



plate perfect

CATERING

704.343.0155
plateperfect.com



INDIVIDUAL BOXED CATERING

Menus for
Yafo Kitchen,
Midwood Smokehouse,
Paco's Tacos and Tequila
& Little Mama's/Mama Ricotta's

*Minimum purchase for delivery is
\$200 food and bev total*

**Choose from one restaurant per
order. No substitutions. Additional
charges may apply.**



EST. 2010



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SALAD

CHOICE OF DRESSING: CHIPOTLE RANCH, BALSAMIC VINAIGRETTE,
OR HONEY LIME CITRUS VINAIGRETTE

MEXICAN CHOPPED SALAD

FRESH GREENS CHOPPED WITH TOMATOES, JICAMA, SWEET ONION, AVOCADO, SCALLIONS,
GARBANZO BEANS, ROASTED RED PEPPERS, QUESO FRESCO AND CORN
ADD GRILLED CHICKEN \$5, MARINATED STEAK \$10, GRILLED SALMON \$8

Meal \$11
Side \$8

FIESTA BOWLS

FAJITA CHICKEN

LAYERS OF SHREDDED CABBAGE, RED RICE, BLACK BEANS, CORN, PICO DE GALLO, AND MIXED
CHEESES

\$15

FAJITA STEAK

LAYERS OF SHREDDED CABBAGE, RED RICE, BLACK BEANS, CORN, PICO DE GALLO, AND MIXED
CHEESES

\$18

VEGAN BOWL

LAYERS OF MARINATED MIXED MUSHROOMS, CABBAGE, RICE, BLACK BEANS, CORN, PICO DE
GALLO, AND FAJITA VEGETABLES (GLUTEN FRIENDLY)

\$15

ENTREES

ENCHILADAS DE DENNIS

ROASTED CHICKEN, FRESH SPINACH AND WHITE CHEDDAR CHEESE ENCHILADAS TOPPED WITH
CHILE CON QUESO, THEN FINISHED WITH AVOCADO AND RED PEPPER CREAM, SERVED WITH
BLACK BEANS AND RED RICE (GLUTEN FRIENDLY)

\$14

BEEF ENCHILADAS

PACKED WITH PACO'S SEASONED GROUND BEEF AND TOPPED WITH OUR HOMEMADE CHILI
GRAVY AND SERVED WITH BLACK BEANS AND RED RICE

\$14

POLLO LAREDO

GRILLED MARGARITA MARINATED CHICKEN BREAST TOPPED WITH QUESO FRESCO, AVOCADO
PICO DE GALLO - SERVED WITH BLACK BEANS AND RED RICE

\$16

GRILLED MARINATED CHICKEN

GRILLED HERBY-LIME MARINATED CHICKEN BREAST TOPPED WITH BLACK BEANS AND RED RICE

\$13

SALMON A LA PLANCHA

SEARED SALMON FILET TOPPED WITH AVOCADO PICO DE GALLO AND SERVED WITH
BLACK BEANS AND RED RICE

\$18

*** ALL PURCHASES INCLUDE TORTILLA CHIPS IN INDIVIDUAL BAGS AND
INDIVIDUAL PORTIONS OF HOUSE MADE SALSA**



SALADS

CHOICE OF DRESSING: BALSAMIC VINAIGRETTE, CREAMY SUN-DRIED TOMATO, OR BUTTERMILK RANCH
INCLUDES GARLIC ROLL & DESSERT

**ADD CHICKEN \$3, FRESH NORWEGIAN SALMON \$8, NATURAL LOUISIANA GULF SHRIMP \$7,
OR A SCOOP OF HOMEMADE VENETIAN CHICKEN SALAD FOR \$6**

PLATE PERFECT COBB SALAD

ROMAINE LETTUCE, BACON, MARINATED TOMATOES, ARTICHOKE, GORGONZOLA CHEESE,
MUSHROOMS, AVOCADO, AND HARD-BOILED EGG

\$12

CHOPPED SALAD

ROMAINE LETTUCE TOSSED WITH GORGONZOLA CHEESE, WALNUTS, DICED ROMA TOMATOES,
KALAMATA OLIVES, RED ONION, PEPPERONCINI, GARBANZO BEANS AND CARROTS WITH
BALSAMIC VINAIGRETTE DRESSING

\$12
side \$8

MAMA'S SALAD

CRISP ROMAINE LETTUCE, AN ARRAY OF FRESH VEGETABLES INCLUDING, ROASTED RED PEPPERS,
CUCUMBERS, ARTICHOKE, OLIVES & VINE-RIPENED TOMATOES

