



**Chef**

**CARVISON**

**T. PRATT**

**A PASSION for perfection**

PROFESSIONAL  
PORTFOLIO

Pass the plate



## ABOUT THE CHEF

Learn all about what inspires this Chef to cook up spectacular meals and offer stunning services.



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## CATERING MENU SAMPLES

- Private Dinner at Bakers's Bay
- Bachelorette Dinner Party

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## 7 DAY MEAL PLAN

Sample of meal plan



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## PRICE LIST

- Private Chef Services
- Consultation fees

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CHEF  
CARVISON T. PRATT

# ABOUT THE CHEF



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**A PASSION FOR PERFECTION!**

CHEF CARVISON T. PRATT

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A smile that lights up a room and a warm welcoming charm; this easily describes Chef Carvison, born on Andros in the quiet settlement of Conch Sound.

Carvison was inspired by his mother and aunt's preparation of Bahamian Cuisine. His passion grew into a career, opening doors as a young Chef. After a series of positions at fine kitchens throughout the Bahamas, Chef Pratt is the Chef de Cuisine of Stix, Grand Hyatt's Chinese Bar at Baha Mar.

Carvison aspires to leave his mark on as a culinarian. Having numerous awards and medals in competition, he is this year's Senior Chef for the Bahamas National

Culinary Team which competed at the Taste of the Caribbean and won Gold Medal.

Always seeking to grow, Chef Pratt has even went on to becoming the Executive Chef and Founder of Pass The Plate Catering where he designs elaborate meals options and private dining experiences to his clients.

He seeks to continue to both learn, grow and inspire. He believes in the motto "Pass the Plate" - to acquire and pass on to others his knowledge and passion one tasty plate at a time.



CHEF CARVISON T. PRATT  
SAMPLE MENUS

# PASS THE PLATE



## NEW AGE ANDROS STYLE CRAB & SOUR DOUGH

ONE OF MY SIGNSTURE DISHES FROM SAMPLE MENUS

EXPERIENCE PERFECTION



# MENU SAMPLE 1

## PRIVATE DINNER AT BAKER'S BAY

### MENU 1

#### SALAD

Caesar Salad

Romaine with aged parmesan and garlic baked croutons with a creamy Caesar dressing

#### ENTREE

Grilled chicken with lobster mushrooms ragout and smoked quinoa braised carrots and asparagus

#### DESERT

Tropical mango pudding mango puree, vanilla sponge caked with ginger and cinnamon infused berries and compressed oranges

### MENU 2

#### GREEK SALAD

Baby green tossed with balsamic vinegar and olive oil, feta cheese, kalamata olives and flat bread

#### SOUP

Thai style lobster chowder with coconut essence, roasted corn and lobster chunks and a Parmesan crisp.

#### ENTREE

Braised beef with oven roasted potatoes sweet ginger lime carrots and broccoli

#### DESERT

Baked Cheese with fresh berries and sugar dusted butter cookie sticks



# MENU SAMPLE 2

## BACHELORETTE DINNER PARTY

### MENU 1

#### AMUSE

Lobster bites with spiced mango mayo  
Mini chili polenta cakes with herb lamb and rendered mind reduction  
Roasted veggie crostini

#### SOUP

island lobster bisque with pumpkin hash fried crispy leeks and coconut cream

#### SALAD

Marinated watermelon baby greens tomato carrots with grilled onions beets puree and a roasted garlic herb oil.

#### ENTREE

Pan seared snapper potatoe cake chef selection if vegetables tomato chutney avacado lime mayo

#### DESERT

Tropical fruit martini Bannana ,guava and mango custard served in a martini glass dusted with sugar fresh berries served on a coconut rum cake and drizzled with reduction of passion fruit

### MENU 2

#### AMUSE

Mini shrimp shots  
Crab cakes with garlic mayo and mango slaw.  
Island conch fritters.

#### SALAD

Tropical lobster martini served with lobster infused potatoes tomato puree  
ginger lime mayo

#### SOUP

Conch chowder

#### ENTREE

Lamb and salmon duo served with textures of onions asparagus hummus roasted carrots and chef vegetables.

#### DESERT

Guava cheese cake goddess ..mango dust strawberry jam rum compressed oranges rendered mint and guava





**FOOD  
IS  
LIFE.**

**BEETROOT SALAD**



# 7 DAY MEAL PLAN

By Chef Carvison Pratt

## MENU 1

### BREAKFAST MENU

- Honey glazed bacon or turkey bacon eggs scrambled, poach or omlettes
- breakfast potatoes toast or pancakes
- Assorted juices milk yogurts and cererals
- Fruit and cheese platters. Assorted muffins

### LUNCH MENU

- 1.Grilled chicken with mushrooms medley and smoked quinoa braised asparagus ceasar salad.
2. Lobster bites with spiced mango mayo polenta cakes with herb lamb and rendered mind reduction, Roasted veggie crostini

### SOUP

Island lobster bisque with pumpkin hash fried crispy leeks and coconut cream.

### SALAD

Marinated watermelon baby greens tomato carrots with grilled onions beets puree and a roasted garlic herb oil.

### ENTREE

Pan seared snapper potatoe cake chef selection if vegetables tomato chutney avacado lime mayo

### DESSERT

Tropical fruit martini; Bannana ,guava and mango custard served in a martini glass dusted with sugar fresh berries served on a coconut rum cake and drizzled with reduction of passion fruit

## MENU 2

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Mini lamb Tarts with mint jelly

Crab cakes with garlic mayo and mango slaw.  
Island conch fritters.

### SALAD

Tropical lobster martini served with lobster infused potatoes tomato puree ginger lime mayo.

### SOUP

Andros island creamy conch chowder with kalik beer foam

### ENTREE

1. Lamb and salmon duo served with grilled onions asparagus, hummus and roasted and chef vegetables.
2. Steam snapper peas n rice macaroni n cheese fried plantain

### DESSERT

1. MANGO CUSTARD FRESH BERRIES AND COCONUT CREAM
2. Guava bread pudding with vanilla sauce.



# 7 DAY MEAL PLAN

By Chef Carvison Pratt

## MENU 3 (PLATED)

### SOUP

Thai style lobster chowder with coconut roasted corn and lobster oil Parmesan crisps

### SALAD

Marinated watermelon with baby greens pickled tomatoes grilled carrots avocado mayo basil oil

### ENTREE

Pan Roasted island style Grouper baby potatoes roasted asparagus and baby carrots.

OR

Butter Poached lobster garlic whipped potatoes chef selection of vegetables.

### DESSERT

Mango custard fresh berries butter cookies

## MENU 4

### APPETIZER

Crab cakes with spiced garlic mayo orange sauce tomato chutney lemon and micro baby greens.

### ENTREE

Grilled Red snapper with cilantro citrus sauce red bean and rice carrots and zucchini

### DESSERT

Chocolate mousse





