

# MEET CHEF SHASHANK AGTEY

Culinary master & lover of healthy eating



Shashank Agtey comes from an accomplished military family, spanning more than 100 years. Born in Mumbai, India, his mother was a physician and his father was a Colonel in the Indian Air Force. Shashank attended military school, aiming to follow in his father's footsteps and follow his dream of joining the Indian Air Force as a fighter pilot. But, at the age of 17, he was diagnosed with astigmatism which would prevent him from qualifying as a fighter pilot. At that moment, his life changed forever.

Not long after, Shashank moved to Miami with only \$125 in his pocket (and the approval of his parents) to study his other passion: food. He attended Miami-Dade

College and became an avid runner and athlete, securing a scholarship to Florida International University where he earned his bachelor's degree in International Hotel and Restaurant Management.

Shashank's restaurant career kicked off at the popular Club 41 in Miami (known today as The Forge) where he worked as a dishwasher. Shortly after, he became Sous Chef at Omni Hotel in Miami, working up the ranks and honing his culinary skills. Eventually, he became the Executive Chef at Cafe September, a five-star waterfront restaurant and nightclub in Fort Lauderdale. He held the position for 12 years.

At age 34, he was selected to cook for President George Bush Sr. and President Bill Clinton. In 1988, he was inducted into the Chaîne des Rôtisseurs, an elite gastronomical society, and was the recipient of its Five-Star Award. His successful career of cooking for high society, celebrities, and large-scale events and his passion for athletics and physical fitness has led him to his current life path and mission.

Today, Chef Shashank and his partner, Barbara Smith, own Sidewalk Chef Kitchen, a favorite neighborhood restaurant in Fort Lauderdale serving fresh and healthy meals daily. Offering a wide variety of options for all lifestyles and diet choices, the two are dedicated to helping members of their community live their healthiest lives through their motto "health is wealth."

To learn more, visit us online at [SidewalkChef.com](http://SidewalkChef.com).

## A HEALTHY SPIN ON COMFORT FOOD

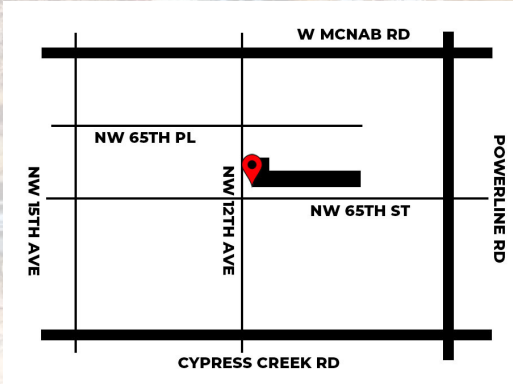
Enjoy fresh and delicious meals prepared by a five-star chef. Whether you're stopping by for lunch or need catering for your next office party, our diverse menu has something for everyone - even athletes! We hope you'll join us for lunch soon!



## FAST, FRESH, & HEALTHY MEALS

**Daily Fresh Express**  
**500-Calorie "Heat and Eat" Meal Prep**  
**MMA-Approved Meals**  
**Custom Meal Plans**  
**Catering**

**Dine-In, To-Go, & Delivery**  
**6500 NW 12th Ave. #101,**  
**Fort Lauderdale, FL 33309**



954.488.2554



**Monday - Friday**  
**11 AM - 4 PM**



[SidewalkChef.com](http://SidewalkChef.com)

## chef's daily fresh express - \$14.95 (11 AM - 2:30 PM)

### YOUR CHOICE OF SOUP OR SALAD, PLUS (1) PROTEIN & (2) SIDES OR NO PROTEIN & (3) SIDES:

Vegetarian chili, soup of the day, or salad, plus: (1) Chef's protein selections and (2) Farm-to-table veggie picks of the day or

Chef's featured sides or vegetarian chili, soup of the day, or salad, and (3) Farm-to-table veggie picks of the day or Chef's featured sides

