

*Effortless Entertaining  
& Working Lunches*



## *Welcome to The Casual Gourmet*

At The Casual Gourmet, we know each event is different. Whether your event is an intimate gathering of friends, an in-office business breakfast or a gala for 300, we have a menu to suit the occasion. With 25 years of experience planning events of all kinds, we recognize that while some events require full-service catering, others do not.

We are pleased to present this menu that offers time-saving solutions for your next pick-up, delivery or corporate event.

Designed with the same pride in taste, design and service that has made us Cape Cod's foremost caterer, this extensive selection of unique sandwiches, flavorful entrees, delectable desserts, mouth-watering hors d'oeuvres and delicious breakfast items will satisfy any appetite, whether at home or in the office.

While we believe these menus will suit many occasions, they don't reflect the full range of The Casual Gourmet's culinary capabilities. Our knowledgeable and professional staff is happy to create a custom menu to best suit your taste and your budget, whether you want to supplement what you're already serving or need us to plan the entire event.

Want to experience our award-winning taste, design & service?

*Let's get you started!*

# hors d'oeuvres

*by the dozen*

*two dozen minimum per selection*

## hot

charred steak skewer  
with coffee-rum bbq glaze  
*\$2.50 each*

scallops & bacon  
with maple cream  
*\$2.50 each*

mini crab cakes  
with chili aioli  
*\$2.50 each*

warmed goat cheese toast  
with rosemary, honey, walnuts  
*\$2.25 each*

roasted garlic & four cheese  
tartlets  
*\$2.00 each*

wontons with raspberry & brie  
*\$2.25 each*

crispy coconut chicken  
with honey-lime sauce  
*\$2.25 each*

tomato, basil & mozzarella crostini  
*\$2.25 each*

wild mushroom tartlet  
*\$2.25 each*

lobster, corn & bacon quesadilla  
*\$2.50 each*

## cold

margarita shrimp  
*\$2.50 each*

ginger & lemongrass  
glazed shrimp  
*\$2.50 each*

extra large shrimp  
with cocktail sauce  
*\$2.50 each*

sliced filet of beef, arugula &  
horseradish cream crostini  
*\$2.75 each*

spicy thai summer roll with  
mango dipping sauce  
*\$2.50 each*

## Serving size?

afternoon cocktail hour  
(2-4 hours)  
we suggest 8 to 14 hors d'oeuvres  
per guest

pre-dinner hors d'oeuvres  
(1-2 hours)  
we suggest 4 to 8 hors d'oeuvres  
per guest



*10 person minimum on all orders. All deliveries are subject to a delivery charge.  
We request at least two day's notice (longer during busy times). Lead times may vary for desserts.*

## reception platters

### baked brie

glazed with seasonal fruits and served with a basket of assorted flatbreads

\$75 serves 20-25 guests

### assorted bruschetta

herbed bread rounds served with olive tapenade, basil pesto and sundried tomato cream cheese spread

\$3.75 pp

### dips & chips

- warm seafood dip with old bay crostini, breadsticks and bread crisps \$3.25 pp
- bacon, bleu cheese & smoked almond dip with pita chips & crackers \$2.95 pp
- spicy avocado pate, roasted tomato dip & cilantro salsa served with multicolored tortilla chips \$3.50 pp
- caramelized onion dip served with toasted bagel chips and flat breads \$3 pp

### spicy avocado pâté

avocado, lemon and cream cheese combine into a creamy pâté garnished with chopped tomatoes, black olives and onions served with corn chips

\$75 serves 20-25 / \$140 serves 50+

### moroccan meze

hummus, tabbouleh, baba ghanoush, a medley of olives, cheese, peppers, pita chips and lavash

\$75 serves 20-25 / \$140 serves 50+

### savory cheese cake

goat cheese with sundried tomato and pesto baked into an irresistible cake – served with wafers and lavash

\$75 serves 20-25 / \$140 serves 40-50

### jerk chicken torte

layers of goat cheese, chicken and jerk seasonings served with french bread & cocktail rounds

\$75 serves 20-25 / \$140 serves 50+

### cranberry torta

double cream cheese torte with bleu cheese, cranberries & walnuts served with french bread and crackers

\$75 serves 20-25 / \$140 serves 50+

### crudite platter

fresh seasonal vegetables served with garden herb dip

\$75 serves 20-25 / \$140 serves 50+

### feta and nut display

feta cheese spread layered with toasted pistachios, sundried dates, cilantro and mint accompanied by fresh garden vegetables, flatbreads and crackers

