



# Sample Menu Items

## Salads & Sides

### Salads

All salads are made ala carte with a variety of lettuce and toppings, so guest can create their favorite salads. All dressings are home made with fresh ingredients. Dressings include; Ranch, French, Italian, Asian Sweet & Spicy, Raspberry Vinaigrette and Vegan Ranch.

### Potato Salad

Traditional mayo-based potato salad with celery and onions.

### Macaroni Salad

Traditional mayo-based Macaroni Salad with celery and onions.

### Coleslaw

Choose from traditional mayo based and the other is an oil based Asian slaw.

### Cucumber Salad

Cucumber, tomato, avocado, quinoa, and cilantro with Italian dressing.

### Italian Pasta Salad

Traditional Italian pasta salad made depending on the dietary needs of the group.

### Tabbouleh

Parsley, mint, cucumber, tomatoes, chopped fine with bulgur wheat with fresh lemon juice.

### Cowboy Caviar

Beans, corn, peppers, onions, tomatoes, avocados in a delicious dressing.



### Cranberry Chicken Salad

Made with shredded chicken, mayo, cranberries, celery, and almonds. Can be eaten in a lettuce cup, on bread, or on crackers.

## Dips & Salsa

### Hummus

Homemade traditional Hummus made with Chickpeas, Tahini, garlic, and lemon juice.

### Spinach Dip

Mayo, Sour Cream, Spinach, and bacon if desired.

### Ranch Dip

Sour cream dip made with homemade Ranch spices.

### Salsa

Salsas are made mild to medium to accommodate the group. Salsa can be made Pico, chunky style or blended for a true salsa experience. Made with tomatoes, garlic, onion, jalapeno, and cilantro.

### Guacamole

Made with fresh avocados, Pico salsa, and lime juice.



## Soups

### Minestrone Soup

A delicious vegetable soup made with pasta, beans, onions, tomatoes, and squash.

### Sausage Potato Soup

A creamy soup that has sausage, potatoes, and kale.

### Creamy Chicken and Wild Rice

A creamy soup with onions, carrots, wild rice, and chicken.

### Creamy Chicken Tortellini Soup

A creamy soup made with onions, red bell pepper, chicken and tortellini.

### Tortilla Soup

A soup made with tomatoes, onions, and chicken. Toppings include; cheese, avocado, cilantro, chopped onions, and lime.

### Green Chili Pozole

A wonderful Mexican soup made with chicken, onions, mild green chilies, garlic, and beans in a light broth. Toppings include; Cheese, chopped onions, avocado, cilantro, and lime.



## Appetizers

### Bruschetta

A beautiful blend of tomatoes, onions, garlic, and basil.

### Shrimp Ceviche

Made with Shrimp, tomatoes, cucumber, jalapeno, onions, cilantro, avocado with orange and lime juice.

### Stuffed Mushrooms

Your choice of veggie stuffed mushrooms or sausage stuffed mushrooms.

### Vegetable Tortilla Roll Ups

This makes a great appetizer or can be served as a lunch item. A rolled tortilla with cream cheese, bell peppers, cucumber, green onions, fresh parsley and baby spinach rolled and cut into bite size pieces.

### Blackened Shrimp Avocado Bites

Sliced cucumber topped with mashed avocado and shrimp blackened in Cajun spices. It's the perfect mixture of a little heat with the coolness of the cucumber and avocado.



## Main Dishes ~ Lunch & Dinner

### Flat Bread Pizza

Homemade flat bread pizza crust with a variety of toppings for your guest to build their favorite pizza.

### Chicken Lettuce Wraps

Minced chicken with mushrooms and water chestnuts in a delicious sauce, served with a variety of toppings and an Asian sauce.

### Vegan Lettuce Wraps

Made with tofu, mushrooms, and water chestnuts in a delicious sauce, served with a variety of toppings.

### Thai Quinoa

Quinoa made with a delicious peanut sauce. Served with a variety of toppings; shredded red cabbage, red bell pepper, onion, shredded carrots, green onions, chopped cashews, and edamame beans.

### French Dip Sandwiches

These mini sandwiches are made with a beef roast slow cooked with rosemary, garlic, and soy sauce to create a wonderful au jus. Served with optional toppings; cheese, caramelized onions, and sautéed mushrooms.

