



CORPORATE MENU



HOT LUNCHES



*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients.
15% Service Charge Includes Plates, Cutlery, Paper Napkins, Servers, Chefs,
Delivery, Set-up & Tear-down. Minimum Order 20 Guests or \$350 Per Delivery.*

Quiche: Your Choice Of: Ham & Swiss, Bacon & Cheddar or Roasted Veggie & Pesto

Gourmet Greens w/ Homemade Dressings
Red Potato Salad

Choice Of Soup:

Creamy Leek & Potato
Greek Red Lentil
Ginger Coconut Carrot
Oriental Noodle
Thai Coconut
Roasted Vegetable Tomato
Mexican Black Bean with Cilantro Cream
Beef & Quinoa
Low Fat Chocolate Cupcakes, Assorted
Squares or Fruit Platter.

Salmon Lunch

Choice Of Seasoning: Pesto
or Honey Mustard
Basmati Rice
Mediterranean Pesto Pasta Salad
Gourmet Greens w/ Homemade Dressings
Low Fat Chocolate Cupcakes
Assorted Squares or Fruit Platter.

Prosciutto Wrapped Chicken w/fruit Salsa

Fettucini Alfredo
Spinach Berry Salad w/ Pumpkin Seeds
Grilled Pita & Garlic Butter
Low Fat Chocolate Cupcakes, Assorted
Squares or Fruit Platter.

Lasagna two Ways

with Meat Sauce & Ricotta or
Sundried Tomato Chicken & Alfredo
Gourmet Greens w/ Homemade Dressings
Caesar Salad
Garlic Toast
Low Fat Chocolate Cupcakes, Assorted
Squares or Fruit Platter

Beef Dips

Au Jus, Cheese
Sauteed Mushrooms & Onions
Grilled Garlic Butter Buns
Roasted Seasoned Potato Wedges
Gourmet Greens w/ Homemade Dressings
Low Fat Chocolate Cupcakes, Assorted
Squares or Fruit Platter.

Roasted Thyme & Garlic Porkloin

Apple Sauce
Mashed Potatoes
Vegetable Medley
Gourmet Greens W/ Homemade Dressings
Caesar Salad
Low Fat Chocolate Cupcakes,
Assorted Squares or Fruit Platter

Ask About Upgrading the Lunch menus to Full Dinner Service for an Additional Charge.

HOT LUNCHES



*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients.
15% Service Charge Includes Plates, Cutlery, Paper Napkins, Servers, Chefs,
Delivery, Set-up & Tear-down. Minimum Order 20 Guests or \$350 Per Delivery.*

Pulled Pork Lunch

Rainbow Roost Farm Raised Pork, custom Rubbed, Slow Roasted & Pulled.

Crusty Rolls, Lettuce, Tomatoe, Onion, Pickles, Bbq Sauce, Mayo

Choice Of Two Of The Following:

Vegetable Medley, Corn, Mac N' Cheese, Mashed, Roasted Potatoes or Baked Beans.

Creamy Coleslaw or Gourmet Greens W/homemade Dressings

Low Fat Chocolate Cupcakes or Fruit Platter with Dip.

Gourmet Taco Bar

with Local Ground Beef & Shredded Chicken.

Quinoa Black Bean Salad

Hard & Soft Tortilla Shells

Homemade Guacamole Dip

Sour Cream, Salsa &

Shredded Cheeses

Lettuce, Tomato, Pepper

& Green Onions

Low Fat Chocolate Cupcakes or

Fruit Platter with Dip.

Authentic Indian Luncheon

Butter Chicken, Cucumber,

Red Onion & Tomato Salad

with Balsamic, Naan Bread,

Basmati Rice Pilaf

Lentil Dahl, Raita Dip

Low Fat Chocolate Cupcakes,

Assorted Squares or Fruit Platter

Add Samosas & Chutney

Healthy Comfort Food Buffet

Gourmet Greens W/ Homemade Dressings

Carrot Ginger Coconut Soup

Paprika Herbed Roasted Chicken

Leg & Thigh

Rice Pilaf or

Roasted Lemon & Herb Potatoes

Seasonal Vegetables

Whole Grain Apple Berry Crumble

Greek Buffet

Greek Salad

Spinach Salad with Strawberries

& Poppyseed Dressing

Spanikopita & Tzatziki Sauce

Beef & Chicken Souvlaki Skewers

Greek Lemon Herbed Rice

or Lemon Baked Potatoes

Filo Tartlets with Lemon Mousse

& Fresh Berries

Mediterranean Buffet

Coconut Breaded Chicken Breast with

Roasted Red Pepper Sauce

Mediterranean Pasta Salad

Zucchini Ribbon Salad with Pesto

& Chick Peas

Rice Pilaf or Herb Lemon Potatoes

Seasonal Veggies

Low Fat Chocolate

Cupcakes or Fruit Platter with Dip.

