



# 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](mailto:beth@saffronlane.com) or 415.297.3271.

We look very forward to working with you.