



Menu Questionnaire

Thank you for your interest in **Flavor Forward Personal Chef Service**. Here is your opportunity to let me know your food preferences. Please take a few minutes to fill out this survey.

Client: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Best weekdays for the Chef to cook in your home: _____

Today's Date: _____

Please Indicate Items You Like

Meat

Beef:

- Steak
- Roast
- Ground round
- Flank steak
- Short ribs

Veal:

- Stew
- Ground veal
- Scaloppini

Pork:

- Chops
- Tenderloin
- Ribs
- Bacon
- Ham
- Ground pork
- Sausage

Lamb:

- Chops
- Stew
- Ground
- Roasts

- Meatloaf
- Meat & vegetable/pasta casseroles

Poultry

Chicken:

- Boneless
- Bone in breast
- Thigh
- Ground
- Roast

Turkey:

- Breast
- Smoked
- Ground
- Cutlets
- Sausage

- Chicken/turkey meatloaf
- Chicken/turkey and vegetable/pasta casseroles

Fish/ Shellfish

Fin Fish:

- Salmon
- Tilapia
- Haddock
- Cod
- Catfish
- Bass

Shell Fish:

- Shrimp
- Scallops
- Lobster
- Crab, natural
- Crab imitation
- Oysters

Other:

- Calamari
- Canned tuna in oil
- Canned tuna in water

- Mahi Mahi
- Tuna steak
- Swordfish

- Clams
- Mussels

Salads/Lettuce:

Salads:

- Mixed greens
- Fruit salads
- Rice salads
- Pasta salads
- Salad as main entree

Lettuce/Greens:

- Arugula
- Butter head
- Endive
- Escarole
- Frisse
- Iceberg
- Chard
- Leaf lettuce
- Lollo rosso/mesclun
- Radicchio
- Romaine
- Spinach
- Watercress
- Kale

Salad Dressings

- Vinaigrette
(Italian, balsamic, raspberry, citrus)
- Olive oil & balsamic vinegar
- Olive oil & lemon juice
- Mayonnaise based
- Ranch
- Light ranch
- French
- Honey mustard
- Blue cheese
- Thousand island
- Other _____

Soups

- Creamed (name types)

- Hot
- Cold
- Clear broths
- With meat/poultry
- Vegetable
- Soup as main dish
- Other _____

Vegetables

- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Dakion radish
- Eggplant
- Fennel
- Green beans
- Greens (collards etc)
- Kale
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Leeks
- Spinach
- Swiss chard
- Tomatoes
- Turnips
- Winter squash
- Yellow squash
- Zucchini
- Other _____

Fruits

- Apple
- Apricot
- Avocado
- Banana
- Blackcurrant
- Blueberry
- Cherry
- Coconut
- Cranberry
- Fig

- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarine
- Orange

- Papaya
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Pomegranate
- Quince
- Raspberry
- Strawberry
- Watermelon

Other _____

Grains & Potatoes

Rice:

- White rice
- Brown rice
- Wild rice
- Rice pilaf
- Risotto

Other Grains:

- Barley
- Buckwheat
- Bulgur
- Polenta
- Quinoa
- Farro

- Red potatoes
- Russet potatoes
- White potatoes
- Fingerling potatoes
- Blue potatoes

Pasta:

- Regular pasta
- Whole wheat pasta
- Fresh pasta
- Wheat berries

Potatoes:

- Sweet potatoes,
- Yams
- Yellow potatoes

Other _____

Beans

- Black-eyed peas
- Cannelloni
- Garbanzo
- Kidney
- Lentils

- Lima
- Peas
- Pinto
- soybeans

Other _____

Breads

- White
- Wheat
- Multigrain
- Rolls
- Biscuits
- Muffins
- Cornbread

- Pita
- Naan (sweet, savory)

