

MEAL PREP & CATERING

The Menu

Weekly meal prep boxes, from everyday bowls to hibachi, seafood and plant-based, Date Night for Two, and big-event catering from cookouts to seafood boils. Made to order with groceries included, and prepared fresh in a commercial kitchen.



Date Night for Two



The Hibachi Box



Carne Asada Bowl

Comfort food, made with care. Every meal made to order.

• GROCERIES INCLUDED • PORTIONED & LABELED • PICKUP OR DELIVERY • CUSTOM MENUS

1

Choose a menu, or mix and match

2

Tell me your people and any allergies

3

Fresh, labeled meals, ready to heat

THE FAMILY WEEK
From \$125 a week

THE GARDEN TABLE
From \$140 a week

SEAFOOD BOIL
\$45 per guest

THE HIBACHI BOX
From \$160 a week

DATE NIGHT FOR TWO
\$95

TACO & BOWL BAR
\$30 per guest

THE CATCH
From \$180 a week

THE COOKOUT
\$34 per guest

Janay Lewis
OWNER, MZ PURPLE

TO ORDER, CALL OR TEXT

(424) 300-8689

mzpurplebraidsandmore.com

Blessed By The Best 🙌



SCAN TO ORDER

The Menu

MZ PURPLE BRAIDS & MORE
COMMERCIAL KITCHEN · FOOD HANDLER CERTIFIED



EVERYDAY MEAL PREP

The Family Week

\$140 for 5 meals · 10 meals \$260 · subscribe weekly from \$125

Each meal about 16 oz with 5 oz of protein, sealed and labeled with the date and reheating steps.



CARNE ASADA BOWL

marinated steak, cilantro-lime rice, black beans, pico, lime
Free of major allergens



BEEF & BROCCOLI

tender sliced beef, broccoli, savory garlic-ginger sauce, white rice
Contains soy, wheat, sesame



PHILLY CHEESESTEAK BOWL

shaved steak, peppers and onions, provolone, garlic rice
Contains milk, fish (Worcestershire)



SMASH BURGER BOWL

seared beef, cheddar, pickles, onions, burger sauce, crispy potatoes
Contains milk, egg



CHICKEN FAJITA BOWL

seasoned chicken, charred peppers and onions, Mexican rice
Contains milk



TEPPANYAKI-STYLE, READY TO HEAT

The Hibachi Box

\$175 for 5 meals · 10 meals \$330 · subscribe weekly from \$160

Each meal about 16 oz with 5 oz of protein, sealed and labeled with the date and reheating steps.



STEAK HIBACHI

seared steak, garlic butter, soy glaze
Contains soy, wheat, egg, milk, sesame



SHRIMP HIBACHI

garlic butter shrimp, lemon, sesame
Contains shellfish, soy, wheat, egg, milk, sesame



CHICKEN HIBACHI

seared chicken, teriyaki glaze
Contains soy, wheat, egg, milk, sesame



STEAK & SHRIMP COMBO

seared steak and garlic butter shrimp, the best of both
Contains shellfish, soy, wheat, egg, milk, sesame



HIBACHI FRIED RICE

steak, shrimp and chicken tossed through egg fried rice
Contains shellfish, soy, wheat, egg, milk, sesame

How ordering works

1. Order by Thursday for Sunday or Monday delivery, or pickup.
2. Weekly subscriptions repeat automatically. Text by Thursday to change or skip a week.
3. Janay confirms every order and your total by text.
4. Call, text or use the form at mzpurplebraidsandmore.com. Share any allergies when you order.

Groceries included · Order by Thursday for Sunday or Monday delivery · Delivery \$15 within 10 miles, \$25 up to 25 miles, free over \$300 · Catering is food only, delivery \$75 · Catering orders under 72 hours +25%.
Photos are serving suggestions. Menus rotate and portions may vary.

