

Quintessencia

With a broad range of services tailored to meet the unique requirements of individuals and businesses in the New York City metropolitan area, Quintessencia is an integrated culinary service company that provides:

- Personal chef services
- Private event services
- Tailored health and nutrition counseling
- A variety of other culinary services, including cooking classes, parties, workshops, and travel programs

Emphasizing fresh, organic, sustainably farmed ingredients, clean, elegant presentation, and new, interesting flavor profiles drawn from a variety of international cuisines, Quintessencia frees you from the worries of shopping and the hassles of preparation by delivering luxurious culinary experiences that restore balance to your hectic city lifestyle.

With services ranging from preparing meals for busy families to producing gala events complete with flowers, decorations, and wines perfectly matched to the food, Quintessencia delivers a real treat for both your health and your senses.

Why Quintessencia?

Quintessencia is not just another caterer or restaurant. We're different – we're an integrated, environmentally conscious culinary service company offering customized personal chef and private event services, as well as health and nutrition counseling, cooking classes, parties, workshops, and travel programs.

Our clients say we're different because we:

- **Tantalize your senses** – Whether you experience a Quintessencia culinary creation in your own home, at a party, or as the result of our health and nutrition counseling, our meals taste good. But they also look, smell, feel, and even sound good. We engage all your senses to heighten your culinary experience.
- **Concentrate on you** – Many other caterers or restaurants limit clients to pre-defined, set menus – Quintessencia does not. We realize that you are unique. Whether you have food allergies, dietary restrictions, or just certain preferences, we create personalized delicious programs, events, and menus that will provide you with unforgettable, life changing experiences.
- **Focus on freshness** – Committed to environmentally sensitive businesses, we use only the finest quality, organic, sustainably farmed ingredients to provide fresh, enjoyable meals.
- **Care about health** – Many other food service professionals do not focus on organic ingredients to promote health. Quintessencia does. We concentrate on using the freshest, organic, sustainably farmed ingredients because we believe that food is a healing tool that can help you maintain good health. Whether you experience our health and nutrition counseling, events, or private chef services, we will show you that nutritious food can taste marvelous and improve your wellness.
- **Take a holistic approach** – Rather than consider only a single aspect of your life, we look at the whole picture to deliver our culinary programs – from unique, healthy meals for you and your family to exceptional events or personalized health and nutrition counseling, we can easily accommodate all your needs.

Personal Chef Services

Whether you are an on-the-go professional too overworked to cook, a busy parent too tired to shop and prepare multiple meals, or a person faced with special dietary requirements, Quintessencia can restore the balance to your life by preparing customized, fresh, delicious meals right in your own kitchen.

Whether you are a family or a person living alone, based on your unique preferences, we can visit your kitchen as frequently as you want, cook for a few hours, and create wonderful, fresh, healthy, homemade meals that you will love.

Fresh, Unique Cuisine

Our cuisine is inspired by cultures and flavors from around the world. Working within the personalized menu profile based on your requirements, sensitivities, and preferences, we prepare a wide variety of dishes for you – we may prepare an Indonesian curry one week and an Italian osso buco the next.

To ensure you get healthy meals with the best flavors, we emphasize high quality, local, sustainably farmed produce. We concentrate on natural, organic ingredients and design our menus to highlight seasonal items for an ever-changing menu that will excite your palate.

More Time to Relax

Quintessencia personal chef services are perfect for busy professionals and families that want more time to relax. Whether you are too busy or tired to shop, cook, and clean, are dealing with a picky toddler or a vegetarian teen, have special dietary requirements, or are just bored of your own recipes, we can help revitalize your mind, body, and spirit by providing carefully tailored, delicious, healthy meals and a unique, unforgettable dining experience.

Private Events

Whether you are hosting a small gathering for a few friends or an elaborate soirée for a large group, your event is important. You want to provide your guests with an enjoyable, memorable experience, while creating the minimum amount of work for yourself.

With customized planning, shopping, meal preparation, and service, Quintessencia can ensure your party is fun, successful, and stress-free – that it unfolds as a beautiful, seamless experience. From event design, wait staff, and floral arrangement to wine pairing, entertainment, and gourmet menus that match your event's theme, we can provide all the services you require for a specially designed event that beautifully reflects your taste and style.

Personalized Service

With Quintessencia, you benefit from completely personalized service. Your event is unique – it isn't just one of many for which a staff is preparing thousands of dishes. With a well-trained eye for detail and a passion to please, we focus specifically on you, from the start of grocery shopping until the last course is served, your satisfied guests leave, and you bask in the success of a wonderful event.

Super Bowl Parties to Seminars

Whatever the personal occasion – anniversaries, baby showers, birthdays, bridal showers, dinner parties, graduations, promotions, retirements, reunions, or super bowl parties – or whatever the corporate event – black tie galas, conferences, employee picnics, executive meetings, fundraisers, grand opening ceremonies, holiday parties, product launches, picnics, seminars, tradeshow, or VIP receptions – Quintessencia Event Services can help you with all of your event planning and management needs.

Whether your event is a meeting for 20 or a gala for a large group, it requires careful planning, attention to detail, and a personal touch. With an eye for design, a flair for the unique, and the organizational skills to bring it all together, Quintessencia Events Services allows you to enjoy your event and relax with your guests without worrying about the details.