OUR FRESH EXPRESS MENU ROTATES DAILY!  
VISIT US ONLINE FOR SPECIALS: [SIDEWALKCHEF.COM/FRESH-EXPRESS](http://SIDEWALKCHEF.COM/FRESH-EXPRESS)

## salads, burgers, sandwiches, & more

### ✓ SPINACH SALAD - \$11.95

Locally-grown organic spinach topped with hard-boiled hormone-free eggs, pickled red onion, seasoned chickpeas, and gorgonzola cheese; served with citrus vinaigrette

### ✓ KALE & BRUSSELS SPROUTS SALAD - \$11.95

Organic kale, Brussels sprouts, cran-raisins, and mini red Peruvian peppers; served with mango turmeric vinaigrette

ADD GRILLED CHICKEN, CHICKEN SALAD, TUNA SALAD, OR TURKEY BREAST - \$5.50  
WILD-CAUGHT SALMON OR SHRIMP - \$7.00  
GRASS-FED BISON BURGER - \$10.00  
✓ IMPOSSIBLE™ MEAT - \$10.00

### SOUP O' THE DAY

Cup - \$4.50 Bowl - \$6.95

### ✓ VEGETARIAN CHILI

Cup - \$5.00 Bowl - \$7.00

### CHEF'S BURGER

Lettuce, tomato, and pickled onion on ciabatta. Served with a side of our signature lime slaw, a pickle spear, and your choice of chips.

### CHOOSE YOUR PROTEIN:

GROUND TURKEY - \$13.75  
ANGUS GROUND BEEF - \$14.75  
✓ IMPOSSIBLE™ MEAT - \$15.75  
GRASS-FED BISON - \$15.75

Additional toppings available - just ask!

### ADD ADDITIONAL TOPPINGS TO ANY DISH FOR \$1 EACH

Grilled Onions	Sunny-Side Up Egg
Grilled Mushrooms	Housemade Chipotle Ketchup
Shredded Cheese	Housemade Musard Sauce
Turkey Bacon	Housemade Thai Chili Sauce

All sandwiches are served on your choice of rye, multigrain, or ciabatta with our signature lime slaw and a housemade pickle spear

### GRILLED WILD-CAUGHT SALMON SANDWICH - \$15.50

Lightly seasoned and grilled to order. Topped with lettuce and tomato

### CARVED TURKEY BREAST SANDWICH - \$12.75

Lettuce and honey mustard. Oven-roasted in-house!

### THE BEST EVER CHICKEN SALAD SANDWICH - \$12.75

All-natural chicken mixed with red and green grapes, golden raisins, almonds, and mayo; topped with locally-grown mixed greens (contains nuts)

### SIMPLY DELICIOUS TUNA SALAD SANDWICH - \$12.75

Solid white albacore mixed with celery and Hellman's Mayonnaise; topped with locally-grown mixed greens

### ✓ EGGPLANT SANDWICH - \$11.50

Sauteed eggplant dusted with chickpea flour and turmeric; topped with tomato, onions, and colored peppers

### EGG SALAD SANDWICH - \$10.50

Made with Hellman's Mayonnaise and lightly seasoned. Simply delicious! Topped with lettuce and tomato



## 500-calorie "heat and eat" meals - weekly meal prep - starting at \$12.50

Made fresh to order for meal prep, dine-in, or takeout. Each meal lasts 6 months in your freezer or 7 days in the fridge, so stock up! Choose a minimum of five to start your meal prep plan.