### Beef Burgers

Seasoned perfectly and cooked on the grill. Served with a variety of toppings.

### Grilled Chicken Sandwich

Marinated, grilled chicken breast sandwich served with a variety of toppings.

### Mushroom Veggie Burgers

A unique delicious alternative to a hamburger. Made with minced mushrooms, black beans, onions, and broccoli served with a variety of toppings including a homemade pesto mayo.



### Quinoa with Potatoes

A hearty and grounding vegan dish made with quinoa, red peppers, onions, and potatoes.

### Red Cheese and Chicken Enchiladas

Made from scratch red sauce, wrapped in a freshly cooked corn tortillas (not soaked in oil), topped with cheese and cilantro.

### Beef Tacos

Perfectly seasoned shredded beef for a soft or hard taco.

### Baked Spaghetti Squash with Red Enchilada Sauce

A wonderfully light dish with squash topped with enchilada sauce and cheese if desired.

### Vegan Tacos

Quinoa tacos seasoned perfectly to have with either a soft or hard taco.

### Rice and Beans

Homemade Spanish rice and your choice of refried or whole black beans.

### Chicken in Lemon Sauce

Kim's lighter, healthier version of chicken Piccata. Seared chicken in a wonderfully light lemon sauce with capers. Served with optional fried prosciutto. Pairs well with zucchini noodles.

### Spaghetti with optional Meatballs

Spaghetti that can be made with or without meat, most people choose both to accommodate all their guests.

### Caprese Stuffed Portobello Mushrooms

Portobello mushrooms with tomatoes, mozzarella cheese, and basil then drizzled with a balsamic reduction.



### Lasagna

Lasagna can be made vegetarian or with hamburger and sausage. Most people will choose both to accommodate all their guests.

### Caprese Quinoa Skillet

Quinoa topped with tomatoes, mozzarella cheese, and basil then drizzled with a balsamic glaze.



## Breakfast

### Eggs

Hard boiled or scrambled eggs.

### Egg Bakes

Perfectly proportioned mini egg bakes. Made with a variety of toppings; green chilis, turkey sausage, mushrooms, spinach, cheese.

### Breakfast Meat

Ham or Sausage. I can do bacon upon request, however because many do not appreciate the smell of bacon it is usually not a meat of choice for a large group.

### Cereal

Your choice of cereal option.

### Oatmeal

A variety of pre-packaged oatmeal.

### Pancakes

Cute little heart shaped pancakes to brighten the morning.

### Biscuits

Your choice with or without gravy.

### Breakfast Muffins or Breads

Choose from:

Lemon Blueberry zucchini

Zucchini

Pumpkin



Blueberry  
Banana  
Orange Cranberry

### Amaretto French Toast Bake

This bread pudding style breakfast casserole made with the amaretto, cinnamon, and slivered almonds and drizzled with an amaretto icing.

## Desserts

### Apple Galette`

A rustic apple pie topped with an apricot glaze.

### Strawberry Lemonade Cheesecake Bites

Light and refreshing bitesize lemon cheesecake with a graham cracker crust, topped with a strawberry puree`.

### Vegan Chocolate Tart

A tasty vegan option. The crust is made with dates and almonds and the filling is made with coconut cream and chocolate then topped with seasonal fruit.

### Strawberry Shortcake Kabobs

These fun, cute little kabobs are layered with white cake and strawberries then drizzled with white chocolate.

### Chocolate Cups with Dairy Free Chocolate Mousse

Fun chocolate cups filled with a delicious dairy free chocolate mousse and topped with seasonal berries.

### Brownies

A delicious homemade recipe

### Cookies

Many variety's available



### Not So Fried Ice Cream

A delicious alternative to fried ice cream. This ice cream pie is layered with butter pecan ice cream, crunchy corn flakes crumbs, honey and cinnamon.

### Pineapple Whip

A delicious, healthier alternative to the traditional dole whip. It only has two ingredients; pineapple and coconut milk yet it's delightful!

## Drinks

Coffee with creamer packets, sugar and sugar substitutes

Tea; Ice and Hot teas with lemon and honey

Milk; 2%, Low-fat, & Almond Milk

Juice; Orange & Cranberry

Coffee with creamer packets, sugar and sugar substitutes

Tea; Ice and Hot teas with lemon and honey

Lemonade