



CATERING OPTIONS

PROTEINS

BEEF

- Roast beef (sliced w/gravy)
- Pot roast
- Brisket
- Grilled steak tips
- Braised short ribs
- Seared beef tenderloin medallions
- Beef skewers w/vegetables
- Beef Oxtail
- Burgers/sliders
- Beef Kofta
- Beef suya
- Meatloaf (traditional or French onion w/cheese)
- Lambchops

CHICKEN

- Baked/roasted chicken (breast, legs, thighs or quarters)
- Fried chicken (breast, legs, thighs, wings, tenders)
- Stuffed chicken breast
 - Spinach w/cream cheese
 - Broccoli w/cheddar
 - Tuscan sundried tomato & mozzarella
 - Asparagus, sundried tomato & mozzarella
- Chicken piccata
- Chicken Marsala
- Jerk Chicken (breast, quarters, or boneless, skinless thighs)
- BBQ chicken (breast, quarters, legs or thighs)
- Chicken skewers w/vegetables
- Chicken shawarma
- Stewed chicken
- Fajita Chicken
- Grilled chicken
- Tuscan chicken
- Parmesan crusted chicken
- Chicken suya

TURKEY

- Smothered turkey wings
- BBQ turkey ribs
- Cajun turkey breast

SEAFOOD

FISH

- Salmon
 - Herb & parmesan crusted
 - Honey glazed
 - Stuffed (w/crab or spinach & cheese)
- Chilean sea bass (w/cream sauce, miso glaze or herb crusted)
- Baked white fish w/lemon & dill
- Cajun blackened fish (white fish or catfish)
- Stuffed catfish
- Crab cakes
- Fried fish (catfish, white fish)

SHRIMP

- Shrimp scampi
- Shrimp skewers
- Cajun shrimp
- Shrimp cocktail
- Spicy Shrimp
- Bang Bang Shrimp
- Fried shrimp

PORK

- Herb crusted sliced pork tenderloin
- Pulled pork
- Pork chops (honey garlic, smothered or fried)
- Pork steaks (grilled, smothered or fried)
- BBQ ribs or rib tips
- Pork carnitas
- Roasted pork belly

SIDES

POTATOES

- Gzolic mashed potatoes
- Loaded mashed potatoes (bacon cheese and sour cream)
- Roasted potatoes
- Au gratin potatoes
- Fingerling potatoes

RICE

- Cilantro lime rice
- Rice pilaf
- Spanish rice
- Brown rice
- Rice & beans (Spanish or Caribbean style)
- Yellow rice
- Jollof rice
- Wild rice
- White rice
- Jambalaya
- Paella

VEGGIES

- Steamed broccoli
- Broccolini
- Asparagus
- Green beans (cut cooked w/meat or sauteed w/colored peppers)
- Honey glazed carrots
- Spinach (sauteed or creamed)
- Cabbage (American or Caribbean)
- Green peas
- Corn (Elote, fried w/sweet colored peppers or just buttered)
- Mixed greens (collard, turnip & mustard)
- Kale (sauteed or fresh w/salad)
- Roasted mixed veggies (3 colored peppers, broccoli, zucchini, red onion, mushrooms)
- Vegetable medley (broccoli, cauliflower, carrots)
- Roasted zucchini
- Roasted root vegetables (honey glazed carrots, parsnips and beets)

PASTAS

- Mostaccioli
- Spaghetti (with or without meat)
- Alfredo (with or without meat)
- Spinach & ricotta ravioli
- Penne or Rigatoni w/vodka sauce
- Macaroni & cheese
- Pasta primavera
- Baked Ziti
- Garlic parmesan orzo
- Rasta Pasta (w/colored peppers, shrimp, chicken or oxtail)