\$10
side \$6

TUSCAN SALAD

HOMEMADE MOZZARELLA, KALAMATA OLIVES, RED ONION, FRESH BASIL, ROMAINE LETTUCE,
AND ROMA TOMATOES SERVED WITH BALSAMIC VINEGAR & ROASTED GARLIC OLIVE OIL
DRESSING ON THE SIDE. TOPPED WITH MAMA'S MARINATED CHICKEN BREAST

\$12
side \$6

CAESAR SALAD

OUR VERSION OF THE CLASSIC! COMES WITH CROUTONS

\$10
side \$6

GARDEN SALAD

ROMAINE LETTUCE, MARINATED GRILLED CHICKEN, CUCUMBERS, TOMATOES, CARROTS
AND BELL PEPPERS

\$10
side \$6

CAPRESE SALAD

HOUSE MADE FRESH MOZZARELLA SNUGGLED BETWEEN THICK SLICES OF VINE-RIPENED
TOMATOES, DRIZZLED WITH EXTRA VIRGIN OLIVE OIL & TOPPED WITH FRESH BASIL
(ADD SICILIAN PEPPERS \$3.00)

\$13

Mama Ricotta's
ITALIAN RESTAURANT
ESTABLISHED 1992

LITTLE
Mama's
EST. 2020



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SANDWICHES - \$13

*Choose assorted sides or a single side for the group

INCLUDES CHOICE OF SIDE AND HOMEMADE DESSERT BAR OR COOKIE. SANDWICHES CAN ALSO BE PLATTERED. SIDE ITEMS INCLUDE HOUSEMADE POTATO CHIPS, CHEF'S CHOICE PASTA SALAD, GARDEN SALAD (WITH DRESSING), OR POTATO SALAD

FEATURING HOUSEMADE BREADS, SIDES AND BOARS HEAD MEATS

MAMA'S MARINATED CHICKEN

GRILLED CHICKEN MARINATED WITH LEMON AND WHITE WINE, THINLY SLICED, & LAYERED WITH APPLE WOOD SMOKED BACON, LETTUCE, TOMATO, AND BASIL MAYONNAISE ON TOASTED CIABATTA BREAD

WHOLE WHEAT TURKEY WRAP

SMOKED TURKEY, FONTINA CHEESE, TOMATO AND SPINACH WITH ROASTED RED PEPPER JELLY ON A WHOLE WHEAT WRAP

TURKEY AND SWISS ON WHEAT

SHAVED TURKEY BREAST, SWISS CHEESE, MAYO, DIJON MUSTARD, LETTUCE AND TOMATO ON WHEAT BREAD

ITALIAN GRINDER

ROSEMARY HAM, TURKEY, SALAMI, AND PROVOLONE CHEESE, PILED HIGH ON A CRUSTY ITALIAN BREAD WITH LETTUCE AND TOMATO

MOZZARELLA & TOMATO SANDWICH

FRESH MOZZARELLA, SLICED TOMATO, FRESH BASIL, MIXED FIELD GREENS ON GRILLED CIABATTA BREAD. DRIZZLED WITH BALSAMIC VINAIGRETTE

OUR FAMOUS ROASTED VEGETABLE SANDWICH

ROASTED VEGETABLES FLAVORED WITH ROSEMARY AND BALSAMIC VINEGAR WRAPPED WITH FRESH MOZZARELLA ON OUR CRUNCHY GRILLED FLAT BREAD

1/2 WHOLE WHEAT CLUB (served in increments of two)

TURKEY, ROSEMARY HAM, LETTUCE, TOMATO, BACON, CHEDDAR CHEESE AND MAYO

VENETIAN CHICKEN SALAD

A DELICIOUS CHICKEN SALAD MADE WITH SHREDDED GRILLED CHICKEN BREAST, CURRY, GRAPES AND WALNUTS LAYERED WITH ROMAINE AND FRESH TOMATO ON GRILLED FLAT BREAD

