

*Table Time Chef Services, LLC*

*www.tabletimechefservices.comq*

*(317) 752-4689*

*Fishers Indiana and Surrounding Areas*

**New Client Questionnaire**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daytime Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evening Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These questions allow Chef Goss the opportunity to learn more about your preferences, in order to tailor your service to fit your family needs. Please check your preferences. Please **Cross-out** any individual items you do not want prepared. Add comments where appropriate.

**MEAT:**

\_\_\_ Beef (steak/roasts/ground round)

\_\_\_Pork (chops/roasts/ribs/bacon/ham/ground, sausage)

\_\_\_Veal (stew/ground/scallops)

\_\_\_ Lamb (chops/stew/ground/roasts)

\_\_\_Meat and Pasta Casseroles

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**POULTRY:**

\_\_\_ Chicken (breasts/thighs/ground/sausage)

\_\_\_Turkey (breasts/smoked/ground/sausage)

\_\_\_Duck (breast/thighs/Confit/Foie Gras)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FISH/SHELLFISH:**

\_\_\_Fish (bass, tuna, halibut, catfish, swordfish, tilapia, cod, snapper, salmon-farmed or fresh)

\_\_\_ Shrimp

\_\_\_Clams (no shell)

\_\_\_Scallops

\_\_\_Crab

\_\_\_Lobster

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SALADS:**

\_\_\_ Fresh Green Lettuces (Iceberg, romaine, spinach, escarole, red leaf, mixture, spinach, etc.)

\_\_\_Fruit (cranberries, blueberries, raspberries, mango, kiwi, raisins, currants, figs, prunes,

oranges, lemons, limes, etc.)

\_\_\_Pasta

\_\_\_ Salads as a main dish?

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SALAD DRESSINGS:**

\_\_\_Mayonnaise (based)

\_\_\_Ranch

\_\_\_Vinaigrette

\_\_\_French

\_\_\_Oil/vinegar

\_\_\_Red wine/vinegar

\_\_\_Thousand Island

\_\_\_ Other (identify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SOUPS:**

\_\_\_ Creamed (name type): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_Hot

\_\_\_Cold

\_\_\_Chunky

\_\_\_With meat/poultry

\_\_\_Soups as a main dish

Comments\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**VEGETABLES:** *Please X-out those items you do not want prepared.*

* Green (artichokes, brussel sprouts, eggplant, peas, green beans, broccoli, spinach, asparagus, peppers, avocado, boy choy, green onion, kale, cucumber, cabbage, escarole, swiss chard, celery)
* Yellow (corn, wax beans, squash, yellow bell peppers)
* Orange (Carrots)
* Red (red cabbage, beets, tomatoes, red bell peppers, sweet potatoes/yams)
* White (cauliflower, potatoes, water chestnuts, bean sprouts, mushrooms, leeks, jicama)
* Beans (black, ranch-style, pinto, kidney, lentils, garbanzo (chick peas) lima, fava, white, cannellini)
* Squash (baby squash, yellow, zucchini, acorn, spaghetti, butternut)

Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**GRAINS / PASTA:**

\_\_\_ Rice – (white/brown)

\_\_\_Pasta (white, wheat, low-carb)

\_\_\_ Couscous

\_\_\_Orzo

\_\_\_Quinoa

\_\_\_Other (identify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BREADS:**

\_\_\_Wheat

\_\_\_White

\_\_\_Cornbread

\_\_\_Muffins

\_\_\_Rolls (white or wheat, sour dough, etc.)

\_\_\_Tortillas (corn / flour)

Do you like to have bread or rolls served with your meals?

Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SEASONINGS:** *Please* ***X-out*** *those items you do not want prepared.*

* Dried/Fresh Herbs: Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, curry, chili powder, celery, mint, basil, bay leaves, thyme, dill, garlic powder, marjoram, saffron, turmeric, file gumbo
* Fresh: garlic, ginger
* Pepper: white, black or red pepper flakes, cayenne
* Salt: regular or kosher

Other (identify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FATS/OILS:** *Please X-out those items you do not want prepared.*

\_\_\_Butter

\_\_\_ Oils (canola, vegetable, corn, sesame, flaxseed, sunflower, peanut)

\_\_\_Olive Oil (extra light, light, extra virgin)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MILK AND MILK PRODUCTS:**

\_\_\_Cheeses (Parmesan, cheddar, Swiss, fontina, asiago, ricotta, feta, mozzarella, mascarpone etc.)

\_\_\_Milk (skim, 1%, 2%, whole)

\_\_\_Yogurt (light / regular)

\_\_\_Sour cream (light/regular)

\_\_\_ Half and half/ Heavy cream

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EGGS:**

\_\_\_Whole

\_\_\_Yolks only

\_\_\_Whites only

\_\_\_Eggbeaters substitute

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OTHER:**

\_\_\_ Tofu (block, mashed)

\_\_\_Tempeh

\_\_\_Nuts (pecans, peanuts, pine, walnuts, almonds, cashews, macadamia, soy nuts etc.)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List any vegetables or fruits you don’t ever want to see \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List any other food dislikes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Overall Diet by Choice: \_\_\_\_\_ Includes Red Meat (Beef, Veal,)

\_\_\_\_\_ Excludes Red Meat

\_\_\_\_\_ Mostly Vegetarian (Includes Fish)

\_\_\_\_\_ Ovo-Lacto Vegetarian (Includes Dairy and Eggs)

\_\_\_\_\_ Vegan

\_\_\_\_\_ High Protein, Low Carbohydrate

Please specify any medical conditions you have where diet is a serious factor (for example, diabetes, heart disease or other heart condition, high blood pressure): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which of the following closest describes your food style? (**Mark all that apply with an X**)

\_\_\_ Meat and Potatoes / Comfort Food (simple, classic)

\_\_\_ Gourmet (upscale)

\_\_\_ Spicy / Adventurous

\_\_\_ Health Conscious (no special diet, but conscious of eating right)

Rate your preference for spicy foods – bland / mild / moderate / very spicy

What are your favorite dishes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any favorite recipes that I can prepare for you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Please make photocopies and attach to the back of the questionnaire.)

Favorite Cuisines: Italian / Mexican / Indian / Asian, etc.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would you like meals prepared that you would later cook on your grill or BBQ? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*List any known food allergies, VERY IMPORTANT\*\*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If married, when is your anniversary? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family members (names/birthdays) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Additional Notes or Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Thank you for completing this questionnaire. It will help ensure the best possible experience with my services.

Chef Goss