Health and Nutrition Counseling

With expertise gained at the Integrative Nutrition Institute in New York, Quintessencia professionals can help you address these challenges. To promote better health, and help you address any issues you may face, we can customize a nutritional plan that includes specific, actionable steps and delicious food choices that suit your life style. Whether you want to enhance sports performance, lift

your mood, protect your heart, improve digestion, or give your hair and skin a healthy glow, our health and nutritional programs are your foundation for positive change.

No matter what your age or lifestyle, we can help you look and feel your best. With in-depth, one-on-one sessions, we develop a unique, personalized program that includes health and nutrition counseling, the proper supplementation, and if you select our private chef services, delicious food based on menus designed especially for you.

Programs to Meet Your Needs

To help you address your unique situation, we have developed some specific programs targeted at the most common health and nutrition challenges:

- **Energy Program** – Increase your energy and vitality. Reduce stress. Improve your sleep. The totally personalized Energy Program can help you lead a better, less tiring, less stressful life. Combining custom health and nutrition counseling with spa treatments, yoga classes, and other techniques as appropriate, the Energy Program can improve your state of mind, improve your concentration, and enhance your well-being.
- **Weight Management Program** – The completely individualized Weight Management Program can help you achieve your ideal weight. In combination with exercise and beauty programs, the Weight Management Program can help you shed unwanted pounds and improve your health. Rather than imposing a specific regimen like the South Beach, Atkins, or Zone diets, we develop a set of customized recommendations that will teach you an entirely new way to eat. We provide a realistic, step-by-step guide to healthy eating and lifestyle changes with an emphasis on self-management and long-term results.
- **Kids Program** – Children are our future and will take charge of our world tomorrow. The Kids Program focuses on the well being of our youth, teaching them how to love all kinds of food and weaning them off junk food and sugars. Our Kids Program helps your children learn healthy eating habits that can help lower cholesterol and blood pressure, reduce heart disease risk, and decrease the potential for unnecessary weight gain. After our Kids Program, your children will shun sugary sodas, fatty snacks, and processed foods and actually ask for fresh fruits and vegetables.
- **Performer Program** – The Performer Program offers dancers, actors, singers, and other performing arts professionals health and nutritional counseling to help ensure peak performance and increase creativity. With physical therapy, a personalized program of muscle strengthening through Pilates or other desired techniques, and customized health and nutrition advice, the Performer Program can help you boost your stamina, increase your energy, and be your best.
- **Women's Program** – Because women face special health and nutrition issues, they need special care. Combining personalized health and nutrition counseling with other services, including spas, massages, osteopathic treatments, cognitive therapy, Pilates, aromatherapy, and special supplementation, this unique program restores hormonal balance and vital energy.

No matter what your lifestyle or health or nutritional challenges, we can develop a practical, individualized plan to help you achieve and maintain your goals.

Other Services

In addition to personal chef, private event, and health and nutrition counseling services, we offer a wide range of other food and cooking related programs. No matter what your needs or desires, we can create a personalized program especially for you.

Some of our services include:

- **Cooking Classes** – Specializing in small class size, we can help you build confidence in the kitchen as well as gain an understanding of how to prepare healthy, yet delicious, meals. For anyone from beginners to advanced cooks, we can deliver customized classes on topics ranging from classic culinary techniques to ethnic cuisines and recipe development.
- **Cooking Parties** – Gather some friends or colleagues and enjoy your own private cooking party right in your own home. Here's how it works. You arrive, sample a hors d'oeuvre and

a glass of wine, and relax. Your instructor briefs you on the evening's menu – one especially designed for you. Then, under the direction of a professional chef, you tie on an apron, gather your ingredients, and get cooking. When you are done, you'll enjoy a sumptuous three-course meal and you and your guests will take home some new recipes, heightened cooking skills, and fun memories.

- **Cooking Workshops** – We offer a variety of cooking workshops tailored to your specific requirements. From Asian, French, or Italian cooking classes to a summer cooking camp for kids and teens, we can develop classes to teach you how to cook virtually every food on Earth.
- **Health and Nutrition Workshops** – We offer insightful and inspirational lectures on health and nutrition at various venues, including clubs, gyms, dance, and public schools.
- **French Travel Programs** – Real French cooking reflects terroir – using fresh local ingredients to create economical and delicious meals. With intimate knowledge of French cooking techniques, France, and its people, we offer programs that will expose you to the French countryside, as well as its cuisine, wine, weather, and natural beauty. Based on your input, we can design comprehensive, full service, custom packages that encompass nutrition workshops, cooking lessons, local restaurants, and discovery of local wines.
- **Kids Programs** – Because the younger generation needs help with food education, we have designed interactive, fun nutrition programs to help children discover how food is made, displayed, and served. We offer one-day trips to famous food factories, chocolatiers, bakers, and restaurants, and each day includes a discussion of the nutritional aspects of what was seen and tasted. Tested in New York City schools with rave reviews from kids and parents alike, our programs help kids understand the principles of good nutrition and avoid bad eating habits.

All our cooking classes, parties, and workshops are hands-on and focus on proper technique and seasonal ingredients. No matter what cooking area you choose, we offer daytime, weekend, or evening programs to suit your schedule.