

Fuel your body and mind with healthy selections made fresh for you. Offering a Lavazza® Coffee bar, catering, smoothies, açai bowls, meal prep, and more. Perfect for after the gym or on the go.



Order online at SidewalkChef2Go.com or call to place your order: 954.324.4228
Find us in the lobby at BARWIS Performance Center!
378 Hillsboro Technology Dr., Deerfield Beach, FL 33441

SMOOTHIES, AÇAI BOWLS, AND MORE

Perfect for post-workout recovery.

BERRY SMOOTHIE WITH BARWIS® PROTEIN POWDER - \$9.50

Barwis® Protein Powder, mixed berries, almond milk, and peanut butter

POWER GREENS SMOOTHIE WITH SPINACH & KALE - \$9.50

Whey protein, spinach, kale, almond milk, rolled oats, and chia seeds

AÇAI PEANUT POWER BOWL - \$12

Açai, strawberries, banana, peanut butter, granola, and drizzle of honey

BARWIS® PROTEIN PANCAKES - \$7

3 pancakes per pack

MEAL PREP

500-calories. Ready to heat and eat!

Ask us about meal prep packages - 5 or 10 per week. Preorder your favorites for the week, and check out our daily specials!

ANGUS BEEF MEATBALLS - \$13.75

In marinara with spaghetti squash and parmesan

ASIAN CHICKEN STIR-FRY - \$13.75

Over basmati rice. Add sauce for \$1

TURKEY TACO BOWL - \$13.75

Over basmati rice, tomatoes, onions, peppers, and a dollop of guacamole.

PENNE BOLOGNESE - \$13.75

With ground beef, penne, and marinara

EVERYDAY THANKSGIVING - \$13.75

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

BEEFY RICE - \$13.75

Angus beef over basmati rice with marinara

CHICKEN CHILI - \$13.75

Over basmati rice

BISON MEATLOAF - \$15.75

With coconut milk mashed potatoes and seasonal mixed veggies

SOUPS, SALADS, AND WRAPS

Chef-made and prepared fresh to order.

Add a cup of our Soup of the Day to your salad or wrap for just \$2.

SOUP OF THE DAY

Cup - \$4.50 | Bowl - \$5.50 | Quart - \$15

Monday: Veggie Chili (V)

Tuesday: Charred Tomato Bisque (V)

Wednesday: Chicken Veggie

Thursday: Split Pea (V)

Friday: Mushroom Bisque (V)

HOUSE SALAD - \$9.95

Artisan greens, cucumber, tomato, and carrots; served with vinaigrette or ranch dressing.

Add on a scoop of tuna salad, carved chicken breast, or oven-roasted sliced turkey breast for just \$5.50

CHEF-MADE WRAPS - \$12.50

Choose from our selection of fresh, chef-made wraps:

Oven-Roasted Turkey Wrap

Lettuce and honey mustard

Ultimate Carved Chicken Wrap

All-natural chicken breast topped with lettuce, tomato, shredded carrots, and honey mustard

"Simple and Tasty" Tuna Salad Wrap

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

COFFEE BAR



Choice of 2% milk, oat milk, or almond milk.

	12 OZ	16 OZ
AMERICAN COFFEE	\$3	\$4
CAPPUCCINO	\$4.75	\$5.75
LATTE	\$4.75	\$5.75
MACCHIATO	\$4.25	\$5.25
ESPRESSO	\$3.50	
DOUBLE ESPRESSO	\$4.50	

DESSERTS

Baked fresh and locally-sourced.

BIG CHOCOLATE CHIP COOKIE	\$3
REESES PEANUT BUTTER CUP COOKIE	\$3
CHOCOLATE CHIP MACAROONS	\$4.50
VANILLA MACAROONS	\$4
KULFI ICE CREAM POPS	\$3

SNACKS

Great selections
for on the go.

ASSORTED SNACKS

See our display for a daily assortment
of snacks, chips, and more. Starting
at \$2.50

DRINKS

Quench your thirst
or relax with
a premium
beverage.

GATORADE	\$2.50
PURE COCONUT WATER	\$2.50
US SODAS	\$3
<i>Naturally flavored, low sugar</i>	
SAINT JAMES ICED TEA	\$4.50
NDO WATER	\$2.25
<i>Sparkling or still</i>	
IBA ENERGY DRINK	\$4.99
ALLWELLO SHOTS	\$4.99
<i>Ginger or turmeric</i>	

MADE-TO-ORDER MEAL PREP

Take the guesswork out of meal prep with our made-to-order prepared meals. Sidewalk Chef Kitchen specializes in healthy meal prep service with our freshly prepared and packaged meals perfect for lunch and dinner. Our meals have a shelf life of 6 months in your freezer or 7 days in the fridge. We offer a wide selection, including 500-calorie, vegan and vegetarian, and high-protein.

An athlete himself, Chef Shashank understands the importance of eating right when training. His experience working with professional nutritionists and coaches allows him to prepare meals that fit your diet and lifestyle. Chef Shashank has worked with athletes in several disciplines, including MMA fighters and NFL stars.

Want a consult with Chef Shashank about your own nutrition and meal plans? Ask us today! Learn more about what we do at SidewalkChef2Go.com

FIVE-STAR CATERING

Our five-star catering menu brings gourmet food straight to you. Inspired by Chef Shashank Agtey's history working in some of South Florida's finest restaurants, we have the skill set to provide a custom culinary experience that fits your needs. Whether you're hosting an after-hours celebration or a birthday party, we're here to help. Our catering menu features elevated hors d'oeuvres, gourmet offerings from the land and sea, delectable desserts, and more. Visit SidewalkChef2Go.com to learn how we can bring your next event to life.

MEET CHEF SHASHANK AGTEY

Culinary master & lover of healthy eating



Shashank Agtey is the Owner and Executive Chef of Sidewalk Chef Kitchen, a neighborhood restaurant in Fort Lauderdale serving fresh and healthy meals since 2017. Hailing from an accomplished military family in Mumbai, India, Shashank moved to Miami at 17 to pursue a love of cooking. He attended Miami-Dade College and became an avid runner. He later secured a scholarship to Florida International University and earned his bachelor's degree in International Hotel and Restaurant Management.

Shashank has cooked in some of South Florida's finest restaurants, including Omni Hotel and Cafe September. He has also cooked for presidents George Bush, Sr. and Bill Clinton, and in 1988, was inducted into the Chaîne des Rôtisseurs and received its Five-Star Award. His successful cooking career and passion for athletics have led him to his current life path and mission. He is passionate about serving his community and wants to help others live their healthiest life through his motto, "Health is Wealth."

Visit our flagship location!

Serving lunch Monday-Friday, 11 a.m.-4 p.m. Offering a daily rotating "Fresh Express" lunch menu, 500-calorie meal prep, chef-made sandwiches and salads, five-star catering, and more.

6500 NW 12th Ave. #101, Fort Lauderdale, FL 33309 | SidewalkChef.com | 954-488-2554

We're social! @sidewalkchefkitchen on Facebook, Instagram, TikTok, and LinkedIn