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## Exciting New Concept Food Service in Key Largo! Chef Clark's Ocean Bay Cafe at the American Legion

Key Largo's Clark Huff's mild-mannered, sweet personality may be reminiscent of Clark Kent, the mild-mannered and serious alter ego Clark Kent of Superman fame... but in the kitchen he is the ultimate Super Chef!



Illustration by Rodney Nelson.

That's five full meals I got for only \$10 each, and there is no charge for delivery from Key Largo to Islamorada! I chose to pick mine up. This was going to hold me while I holed out at home, patiently waiting for the crazy mini lobster season to end. I would not have to cook or navigate around tourists all week!

That night I popped a meal in the microwave for 3 minutes, according to directions on the container. OMG! I was in heaven as I inhaled every sumptuous morsel and examined the containers a little closer - they had sent me home with the wrong package!

I had just ingested the Keto Diet - grilled pesto chicken with broccoli, boursin and olives, and it was screaming delicious! My pleasingly plump bodacious bod was inadvertently on a diet!

Chef Clark apologized for the mixup and said the next week's meals



Each week Chef Clark prepares four mouth-watering, different menus to choose from. They are: 1. The regular Clean Meal Plan, 2. the low-calorie Keto Meal Plan, 3. the Low-fat Meal Plan and 4. the Plant-based Meal Plan for vegetarians. Each meal plan consists of 5 full, delicious meals.

After hearing nothing but rave reviews I had to try it. I ordered 5 meals from Plan 1 that included prime rib with demi-glaze over mashed potatoes and side of steamed vegetables; applewood-smoked pork platter with potato salad, steamed green beans with house-made sauce; grilled chicken Alfredo over pasta with a vegetable medley; mango-glazed pork loin over rice pilaf with steamed vegetables; and southern-style "chicken divine" - chicken broccoli cheese casserole.

were on him. The point is - you can't get a bad meal from him no matter what.

My second meal topped the first. Brown butter shrimp over spaghetti squash marinara with fresh green beans. The shrimp was the best I have ever eaten! Amazing! I'm hooked on Keto now.

Chef Clark and his lovely wife Martha have lived in the Keys for five years. He is a certified Executive Chef and certified Culinary Administrator who has been in the food business since the age of 14. He formerly worked for the Governor of Arkansas and personally served 4 different US Presidents!



Clinton was one of the Presidents Chef Clark served.

The Huffs completely remodeled the kitchen at the Legion from floor to ceiling, and brought in new equipment. It is sparkling clean. Chef Clark loves veterans and he and



Chef Clark smoking briskets for Jam Night at the American Legion.

Martha created a fund from donating their tips to help veterans.

They recently cooked and personally delivered 2 weeks of meals (28 meals) to Legion member Chris Fouts and his wife Stephanie. (Chris is recovering from a motorcycle accident.) It was covered by the fund. 10% of the Huff's profit goes to the Legion.

You can get served dinner on Fridays from 5 to 8 pm (family style portions available) and they just started Sunday Brunch from 10 to 2.

How to order for yourself or as a gift - it's \$12 per meal, or \$10 per meal when ordering 5 or more, and only \$9 each when ordering 10 meals or more per week. Menus are posted on Ocean Bay's Facebook site, they are printed and available at the Legion or call 501-626-2424. You can also email him at ClarkTHuff@gmail.com. Their website will be up soon.

Order by 5 PM Thursday for Sunday pick-up or Monday delivery. Super Chef Clark also does catering for large or small parties and once served 5,000 at the Little Rock Arena. Call now and tell them the Coconut Telegraph sent you.



Chef Clark visits with Chris Fouts.

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