

# Appetizer *menu*

## Seafood

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Bloody Mary Shrimp Shooters</li> <li>• Cucumber Rounds or Crostini with Dilled Salmon with Capers</li> <li>• Smoked Salmon Cucumber Rolls</li> </ul> | <ul style="list-style-type: none"> <li>• Guacamole Cucumber Shrimp Rounds</li> <li>• Cod Potato Leek or Salmon Cakes with housemade Tartar sauce</li> <li>• Kalamata Olive &amp; Pepper Roasted Calamari</li> </ul> | <ul style="list-style-type: none"> <li>• Coconut Shrimp with Thai Dipping Sauce</li> <li>• Rice Paper Rainbow Rolls (shrimp) with dipping sauce</li> <li>• Jumbo Lump Crab Cakes with tartar sauce</li> </ul> |
|---|---|---|

## Vegetarian

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Endive Spears with Chive Cashew Cream</li> <li>• Rice Paper Rainbow Rolls with Almond Dipping Sauce</li> <li>• Caprese Skewers with tomato, basil, mozzarella, and pesto aioli</li> <li>• Green Chickpea Falafel with parsley, mint, collard greens, and garlic. Served with Lemon Tahini Drizzle.</li> </ul> | <ul style="list-style-type: none"> <li>• Herbed Goat Cheese Stuffed Mini Peppers</li> <li>• Spinach Artichoke Filled Mushrooms</li> <li>• Roasted Figs with Goat Cheese, Pistachio, and Honey</li> <li>• Veggie Bean Bites with Red Pepper Coulis</li> </ul> | <ul style="list-style-type: none"> <li>• Watermelon and Feta Bites</li> <li>• Kimchi Deviled Eggs</li> <li>• Parmesan Roasted Carrot Fries</li> <li>• Polenta Triangles with Roasted Red Pepper Coulis</li> <li>• Goat Cheese crusted cranberry, pecan, parsley balls</li> </ul> |
|--|--|--|

## Meat & Chicken

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Beef Satay Skewers</li> <li>• Sweet &amp; Spicy Meatballs</li> <li>• Granola-Crusted Meatballs with Ginger Teriyaki</li> <li>• Baked Potato Bites with Bacon, Cheddar, Sour Cream, and chives</li> </ul> | <ul style="list-style-type: none"> <li>• Charcuterie with assortment of meats, cheeses, crackers, fruit, veggies, and nuts</li> <li>• Prosciutto-wrapped Peaches with Arugula and Balsamic Drizzle</li> <li>• Bacon-wrapped Dates stuffed with Goat Cheese &amp; Balsamic Glaze</li> </ul> | <ul style="list-style-type: none"> <li>• Curried Chicken Pinwheel Wraps</li> <li>• Pulled BBQ Chicken Bites</li> <li>• Thai Sweet &amp; Spicy Chicken Wings</li> <li>• Lemon Garlic Chicken Skewers</li> </ul> |
|---|--|--|



# Handheld *menu*

## Wraps/Sandwiches/Flatbreads

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Curried chicken salad tossed in creamy Coconut Curry dressing with maple walnuts, green apples, apricot jam, raisins, celery, and red onions</li> <li>• Chicken, creamy Apple Cider Vinaigrette with maple walnuts, raisins, celery, and red onions</li> <li>• Roasted Red Pepper, Arugula, Fresh Mozzarella, Grilled Chicken with Balsamic Vinaigrette</li> </ul> | <ul style="list-style-type: none"> <li>• Coconut curry chickpea with onions, mushrooms, red peppers, carrots, kale and raisins</li> <li>• Salmon with dill, yogurt, vegan mayo, celery, onion, carrots, and capers</li> <li>• Grilled chicken, our caesar, kale, parmesan</li> <li>• Italian tuna and white bean with dill, red onion, tomato, vinaigrette</li> </ul> | <ul style="list-style-type: none"> <li>• Hummus, grilled veggies, baby greens</li> <li>• Roasted corn, black beans, tomatoes, shredded cheese, chipotle yogurt sauce</li> <li>• Jumbo lump crab salad with dill, red onion, celery, dijon, lemon</li> <li>• Assorted &amp; custom Flatbreads</li> </ul> |
|---|---|---|

## Cold Salads/Party Dips

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Quinoa Tabbouleh</li> <li>• Creamy Chive Fingerling Potato Salad</li> <li>• Green Goddess Pasta Salad</li> <li>• Deviled Egg Salad</li> <li>• Citrus Fresh Shrimp Salad</li> <li>• Coconut Curry Chickpea Salad</li> <li>• Babaganoush</li> </ul> | <ul style="list-style-type: none"> <li>• Roasted Garlic &amp; Whipped Feta</li> <li>• Muhammara – Roasted Red Pepper &amp; Walnut Dip</li> <li>• Verde Street Corn</li> <li>• Cowboy Caviar</li> <li>• Roasted Beet &amp; Goat Cheese</li> <li>• Fruited Quinoa Salad with Toasted Coconut &amp; Lime</li> </ul> | <ul style="list-style-type: none"> <li>• Spinach Artichoke Dip</li> <li>• Calvestrano Olive, Blue Cheese Spread</li> <li>• Buffalo Chicken Spread</li> <li>• Chive Cashew Cream</li> <li>• Endless Hummus Flavors (lemon dill, sundried tomato, Coconut curry, pesto, black bean, pumpkin, kalamata)</li> </ul> |
|--|--|---|