\$75 serves 20-25 / \$140 serves 50+

### fruit and cheese

a selection of imported and domestic cheeses artfully displayed and garnished with fresh fruit and assorted crackers

\$75 serves 20-25 / \$140 serves 50+

### fresh fruit display

an abundant selection of seasonal fruit bountifully displayed

\$45 serves 15 / \$85 serves 30

### cocktail fruit skewers

seasonal fruits offered with coconut rum and citrus yogurt dipping sauces

\$1.95 each



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## desserts

### assortment of fancy finger desserts

such as, rocky road fudge bars, lemon loves, cherry squares, cheesecake squares and sour cream apple bars  
\$16.95 per dozen

### assorted cookies

chocolate chip, peanut butter and oatmeal  
\$9.95 per dozen

### cupcakes

yellow or chocolate cupcakes decorated to your liking  
\$1.75 each

### fresh fruit tart

9" tart filled with pastry cream and covered with fresh fruit  
\$25.00 serves 10

### dolly sin

double chocolate cake covered in chocolate ganache and decorated to your taste  
\$19.95 serves 8-10

### strawberry shortcake cake

yellow or chocolate cake filled with strawberries and whipped cream and iced with whipped cream and chocolate covered strawberries on top  
\$29.95 8" cake serves 8-10  
(available in other sizes)

### chocolate covered strawberries

\$2.25 each (2 doz minimum)

### whoopie pies

chocolate, carrot or pumkin  
\$2.50 each

### petite dessert buffet

an assortment of divine, right-sized sweet things - ready to walk away! strawberry & lemon shortcake cake, chocolate covered strawberries, whoopie pies, fudge bombs, sweet explosions, raspberry & chocolate cheesecake squares  
\$5.95 pp

### gourmet cupcakes

1 doz minimum order per flavor  
\$2.50 each

**strawberry delight** strawberry cake with a strawberry buttercream frosting

**banana pudding** banana cake topped with walnut butter cream frosting

**peanut butter cup** chocolate cake with peanut butter icing and chunks of peanut butter cups

**red velvet** traditional southern red velvet cake with vanilla cream cheese frosting

**german chocolate** dense chocolate cake with german chocolate filling and frosting

**chocolate mint** chocolate cake baked with chocolate chips and covered with mint butter cream icing and chocolate chips

**white raspberry** raspberry cake topped with a sweet raspberry icing and white chocolate chips

**white almond** white almond cake with vanilla buttercream and white chocolate crunchies

### specialty cakes

we specialize in all occasion cakes for all of your needs from a 6" birthday cake to a four-tier wedding cake. Call to speak to one of our sales associates to discuss the options.

### assorted pies

9" pies available in many varieties lemon angel, chocolate angel, blueberry, apple, bourbon pumpkin and boston cream  
\$12.95 - \$13.95 each



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## a la carte

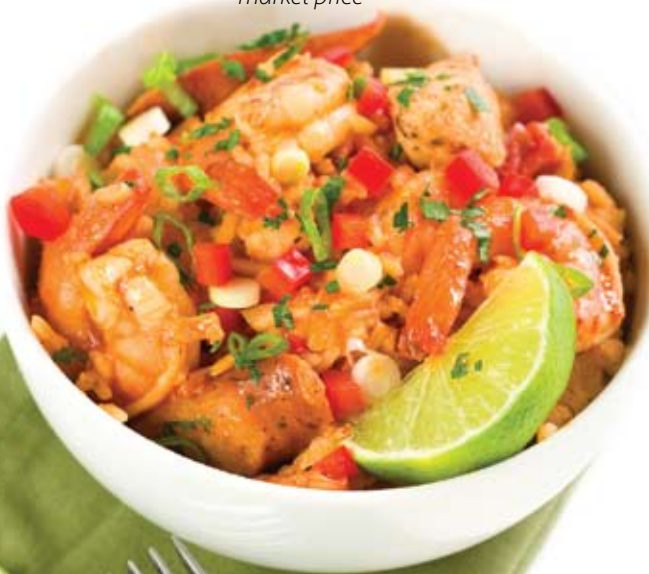
### spiral ham with pecan praline glaze

plattered and beautifully presented. served with small rolls and a variety of mustards

\$95 serves 18-25 guests

### whole roasted tenderloin of beef

with pepper herb crust & madeira sauce - serves 6-8 for dinner  
with crusty rolls & horseradish cream serves 12-15 for cocktails  
market price



### roulade of turkey

turkey breast stuffed with dried apricot, cranberry and corn bread stuffing with cranberry relish, sage mayonnaise and crusty rolls  
\$110 serves 20-25 guests