(424) 300-8689
mzpurplebraidsandmore.com

The Garden Table

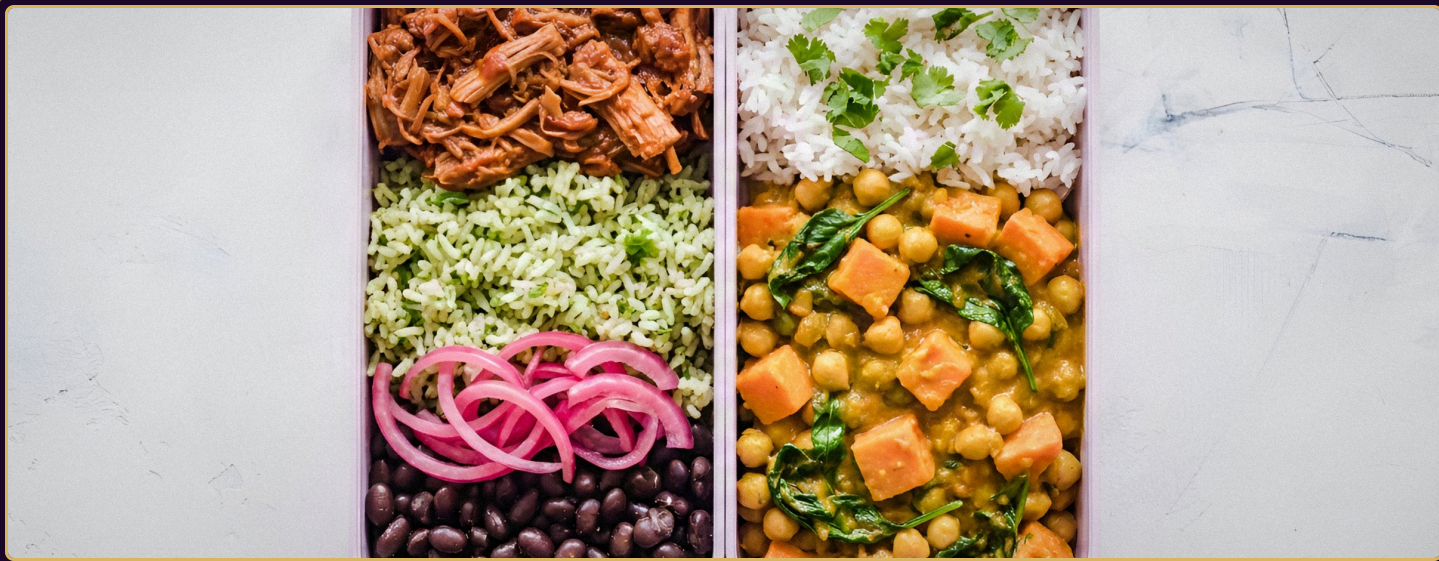
100% PLANT-BASED
VEGAN · NO MEAT, DAIRY, EGGS OR HONEY

Plant-based comfort food with the same hearty portions as the rest of the menu. Five meals a week, made to order, labeled and ready to heat.

Each meal about 16 oz with 5 oz of protein, sealed and labeled with the date and reheating steps.

\$155 for 5 meals

10 MEALS \$290 · SUBSCRIBE WEEKLY FROM \$140



BBQ JACKFRUIT BOWL

smoky pulled jackfruit, cilantro-lime rice, black beans, pickled onions

Contains soy, wheat



COCONUT CHICKPEA CURRY

sweet potato, spinach, jasmine rice

Free of major allergens (contains coconut)



CRISPY CAULIFLOWER WINGS

buffalo or lemon pepper, dirty rice, vegan ranch

Contains wheat, soy



SMOTHERED MUSHROOMS & RICE

seared mushrooms, onion gravy, rice, garlic green beans

Contains wheat, soy



LENTIL BOLOGNESE

slow-simmered lentils and tomato, pasta, fresh basil

Contains wheat

EVERY INGREDIENT
CHECKED VEGAN

ALLERGENS LISTED
ON EVERY LABEL

MIX WITH ANY MENU
FOR YOUR HOUSEHOLD

Groceries included · Order by Thursday for Sunday or Monday delivery · Delivery \$15 within 10 miles, \$25 up to 25 miles, free over \$300 · Catering is food only, delivery \$75 · Catering orders under 72 hours +25%.

Photos are serving suggestions. Menus rotate and portions may vary.

(424) 300-8689
mzpurplebraidsandmore.com

The Catch

FROM THE COAST
SHRIMP, CRAB, SALMON, LOBSTER & MAHI MAHI

Coastal comfort food, cooked fresh for your week. Five seafood meals, made to order, labeled with reheating notes so nothing turns rubbery.

Each meal about 16 oz with 5 oz of protein, sealed and labeled with the date and reheat steps.

\$195 for 5 meals

10 MEALS \$370 · SUBSCRIBE WEEKLY FROM \$180



SHRIMP & GRITS

Cajun cream gravy, sharp cheddar grits, green onion

Contains shellfish, milk, wheat



BLACKENED SALMON

lemon herb rice, roasted asparagus

Contains fish, milk



SEAFOOD GUMBO

shrimp, crab, andouille, dark roux, white rice

Contains shellfish, wheat, pork



GARLIC BUTTER LOBSTER TAIL

5 oz tail, Cajun garlic butter, garlic rice, charred corn

Contains shellfish, milk



BAJA MAHI TACOS

crispy mahi mahi, cabbage slaw, chipotle crema, lime

Contains fish, wheat, egg, milk

COOKED FRESH,
BEST WITHIN 3 DAYS

SHELLFISH & FISH
LABELED ON EVERY MEAL

MIX WITH ANY MENU
FOR YOUR HOUSEHOLD

Groceries included · Order by Thursday for Sunday or Monday delivery · Delivery \$15 within 10 miles, \$25 up to 25 miles, free over \$300 · Catering is food only, delivery \$75 · Catering orders under 72 hours +25%.

Photos are serving suggestions. Menus rotate and portions may vary.

(424) 300-8689
mzpurplebraidsandmore.com

Date Night for Two

DINNER FOR TWO, DONE FOR YOU
SURF & TURF · SIDES · DESSERT

Dinner for two, done for you. Two New York strips and two garlic butter lobster tails with sides and molten chocolate cakes, delivered ready to heat.

Serves two. Delivered chilled in one box with simple reheat steps.