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PASTAS

EACH SERVED WITH INDIVIDUAL PARMESAN CHEESE AND A GARLIC ROLL

PENNE BROCCOLI AND CHICKEN

\$13

ROASTED CHICKEN BREAST, BROCCOLI FLORETS AND PENNE PASTA TOSSED IN A DELICATE LEMON CREAM SAUCE

PASTA PRIMAVERA

\$13

BOWTIE PASTA TOSSED WITH SEASONAL FRESH CUT VEGETABLES, GARLIC AND GOOD OLIVE OIL

HOUSE MADE LASAGNA

\$14

SOUTHERN ITALIAN STYLE LASAGNA MADE WITH LAYERS OF GROUND BEEF, VEAL, HOMEMADE SAUSAGE AND A BLEND OF THREE CHEESES

PENNE ALLA VODKA

\$13

SAUTÉED PANCETTA WITH ABSOLUT PEPPER VODKA IN A SPICY TOMATO CREAM SAUCE TOSSED WITH PENNE PASTA

VEGETARIAN PENNE ALLA VODKA

\$13

SAUTÉED WITH ABSOLUT PEPPER VODKA IN A SPICY TOMATO CREAM SAUCE TOSSED WITH PENNE PASTA

RIGATONI WITH MEAT SAUCE

\$12

A SCIBELLI FAMILY RECIPE MADE WITH GROUND BEEF, PORK, VEAL, AND ROMA TOMATOES

EGGPLANT PARMESAN

\$14

ROMANO BREADED AND EGGPLANT SLICES TOPPED WITH MOZZARELLA AND HOMEMADE TOMATO SAUCE OVER PENNE



For orders from Mama Ricotta's please
limit sections to 5-7 choices

ENTREES

ALL ENTREES ARE SERVED WITH OUR HOMEMADE GARLIC ROLLS

CHICKEN CARCIOFI

TENDER CHICKEN SCALLOPINE AND ARTICHOKE HEARTS IN A LIGHT LEMON, WHITE WINE, AND CAPER SAUCE SERVED OVER GARLIC MASHED POTATOES

\$14

CHICKEN PARMESAN WITH PENNE PASTA

A CRISPY ROMANO CHEESE AND BREAD CRUMB CRUSTED CHICKEN BREAST AND TOPPED WITH MELTED MOZZARELLA

\$15

SALMON AL PESTO

SALMON FILET WITH PESTO, (HAS PINE NUTS) PECORINO ROMANO CHEESE AND BREAD CRUMBS WITH A LIGHT LEMON BUTTER SAUCE. SERVED WITH MASHED POTATOES

\$18

CHIANTI-BRAISED SHORT RIBS (not gluten free)

SLOW COOKED BONELESS SHORT RIBS SIMMERED IN RED WINE SAUCE WITH FRESH HERBS, SERVED WITH MASHED POTATOES

\$21

MARINATED GRILLED CHICKEN

LEMON AND GARLIC MARINATED GRILLED CHICKEN BREAST AND TOPPED WITH ROMA TOMATOES (GLUTEN FRIENDLY) SERVED OVER GARLIC MASHED POTATOES

\$14

POLLO BIANCO

SCALOPPINI-STYLE CHICKEN LAYERED WITH PROSCIUTTO AND MOZZARELLA IN A CHIANTI WILD MUSHROOM SAUCE SERVED OVER GARLIC MASHED POTATOES

\$15

GRILLED VEGETABLES (vegan/gluten free)

BALSAMIC MARINATED VEGETABLES INCLUDING EGGPLANT, ZUCCHINI, BELL PEPPERS, ASPARAGUS, AND SQUASH SERVED WITH A GLUTEN FREE PASTA AND FRESH TOMATO SAUCE

\$16

EXTRA VEG

*Choose one vegetable per group to add to any of the above meals

SAUTÉED VEGETABLES

INCLUDES CARROTS, BROCCOLI, ONIONS, TOMATOES, BELL PEPPERS, PEAS, AND SPINACH

\$3.50

FRESH GREEN BEANS

WITH BRUSCHETTA TOMATOES

\$3.50

SAUTÉED BROCCOLI

WITH GARLIC

\$3.50

WOOD OVEN ROASTED MIXED VEGETABLES

INCLUDES SEASONAL VEGETABLES ROASTED IN OUR WOOD BURNING OVEN

\$3.50

MIDWOOD SMOKEHOUSE®

Est. 2011



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CLASSIC BARBECUE PLATES

SERVED WITH A SIDE OF OUR HOUSE MADE SLAW, HOUSE PICKLES,
AND CLASSIC MAC & CHEESE

BARBECUE GRILLED CHICKEN

\$13

GRILLED CHICKEN BREAST TOPPED WITH OUR MIDWOOD BARBECUE SAUCE

CAROLINA PORK

\$14

HICKORY SMOKED AND CHOPPED PORK, DRESSED IN OUR EASTERN NC VINEGAR
SAUCE

PRIME BRISKET

\$18

USDA PRIME SLICED BRISKET SMOKE FOR 14-16 HOURS OVER NC HICKORY
HARDWOOD

SMOKED TURKEY (THURSDAYS ONLY)

