring Italy to your event with one of our beautiful Tuscan grazing tables with a tasteful variety of all the classic Italian hor d'oeuvres.

C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G

# I T A L I A N

## E N T R E E S

### Chicken Parmesan (or eggplant)

Hand breaded  
chicken cutlet  
topped with fresh  
mozzarella cheese  
& smothered in a  
homemade  
marinara.

### New York Chicken Marsala

Lightly breaded  
thin sliced  
chicken breast  
topped with a  
creamy mushroom  
marsala wine  
gravy.

### Stuffed Chicken Saltimbocca

tender chicken  
breast stuffed  
with fontana  
cheese, fresh  
sage, & simmered  
with a savory  
white wine sauce.

### Mommas Sauce

Your choice of pasta  
with an authentic  
Italian Marinara,  
meatballs, and Italian  
sausage, and pork chops.

### Sausage & Peppers

Pops famous recipe.  
Sautéed onions &  
peppers and sliced spicy  
Italian sausage cooked  
with Italian red wine  
and diced tomato.

### LASAGNA

NO PASTA LASAGNA.  
Packed with mozzarella  
cheese, Parmesan, and  
Ricotta smothered in  
marinara. will be the  
best lasagna you've ever  
tasted!

### - Pasta Bar -

Penne Ala Vodka  
Spaghetti Bolangese  
Tortellini  
Rag'u  
Marsala  
Spinach Artichoke  
Tomato Pesto

C A L L 6 3 1 - 7 4 0 - 1 3 2 2 F O R  
C O N S U L T A T I V E P R I C I N G

# M E D I T E R R A N E A N

D ' O E U V R E

## - Mediterranean Platter

All the Mediterranean classics  
such as Humus, pita, olives,  
tzatziki, salami, fresh  
veggies, & more delicious  
assortments.

## Red Curry meatballs

Ground beef mini tender  
meatballs smothered in our  
famous red curry sauce (not  
spicy)

## Feta & Spinach Stuffed Meatball Spread

Tender meatballs stuffed  
with spinach & feta & assorted  
veggies served with tzatziki

## Lebanese Red Pepper Humus

Home made red pepper humus  
served with pita, assorted  
veggies, & multi colored  
pepper scoops.

C A L L 6 3 1 - 7 4 0 - 1 3 2 2 F O R  
C O N S U L T A T I V E P R I C I N G

# M E D I T E R R A N E A N

---

## E N T R E E

### **Greek chicken**

Packed with flavor. Grilled chicken marinated and seared in a zesty Greek yogurt marinade.

### **Lamb chop**

A classic Arabic/Greek cuisine. Extremely tender lamb chops slow cooked with lemon garlic and fresh herbs.

### **Baked cod piccata(or chicken) or seasonal fish**

Baked cod in a lemon & white wine sauce topped with capers & lemon slices

### **Cucumber salad**

Cucumber, grape tomatoes, thin sliced red onion, & feta, tossed in a red wine vinaigrette, fresh herbs, and served with our famous house tzatziki.

### **Chickpea salad**

Garbanzo beans, bell peppers, red onion, cucumber, fresh herbs, crumbled feta, tossed in a red wine vinaigrette

### **Orzo Pasta Salad**

orzo, grape tomato, bell pepper, red onion, & feta, tossed in lemon & fresh herbs and served with tzatziki.

### **Pita**

Home made pita bread.

**C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G**

# G E R M A N

## B A V A R I A N

### Bavarian Charcuterie

Soft pretzels, brats , kielbasa, cold cuts, pickles, spicy mustard, fresh baked bread, home made sauerkraut, Bavarian spreads, jams, assorted cheese and fruit.

### Entrees

#### Jaegerschnitzel (Hunter Style)

Hand breaded thin sliced chicken or pork tenderloin topped with a savory mushroom gravy.

### Bavarian Braised Beef

Slow cooked braised beef with a horseradish sauce drizzle

### Sauerbraten

Tender beef roast slow cooked and marinated in savory sweet and sour sauce

### Bratwurst & Sauerkraut

Grilled German sausage and sauerkraut.

Ask about our full service Brat & Kielbasa grill service where we bring Biergarten to your event!

### Sides:

#### Potato Salad

Authentic Bavarian German potato salad

#### Sauerkraut

famous sauerkraut recipe.

