

MEET CHEF BROCK BEGLEY

Classically trained at Johnson & Wales University, Chef Brock brings years of experience from top kitchens. His passion for quality ingredients and bold, balanced flavors fuels his mission:

- *To make healthy eating both satisfying and convenient.*



CONTACT US

Local Pickup &
Delivery Available

Order fresh meals online



www.chefbegley.com

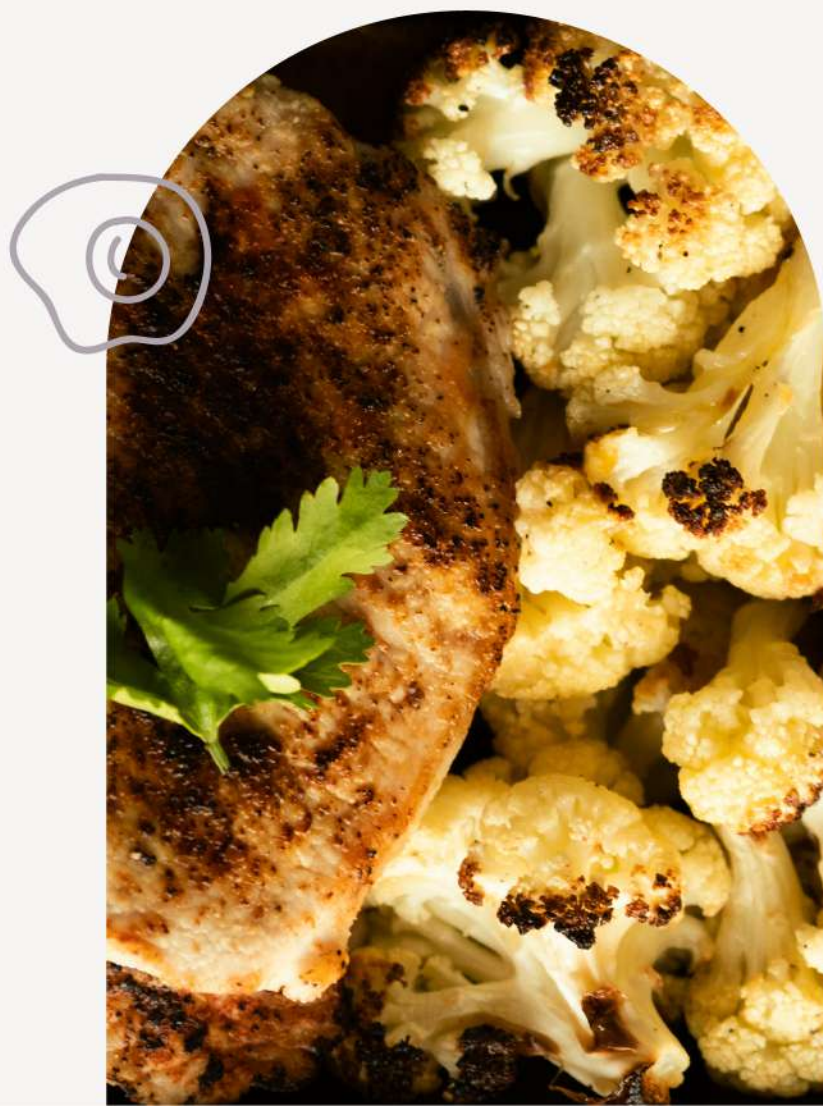


HEALTHY NEVER TASTED SO GOOD

FRESH, FLAVORFUL, HEALTHY
MEALS CREATED BY
CHEF BROCK BEGLEY



Chef Begley uses fresh local ingredients along with his own line of healthy seasonings and sauces. He focuses on the health benefits while using his culinary talents to incorporate incredible flavors. This is what separates Chef Begley's Creations from everyone else. You will never have to add anything to his specially crafted meals to help with flavor.



POPULAR MEALS



Steak Tips

8oz Steak Tips with Button Mushrooms and Half - Baked Potato

Romaine Salad with Roast Chicken

6oz Chicken Breast, Fresh Romain Salad with Pickled Red Onions and Cucumber slices



Salmon and Lemon Orzo

6oz Salmon with Lemon Orzo and Roast Cauliflower

Vegetable Stir Fry

Vegetable stir Fry with White Rice and Toasted Tofu



KITCHEN FACILITY

CBC uses a large certified commercial kitchen to prepare the meals. This assures the customer that their meals were prepared in a safe and clean environment. Chef Begley also provides an expiration date to each meal, guaranteeing freshness and another layer of food safety protection.

Chef Begley is a local chef and all meals are prepared under his supervision.

Each meal is individually made to order.



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