



SAFFRON LANE

PRIVATE CHEF & BOUTIQUE CATERING

PRIVATE CHEF QUESTIONNAIRE

Name (and names of family members, if applicable):

Address:

Phone:

Email:

Tell us about your preferences: that you like extra pepper whenever possible, that you need the occasional baked potato despite that low carb plan, and that you really, really can't stand a yam no matter how it's prepared. The more specifics you provide the better.

Unless otherwise noted, we strive to use organic, wild and sustainable products and ingredients.

Meat

Beef Lamb Pork

Favorite cut(s), preparation style(s) and comments:

Poultry

Chicken Turkey Duck

Favorite cut(s), preparation style(s) and comments:

Seafood

Fish Shellfish

Please list any likes, dislikes or other preferences:

Vegetables (including salad greens: spinach, arugula, romaine, etc.)

Please list any likes, dislikes or other preferences:

Fruit (fresh and dried)

Please list any likes, dislikes or other preferences:

Grains (white rice, brown rice, oats, quinoa, barley, etc.)

Please list any likes, dislikes or other preferences:

Legumes (beans, lentils, etc.)

Please list any likes, dislikes or other preferences:

Pasta and Bread (white, wheat, sourdough, rye; linguine, penne, orecchiette, etc.)

Please list any likes, dislikes or other preferences:

Dairy (milk, cheese, yogurt, cottage cheese, etc.)

Please list any likes, dislikes or other preferences:

Eggs

Please list any likes, dislikes or other preferences:

Soy (tofu, tempeh, soy milk, etc.)

Please list any likes, dislikes or other preferences:

Nuts (walnuts, almonds, cashews, pine nuts, etc.)

Please list any likes, dislikes or other preferences:

Herbs & Spices

- | | | | | | |
|----------------------------------|----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Basil | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Thyme | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Cayenne | <input type="checkbox"/> Coriander | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Fennel | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Onion | <input type="checkbox"/> Paprika | <input type="checkbox"/> Mustard | <input type="checkbox"/> Saffron | <input type="checkbox"/> Turmeric |

Comments on other herbs and spices as well as spicy food preferences:

Other Important Information

Food Allergies:

Other health considerations (high blood pressure, gluten free, low carb, low fat, sugar free, etc.):

Current health and fitness goals you are trying to reach:

Other comments and/or information:

If you have any questions or additional comments before our initial consultation, please contact us at either beth@saffronlane.com or 415.297.3271.

We look very forward to working with you.