\$13

HICKORY SMOKED TURKEY FROM LOCAL NC FARMS

TOFU (vegan/gluten friendly)

\$13

SAUTÉED TOFU SERVED WITH CAULIFLOWER AND BROCCOLI

WING PLATE

\$18

EIGHT SMOKED WINGS WITH BARBECUE RANCH, MAC & CHEESE AND
MIDWOOD SAUCE

MIDWOOD SMOKEHOUSE®

Est. 2011



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MIDWOOD CHOPPED SALADS

CHOICE OF OUR BUTTERMILK RANCH HONEY APPLE CIDER, AVOCADO GREEN GODDESS, OR BALSAMIC VINAIGRETTE

CHOPPED ROMAINE, SHREDDED CHEESE, BLACK BEANS, ROASTED CORN
AND CHOPPED TOMATOES

\$10
side \$6

ADD A HICKORY SMOKED PROTEIN:

CHOPPED NC PORK +\$4
BARBECUE CHICKEN BREAST +\$5
BEEF BRISKET +\$8
HOT SMOKED SALMON FILET +\$8

SANDWICH BOX

SERVED WITH OUR SOFT BUN, HOUSE SLAW, AND CAROLINA KETTLE DILL PICKLE POTATO CHIPS

CAROLINA PORK

CHOPPED PORK TOSSED IN OUR EASTERN NC VINEGAR SAUCE,
AND A SIDE OF MIDWOOD BARBECUE SAUCE

\$13

PULLED CHICKEN

SMOKED AND PULLED CHICKEN IN A SC MUSTARD BARBECUE SAUCE

\$14

CLASSIC SIDES

INDIVIDUALLY PORTIONED MIDWOOD SIDES FOR \$4.50

ADD A CUP OF BEEF BRISKET CHILI (MINIMUM 8 PEOPLE) FOR \$6

ADD A CUP OF OUR AWARD WINNING BRUNSWICK STEW FOR \$5

OUR BRUNSWICK STEW HAS BEANS, CORN, PORK AND BRISKET IN A HEARTY TOMATO BROTH

Collard Greens w/ Bacon
Classic Mac & Cheese
Bacon Wrapped Jalapeños
Barbecue Baked Beans w/Pork
Vegetable Casserole
Steamed Broccoli & Cauliflower
Creamed Corn
Coleslaw
Southern Green Beans with Pork
Hushpuppies



Est. 2016



LUNCH MEALS

AMBA CHICKEN SALAD WRAP \$14.00

ON HOUSE MADE LAFFAH WITH ROMAINE LETTUCE AND HARRISA YOGURT SERVED WITH CAULIFLOWER W/ TAHINI

ISRAELI CHICKEN SANDWICH \$14.00

FRIED CHICKEN SCHNITZEL ON A POTATO BUN WITH PURPLE CABBAGE SLAW, PICKLES AND TZATZIKI, SERVED WITH CAULIFLOWER W/ TAHINI

CHICKEN SPANIKOPITA \$14.00

CRISPY PITA STUFFED WITH CHICKEN, SPINACH AND FETA, SERVED WITH CAULIFLOWER W/ TAHINI

ATHENS DOG \$14.00

GREEK PORK SAUSAGE IN A BUN WITH TZATZIKI, SUMAC ONIONS, FETA AND CUCUMBER-TOMATO SALAD, SERVED WITH MAC AND CHEESE

ARAYES \$14.00

CRISPY LEBANESE PITA STUFFED WITH HERBY SPICED BEEF, AND SIDE OF TZATZIKI, SERVED WITH CAULIFLOWER W/ TAHINI

STUFFED AVOCADO BOWL \$15.00

AVOCADO STUFFED WITH OUR AMBA CHICKEN SALAD ON KALE COLOR CRUNCH WITH HARRISA YOGURT

1/4 ROTISSERIE CHICKEN MEAL DARK MEAT \$16.00 / WHITE MEAT \$18.00

WITH ROTISSERIE POTATOES & CAULIFLOWER W/ TAHINI

SALAD

Meal \$12 Side \$8

CHOICE OF DRESSING: OUR GREEK LEMON HERB VINAIGRETTE OR OUR GRANCH

GREEK SALAD

CHOPPED ROMAINE LETTUCE, TOMATO, BELL PEPPERS, CUCUMBERS, KALAMATA OLIVES, SUMAC ONIONS AND FETA CHEESE

ADDITIONAL PROTEINS:

\$3 - FALAFEL (VEGAN), SHAWARMA CHOPPED CHICKEN,
GREEK LEMON CHICKEN, AMBA CHICKEN SALAD

\$4 - BEEF KOFTA PATTIES

\$6 - PULLED MOROCCAN LAMB

\$8 - SUSTAINABLE HARRISA SALMON



YAFO RICE BOWLS

INCLUDES THE TAHINI DRESSING AND HOUSEMADE LAFFAH BREAD

BOWLS COME WITH RICE, TOMATOES, CUCUMBERS, FETA, SUMAC ONIONS AND PURPLE CABBAGE SLAW

ADDITIONAL PROTEINS:

- \$3 - FALAFEL (VEGAN), CRISPY EGGPLANT, MIXED MUSHROOMS (VEGAN), SHAWARMA CHOPPED CHICKEN, GREEK LEMON CHICKEN, AMBA CHICKEN SALAD
- \$4 - BEEF KOFTA PATTIES
- \$6 - PULLED MOROCCAN LAMB
- \$8 - SUSTAINABLE HARISSA SALMON

ALL BOWLS ARE GLUTEN FRIENDLY

CHOICE OF DRESSING:

GREEK LEMON HERB VINAIGRETTE
OR GREEK YOGURT RANCH

ADDITIONAL SIDES

COLD SIDE 10 OZ \$4.50

CUCUMBER & TOMATO SALAD
HUMMUS WITH LAFFAH
CHICKPEA SALAD
PURPLE CABBAGE SLAW
LEMON QUINOA SALAD
TABBOULEH
BEETS
STUFFED GRAPE LEAVES

HOT SIDE 10 OZ \$5.50

CUMIN JASMINE RICE
FALAFEL
BRUSSELS SPROUTS
CAULIFLOWER W/ TAHINI
GREEK YOGURT MAC + CHEESE
ROTISSERIE POTATOES





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BREAKFAST

BOXED ITEMS

BREAKFAST QUICHE

HOUSE MADE FOUR CHEESE QUICHE, SERVED WITH APPLEWOOD SMOKED BACON AND FRESH CUT FRUIT

\$14

BOXED BREAKFAST

SAVORY EGG PASTRY – A GENEROUS PORTION OF SCRAMBLED EGGS SERVED IN A FLAKY CROISSANT DOUGH. SERVED WITH FRESH CUT FRUIT

\$13

BREAKFAST TACOS

FLOUR TACO SHELLS, SCRAMBLED EGGS, CHEDDAR CHEESE, CHOICE OF CRUMBLED SAUSAGE OR APPLEWOOD SMOKED BACON, SERVED WITH SALSA ON THE SIDE & FRESH CUT FRUIT

\$15

BOXED BREAKFAST FRENCH TOAST

THICK CUT CINNAMON FRENCH TOAST SERVED WITH BREAKFAST SAUSAGE LINKS, WARM MAPLE SYRUP AND FRESH CUT FRUIT

\$12

FRIED CHICKEN & PEARL WAFFLE SANDWICH

SERVED WITH WARM MAPLE SYRUP AND FRESH CUT FRUIT

\$14

CROISSANT BREAKFAST SANDWICHES

SERVED WITH FRESH CUT FRUIT

-SAUSAGE, EGG, & CHEESE

-BACON, EGG, & CHEESE

-TURKEY SAUSAGE, EGG & CHEESE

-EGG & CHEESE

\$12

A LA CARTE

INDIVIDUAL PORTIONS

CHOBANI YOGURTS	\$2.00
HONEY GRANOLA	\$2.00
POPPY'S BAGELS	\$5.00
ASSORTED PASTRIES	\$4.00
FRUIT CUPS	\$4.00

TROPICANA® ORANGE JUICE	\$2.00
ICED COFFEE FROM DUNKIN	\$6.00





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DESSERTS & DRINKS

DRINKS

FIJI® BOTTLED WATER 500ML	\$3.00
BOTTLED SPRING WATER	\$1.50
SAN PELLEGRINO®	\$4.00
ASSORTED COKE® BRAND SODAS COKE, DIET COKE, FANTA, SPRITE DR. PEPPER, DIET DR. PEPPER	\$1.75
SWEET AND UNSWEET TEA (<i>INCLUDES CUPS</i>)	\$7.50/gallon
LEMONADE (<i>INCLUDES CUPS</i>)	\$10/gallon
ORGANIC HONEST TEA HALF LEMONADE, HALF TEA	\$5/16oz.
BUCKETS OF ICE \$2.50 EACH	



DESSERTS

INDIVIDUALLY WRAPPED

ASSORTED COOKIES

ASSORTED BROWNIES

\$2

\$2