### selection of miniature cocktail sandwiches

Including: herb sliced flank steak, grilled chicken and roasted red pepper sandwich on rosemary focaccia bread, assorted vegetarian & meat mini-wraps  
\$36 per dozen – 3 dozen minimum

### assorted finger sandwiches

choice of: chicken salad, egg salad, tuna salad, ham salad & seafood salad, or ham, roasted turkey breast or roast beef - made fresh on our home baked rolls  
\$27 per dozen – 3 dozen minimum

### accompaniments

we offer a full selection of side salads to finish off your menu such as caesar salad, fresh fruit salad, garden salad, asian noodle salad, green bean & potato salad and red bliss potato salad - side salads range from \$1.75 pp - \$4.95 pp  
Talk to a sales associate for availability.

### favorite casseroles

medium serves 8-10  
large serves 20-25

### louisiana jambalaya

shrimp, chicken, andouille sausage and ham mixed with rice  
\$45 medium / \$85 large

### mac & cheese with a twist

home-style macaroni and cheese under a sundried tomato pesto crust  
\$40 med / \$80 large  
with chicken \$55 med / \$100 large  
with lobster \$75 med / \$140 large

### chicken tetrazzini

sautéed breast pieces with fettuccine, sliced mushrooms and mornay sauce  
\$40 med / \$80 large

### escalloped potatoes

sliced potatoes layered with cheese and cream, baked until golden brown  
\$30 med / \$65 large

### cheese lasagna al forno

a blend of three cheeses and our zesty marinara sauce  
\$40 medium / \$80 large  
with vegetable \$45 med / \$90 large  
with meat \$55 med / \$100 large

### beef stroganoff

tender chunks of beef simmered in a rich and hearty mushroom & wine sauce  
\$65 med / \$115 large

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## wake-up call

### cold

#### a fresh start

a daily variety of freshly baked breakfast pastries to include cinnamon twists, mini croissants, fruit danish, and breakfast breads served with butter and jam  
\$4 pp

#### muffin basket

assorted freshly baked muffins including blueberry, coffee cake and cranberry nut  
\$2.50 pp

#### bread basket

lemon-poppy seed, zucchini-carrot and cranberry-nut breads with cream cheese and preserves  
\$3.50 pp

#### healthy start

fresh fruit skewer, low fat yogurt and bagel assortment with light cream cheese  
\$6.75 pp

#### yogurt parfaits

**cherry blossom** sour cherry compote, non-fat vanilla yogurt and fresh berries  
\$2.95 pp

**lemon/blueberry** non-fat lemon yogurt with fresh blueberries and crushed gingersnaps  
\$2.95 pp

**crunch** honey flavored non-fat yogurt, homemade granola and bananas  
\$2.95 pp

### hot

#### homestyle breakfast

scrambled eggs, bacon, home fries and sliced fruit  
\$10.75 pp

#### eggs benedict strata

crumbled english muffins, diced canadian bacon and fresh eggs baked & drizzled with homemade hollandaise served with sliced fruit and assorted yogurts  
\$12 pp

#### french toast or buttermilk pancakes

served with butter and maple syrup  
\$5 pp

#### frittatas

**veggie** eggs, artichoke hearts, zucchini, potatoes, tomato, fresh basil and cheese  
\$5 pp

**meat** eggs, sausage, mushrooms, potatoes, tomato and cheese  
\$6 pp

**egg tortas** savory egg custard in a puff pastry shell

- spinach & chevré
  - asparagus, feta & red bell pepper
  - ham, mushroom & spinach
- \$5.50 pp

### quiches

mushroom, spinach & fontina  
tomato, asparagus & cheddar  
roasted sweet onion, bacon & gruyere, sausage, zucchini & mozzarella, seafood all baked in a flaky pastry crust  
\$4.50 pp

### breakfast add-ons

sausage links \$3 pp  
bacon \$3 pp  
virginia ham slices \$3 pp  
turkey bacon \$3 pp  
slice fruit \$3 pp  
whole fruit \$1.95 each  
greek yogurts \$2.50 each

### beverages

coffee service (reg & decaf) \$2 pp  
box of coffee (serves 8-10) \$20 each  
orange juice \$2.50 pp  
cranberry juice \$2.50 pp  
bottled water \$1.50 pp



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## board room lunches

### SANDWICH BUFFET

assorted sandwiches & wraps  
cape cod chips, homemade cookies  
\$8.50 pp

w/one side salad from below  
\$10.25 pp

w/two side salads from below  
\$11.50 pp

#### side salad options

- caesar salad
- garden salad
- pasta primavera salad
- spicy garden slaw
- red bliss potato salad

