

# Good For You Gourmet Buffet Menus for 2020



The Good For You Gourmet offers whole foods personal chef and catering services to Greater Victoria, Southern Vancouver Island and the Gulf Islands. Our Chef Laura Moore offers unique, gourmet whole foods buffet menus with a West Coast flair, and is available to assist with your special event menu planning. Below is a sample of our menus to choose from: prices are quoted individually.

To view previous special event menus and customer testimonials online, visit [www.gfyg.ca](http://www.gfyg.ca), and contact Chef Laura directly to discuss further, at 250.514.1544

The following menu plans and pricing will be honoured for the 2020/2021 Season.

Menu prices are based on the following conditions being met:

- 1) minimum 75 guests, up to 150 guests; for smaller or larger groups, or customized menus, different pricing will apply;
- 2) GST will apply to total for food, as well as a gratuity of 15-18%, (gratuity based on complexity of menu & service) with both costs included on quote, and gratuity shared amongst all catering staff based on individual performance;
- 3) GFYG fees will include some service ware supplies, including cold salad bowls and platters, chafers and serving utensil rentals required to serve the meal only. The following items require rental order unless supplied by venue or client: BBQ (if needed), guest tables and chairs, table linens and napkins for guests tables, table settings, plate-ware, cutlery or glasses, etc.. These items are often supplied by the hall or venue. However, if rentals are required, are subject to clients selection, and may vary greatly in value.
- 4) Travel fees will apply for events hosted outside of Greater Victoria, and will be based on extra distance and time required for staff to travel to and forth event. Overnight stays may be required with long distance events, and will be negotiated before contract is finalized.

## Simple West Coast Menu: \$30/per guest, plus GST & gratuity, rentals as needed

Main Proteins	Veggie & Starch Sides	Salads
<p><b>Wild Salmon Fillets</b>, in light citrus OR white wine marinade, BBQ or baked, with one sauce on the side.</p> <p>Choose One: 1) <b>Pesto</b> with Parmesan &amp; Romano (also available with goat chevre only, or dairy free); 2) Fresh Cut <b>Chipotle Salsa</b>; 3) <b>Tarragon &amp; Leek Mayonnaise</b> (organic); or 4) <b>Asian Sweet &amp; Sour</b>; or 5) <b>Thai Coconut Curry</b></p>	<p>Choice ONE: 1) <b>Rosemary Lemon Pepper, or Cumin Lime roasted Baby Potatoes</b>; OR, 2) <b>Wild rice or Brown Basmati Pilaf</b>, chock full of veggies and herbs</p> <p>Choose ONE: 3) <b>Whole Grain and White buns</b> with herb infused organic butters, OR: 4) <b>organic Spelt Focaccia</b> with Olive Oil &amp; Apple Cider/Balsamic dip</p>	<p><b>Green Queen Salad</b>, organic/ local greens, seasonal veggies, edible flowers (rose petals, lavender) and herbs, goat feta and local blueberries, with Little Creek organic dressing</p> <p>Plus ONE of the following: <b>Greek Salad</b> w/Olives; or 2) <b>Quinoa Tabbouleh</b> with Lemon Mint &amp; Olive oil dressing; OR <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon dressing</p>

May we suggest adding specific number of portions vegetarian alternatives for your vegetarian guests? See 'Additional Hot Sides' menu on page 5.