Tortillas

- Flour
- Whole wheat
- Corn

Artisanal

- Bruschetta
- Focaccia
- Pesto
- Garlic,
- Rosemary
- Sourdough

Herbs

- Basil
- Chives
- Cilantro
- Dill
- garlic

- Italian parsley
- Lavender
- Marjoram
- Mint
- Oregano

- Rosemary
- Sage
- Thyme
- Tarragon
- Other _____

Spices

- Allspice
- Anise
- Bay leaf
- Caraway
- Cardamom
- Celery seed
- Chervil
- Cinnamon
- Cloves

- Coriander
- Cumin
- Curry powder
- Dill seed
- Fennel seed
- Garlic powder
- Ginger powder
- Lemon grass
- Mustard seed/powder

- Nutmeg
- Paprika
- Peppermint
- Poppy seed
- Saffron
- Spearmint
- Turmeric
- Wasabi.
- Other _____

Salt and Pepper

Pepper:

- Black
- White
- Cayenne,
- Red pepper flakes
- Cajun seasoning

Salt:

- Regular,
- Kosher,
- Sea salt,
- Garlic salt

- Other _____

Sweeteners

- White sugar
- Brown sugar
- Raw sugar

- Honey
- Maple syrup
- Fruit juices/applesauce,
- Agave

- Splenda
- Sweet & low
- Equal
- Other _____

Fats and Oils

Olive oil:

- Extra virgin
- Light
- Regular
- Butter
- Margarine
- Smart balance

Other Oils:

- Canola oil
- Grape seed oil
- Sesame oil
- Vegetable oil
- Shortening
- Walnut oil.
- Peanut oil

- Other _____

Dairy

Milk:

- Whole
- 2%
- 1%
- Skim
- Cream
- Half & half

Yogurt:

- Regular
- Low fat
- Non-fat
- Greek

Others:

- Cottage cheese
- Cream cheese
- Sour cream
- Crème fraiche.

Cheeses

- Asiago
- Brie
- Cheddar
- Colby-jack
- Feta
- Fontina
- Fresh mozzarella
- Fresh ricotta

- Gorgonzola
- Gouda
- Gruyere
- Havarti
- Humboldt fog
- Jarlsberg
- Manchego
- Mascarpone

- Mozzarella
- Muenster
- Parmigiano
- Reggiano
- Pepper jack
- Provolone
- Queso fresco
- Stilton

Goat cheese

Monterey jack

Swiss

Eggs and Soy

Eggs:

- Whole
- Yolks only
- Whites only
- Egg substitute

Tofu:

- Firm
- Extra firm,
- Soft
- Silken

- Soy based products
- Gluten-free
- Other _____

Nuts

- Almonds
- Cashew
- Chestnut
- Hazelnut
- Pecan

- Peanut
- Pistachio
- Pine nuts
- Macadamia
- Walnuts.

- Flaxseed,
- Poppy,
- Pumpkin,
- Sesame,
- Sunflower.

Miscellaneous

Olives:

- Green
- Black
- Kalamata

Others:

- Capers
- Jalapenos
- Artichoke hearts

Other _____

Favorite Ethnic Cuisines (e.g. Italian, French, Mexican, Greek, Chinese, Japanese, Indian, Mediterranean)

Do you have any:

Favorite recipes you would like prepared? _____

Specific health goals/ concerns? _____

Food allergies? _____

Foods or types of dishes you really like (e.g. stews):

Foods you really dislike: _____

What is your preference for spicy foods?

- Bland
- Mild
- Moderate
- Spicy

Do you have a barbecue and want meals prepared for cooking on it? Yes No

How involved do you want to be in meal preparation?

- Very little (heat & eat)
- Some (meats pre marinated, ready for grilling)
- Moderate (e.g.: lasagna premade but not yet cooked- 30 - 45 min oven time)
- Make my own pasta/ rice/ salad
- Frozen, unbaked rolls
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How do you want your meals packaged?

- Single
- Two-person
- Family portions

Thank you! Please submit via email to mike@flavorforwardchef.com.