Ask About Upgrading the Lunch menus to Full Dinner Service for an Additional Charge.

DINNER BUFFETS



*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients.
15% Service Charge Includes Plates, Cutlery, Paper Napkins, Servers, Chefs,
Delivery, Set-up & Tear-down. Minimum Order 20 Guests or \$350 Per Delivery.*

Roast Chicken & Pasta Dinner

Roasted Paprika Herb Chicken (9 Piece Cut)
Fettucini Pasta & Penne Pasta
Rich Tomatoe Sauce & Creamy Alfredo Sauce
Parmesan Cheese
Caesar Salad w/ Homemade Dressing & Bacon Bits
Gourmet Greens with Homemade Dressings
Butterflake Rolls w/ Whipped Butter or Garlic Toast

Roast Baron of Beef

Live Action Carving Station
Homemade Gravy From Drippings
Roasted Herb Lemon Potatoes
Seasonal Vegetables In Honey Dill Butter
Dinner Rolls with Butter
Caesar, & Pesto Pasta Salad
Assorted Gourmet Mustards & Horseradish
Giant Yorkshire Puddings

Roast Chicken & Ham Dinner

Live Action Carving Station
Featuring Our Farm Raised:
Ham Roast with Apple Cider Glaze
Paprika Herb Roasted Chicken
Roasted Lemon Herb Potatoes
Basmati Rice Pilaf with Mushrooms & Thyme
Seasonal Vegetables In Honey Dill Butter
Gourmet Greens with Homemade Dressings
Dinner Rolls with Butter

Elegance Buffet

Coconut Breaded Chicken Breast Stuffed with
Sundried Tomato Cream Cheese & Spinach,
Served with Roasted Red Pepper Sauce
Seafood Skewers with Pesto
Basmati Rice W/mushrooms & Thyme
Roasted Lemon Herb Potatoes
Seasonal Vegetable with Honey Butter
Choice Of Any Three Salads
Dinner Rolls with Butter

Traditional Turkey Dinner

Slow Roasted Turkey & Homemade Gravy, Mashed
Potatoes, Cranberry Sauce, Traditional Bread Stuffing,
Vegetable Medley In Honey Dill Butter, Light
Coleslaw & Caesar Salad, Dinner Rolls & Butter
In Fall Ask About Our Roasted Root Veg Medley

Rainbows Roost Dinner

Live Action Carving Station
Featuring Our Farm Raised:
Pork Roast Stuffed with Sweet Italian
Sausage & Spinach, Served with
Mushroom & Marsala Wine Sauce.
Roast Herb & Paprika Chicken Leg & Thigh
Basmati Rice Pilaf
Roasted Lemon-herb Potatoes
Seasonal Vegetables In Honey-dill Butter
Tossed Salad, Coleslaw with Thyme Vinaigrette,
Mediterranean Pasta Salad

Ribs & Lasagna Buffet

Baby Back Ribs Cooked Two Ways:
BBQ Sauce & Greek Herb
Luscious Meat Lasagna
Rice Pilaf
Seasonal Vegetables
Garlic Bread & Caesar Salad
Coleslaw In Light Vinaigrette
Gourmet Greens with Homemade Dressings
Dinner Rolls with Butter

Ultimate Dinner

Baron Of Beef Live Action Carving Station
Homemade Gravy From Drippings
Paprika Herb Roasted Chicken
Basmati Rice Pilaf with Mushrooms & Thyme
Roasted Herb Lemon Potatoes
Seasonal Vegetables In Honey Dill Butter
Caesar Salad & Gourmet Greens w/ Homemade Dressings
Dinner Rolls with Butter
Mediterranean Pesto Pasta Salad
Giant Yorkshire Puddings

Ask About our Plated Dinners: Prime Rib, Lobster, Seafood Towers Etc

BARBEQUE



*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients.
15% Service Charge Includes Plates, Cutlery, Paper Napkins, Servers, Chefs,
Delivery, Set-up & Tear-down. Minimum Order 35 Guests or \$350 Per Delivery.
BBQ Rental for \$125.*

Summer Sun BBQ

German Smokies Locally Made,
Preservative Free, Handmade Burger Patties,
Veggie Burgers, Fried Onions, Mushrooms
& BBQ Sauce, Homemade Baked
Beans, Buns, Lettuce, Tomatoe, Onion &
Condiments, Red Potato Dijon Salad,
Mediterranean Pesto Pasta Salad,
& Gourmet Greens w/ Homemade Dressing

Steak BBQ-Top Sirloin 6oz

Cooked To Your Liking, with Fried Onions
& Mushrooms. Build Your Own Baked
Potatoe Buffet with All The Toppings,
Corn On The Cob with Butter or Veg Medley,
Your Choice Of Three Salads,
Buns & Butter or Garlic Toast.
Add BBQ Chicken Breasts
or Leg & Thigh