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**Menu A, Pescatarian & Vegetarian \$38/per person, plus GST & gratuity, rentals as needed**

Main Proteins	Veggie & Starch Sides	Salads
<p><b>Wild Salmon OR Cowichan Valley Trout Fillets</b>, in light marinade, BBQ or baked, with 2 sauces on the side.</p> <p>Choose 2: 1) <b>Pesto</b> with Parmesan &amp; Romano (also available with goat chevre only, or dairy free); 2) Fresh Cut <b>Chipotle Salsa</b>; 3) <b>Tarragon &amp; Leek Mayonnaise</b> (organic); or 4) <b>Asian Sweet &amp; Sour</b>; or 5) <b>Thai Coconut Curry</b></p>	<p><u>Choice ONE:</u> 1) <b>Rosemary Lemon Pepper, or Cumin Lime roasted Baby Potatoes</b>; OR, 2) <b>Wild rice or Brown Basmati Pilaf</b>, chock full of veggies and herbs</p> <p><u>Comes with any ONE:</u> 1) mix <b>Whole Grain and White buns</b> with <b>herb infused organic butters</b>, OR: 2) <b>organic Spelt Focaccia with Olive Oil &amp; Apple Cider OR Balsamic Vinegar dip</b></p>	<p><b>Green Queen Salad</b>, organic/ local greens, seasonal veggies, edible flowers (rose petals, lavender) and herbs, (mint, lemon balm, green onions), goat feta and local blueberries, with Little Creek organic dressing</p>
<p><u>Vegetarian alternative:</u> choice of 1) <b>Roasted Veggie Moroccan Chickpea Lasagna</b>, or 2) <b>BBQ Veggie &amp; Protein Kebobs</b> with tofu OR tempeh, choose an Italian or Eastern marinade</p>	<p><u>Seasonal Veg, choose ONE:</u> 1) <b>Green Beans &amp; Red Bell Pepper Julienne</b>; OR, 2) <b>Roasted Sweet Bell Pepper, Snap Pea &amp; Onion Medley</b>; or 3) <b>Vegetable Kebobs</b> with Italian or Eastern marinade</p>	<p><u>One more Salad, choice of:</u> 1) <b>Greek Salad</b> w/Olives; or 2) <b>Quinoa Tabbouleh</b> with Lemon Mint &amp; Olive oil dressing; 3) <b>Many Jewel Salad</b> (cukes, sweet bell peppers, avocado, sprouts) with Five Spice &amp; Lime Dressing; OR, 4) <b>Soba Noodle Salad</b> with Garlic Chili Lime dressing; OR, 5) <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon dressing</p>

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**Menu B, Pescatarian, Meat & Veggie, \$42/per person, plus GST & grat, rentals as needed**

Main Proteins	Veggie & Starch Sides	Salads
<p><b>Wild Salmon and/or Cowichan Valley Trout Fillets</b>, in light marinade, BBQ or baked, with 3 sauces on the side.</p> <p>Choose 3 1) <b>Pesto</b> with Parmesan &amp; Romano (also available with goat chevre only, or dairy free with cashew butter); 2) Fresh Cut <b>Chipotle Salsa</b>; 3) <b>Tarragon &amp; Leek Mayonnaise</b> (organic); or 4) <b>Dukka nut &amp; yogurt Dip</b>;</p>	<p>Choice ONE: 1) <b>Rosemary Lemon Pepper, or Sesame Lime roasted Baby Potatoes</b>; OR, 2) <b>Wild rice or Brown Basmati Pilaf</b>, loaded with veggies and herbs</p>	<p><b>Green Queen Salad</b>, organic/ local greens, seasonal veggies, edible flowers (rose petals, lavender) and herbs, (mint, lemon balm, green onions), and local blueberries, with Little Creek organic dressing</p>
<p>1) Meat Mains: choose ONE; 2) <b>1) Free-range Chicken Thighs</b>, BBQ or baked, <u>with choice of sauce</u>: 1) <b>Greek BBQ</b>; 2) <b>Italian White Wine Sauce</b>; 3) <b>Moroccan Lime</b>; <b>OR:</b> 3) <b>Moroccan Lamb &amp; Lentil Stew</b> - tomato base with apricots, exotic!</p>	<p>Choice ONE: <b>1) Whole Wheat or White Pita &amp; organic Tzatziki</b>; OR, <b>2) Sesame Nane Lavash</b>, (Persian flat bread) <b>and organic Raita</b></p>	
<p>Vegetarian alternative: choice of 1) <b>Roasted Veggie Moroccan Chickpea Lasagna</b>, or 2) <b>BBQ Veggie &amp; Protein Kebobs</b> with tofu &amp; tempeh, Italian or Moroccan marinade</p>	<p><u>Seasonal Veg, choose one</u>: 1) <b>Green Beans &amp; Red Bell Pepper Julienne</b>; OR, 2) <b>Vegetable Kebobs</b> with Italian or Moroccan marinade</p>	<p><u>One Salad, choice of</u>: 1) <b>Greek Salad</b> w/Olives; or 2) <b>Quinoa Tabbouleh</b> with Lemon Mint &amp; Olive Oil dressing; 3) <b>Many Jewel Salad</b> (cukes, sweet bell peppers, avocado, sprouts) with Five Spice &amp; Lime Dressing; OR, 4) <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon dressing</p>