### SOUP & SALAD BUFFET

choose one soup and one side salad  
\$10 pp

choose one soup and two side salads  
\$11.50 pp

choose quahog chowder *add \$1 pp*

### soups

- chicken noodle soup
- hearty vegetable soup
- greek lemon chicken soup
- mushroom bisque

2-quart minimum  
\$15.00 per quart *serves 4-5 guests*

fresh quahog chowder  
\$20.00 per quart *serves 4-5 guests*

### sandwiches

**tarragon chicken salad** white meat, country-style chicken with leaf lettuce and vine-ripe tomatoes on a roll

**tuna dijon** all white tuna with dijon mustard, cornichons, lettuce and red onion on a rustic roll

**ham & swiss** sliced honey-cup ham, swiss cheese, lettuce and a grain mustard on a ciabatta roll

**italian roast beef** thinly sliced roast beef, slow roasted tomatoes, lettuce, red onion and pesto mayo

**turkey cranberry panini** oven roasted turkey, cranberry sauce, toasted sliced almonds, sundried cranberries, cream cheese and romaine lettuce

**turkey-artichoke** roasted turkey breast, provolone cheese, tomatoes and caramelized onions with a spinach and artichoke spread

**tuscan chicken** grilled chicken breast with spinach, roasted red peppers, fresh mozzarella, tomato and Italian dressing on focaccia

### wraps

**french kiss** tuna, feta cheese, kalamata olives, green beans, yellow peppers and red onion with a lemon dijon mustard on a spinach tortilla

**chicken caesar wrap** grilled chicken, romaine lettuce, shaved parmesan cheese, croutons and a classic caesar dressing in a flour tortilla

**mango sunshine wrap** grilled chicken, brie, guacamole, cucumbers, sprouts and mango chutney

**grilled veggie wrap** grilled veggies, balsamic salsa & goat cheese on a spinach wrap

**thai chicken wrap** grilled chicken breast, jasmine rice, ginger slaw, peanut sauce and scallions on a tomato wrap

**greek wrap** romaine lettuce, hummus, feta cheese, cucumbers and black olives in a spinach wrap

**chicken harwich** chicken breast, walnuts, dried cherries and ranch dressing in a flour tortilla

**blt wrap** crisp bacon, lettuce, tomato, guacamole and cream cheese on a flour tortilla

**raspberry chicken wrap** grilled chicken, sliced apples, lettuce and chutney with raspberry mayo on a flour tortilla

*boardroom lunches  
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## board room lunches

### SALAD BUFFET

dijon tuna, tarragon chicken salad, marinated beef salad, marinated vegetable salad, pesto pasta salad, flatbreads & rolls  
\$13.95 pp

### a la carte side salad options

**spinach salad** spinach leaves with bacon, bleu cheese and tomatoes with choice of dressing  
\$3.50 pp

**market salad** mixed greens, goat cheese, toasted almonds, cucumber, dried cranberries and choice of dressing  
\$3.25 pp

**penne pescadoro** penne pasta tossed in a tomato-basil sauce of capers, black olives, garlic and parmesan cheese  
\$3.25 pp

**israeli couscous salad** israeli couscous, red pepper, zucchini, summer squash and scallions  
\$3.25 pp

**summer salad** red bliss potatoes, asparagus, zucchini & sun dried tomatoes in a light lemon-herb vinaigrette  
\$3 pp

**cucumber & tomato salad** vine ripe tomatoes, European cucumbers and red onion in a red wine balsamic vinaigrette  
\$3.25 pp

### entrée salads

**asian chicken salad** romaine lettuce, grilled chicken, shredded carrots, toasted almonds, sugar snap peas, mandarin oranges, european cucumbers, wonton crisps and a ginger sesame vinaigrette  
\$8 pp

**wianno salad** fresh greens, crumbled bleu cheese, sliced pears and walnuts with a balsamic dressing  
\$7.75 pp

**bay view salad** oven roasted turkey, sharp cheddar cheese, sundried royal anne cherries and alfalfa sprouts on a bed of greens with honey-dijon dressing  
\$7.75 pp

**gourmet caesar salad** romaine lettuce, shaved parmesan cheese, croutons and a classic Caesar dressing with grilled chicken \$9.50 pp  
with grilled shrimp \$12.95 pp  
with grilled flank steak \$11.95 pp

**cape market salad** grilled chicken, goat cheese, toasted almonds, mango, cucumber, dried cranberries and mixed greens with a sherry red wine vinaigrette  
\$8.50 pp

