



Partnering with the Community

The outreach activity I am most excited to start is teaching At-Risk youth in our area about the intersection of food and science. I want them to know eating healthy is easy and science is cool!

To fund these sessions, I offer various services and if you **LOVE** what we have provided, then please consider making the suggested **DONATION** for our time. If we need to improve, just give us that feedback and we will keep working!

Supporting The Mission

To fund the ingredients used during my in person sessions, I use the following methods:

Host Bake Sales
Make Guest Appearances at Birthday Parties
Hold Cooking Sessions at Camps
Curate in Home Dinners for Donation if you **LOVE** it
Accept Donations

Contact: Spencer@TheElementalChef.com

Venmo: @ElementalChef

PayPal: Spencer@TheElementalChef.com



Menu

Suggested Donation is \$85 per hour indicated

Lo-Mein with Vegetables

1 Hour

Choice of Chicken, Beef or Pork
Appropriate for 4 People

Fried Rice with Vegetables

1 Hour

Choice of Chicken, Beef or Pork
Appropriate for 4 People

Homemade Ramen

1 Hour

Choice of Chicken, Beef or Pork
Appropriate for 4 People
**Must be ordered 3 days in advance*

Homemade Pasta with Vodka Sauce

1 Hour

Served with Garden Salad and Garlic Bread
Choice of Sausage or Vegetables
Appropriate for 4 People

Homemade Butten Chicken

1 Hour

Served with Indian Spiced Rice and Naan
Appropriate for 4 People

Japanese Pork Katsu Curry

1 Hour

Served with Rice
Appropriate for 4 People



Menu

Suggested Donation is \$85 per hour indicated

Stringozzi, authentic pasta from Umbria, Italy

1.25 Hours
Optional + 1 hr

Served with Garden Salad and Garlic Bread
Add a second course of steak for a traditional experience + 1 Hr
Appropriate for 4 People

Homemade Pasta with Seafood

1.25 Hours

Served with Choice of Salad and Garlic Bread
Appropriate for 4 People

Braised Beef Short Ribs

2 Hours

Served with Mashed Potatoes and Broccolini
Appropriate for 4 People

** must be ordered 3 days in advance*

Surf and Turf Option One

2 Hours

Grilled Shrimp & Ribeye Steak
Served with Choice of Salad and Homemade French Fries
Appropriate for 4 People

Barbeque Pork Ribs

3 Hours

Served with Homemade Coleslaw and Macaroni and Cheese
Appropriate for 8 People

** must be ordered 2 days in advance*



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=Chef=

Menu

Suggested Donation is \$85 per hour indicated

Homemade Smoked Beef Brisket

3 Hours

Served with Homemade Potato Salad and Baked Beans
Appropriate for 8 People

** must be ordered 2 days in advance*

Surf and Turf Option Two

3.5 Hours

Soy and Rum Marinated Tenderloin and Maryland Crab Cake
Served with Choice of Salad and Roasted Crispy Potatoes
Appropriate for 6 People

** must be ordered 3 days in advance*

Seafood Extravaganza

3.5 Hours

Appetizers: Choice of Maryland Crab Soup, Cream of Crab
Soup or Peel and Eat Shrimp
Main Dish: Maryland Crab Cakes & Butter Poached & Grilled
Lobster
Served with Choice of Salad and Homemade Pasta with Red
Sauce

Appropriate for 6 People

** must be ordered 3 days in advance*

** Salad Choices: Garden Salad with Homemade Ranch or Italian Dressing,
Caesar Salad or Blue Cheese Wedge Salad*



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Contact: Spencer@TheElementalChef.com
You Tube: www.youtube.com/@TheElementalChef
Instagram: www.instagram.com/the.elemental.chef
Venmo: @ElementalChef
PayPal: Spencer@TheElementalChef.com



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