



**NOURISHING GOURMET**  
CATERING



**WEDDING MENU**



## APPETIZERS



*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients. 15% Service Charge Includes Plates, Cutlery, Napkin & Buffet Linens, Servers, Chefs, Delivery, Set-Up & Tear-down.*

### *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 Fraiche  
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 with Horseradish Cream & Red Onion Relish  
Spanikopita Triangles with Tzatziki  
Samosas with Mint Tamarind Chutney  
Thai Prawn Spring Rolls with Peanut or Sweet Chili Sauce  
Moroccan Chicken Charmoulla Skewers  
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  
Asian Pork Belly Skewer with Pickled Radish  
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

### *Grazing Tables*

*Displayed on choice of platters, wooden boards or large maple burl (burl rental fee applies)*

Assorted Crackers, Homemade Crostinis, Dips, Fruit,  
Local & European cheeses, Meats, Chocolate, Pretzels & Garnishes.

## DINNER BUFFETS



*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients.  
15% Service Charge Includes Plates, Cutlery, Napkin & Buffet Linens,  
Servers, Chefs, Delivery, Set-Up & Tear-down.*

### Roast Chicken & Pasta Dinner

Roasted Paprika Herb Chicken  
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 *(available; additional charge)*

### Traditional Turkey Dinner

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

### 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, Choice of 2 Salads

### Stuffed Pork Loin 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 & Strawberry Spinach Salad  
Dinner Rolls with Butter  
Mediterranean Pesto Pasta Salad

### Elegance Buffet

Cocónut 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

## BARBEQUE/OUTDOOR MENU OPTIONS

NOURISHING GOURMET  
CATERING



*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients.  
15% Service Charge Includes Plates, Cutlery, Napkin & Buffet Linens,  
Servers, Chefs, Delivery, Set-Up & Tear-down.  
BBQ Rental / Roaster Rental fees apply*

### Pulled Pork & Smokies BBQ

German Smokies Locally Made,  
Preservative Free, Slow-Smoked Pork Shoulder,  
Pickles, BBQ Sauce, Mustards, Fresh Buns,  
Pickled Onion & Condiments, Red Potato Dijon  
Salad, Mexican Street Corn & Caesar Salad,

### Steak BBQ - choose your cut, choose your size

Cooked To Your Liking, with  
Fried Onions & Mushrooms.  
Build Your Own Baked  
Potato 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 for additional charge*

*Current Market Value*

### Deluxe BBQ

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

*\*Vegetarian Options Are Available*

## "PIG OUT ROASTER" MENUS

*Build your own Custom Pig Roast Menu*

### Traditional Southern Style Pig Roast

Full Size Spit Roasted Hog, smoked with Hickory,  
Apple & Cherry Wood Chips  
Pork Served 2 Ways: Pulled Pork with Sweet &  
Smoky BBQ Sauce  
Baked Potato Bar with all the fixins OR Steamed Baby  
Nugget Potatoes in Fresh Chopped Herb & Garlic Butter  
Corn on the Cob (*if in season*), or Chef's Choice  
Veg Medley in Honey Dill Butter  
Caesar Salad, Creamy or Light Slaw,  
Choice of 1 Custom Salad  
Sliced Crusty Rolls, House Made BBQ Sauce,  
Pickles, Ass't Mustards

### Summer Sun Pulled Pork

#### Mexi-Cali Style

*This whimsical Summer Menu is unlike any other and  
highlights fresh, tasty, beautiful and unique flavours.*

Full Size Spit Roasted Hog with Custom Mexi-Cali Dry Rub  
Soft Corn & Wheat Taco Shells  
Homemade Rustic Style Guacamole smashed onsite  
Fresh Hand Cut Salsa (Pico de Gallo)  
Sour Cream, Shredded Cheddar, Shredded Lettuce,  
Lime Wedges  
Light Coleslaw with Apple Cider Vinaigrette  
Quinoa Black Bean & Corn Salad OR  
Spinach Strawberry Salad  
House Caesar Salad  
Corn on the Cob (*if in season*) or Chefs Choice Veg  
Sweet & Smoky Baked Beans with Pineapple

#### **\*\*Ask about Our Roasted Lamb Options**

*Rosemary Focaccia, Lemon Potatoes, Greek Salad,  
Tzatziki & More...*

## SALADS



*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 Conditions Apply.*

**Pesto Mediterranean Pasta**  
with Cherry Tomatoes & Grilled Zucchini

**Spinach Strawberry Salad**  
with Goat Cheese, Pumpkin Seeds &  
Poppyseed Vinaigrette

**Potatoe Salad**  
Creamy Dijon Red Potatoe Salad with Fresh Dill

**Greek Pasta Salad w/feta**

**Creamy Pasta Salad**  
with Pickles & Shredded Carrot

**Pear & Fig Salad**  
with Mixed Baby Greens, Crisp Pear, Toasted  
Pecans, Dried Figs, & Apple Lime Dressing

**Traditional Caesar Salad**  
Homemade Dressing & Bacon Bits

**Roasted Beet Salad (Seasonal)**  
with Mixed Greens, Feta, Thyme & Red Onion

**Quinoa, Black Bean & Corn Salad**  
with Cilantro & Lime

**Tabouleh Salad**  
with Lemon, Parsley, Tomatoes & Cucumber

**Quinoa Broccoli Cranberry Salad**  
with Orange Vinaigrette & Pumpkin Seeds

**"Hippy Salad"**  
with Shredded Beets, Sprouts, Sunflower Seeds,  
& Carrot Curls-served with Goddess Dressing

**Traditional Creamy Coleslaw**  
with Green Onion & Carrot

**Tuscan Salad**  
with Zucchini Ribbons, Carrot Curls, Chick Peas,  
Green Onion & Diced Red Pepper

## 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**  
Available Upon Special Requests

## MIDNIGHT SNACKS

NOURISHING GOURMET  
CATERING

*Nourishing Gourmet Uses Many Seasonal, Local & Organic Ingredients.  
15% Service Charge Includes Plates, Cutlery, Napkin & Buffet Linens, Servers,  
Chefs, Delivery, Set-Up & Tear-down. Minimum Order Conditions Apply.*

*Hot items require on-site oven for holding. These items are left for you to put out when required.*

### Chicken Wings

Breaded Bone-in Pub Style Wings In Your  
Choice Of Flavours: Salt & Pepper, Buffalo Hot,  
Barbeque, Teriyaki, Sweet Chili, or Honey Garlic

### Mini Cheeseburger Sliders

Wrapped In Paper with Condiments On The Side

### Smokie Stand- Footlong

Hand Made Local Smokies with  
All The Condiments & Buns

### Giant Smokie *(can be cut in 1/2)*

### Perogies & Smokies

with Fried Onions, Green Onions, & Sour Cream  
On The Side

### Pulled Pork Sliders

Slow-roasted Pork Shoulder On Soft White Sliders  
with Red Onion Relish & Homemade Slaw

### Grazing Table

*Displayed on choice of platters, wooden boards  
or large maple burl (burl rental fee applies)*

Assorted Crackers, Homemade Crostinis, Dips,  
Fruit, Local & European cheeses, Meats, Chocolate,  
Pretzels & Garnishes.

### Buns & Meat & Cheese Tray

Build Your Own Bunwich with 3 Meats, 3 Cheeses,  
& All Condiments Included

### Gourmet Mini Sandwich Tray

Roast Beef, Ham, Turkey, BLT, Clubhouse, Vegan

## 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](http://www.nourishinggourmet.ca)

[nourishinggourmet@gmail.com](mailto:nourishinggourmet@gmail.com)