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## Menu C: Lamb & Vegetarian, \$36/per person, plus GST & grat, rentals as needed

Main Proteins	Veggie & Starch Sides	Salads
<p><b>Rosemary-rubbed Leg of Lamb</b> with gravy, and one sauce: 1) honey mustard; 2) mint chutney, or 3) roasted garlic aioli; or 4) lemon pepper sauce</p>	<p>Seasonal Veggies, ANY TWO,: 1) <b>Green Beans &amp; Sweet Bell Peppers</b> oven roasted with lemon, garlic &amp; herbs; 2) <b>Baked Tomatoes</b> stuffed with choice of Buckwheat OR Wild rice Pilaf, topped with Goat Feta OR Parmesan; 3) <b>Sugar Peas &amp; Roasted Onions</b> with Mint</p>	<p><b>Green Queen Salad</b>, organic/local greens, seasonal veggies, edible flowers (rose petals, lavender) and herbs, (mint, lemon balm, green onions), choice of feta OR walnuts, and local blueberries, with Little Creek organic dressing</p>
<p><b>Vegetarian Moroccan Chickpea &amp; Roasted Zucchini Lasagna</b> with goat or cow mozzarella</p>	<p>Client's choice of one: 1) Spelt flour <b>Yorkshire Pudding</b> (great with lamb gravy); OR, 2) <b>Spelt Focaccia bread</b> with Roasted Onions, olive oil and choice of apple cider OR balsamic vinegar dip</p>	

## Menu D, Seafood and Vegetarian Menu, \$38/per person, + GST & gratuity, rentals as needed

Main Proteins	Veggie & Starch Sides	Salads
<p><b>Prawn &amp; Tarragon-stuffed Wild Salmon</b>, oven baked, with roasted nut sauce;</p> <p>OR:</p> <p><b>Baked whole Wild Salmon, and BBQ/Grilled Prawn skewers</b> with citrus &amp; herb marinade</p>	<p>Seasonal Veggies: any two,: 1) <b>Green Beans &amp; Red Bell Peppers</b>, oven roasted with lemon, garlic &amp; herbs; 2) <b>Baked Tomatoes</b> stuffed with choice of Buckwheat or Wild rice Pilaf; 3) <b>Sugar Peas &amp; Pearl Onions</b> with Mint; or 4) <b>Vegetable Kebobs</b> with Moroccan marinade</p>	<p><b>Green Queen Salad</b>, organic/local greens, seasonal veggies, edible flowers (rose petals, lavender) and herbs, (mint, lemon balm, green onions), and local blueberries, with Little Creek organic dressing</p>
<p>Second Main: choose ONE</p> <p>1) <b>Vegetarian Moussaka with Lentils or Sol Ground</b>; OR; 2) <b>Vegetarian Moroccan Chickpea &amp; Roasted Zucchini Lasagna</b> with goat or cow mozzarella</p>	<p><b>Scalloped Potatoes</b> with organic Emmenthal Cheese sauce</p> <p>Menu includes <b>mixed whole grain and white buns, organic butter.</b></p>	<p>One Salad, choice of: 1) <b>Greek Salad</b> w/Goat Feta; or 2) <b>Quinoa Tabbouleh</b> with Lemon Mint &amp; Olive oil dressing; 3) <b>Many Jewel Salad</b> (cukes, sweet bell peppers, avocado, sprouts) with Five Spice &amp; Lime Dressing; OR, 4) <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon dressing</p>