#### Bratkartoffeln

Fried potatoes, sautéed onions, and bacon.

C A L L 6 3 1 - 7 4 0 - 1 3 2 2 F O R  
C O N S U L T A T I V E P R I C I N G

# B U T C H E R S C H O I C E

B E E F



- S T E A K T I P S


- F I L E T M I G N O N

- N E W Y O R K S T R I P

- B R A I S E D S H O R T R I B S



C A L L 6 3 1 - 7 4 0 - 1 3 2 2 F O R  
C O N S U L T A T I V E P R I C I N G



# M O U N T A I N F A R M T O T A B L E

L O C A L L Y   S O U R C E D

## **Roasted chicken & veggies**

One pan tender roasted chicken & seasonal local veggies, cooked in fresh herbs & extra virgin olive oil.

## **Steak tip harvest skillet**

Grass fed beef tips marinade and cooked with locally sourced diced sweet potato, onions, & bell peppers

## **Blueberry Dijon Chicken**

Tender marinated chicken breast topped with a DELICIOUS fresh blueberry sauce. Sweet & Savor.

## **Harvest Salad**

Chefs Choice Salad made of local farms seasonal harvested fruits & vegetables with your choice of dressing.

produce will be sourced locally  
contingent upon season and  
availability.

C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G

# B B Q

## Pulled Pork

Pulled pork served with a side of Memphis bbq sauce or Carolina style.

## Alabama White Pulled Chicken(or brisket)

Shredded slow cooked chicken smothered in our famous Alabama White bbq sauce.

## Traditional Hot Dogs & Hamburgers

Beef or pork hot dogs and/or quarter pound beef burgers served with buns and all the fixings you desire.

## Sides

Fresh Cut Potato wedges

Sweet Potato fries

Cole Slaw

Potato salad

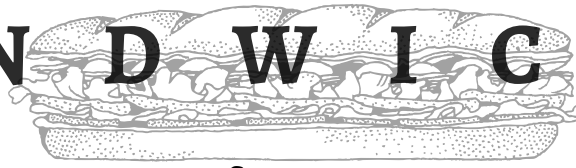
Street Corn

baked Mac & cheese



C A L L 6 3 1 - 7 4 0 - 1 3 2 2 F O R  
C O N S U L T A T I V E P R I C I N G

# S A N D W I C H E S



## Soprano

Italian salami, thin sliced ham, provolone cheese, thin sliced onion, shredded lettuce, pepperoncini, Extra virgin olive oil, red wine vinegar, mayo, oregano, kosher salt, on fresh baked Italian bread. Straight out of a New York delicatessen!

## The Mediterranean (vegan)

Roasted veggies with an Avocado Humus on a French Baguette.

## Chicken salad croissant

Momma Sharon's famous southern style chicken salad with grapes, apples, and pecans on a Croissant.

## Roast beef & cheddar

Thin cut roast beef, sharp cheddar, baby arugula, tomato, red onion, mayonnaise, & horse radish.

## Balsamic glaze chicken

Thin sliced grilled chicken, fresh mozzarella, roasted peppers, tomato, spinach, cracked black pepper & Himalayan sea salt, with a balsamic glaze drizzle.

## California Club

roated sliced Turkey, cucumber, avocado, bacon, mixed greens, onion, and tomato with mayonnais.

## Rueben

Corn beef, Swiss, sauerkraut, thousand island dressing rye bread.

## Banh Mi

A Vietnamese classic! Thin sliced pork tenderloin with fresh cilantro, sliced cucumber, cheese, pickled carrots, jalapeño's, mayo, maggi seasoning on a French baguette..

We also do variaty sandwich spreads with pickles and assorted deli pastas!

C A L L 6 3 1 - 7 4 0 - 1 3 2 2 F O R  
C O N S U L T A T I V E P R I C I N G



# W R A P S

---

## **The Greek**

grilled chicken seared in a yogurt marinade,  
cucumber, tomato, brown rice, red onion,  
feta, served with our famous tzatziki sauce

## **Avocado Caesar**

grilled chicken, chopped Romain, shredded  
parmesan, tomato, red onion, avocado, served  
with our house ceaser dressing.

## **Mango Curry Chicken Wrap**

a delicious mango curry chicken salad with  
lettuce & tomaso.

