

Nature's Kitchen

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Course: NUTR 2250

Food Service Operations Project

Part One: Planning

OPERATION BASICS:

- Name and concept/theme of your operation:

Name of the operation is: Nature's Kitchen.

Theme: Bistro offering food that comes from mother nature, minimally processed without additives or preservatives. Uses hormone and antibiotic free meat, non-genetically modified and organic ingredients when possible.

- Who oversees your operation in terms of regulations? Who makes sure the regulations you need to follow are being met?

Illinois Department of Health and Will County will oversee Nature's Kitchen operation.

- Identify and describe in detail the type of operation you will be running. (Ex: conventional, ready prepared, commissary, assembly/serve).

The type of operation that I will be running is conventional since it is a small retail establishment. Foods are purchased in different stages of preparation. Production, distribution, and service are completed on the premises.

- Describe the environment, what your establishment "looks like" and the atmosphere you hope to have provide

The atmosphere will be calm and inviting. It will be decorated with living green plants including a variety of aromatic herbs such as basil, and mint. Bamboo (natural renewable material) will be used for tables and

chairs. The walls will be decorated with vibrant pictures of people enjoying wholesome natural foods and there will be music from different cultures playing in the background.

- Describe the steps of placing an order and the steps it takes to get the food to the customer/patient.

Following are the steps of placing an order:

-Customers view the menu and place their order with the server

-The server relays the order to the kitchen staff

-When food is ready to be served, the server delivers the food to the table

-When customers are done eating, the server takes the dishes away

-the server brings the bill

-The client pays and departs

- Hours of service: 11:00am - 9:00pm
- Number of customers/patrons you plan to serve in a day: Nature's Kitchen plans to serve 100 clients per day.
- Describe how your plates/packaging etc. will be displayed:

Nature's Kitchen will be using white porcelain dishes, glassware, and silverware. They will be stored in the kitchen clean and ready to use for serving customers.

- Discuss your customers in detail:

Nature's Kitchen customers are individuals who value eating food that comes from nature, minimally processed, with no additives or preservatives. They enjoy healthy food without sacrificing taste, consume animal food and or plant-based food in their diet. Furthermore, Nature's Kitchen clients care about the quality of the ingredients used as well as the preparation methods followed.

MENU

In generating the menu, the following considerations were taken into account:

- **Font:** Unique, readable font for the name of the dishes and a good size readable font for the different dishes' description is used.
- **Description:** The menu description includes a concise, enticing, honest summary of the dishes. This makes it easy for the clients to envision the dishes and encourages them to make a menu selection.
- **Color:** The green color is used for the menu border as well as for the name of the dishes on the menu to highlight the fact that Nature's kitchen serves healthy food.
- **Design:** An image of different spices and herbs from nature is displayed on top of the menu. This goes well with the theme of the food that the restaurant serves. This is intended to make the clients make the mental association between real nature food with the food that is being served at Nature's Kitchen.



Starter

Baba Ghanouj (Eggplant Dip)

Zesty roasted eggplant blended with tahini sauce, lemon juice, garlic, and finished with a drizzle of extra virgin olive oil. Served with warm pita bread and veggies on the side

Entree

Syaniet Djaj Mashwi (Roasted Chicken with Root Veggies)

Crispy and tender roasted chicken drumsticks with caramelized onions, carrots and potatoes flavored with aromatic middle eastern spices and drizzled with garlicky vinaigrette dressing



Sides

Salatet Malfouf (Cabbage Salad)

A healthy and tasty cabbage salad mixed with lemon juice, extra virgin olive oil, garlic, and dried mint

Khyar Bi Laban (Yogurt and Cucumber Salad)

Cucumber salad made with yogurt, garlic, and dried dill. It is a refreshing and surprisingly flavorful dish

Dessert

Date Cookies

Buttery semolina cookie stuffed with cinnamon and nutmeg flavored dates. A perfect treat to conclude a meal