Deluxe BBQ

Chicken Leg & Thigh with Lemon, Garlic,
Honey & Thyme
Tender Pork Ribs with Homemade Sweet &
Smoky Bbq Sauce
Roasted Herb Paprika Potatoes or Baked
Potatoe Buffet
Vegetable Medley or Corn On The Cob
Homemade Baked Beans
Coleslaw, Caesar Salad, and Pasta Salad
Add Prawn Skewers
Grilled Salmon
Fresh Baked Buns or Garlic Toast

*Our Chefs Are Please To Work
with You To Create Custom
Barbeque Menus To Suite Your
Own Unique Style & Taste"*

**Vegetarian Options Are Available*

SEAFOOD

Add The Following Selections To Your Buffet Or Barbeque

Stuffed Shells

Giant Pasta Shells Stuffed with Shrimp
& Ham In Alfredo Sauce

Seafood Fettucini Alfredo

Salmon, Scallops, Prawns, Shrimp, Whitefish

Seafood Brochettes

In Herb & White Wine Butter

5oz Baked Pesto or Honey Mustard Salmon Fillets

Salmon, Scallops, Prawns, Shrimp, Whitefish

5oz Cajun Blackened Whitefish

Served with Fruit Salsa

Lobster, Scallops with Bacon Jam &
Other Items Available Upon Request

APPETIZERS



Appetizer Service

Depending On Number Of Guests, Variety Of Items Selected, & Amounts Of Food Required.

Prosciutto Wrapped Prawns with Mango Pineapple Salsa
Smoked Salmon Crostini with Lemon Dill Crème Fraîche
Prosciutto & Cream Cheese Wrapped Asparagus
Tarragon Chicken & Mushroom Cream Crostini
Antipasto Tortellini Skewers with Green Olive
Greek Style Quinoa Cucumber Cups with Grape Tomatoe
Fig & Brie Cheese Filo Tartlets
Warm Seafood Brochette
Mini Roast Beef Stuffed Yorkshires w/horseradish Cream & Red Onion Relish
Spanikopita Triangles with Tzatziki
Samosas with Mint Tamarind Chutney
Thai Prawn Spring Rolls with Peanut or Sweet Chili Sauce
Teriyaki Apricot Chicken Sautee Skewers with Toasted Sesame Seeds
Mini Beef or Chicken Kababs with Lemon Garlic Herb Marinade
Beef Teriyaki Sautee Skewers
Filo Quichelets with Roast Vegetables & Feta
Fresh Heirloom Tomatoe Bruschetta with Shaved Parmesan
Spinach Dip In Mini Tortilla Cups with Grape Tomato
Cocktail Prawns with Brandy Lemon Cream & Cocktail Sauce
Mini Ham & Swiss Quiche
Goat Cheese Crostinis with Fig Jam or Chutney & Balsamic Glaze
Mini Zucchini Roll Ups with Mint Goat Cheese & Red Bell Pepper
Cream Puffs with Dilled Cream Cheese & Shrimp & Salmon Stuffing

Display Mirrors Perfect For Large Events

Large Mirror with Crostini & Pita Chips
Display with Duo Of Dips-choose From Hummus,
Tzatziki, Smoked Salmon, Baba Ganouj,
or Coconut Curry Hummus

Gourmet Crudite Vegetable Display with Ranch

Gourmet Meat & Cheese Display with
Crackers & Assorted Pickles

Antipasto Display with Assorted Grilled
Vegetables, Meats, & Cheeses

DESSERTS

Rustic Pie Bar

Choose From Bumbleberry, Apple, Bourbon Peach,
or Pumpkin

Tartlets

Mixed Berry & Lemon Filo Tartlets with Whip Cream

Homemade Carrot Cake

Carrot Cake with Cream Cheese Icing

Triple Chocolate Torte

with Chocolate Cream Cheese Icing,
Fresh Raspberries & Dark Chocolate Ganache

Traditional Cheesecake

with Berry Sauce

Cupcakes

Chocolate Cupcakes with Cream Cheese Cocoa Icing
Vanilla Cupcakes with Vanilla Buttercream, Red Velvet
Cupcakes with Vanilla Frosting, Carrot Cupcakes with
Cream Cheese Icing

Order Over 65 Assorted & Get Free Cupcake
Stand Rental with Topper Cake Spot

Red Wine Poached Pears

with Cardamom Crème (Gluten-free)

Peach & Grand Marnier Crepes

with Crème Anglaise

Assorted Mason Jars

Ribbon Wrapped 4 Oz. Mason Jars Filled with Assortment
Of Tiramisu, Lemon Curd or Berry Topped Cheesecake.

Assorted Squares Tray



Contact us now!

250.299.9465

www.nourishinggourmet.ca

nourishinggourmet@gmail.com