

THE Good Life GOURMET

3712 N. Croatan Hwy. - MP 4.5
Kitty Hawk, NC 27949
252-480-2855
goodlifegourmet.com

good food - good times... the good life! 

The Good Life Gourmet has built a reputation as being one of the beach's premier caterers, known for delicious food and superior service.

Custom Catering sums it all up. There are no prepared lists to choose from; you simply tell us about your event, what kind of food you like, and your budget. We will build a creative and delicious menu based on your preferences. Bring us your favorite family recipe, and we'll prepare and serve it at your event.

Steve Mace, owner and head of catering, takes great pride in treating each event with kid gloves and will expertly guide you with your food choices. Known for his attention to detail and innovative ideas, Steve has years of experience and knows what types of foods will hold up well for all types of events.

Catering options include buffet dining, sit-down dining or stations. Service people and bartenders are provided, as needed, and the catering staff works hand in hand with Steve to create an outstanding and memorable experience for all guests. We offer the option of off-site catering at your location (full service), or "drop & set" service.

Or consider our Kitty Hawk location as an alternative site for your special event. There is seating for 70+ guests, an adjacent outside patio, and ample parking.

We can create a custom catering menu for any event: weddings, bridal parties, rehearsal dinners, birthdays & anniversaries, family reunions, beach parties, corporate events & meetings, and holiday parties.

Need some inspiration for your next custom catering event? Visit our website at www.goodlifegourmet.com for inspiration! Simply click on the Catering tab at the top of the page... you'll find sample menus, testimonials and a photo gallery beautifully highlighting some of our past events.

Contact us with your custom catering needs today by emailing Susie at obxsusiemace@gmail.com, or by phone at 252-480-2855 and speak with either Steve or Susie.

CATERING IDEAS

SOUPS

- * Seafood bisque
- * Sweet potato crab
- * Potato corn chowder
- * Lobster bisque
- * Mulligatawny
- * Cream of grilled vegetable
- * Clam chowder
- * Vegetable beef
- * Cream of chicken
- * Vegetarian vegetable

SALADS

- * Fresh fruit salad
- * Ambrosia
- * Mixed green salad with "all the fixins"
- * Classic Caesar
- * Baby spinach with fresh mozzarella
- * Broccoli salad
- * Pasta salad—many varieties
- * Cumin lime coleslaw
- * Potato salad
- * 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

APPETIZERS

- * 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
- * Baked brie in pastry
- * Chocolate covered strawberries
- * Cheese & cracker array
- * Cheese spread with crustini
- * Steamed shrimp
- * Poached pears & cinnamon sticks
- * Picked assorted wraps
- * 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 dippers
- * Mini quiche
- * Salsa & corn chips
- * Baby garlic prawns in phyllo cups
- * Pita crisps with cranberry salsa
- * Pita point pizza
- * Mini meatballs with choice of sauce
- * Hummus assorted flavors

CATERING IDEAS CONTINUED

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 salsa
- * Pork tenderloin medallions with sauteed onions, basil, & garlic
- * BBQ chicken pieces
- * NC pulled pork BBQ
- * Baked chicken
- * Chicken parmesan
- * Turkey BBQ
- * Grilled tuna with seaweed salad (served cold)
- * Seafood primavera
- * Clams
- * Mussels
- * Lobster
- * Crab legs
- * Chicken kabobs
- * Beef kabobs
- * Low country boil—shrimp, crayfish, clams, mussels and andouille
- * Meatballs with marinara, sweet & sour, or Swedish
- * Crab cakes
- * Crab stuffed shrimp
- * Grilled chicken breast with lemon & rosemary
- * Apricot chicken—boneless breasts in a light cream sauce with apricots
- * Sauteed 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
- * Slider bar
- * Taylor pork roll
- * Bacon bar

CARVING STATION

- * Whole beef tenderloin
- * Boneless rib eye
- * Whole NY strip
- * Steam ship round
- * Slow roasted boneless turkey breast
- * Pit smoked ham
- * Whole grilled tuna loin
- * Jerk roasted whole boneless pork loin

STARCHES & PASTA

- * Rice pilaf
- * Caribbean rice
- * Red beans & rice
- * Wild rice & toasted almonds
- * Garlic smashed potatoes
- * Roasted baby red potatoes
- * Pasta Bolognese
- * Lasagna
- * Stuffed shells
- * Pasta primavera
- * Pasta Alfredo
- * Seafood pasta primavera
- * Smoked Gouda macaroni & cheese
- * Wild mushroom lasagna
- * Vegetable lasagna
- * Cinnamon smashed sweet potatoes
- * Spinach & cheese lasagna
- * Au Gratin potatoes
- * Scalloped potatoes
- * Horseradish mashed potatoes
- * Potini bar—mashed sweets & white with toppings: broccoli florets, sour cream, parsley, butter, mushrooms, shredded cheese, scallions, etc.
- * Baked potato bar with “all the fixins”
- * Twice baked potatoes

VEGETABLES

- * Buttered carrots
- * Carrots & pineapple medley
- * Grilled mixed vegetables with soy sauce, whole grain mustard & garlic
- * Vegetable stuffed zucchini
- * Green beans with toasted almonds
- * Baked cabbage with carrots & parmesan
- * Fresh asparagus with lemon butter
- * Grilled asparagus
- * Corn on the cob
- * Sauteed sliced mushrooms
- * Baby bella whole mushrooms & garlic
- * Cauliflower with cheese
- * Caramelized onions
- * Traditional salsa
- * Baked beans
- * Lima beans
- * Grilled eggplant with basil & olive oil
- * Sugar snap peas with red onions
- * Corn pudding
- * Roasted root vegetables with tarragon & butter
- * Broccoli rabe with red onions
- * Green & yellow squash medley

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
- * Chicken nuggets

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