



# TASTEME CHEF MENU'

Personal Chef Services



Catering Services

# *Eat healthy. Eat happy. Eat conscious.*

***TASTEMECHEF*** comes from the experience of Luca and Nestor, two young and highly qualified chefs, specialized in catering and banqueting services. After many years of travelling worldwide, exploring all different gastronomies and trusting in our unique taste, we was able to build this magic concept coming to your table today.

we believe that Cooking is not only a way to nourish our body, but also a way to express ourselves and nourish our whole body and soul.

Cooking can be very therapeutic, and the food you make can also be very healing for others as the love and energy is transmitted in the food you cook. We will use the highest quality ingredients in order to make our customers aware of nutritional and beneficial value of dishes designed and prepared according to our philosophy: "The Conscious Cook". Today's lifestyle puts great demands on us all. To keep up and stay healthy, we really need to maximize our nutrition by eating healthy and using the right preparation methods.

Our dishes are rollercoasters of tastes, explosion of flavours uniquely presented, as a real piece of art.

Healthy principles and ingredients will surprise you by indulging body and spirit, leaving you and your guests with a wonderful wellness sensation.

# ***SERVICES***

- **INTERNATIONAL CUISINE:**

Mediterranean, Arabic, Italian, Japanese, Thai, Indian, Mexican, Vegetarian and Gluten - Free .

- **HEALTHY and POWER ORGANIC BREAKFAST:**

Whether you are recovering from Ibiza's night or you would be up for one of our detox plans, we have best organic products to satisfy you. Homemade breads, organic fruits and veggies, homemade soy and almond milk, super foods, amazing smoothies, and all these could be complemented with yoga or guided meditations sessions prior to your breakfast, if it were your choice.

- **BOAT BANQUETING :**

The banqueting service can be requested on boats, sailing ships and private yachts.

# APPETIZER

- Steamed gyoza de viera or vegetable with teriyaki sauce.
- Mini wakame salad with red prawns and tangerine
- Mini Satay Chicken Skewer with Spicy Peanut Sauce.



# APPETIZER

- Mini pepper stuffed with goat cheese mousse, served with black garlic sauce
- Salty croissants with redchard paté, honey and Rosemary sauce.
- Mushrooms stuffed with Taboulé.
- Mussel croquettes on a pear and lime foam.
- Caprese skewer with buffalo mozzarella cherry tomatoes and pesto.
- Marinated fillet Skewer served with mushrooms and bananas.



# APPETIZER

- Aubergine rolls with red herbs hummus, black tahini and mint.
- Purée of olives Kalamata with white truffle.
- "*Pepers Piquillos*" stuffed with cod and saffron sauce.
- Fried feta cheese with figs and almonds.
- Green Vegetable, buffalo mozzarella with octopus crown, taggiasca olives, capers and red pepper sauces.
- Red tuna tartare with red pesto chilli caviar and avocado mousse.



# STARTER

- Vegan carrot pâté with walnuts and basil
- Buckwheat Salad with red Prawn and wild asparagus.
- Smoked Eggplant Paté served with black tahini.
- Guacamole.
- Hummus.
- Tzatziki .

## We use our homemade sauces

- Mixed baby salad served with goat cheese, mangos strawberries, soy sprouts and “ cashew nunts.
- A variety *Quinoa Real* salads with smoked tofu, raisins and stir – fry vegetables.
- Crispy potatoes with spices.
- Thai papayas green salad.
- Vegetable wok with smoked tofu and crunchy nori seaweed.



# STARTER

- Thai papayas green salad.
- Vegetable wok with smoked tofu and crunchy nori seaweed.

# MAIN

- Bluefin tataki with ginger sorbet and beetroot cream.
- Japanese style kobe beef tartar.





# MAINCOURSE

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- Paella “*de marisco*” with Lobster.
- Jumbo shrimp Brazilian style.
- Salmon marinated tartare with avocado mousse.



# BBQ

- Japanese Beef – wagyu.
- Chicken Leg marinated (24 h- very tasty!!).
- Ibizan lamb chops.
- Wild chicken sausage.
- Vegetables Grill: eggplant, zucchini, asparagus, corn and pineapple.

## **Sauces on the meat:**

chimichurri sauce and barbecue sauce



## Mini Cakes

- Tiramisù with apricot
- Strawberry Coulant
- Lebanese Baklava
- Tapioca cake with coconut and açai sauce
- Chocolate brownies with ginger and berries sauce.
- Cheese cake with passion fruit

Tropical and seasonal fruit.



# DETOX - 1 DAY PROGRAM

**the program will be tailored to your needs  
and based on the Blood Type.**

8H – lemon water – green juice .

9H – session trainer

## **Personal fasting training**

Workout HIIT = 25 minutes with a protocol  
of 25 minutes of 2 minutes of recovery and  
30 seconds at 100% in stress metabolic +  
20/30 minutes functional circuit of the floor  
+ functional workout.

11H – relax

12H – relax

13H – lunch



# LUNCH

- Barquilla Mexican bread with Romaine Inca guacamole lettuce served with pico de gallo and sautéed haricot beans.
- Spinach quiche.



# DETOX - 1 DAY PROGRAM

## Personal fasting training

14H – relaxation

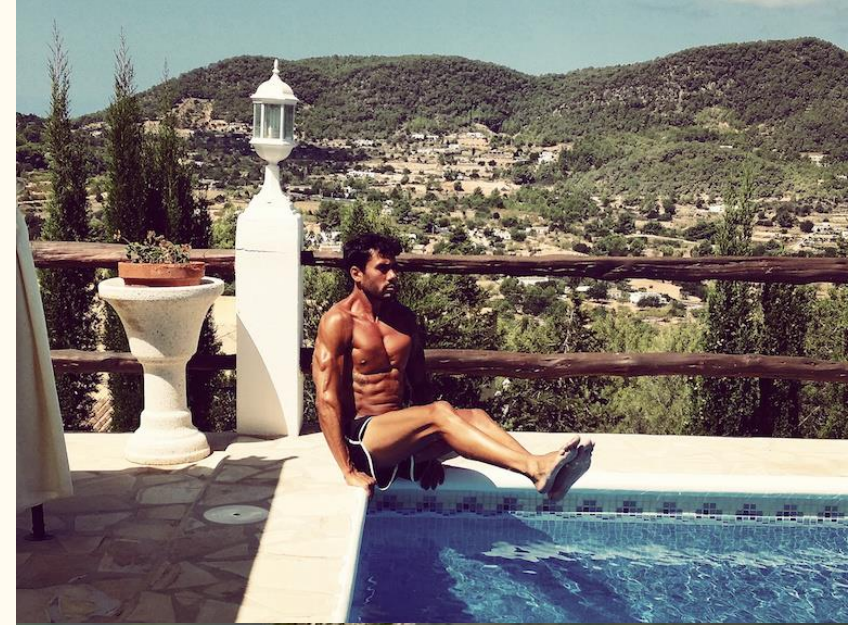
15H – relaxation

16H – relaxation

17H – relaxation

18H – Trainer: night training

- ❖ Activities boxing
- ❖ Animal flow
- ❖ Isometric and stretching or aquagym
- ❖ Each workout includes training + stretching



# DINNER

- Beetroot hummus with crudite
- Quinoa burger

# DESSERT

Cheesecake with strawberry