## **Roast beef & cheddar**

Thin cut roast beef, sharp cheddar, baby  
arugula, tomato, red onion, mayonnaise, &  
horse radish.

## **Little Sicily**

grilled thin sliced chicken breast,  
provolone, roasted red peppers, spinach, red  
onions, with roasted pepper & artichoke  
bruschetta, with a balsamic glaze drizzle.

## **California Club**

smoked mesquite Turkey, bacon, avocado,  
cucumber, lettuce, tomato, and mayo.

## **The Mediterranean (vegan)**

Roasted veggies & Humus.

## **Avocado Roasted Veggie (vegetarian)**

roasted veggies, mozzarella cheese,  
with a delicious avocado mayo spread

Or Try one of our pick 3 assorted platter  
options!

**C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G**

# S I G N A T U R E S

## A L P H A M E A L S C L A S S I C

### **Penne Jambalaya**

chicken, shrimp, and penne pasta, tossed in our famous creamy Cajun sauce.

### **Middle Eastern Butter Chicken**

grilled chicken smothered in a mouth watering butter curry sauce served with jasmine rice & pita.

### **Spanish Rioja Chicken**

tender boneless chicken thigh slow cooked in a Spanish rioja wine sauce with green olives.

### **Coconut Curry Shrimp**

jumbo shrimp smothered in our classic Thai inspired coconut curry sauce.

### **Philly Cheese Steak Skillet**

Thin sliced top sirloin & sautéed peppers, onions, and mushrooms smothered in our mouthwatering Philly cheese sauce and topped with mozzarella.

### **Dijon Chicken**

Grilled chicken and hickory smoked bacon smothered in a delicious creamy Dijon sauce.

### **Peruvian Chicken**

Slow cooked tender boneless chicken thigh topped with a delicious Aji Verde sauce.

### **Shrimp Guacamole Skillet**

Jumbo shrimp, grilled corn, Tomato, onion, fresh garlic, avocado, cilantro, and lime

### **Jamaican Jerk Chicken**

Slow cooked jerk chicken in a curry sauce served with rice & a mango chutney

### **Tuscan Chicken**

slow cooked chicken thigh smothered in a delicious parmesan sundried tomatoa sauce



**“PERFECT FOR  
INFORMAL &  
FORMAL EVENTS”**

**C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G**

# ASIAN INSPIRED

## FRESH SUSHI & THAI SOUP

### Fresh Thai Curry Pho Bar

cutting board loaded with fresh veggies, assorted proteins, thin Thai rice noodles, and our famous coconut curry broth so that your soup can be cater to your individual likin! perfect for business events in the winter season!

### Sushi Board

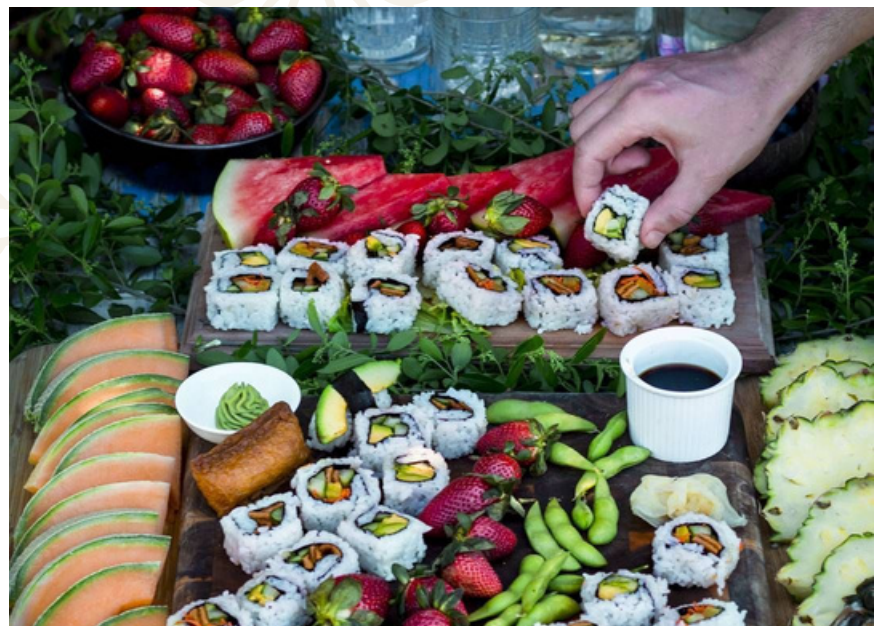
japanese version of a charcuterie. Arranged with mixed sushi rolls, mini egg rolls and mixed fruit and veggies.