## Handheld Appetizers

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Roasted figs with goat cheese, pistachio, and honey</li> <li>• Smoked salmon cucumber rolls</li> <li>• Avocado cucumber shrimp rounds</li> <li>• Watermelon and feta bites</li> <li>• Guacamole stuffed BLT tomato bites</li> <li>• Sweet potato rounds with herbed ricotta and pomegranates</li> </ul> | <ul style="list-style-type: none"> <li>• Endive spears with chive cashew cream</li> <li>• Rice paper rainbow rolls with Almond dipping sauce</li> <li>• Cucumber rounds with salmon dill</li> <li>• Beef satay skewers</li> <li>• Caprese skewers with tomato, basil, mozzarella, and pesto aioli</li> </ul> | <ul style="list-style-type: none"> <li>• Herbed goat cheese stuffed mini peppers</li> <li>• Spinach artichoke filled mushrooms</li> <li>• Bloody Mary shrimp shooters</li> <li>• Prosciutto wrapped peaches with arugula and balsamic drizzle</li> <li>• Kimchi deviled eggs</li> </ul> |
|--|--|---|



# Brunch & More *menu*

## Breakfast/Brunch

- Frittata (Broccoli & Cheddar, Mushroom & Gruyere)
- Pancakes to your liking
- Oatmeal & yogurt bar
- French toast casserole
- Breakfast burrito
- Cranberry orange oatmeal bake
- Chia pudding parfait

- Pear, Arugula Salad with Balsamic Vinaigrette and maple walnuts
- Quinoa Fruit Salad with Toasted Coconut & Lime Dressing
- Fresh Fruit Salad or fruit platter
- Mixed Greens, quinoa, berries, avocado, goat cheese, sliced almonds with Maple Ginger Vinaigrette

- Grilled Vegetables with kale pesto
- Roasted Red Beet, Goat Cheese, Red Onion, Toasted Pecans, Balsamic Vinaigrette, Mixed Greens
- Breakfast meat - nitrate free bacon, turkey bacon, sausage
- Greek Roasted Fingerling Potatoes

## Brunch/Lunch

- Quinoa Tabbouleh
- Creamy Chive Fingerling Potato Salad
- Green Goddess Pasta Salad
- Deviled Egg Salad
- Citrus Fresh Shrimp Salad
- Coconut Curry Chickpea Salad
- Jumbo Lump Crab Salad

- Baked Potato Bar
- Flatbreads - sweet or savory
- Avocado Toast
- Assorted Wraps (see menu)
- Kale Caesar, Pecorino Romano & Crispy Chickpeas
- Fruited Quinoa Salad with Toasted Coconut & Lime

- Charcuterie Board
- Smoked Salmon, Capers, Red Onion, Dill, Cream Cheese Board
- Beet, Carrot, & Vegetable Latkés
- Crudité with Endless Hummus Flavors (lemon dill, sundried tomato, Coconut curry, pesto, black bean, pumpkin, kalamata)

## Sweets & Treats

- Pistachio Chocolate Chip Cookies
- Black & White Sesame Cookies
- Vanilla Bean Crème Brûlée
- Sugar Plums
- Dark Chocolate Flourless Cake
- Matcha Mochi
- Maple Tahini Rice Krispie Treat

- Chocolate Chip Cookie Dough Power Balls
- Birthday Cake Power Balls
- Ooey Gooey Chocolate Peppermint Oat Cookies
- Cinna Bliss Rolls
- Chocolate Avocado Mousse

- Red Wine-Cider Poached Pear with Goat Cheese & Maple Walnuts
- Cookie Dough Hummus
- Lemon, Ricotta, Almond Cake
- Super Food Granola Bars
- Cranberry Orange Bread



# Entrée *menu*

## Salads

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Lacinato kale, quinoa, roasted butternut squash, chickpeas, pepitas, dried cranberries, with lemon tahini dressing</li> <li>• Kale Caesar salad with crispy chick peas, parmesan, lemon zest, housemade caesar dressing</li> <li>• Creamy Chive Fingerling Potato Salad</li> </ul> | <ul style="list-style-type: none"> <li>• Goat cheese, dried figs, dried cranberries, shaved Brussels sprouts, and pistachios, with apple cider vinaigrette</li> <li>• Red Quinoa, Mixed Greens, Almonds, Avocado, Figs, Pomegranates, Ginger Honey Vinaigrette</li> <li>• Quinoa Tabbouleh</li> </ul> | <ul style="list-style-type: none"> <li>• Roasted Red Beets, Red Onions, Mixed Baby Greens, Maple Walnuts, Goat Cheese, and Balsamic Vinaigrette</li> <li>• Cowboy Caviar with mango chipotle</li> <li>• Green Goddess pasta salad with chives, mint, parsley, lemon, avocado, spring peas, and asparagus</li> </ul> |
|---|---|---|

