



WEDDING MENU



APPETIZERS



*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.*

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
Teriyaki Apricot Chicken Sautée Skewers with Toasted Sesame Seeds
Mini Beef or Chicken Kababs with Lemon Garlic Herb Marinade
Beef Teriyaki Sautée 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

DINNER BUFFETS



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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

Cocōnut 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



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BBQ Rental for \$169.95

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

Current Market Value

Sub New York Steak (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 Baked
Potatoe Buffet
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

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

SALADS



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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

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

MIDNIGHT SNACKS



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Chicken Wings

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

Pizzas

Hand-made Crust In Your Choice Of Flavours: Hawaiian, Tuscan Vegetarian with Roast Veggies, Feta, & Spinach, Pepperoni, Meat Lovers (Pepperoni, Ham, Sweet Italian Sausage), or Deluxe with 3 Meats, Peppers, Onion, Mushroom, & Olives

Poutine-hand-cut Fries

Canadian Cheese Curds & Homemade Gravy

Pulled Pork Sliders

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

Mini Cheeseburger Sliders

Wrapped In Paper with Condiments On The Side

Smokie Stand- Footlong

Hand Made Local Smokies with All The Condiments & Buns

Perogies & Smokies

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

Buns & Meat & Cheese Tray

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

Nachos

Topped with Shredded Cheddar & Mozza & Green Onions, Tomatoes, & Chopped Bell Peppers. Served with Salsa & Sour Cream

Notes



Contact us now!

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