### Gourmet Fried Rice

chicken or shrimp (or both) cooked in a giant wok with authentic Asian spices, brown rice, topped with green onions and sesame, & served with our delicious low fat yum yum!

### Stir Fry

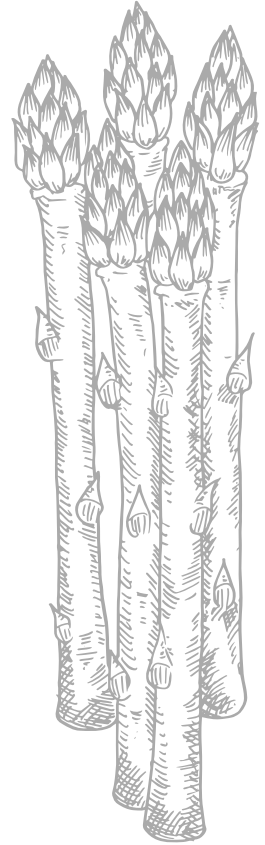
Loaded with fresh veggies our stir fry is made with all fresh asian ingredients and can be done with meat or tofu.



CALL 631-740-1322 FOR  
CONSULTATIVE PRICING

# A D D I T I O N S

## S I D E S



- medley

- Roasted Potato

- Asparagus

- Brussel Sprouts

- Italian Blend

roasted tomato, zucchini, Onion, brussel  
sprouts, tossed in Italian Herbs & extra  
virgin olive oil

- Roasted Sweet Potato

- Long Cut Green Bean

- Baked Sweet Potato

- Zucchini & Squash

- Harvest Blend

Sautéed onion, bell pepper, & grilled  
cubbed sweet potato

# V E G A N / V E G E T A R I A N

---

## M O U N T A I N   T O P

### - **V e g e t a r i a n   l a s a g n a**

layered gluten free lasagna pasta,  
sliced zucchini, ricotta, topped  
with mozzarella & marinara.

### - **V e g a n   E n c h i l a d a   s k i l l e t**

black bean, grilled corn, brown  
rice, bell pepper, onion, & diced  
tomato, cooked in our house  
enchilada sauce & topped with  
cilantro.

### - **T o f u   s t i r   f r y**

Fresh mixed vegetables & tofu  
cooked in wok with amino's,  
fresh ginger, sesame, & other  
other Asian spices.

### - **S p a g h e t t i   t o m a t o   p e s t o**

Capellini pasta tossed in pesto &  
tomato, topped with Parmesan  
cheese.

### - **S w e e t   P o t a t o   S k i l l e t**

grilled sweet potato, sautéed  
onions & bell peppers, zucchini &  
squash tossed in a soy marinade.

**C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G**



# H O R S D ' O E U V R E S

## **Charcuterie board**

Veggies, meats, cheeses, fruit, crackers, dips, and other cleverly assorted finger foods.

"Beautiful, classy, and elegant".

## **Stuffed mini Bella mushrooms**

stuffed Rockefeller or our house (spinach, cream cheese & bacon)

## **Mini Meatballs**

Marinara ricotta, Red Curry, feta spinach, bourbon glaze, honey sriracha

## **Stuffed Wontons**

spinach artichoke, chicken bacon ranch, Buffalo chicken, Crab Rangoon.

## **Guacamole Casero Platter**

our famous authentic Mexican guacamole Casero with mango. Served with tortillas, bell pepper scoops, and assorted veggies.

## **Topped & Toasted**

-Burette Bruscrhetta,  
-Peach & Prosciutto crostini  
-fig & goat cheese  
-onion & bacon marmalade

## **Stuffed Pepper Bites**

Cream cheese & bacon stuffed pepper

## **Mediterranean pinwheels-**

Cream cheese spread with spinach, sun dried tomatoes, feta, and basil in spinach and tomato tortillas.

## **Italian Pinwheel-**

Salami, pepperoni, provolone, Romain, with a delicious Italian herb cream cheese spread in spinach and tomato tortillas.

These are only a few of the incredible hor d'oeuvres we do! Put the decision in the chefs hands and let us do a beautiful Grazing table to bring a brilliant assorted variety to your event!

