

THE good life* GOURMET

1712 N. Croatan Highway
Kill Devil Hills, NC 27948
(252) 480-2855

CUSTOM CATERING A SPECIALTY AT THE GOOD LIFE GOURMET

To discuss your upcoming event, call Steve or his wife, Susie at 252-480-2855. E-mail inquiries to susie@goodlifegourmet.com. Susie is in charge of all correspondence. She will promptly answer your e-mail inquiries and phone messages.

You can view photos of our custom catering at our web site, www.goodlifegourmet.com and clicking on the Catering Photo Gallery.

In the meantime, feel free to use these creative as inspiration for your next custom catering event.

Appetizers

Quiche

Crab dip with crustini

Spanikopita

Crudite with dip

Mini crab cakes

Jumbo shrimp cocktail

Shrimp kabobs

Fruit kabob tree

Cheese stuffed cucumber rounds

Chicken satay with Oriental peanut sauce

Deluxe antipasto tray

Bruschetta

Stuffed mushrooms—can be stuffed with crab, sausage, vegetables, sun-dried tomato pesto, sweet basil pesto, etc.

Belgium endive petals stuffed with mahi-mahi

Fruited salad

Baked brie in pastry

Chocolate covered strawberries & pineapple bites

Cheese & cracker array

Cheese spread with crustini

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Steamed shrimp
Poached pears & cinnamon sticks
Picked assorted wraps
Roasted red pepper, garlic hummus, & pita points
Deviled eggs
Jerk roasted pork picked with pineapple, red pepper, & black bean paste
Picked grilled flank steak stuffed with cream cheese, asparagus, & roasted red pepper
Poached asparagus wrapped with smoked salmon
Grilled tuna bites with lemon-dill sauce
Caramelized onions, gorgonzola cheese, & bacon in puff pastry
Phyllo cups stuffed with feta cheese & sun-dried tomatoes
Beef satay with Oriental sauce
Chocolate fondue with pound cake, fresh strawberries, pineapple, & marshmallows for dipping
Mini quiche
Salsa & corn chips
Baby garlic prawns in phyllo cups
Pita crisps with cranberry salsa
Marinara pizza/pita points
Mini meatballs with choice of sauce
Antipasto tray

Soups

Seafood bisque
Chicken rice
Cream of broccoli
Sweet potato crab
Potato corn chowder
Lobster bisque
Chicken corn noodle
Mulligatawny
Potato leek
Cream of grilled vegetable
Clam chowder
Tomato bisque
Cream of mushroom
Minestrone
Beef barley
Vegetable beef
Cream of chicken
Vegetarian vegetable

Salads

Fresh fruit salad
Fresh exotic fruit salad
Ambrosia
Mixed green salad with “all the fixins”
Classic Caesar
Baby spinach with fresh mozzarella
Broccoli salad
Pasta salad—many varieties
Organic mixed green salad
Arugula salad
Cumin lime coleslaw
Potato salad

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Salads cont'd.

Sesame thai noodles
Vegetable crudite
Wild rice salad
Tuna salad
Shrimp salad
Mahi-mahi salad
Baby spinach with roasted red peppers, toasted almonds, tomatoes, cucumbers, onions, & bacon
Ham salad
Sweet potato salad
Red beet salad with a raspberry vinaigrette

Children's menu

Boneless chicken breast strips with fresh lemon
Pigs in a blanket
Crustless peanut butter & jelly
Hot dogs
Macaroni & cheese
Penne pasta with marinara
Fresh fruit (kid friendly like grapes, apple & orange slices, bananas)
Grilled cheese
Pita pizza

Carving station

Whole beef tenderloin served with whole garlic cloves
Boneless rib eye
Whole NY strip
Steam ship round

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Slow roasted boneless turkey breast
Pit smoked ham
Whole grilled tuna loin
Jerk roasted whole boneless pork loins

Meat & Seafood

Boneless stuffed chicken breast (stuffed with spinach, sun-dried tomatoes, feta cheese, garlic, shallots, bacon, & mushrooms) in a light cream sauce
Grilled tuna with lemon-dill sauce
Crab stuffed flounder
Grilled salmon
Jerk roasted pork loin with mango chutney & fresh mango salsa
Pork tenderloin medallions with grilled onions, basil, & garlic
BBQ chicken pieces
NC pulled pork BBQ
Baked chicken
Chicken parmesan
Seared veal scallopini with Italian herbs & spices
Turkey BBQ
Whole marinated grilled tuna with seaweed salad (served cold)
Seafood primavera
Clams
Mussels
Lobster
Crab legs
Chicken kabobs
Beef kabobs
Pork kabobs
Hot dogs
Hamburgers
Low country boil ---shrimp, crayfish, clams, mussels
Meatballs with marinara, sweet & sour, or Swedish
Crab cakes
Crab stuffed shrimp
Breast of duck
Grilled chicken breast with lemon & rosemary
Apricot chicken—boneless breasts in a light cream sauce with dried apricots
Sautéed shrimp & scallops in a white wine, garlic, & spring onion sauce
Grilled steak of choice---filet mignon, NY strip, or Delmonico
Cornish game hens
Chicken wings
BBQ pork ribs
Italian sausage

Starches & pasta

White rice
Rice pilaf
Caribbean rice
Red beans & rice
Wild rice & toasted almonds
Garlic smashed potatoes
Roasted baby red potatoes with garlic & rosemary
Pasta Bolognese
Penne with marinara
Lasagna
Stuffed shells
Pasta primavera
Pasta Alfredo
Seafood pasta primavera
Macaroni & cheese
Wild mushroom lasagna
Vegetable lasagna
Penne pasta with grilled vegetables & olive oil
Cinnamon smashed sweet potatoes
Spinach & cheese lasagna
Mashed potatoes, carrots, & turnips
Au Gratin potatoes
Scalloped potatoes
Yukon gold mashed potatoes
Horseradish mashed potatoes
Potini bar---Yukon gold mashed with toppings: caramelized onions, broccoli florets, chives, sour cream, parsley, butter, mushrooms, shredded cheese
Baked potato bar with “all the fixins”
Twice baked potatoes

Vegetables

Buttered carrots
Carrots & pineapple medley
Grilled mixed vegetables with choice of sauce
Vegetable stuffed zucchini
Green beans with toasted almonds
Buttered string beans
Baked cabbage with carrots & parmesan
Fresh asparagus with lemon butter
Grilled asparagus
Corn on the cob
Sautéed sliced mushrooms

Baby bella whole mushrooms & garlic
Roasted garlic cloves
Cauliflower with cheese
Broccoli & butter sauce
Caramelized onions
Traditional salsa
Grilled & sliced portabella mushrooms
Baked beans
Baked lima beans
Lima beans
Grilled eggplant with basil & olive oil
Sugar snap peas with red onions
Corn pudding
Brussel sprouts & Applewood bacon
Roasted root vegetables with tarragon & butter
Broccoli rabe with red onions
Green & yellow squash medley