\$95 for two

ADD A SECOND DESSERT +\$10



SURF & TURF FOR TWO

two 8 oz New York strips, two garlic butter lobster tails

Contains shellfish, milk



GARLIC MASHED POTATOES & ASPARAGUS

creamy whipped potatoes, roasted asparagus

Contains milk



CHOCOLATE LAVA CAKES

two warm molten chocolate cakes with berries

Contains milk, egg, wheat

BIRTHDAYS, ANNIVERSARIES
AND HOLIDAYS

READY TO HEAT
IN MINUTES

ADD A SECOND DESSERT
+\$10

Groceries included · Order by Thursday for Sunday or Monday delivery · Delivery \$15 within 10 miles, \$25 up to 25 miles, free over \$300 · Catering is food only, delivery \$75 · Catering orders under 72 hours +25%.

Photos are serving suggestions. Menus rotate and portions may vary.

(424) 300-8689
mzpurplebraidsandmore.com

The Taco & Bowl Bar

BUILD-YOUR-OWN FOR 20 OR MORE
AL PASTOR · POLLO ASADO · CARNE ASADA

Three proteins, rice and charro beans, warm tortillas and a full salsa bar.

Tacos or bowls, every guest chooses.

Catering is food only: delivered hot in disposable trays. Plates, utensils, chafing dishes and servers are not included.

\$30 per guest

20-GUEST MINIMUM · ADD A PROTEIN +\$6



AL PASTOR

marinated pork, charred pineapple, onion and cilantro

Contains pork



POLLO ASADO

citrus-garlic chicken, grilled and chopped

Free of major allergens



CARNE ASADA

seared marinated steak, chopped to order

Free of major allergens



MEXICAN RICE & CHARRO BEANS

tomato rice, slow-simmered pinto beans

Contains beans contain pork



THE SALSA BAR

warm corn tortillas, salsa roja, salsa verde, pico, guacamole, limes

Free of major allergens (cotija optional: milk)

DELIVERED HOT,
READY TO SERVE

TACOS OR BOWLS,
GUESTS CHOOSE

20-GUEST MINIMUM
ADD A PROTEIN +\$6

Groceries included · Order by Thursday for Sunday or Monday delivery · Delivery \$15 within 10 miles, \$25 up to 25 miles, free over \$300 · Catering is food only, delivery \$75 · Catering orders under 72 hours +25%.

Photos are serving suggestions. Menus rotate and portions may vary.

(424) 300-8689
mzpurplebraidsandmore.com

The Cookout

GRILL CATERING FOR 25 OR MORE
SHORT RIBS · CHICKEN · CARNE ASADA · HOT LINKS

Fired up and delivered hot for your party. Three meats off the grill, hot links and four cookout sides, delivered hot in trays and ready to serve.

Catering is food only: delivered hot in disposable trays. Plates, utensils, chafing dishes and servers are not included.

\$34 per guest

25-GUEST MINIMUM



SWEET SOY SHORT RIBS

sweet soy glaze, charred on the grill

Contains soy, wheat, sesame



GRILLED CHICKEN QUARTERS

citrus-garlic, smoky char

Free of major allergens



CARNE ASADA

seared marinated steak, chopped to order

Free of major allergens



HOT LINKS

snappy grilled sausages

Contains may contain pork, milk, soy, wheat



COOKOUT SIDES

mac and cheese, baked beans, buttered corn, potato salad

Contains milk, wheat, egg; beans may contain pork

DELIVERED HOT,
READY TO SERVE

FEEDS 25
OR MORE

ADD THE TACO BAR
FOR A FULL SPREAD

Groceries included · Order by Thursday for Sunday or Monday delivery · Delivery \$15 within 10 miles, \$25 up to 25 miles, free over \$300 · Catering is food only, delivery \$75 · Catering orders under 72 hours +25%.

Photos are serving suggestions. Menus rotate and portions may vary.

(424) 300-8689
mzpurplebraidsandmore.com

The Seafood Boil Party

NOW BOOKING EVENTS
SHRIMP · LOBSTER · SNOW CRAB

A Cajun seafood boil cooked hot at your event, poured out and ready to dig into. The centerpiece your guests will post.

Food only: cooked hot on site and served in disposable trays. Plates, utensils and servers are not included.

\$45 per guest

15-GUEST MINIMUM · SNOW CRAB +\$12



SHRIMP & LOBSTER BOIL

head-on shrimp and lobster tails in Cajun garlic butter

Contains shellfish, milk



THE FIXINGS

hot links, sweet corn, red potatoes, boiled eggs

Contains egg; hot links may contain pork



SNOW CRAB ADD-ON

snow crab clusters, extra butter

Contains shellfish, milk

COOKED HOT
ON SITE

15-GUEST
MINIMUM

SNOW CRAB
ADD-ON +\$12

Groceries included · Order by Thursday for Sunday or Monday delivery · Delivery \$15 within 10 miles, \$25 up to 25 miles, free over \$300 · Catering is food only, delivery \$75 · Catering orders under 72 hours +25%.

Photos are serving suggestions. Menus rotate and portions may vary.

(424) 300-8689
mzpurplebraidsandmore.com