## Meat & Chicken

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Chimichurri flank steak</li> <li>• Roasted Vegetable &amp; red wine beef osso bucco</li> <li>• BBQ pulled pork with pickled onions</li> <li>• Fennel sausage with peppers &amp; onions</li> </ul> | <ul style="list-style-type: none"> <li>• Grandma's pot roast with potatoes, carrots, parsnips, and red wine</li> <li>• Truffled mushroom meatloaf with mushroom gravy</li> <li>• Jerk Rubbed Chicken topped with Grilled Pineapple</li> <li>• Kale Pesto &amp; Sundried Tomato Chicken Breast</li> </ul> | <ul style="list-style-type: none"> <li>• Pulled BBQ Chicken Breast</li> <li>• Slow cooked molé roasted chicken breast</li> <li>• Roasted lemon chicken breast with lemon-herb pan sauce with capers and mushrooms</li> </ul> |
|--|--|--|

## Seafood

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• Coconut Shrimp with Thai Red Curry sauce</li> <li>• Ginger Teriyaki Shrimp with Baby Boy Choy</li> <li>• Kale Pesto Shrimp with Sun-Dried Tomatoes</li> </ul> | <ul style="list-style-type: none"> <li>• Lemon caper salmon</li> <li>• Ginger Citrus Salmon with grapefruit, orange, fennel, carrots, and peas</li> <li>• Pistachio-Matcha Crusted Cod</li> </ul> | <ul style="list-style-type: none"> <li>• Greek cod with feta, roasted tomatoes, kalamata olives, fresh herbs</li> <li>• Salmon Sweet Potato Cakes with housemade tartar</li> <li>• Honey Dijon Salmon</li> </ul> |
|--|---|--|



# Entrée *menu*

## Vegetarian

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Roasted Delicata Squash with Harissa, Pomegranates, and Mint</li> <li>• Vegetable-Lentil Loaf with Cranberry-Orange Chutney</li> <li>• Eggplant Vegetable Pie with peppers, mushrooms, spinach, and feta with red pepper coulis</li> </ul> | <ul style="list-style-type: none"> <li>• Coconut curry chickpea with onions, mushrooms, red peppers, carrots, kale and raisins with kimchi on the side</li> <li>• Vegan taco-inspired Beyond burger crumbles, brown rice, roasted corn, black bean, sautéed peppers and onions, salsa verde, chipotle-tofu cream on side</li> <li>• Roasted Red Pepper cashew cream with brown rice pasta</li> </ul> | <ul style="list-style-type: none"> <li>• Gingered butternut squash, chickpeas and forbidden black rice bowl with sautéed ginger, garlic, onions, carrots, butternut squash, roasted red beets and lacinato kale in maple ginger sauté</li> <li>• Chickpea and black bean chili with fire roasted red pepper and chunky tomato base with butternut squash, and lacinato kale served with tofu chipotle cream</li> </ul> |
|---|--|--|

## Vegetable/Grain

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Stir-fry Vegetables (carrots, broccoli hearts, bok choy, onions, peppers)</li> <li>• Grilled Vegetables (eggplant, carrots, red onions, peppers, zucchini, asparagus)</li> <li>• Garlicky Kale</li> <li>• Green Beans</li> <li>• Roasted Red Beets</li> </ul> | <ul style="list-style-type: none"> <li>• Maple Spiced Carrots</li> <li>• Sautéed Broccoli</li> <li>• Roasted Brussel Sprouts</li> <li>• Sprouted Brown Rice Black</li> <li>• Rice Rosemary Roasted</li> <li>• Potatoes Roasted Sweet</li> <li>• Potato Wedges</li> </ul> | <ul style="list-style-type: none"> <li>• Smashed Potatoes with aioli</li> <li>• Pesto Quinoa</li> <li>• Mashed Jewel Yams</li> <li>• Gingered Butternut Squash</li> <li>• Butternut Mac &amp; Cheese with Brown Rice Pasta</li> </ul> |
|--|--|---|

N O U R I S H T O H E A L C A T E R I N G

*Menus can be customized and items can be modified to your liking. Our food is prepared from scratch in our kitchen by our skilled team using high quality and clean ingredients. All menu items are gluten and peanut free, unless otherwise specified or requested. Many vegetarian and vegan options available. We are comfortable with accommodating a variety of dietary needs, special requests, and preferences. Nicole & Anthony are culinary trained at the Institute of Culinary Education. Additionally, Nicole is a Registered Dietitian.*