**C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G**

# S T R E E T   T A C O B A R



A U T H E N T I C   M E X I C A N

## Tacos

Barbocoa (shredded Beef)

Al pastor (pork)

Chicken fajita

Chorizo

Pineapple pulled Jack Fruit

## Lados

Spanish Rice

House Guacamole Casero

Fried plantains

Black bean salad

Mango Pico de gallo



C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G

# S I G N I T U R E S A L A D S

## **Avocado Caesar-**

Chopped Romain lettuce, tomato, red onion, avocado, shredded Parmesan, cracked black pepper & Himalayan sea salt, house Caesar dressing.

## **The Greek-**

Spinach, cucumber, tomato, red onion, black olive, feta, lightly tossed in red wine vinaigrette and served with our famous tzatziki.

## **Kale Cranberry salad-**

Chopped kale massaged with a sweet cranberry vinaigrette with caramelized sliced almonds, gala apple slices, and blue cheese.

## **Cilantro lime salad-**

Chopped Romain, fresh cilantro, lime juice, avocado, grilled corn, black bean, tomato, red onion tossed in a home made light cilantro lime

## **California Cobb-**

Mixed greens, avocado, cucumber, hard boiled egg, tomato, apple smoke bacon, cheddar cheese, served with a buttermilk ranch.

## **Mixed Berry quinoa salad-**

Blueberry, strawberry, blackberry, spinach, quinoa, pecans, feta or goat cheese, with a raspberry vinaigrette.

## **Thai salad**

Cabbage, kale, chopped cilantro, mandarin orange, chili roasted cashews, sesame seed, with our house Thai dressing.

**Or Build Your Own salad!**

Tell us what you want and we'll make it happen!

\*Add protein Grilled Chicken, steak, or salmon to any salad.

**C A L L 6 3 1 - 7 4 0 - 1 3 2 2 F O R  
C O N S U L T A T I V E P R I C I N G**



# B R E A K F A S T B A R

## Crepes-

Light & fluffy crapes served with fresh chopped fruit, maple syrup, sweet cream cheese spread, jam, Nutella and more assorted toppings.

## Traditional American Breakfast-

Bacon, maple breakfast sausage, eggs cooked to preference, and French toast.

## Burrito Bar-

Hot tortillas, scrambled eggs, and sides such as cheese, sautéed peppers & onions, cinnamon chipotle sweet potato, black bean, diced tomato's & chilis, grilled plantains, salsa, & fresh chopped cilantro.

## Yogurt Bar-

Vanilla Greek Yogurt served with fresh fruit, granola, assorted nuts, and honey.

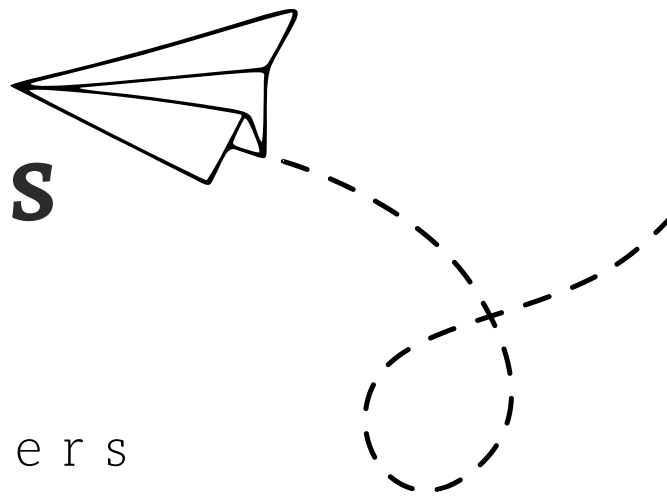
## Mexican Sweet Potato scramble-

Cubbed sweet potato tossed in cinnamon chipotle seasoning, scrambled eggs, topped with cheddar cheese and served with salsa



C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G

# K I D S



## K i d s

Chicken fingers  
Grilled Chicken bites  
Mozzarella Sticks  
Corn dogs  
Grill Cheese

## S i d e s

Mac & cheese  
veggies  
French fries  
Fresh fruit



C A L L   6 3 1 - 7 4 0 - 1 3 2 2   F O R  
C O N S U L T A T I V E   P R I C I N G