**antipasto salad** mixed greens with prosciutto, cappicola, marinated olives, roasted peppers, provolone and mozzarella served with olive oil and balsamic vinegar  
\$9.95 pp

**grilled flank steak** sliced and served at room temperature with tomato salsa and red bliss potato salad  
\$11.95 pp

**asian beef salad** grilled marinated steak filets on a bed of fresh greens with hearts of palm, grilled mushrooms and a ginger-soy dressing  
\$11.95 pp

**shrimp salad** large shrimp, red & yellow vine-ripe tomatoes, cucumber, red peppers and scallions with a lemongrass vinaigrette  
\$12.95 pp

*boardroom lunches  
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## board room lunches

### LUNCH BUFFET

#### **pacific rim noodles with grilled chicken or shrimp**

marinated and grilled chicken or shrimp on a bed of noodles with red and green peppers, asian-cut carrots, snow peas, scallions and hoisin-ginger sauce, thai salad, sliced fruit

with grilled chicken *\$13.50 pp*

with grilled shrimp *\$15.95 pp*

#### **southwest grill**

sliced flank steak glazed with ancho-chili barbecue sauce and served with dirty rice salad, marinated grilled vegetables

*\$15.95 pp*

#### **short ribs**

braised short ribs, oven roasted yukon gold potatoes, carrots & green beans

*\$14.95 pp*

#### **mac & cheese with a twist**

home-style macaroni and cheese under a sundried tomato pesto crust served with green salad

with chicken *\$12.95 pp*

with lobster *\$17.95 pp*

#### **chicken parmesan**

tender pieces of chicken pan-fried with bread crumbs and topped with marinara sauce and parmesan served with penne pasta & caesar salad

*\$9.95 pp*

#### **harvest chicken**

boneless breasts stuffed with a dried apricot, cranberry and corn bread stuffing with an orange-champagne sauce, rice pilaf & green beans

*\$11.95 pp*

#### **chicken pomegranate**

boneless chicken breast glazed with a pomegranate sauce, red bliss potatoes, marinated vegetable salad

*\$10.95 pp*

#### **grilled tenderloin**

grilled tenderloin, sliced and served with plum tomatoes and asparagus spears, new potato salad with mustard & dill crusty rolls

*\$19.95 pp*

#### **chicken scallopini**

boneless breasts sautéed with a light sauce of lemon and herbs, oriental orzo salad & caesar salad

*\$10.95 pp*

#### **caribbean chicken**

jerk rubbed chicken breast, black bean salad & spinach salad

*\$10.95 pp*

#### **grilled salmon**

miso-lacquered salmon filets on a bed of japanese rice with scallions, toasted sesames & shiitake mushrooms served with ginger-teriyaki butter, honey & ginger carrots

*\$16.95 pp*

#### **maryland crab cakes**

twin lump crab cakes served with old bay potato wedges and roasted sweet corn and garden salad

*\$16.95 pp*





## *Information & Policies*

### ABOUT US

From humble beginnings in a tiny Centerville storefront in 1986, the Casual Gourmet stands today as Cape Cod's foremost caterer, as well as a diversified food service company with outlets across the Cape. With more than 70 years combined event experience, our professional staff will help you plan the most suitable menu for your event, be it a continental breakfast for 10 or a gala wedding for 300.

### ORDERING INFORMATION

To place an order for delivery or pick-up, call 508.775.4946.

We are open Monday through Saturday from 7am to 4 pm.

To serve as contract and confirmation of your order, please sign a copy of the invoice.

### NOTICE

We request at least two day's notice. We will make every attempt to accommodate last minute (including same-day) orders whenever possible, but selection and availability may be limited. Special items, custom orders, and orders placed during our busiest times may require additional notice. Lead times may vary for desserts.

### CANCELLATION POLICY

In the event of a cancellation, we appreciate as much notice as possible. You may cancel your drop-off or pick up order no later than 48 hours prior to the event. Orders cancelled less than 48 hours prior to the event will be charged in full, including events cancelled due to inclement weather.

### MINIMUMS

All menu items are prepared and priced for a minimum of 10 guests, unless otherwise indicated.

### PRESENTATION

Unless otherwise arranged, orders will be presented in oven-ready containers or on disposable platters. Rental equipment, china, chafing dishes etc. are available for an additional charge, and may require service staff.

### PAYMENT

We accept VISA, MasterCard and Discover. Payment arrangements must be made prior to delivery.

Visit our website at [www.thecasualgourmet.com](http://www.thecasualgourmet.com) or call 508.775.4946



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