### ✓ ASIAN VEGGIE STIR-FRY - \$12.50

with basmati rice

ADD CHICKEN - \$2.00

ADD WILD-CAUGHT SHRIMP - \$4.00

### ✓ VEGETARIAN CHILI - \$12.50

over basmati rice

ADD ANGUS GROUND BEEF - \$1.00

ADD GRASS-FED BISON - \$2.00

ADD IMPOSSIBLE™ MEAT - \$2.00

### ✓ CHEF'S SPECIAL VEGGIE PLATE - \$12.50

sweet potato, kale, quinoa, and eggplant

✓ EGGPLANT PLANKS - \$12.50

dusted with chickpea flour and turmeric over kitcheree

### GRILLED CHICKEN THIGHS - \$13.75

with coconut milk mashed potatoes and seasonal veggies

LEMONGRASS CHICKEN & RICE BOWL - \$13.75

with Asian veggies

### BEEFY RICE - \$13.75

Angus beef over basmati rice with marinara  
TURKEY OR ANGUS BEEF MEATBALLS - \$13.75  
in marinara with spaghetti squash and parmesan (Bison or Impossible™ Meat - add \$2.00)

TURKEY OR ANGUS BEEF MEATLOAF - \$13.75

served with coconut milk mashed potatoes and seasonal veggies

(Bison or Impossible™ Meat - add \$2.00)

TURKEY OR ANGUS BEEF TACO BOWL - \$13.75

over basmati rice, tomatoes, onions, peppers, and a dollop of guacamole (Bison or Impossible™ Meat - add \$2.00)

BBQ CHICKEN - \$13.75

with coconut milk mashed potatoes and seasonal mixed veggies

JERK CHICKEN - \$13.75

with basmati rice, pilaf, and plantains  
EVERYDAY THANKSGIVING - \$13.75

oven-roasted turkey breast, gravy, sweet potato mash, and seasonal veggies

PASTA BOLOGNESE - \$13.75

with ground beef, penne, and marinara

WILD-CAUGHT GRILLED SALMON - \$15.50

with seasonal mixed veggies and basmati rice

## high-protein "heat and eat" meals - weekly meal prep - starting at \$14.75

Designed by Dr. Douglas Kalman, PhD., RD, and made fresh to order by Chef Shashank for dine-in, takeout, or weekly meal prep. MMA fighter approved!

### PRO-GALORE STIR-FRY (~700 CALORIES) - \$16.50

80g wild shrimp, 80g boneless skinless chicken, 300g veggies, 50g basmati rice

### ABS OF STEEL (~700 CALORIES) - \$14.75

180g boneless skinless chicken, 300g mixed veggies, 75g basmati rice

### TURKEGGZELANT (~650 CALORIES) - \$14.75

100g whole egg, 100g oven-roasted turkey, 20g mushrooms, 50g basmati rice, 15g cheddar cheese (optional)

### LEANED OUT (~450 CALORIES) - \$15.50

180g wild salmon, 200g asparagus, 100g quinoa/rice

### BEEFED UP (~500 CALORIES) - \$14.75

180g ground beef, 180g garbanzo beans, 50g basmati rice

## sides & desserts

Basmati rice - \$4.00  
Kitcheree - \$4.00  
Spaghetti squash - \$4.00  
Quinoa - \$4.00  
Mashed potatoes - \$4.00  
Mashed potatoes w/gravy - \$4.50  
Sweet potato mash - \$4.00  
Kale & brussels sprouts salad (side) - \$5.50  
Roasted seasonal veggies - \$4.00  
Eggplant planks - \$4.00

Housemade cookies - \$3.00  
\*(2) Chocolate chip or (2) sugar cookies  
Assorted gluten-free/vegan specialty baked goods - \$3.00 - \$5.00

## drinks

Bottled water - \$2.25  
Coconut water - \$3.75  
Sparkling water (plain or flavored) - \$2.75  
Assorted sodas - \$2.50  
Housemade unsweetened tea - \$2.75  
Bottled tea or hot tea - \$2.75  
Local craft beer starting at \$4.00/bottle  
Bistro wine - \$6.00/glass  
American coffee - \$3.00  
Italian espresso - \$3.75  
Cappuccino - \$4.75

### CHEF SHASHANK'S GOLDEN MILK - \$8.00

All organic ingredients: turmeric, karela, ginger, apple cider vinegar, aloe, and green chiles