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Appetizers: priced per guest when ordered in addition to one of our menus, and assembled on platters, served hot, or cold, as indicated.	Per guest
<b>Heartless Bacon Wrapped Scallops</b> (one, or two, per serving) served hot	2.25-3.75
<b>Prusciutto-wrapped Asparagus</b> (two, or three per serving) served cold	2.75-3.5
<b>Thai Beef Cucumber Cups</b> (two or three per serving), served cold	2.65-3.50
<b>Coconut Curry Chickpea Cucumber Cups</b> (two, or three, per serving) served cold	2.50-3.25
<b>Neptune Caps</b> , organic mushrooms stuffed with cream cheese, caramelized leeks, cod and shrimp, lemon pepper (two or three per serving), served hot	2.65-3.50
<b>Wild Salmon &amp; Asparagus Sushi</b> with organic short grain brown rice, organic mayonnaise and authentic wasabi & pickled ginger, tamari for dipping (3 per serving), served chilled	3.15
<b>Smoked Organic Tofu, Avocado &amp; Carrot Sushi</b> with organic short grain brown rice, organic mayonnaise, authentic wasabi, traditional pickled ginger, tamari for dipping (3 per serving) cold	2.75
<b>Bruschetta</b> w/ripe org. tomatoes, fresh basil, raw organic garlic, org. olive oil, wh. pepper & sea salt, served hot or cold	2.75
<b>Thai Organic Peanut &amp; Turkey Skewers</b> w/Sweet Chili Sauce (2 per serving) served hot	3.25
<b>Roasted Baby Beets</b> with Cumin Lime Aioli, on skewers, BBQ or Broiled (2 skewers per serving)	2.5
<b>Spelt Pita Bread</b> with Organic Tzatziki (one per serving) served cold	2.75
<b>Spelt Naan Bread</b> with Organic Raita (one per serving) served cold	2.75

Additional Hot Sides; priced per guest/serving when ordered in addition to GFYG menu, and served hot on day of event	Per guest
<b>Spelt Focaccia Bread</b> with choice of 1) Sea Salt & Black Pepper, 2) Italian Herbs, or 3) Roasted Red Onions, OR, for an extra .50 per servings, 4) crumbled Goat Feta & Italian Herbs	\$2.15
<b>Spelt Yorkshire Pudding</b> with Mushroom Gravy (chicken OR vegetable broth base)	2.50
<b>Scalloped Potatoes</b> with organic Emmenthal Cheese sauce	3.00
<b>Green Beans</b> oven roasted with lemon, garlic & herbs	2.25
<b>Baked Tomatoes</b> stuffed w/choice of Buckwheat OR Wild rice Pilaf, topped with Feta OR Parmesan	3.00
<b>Sugar Peas &amp; Pearl Onions</b> with Mint	2.5
<b>Corn on the Cob</b> , with plain organic butter and sea salt, cobs boiled or BBQ'd	3.00
<b>Green Beans &amp; Red Bell Pepper Julienne</b> ,	2.75
<b>Vegetable Kebobs</b> with Italian or Eastern marinade	2.50
<b>Chop Suey</b> with broccoli, sweet bell peppers, onions, celery and water chestnuts	2.75

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Additional Hot Sides; priced per guest/serving when ordered in addition to GFYG menu, and served hot on day of event	Per guest
<b>Roasted Baby Potatoes</b> , choice of 1) <b>Rosemary Lemon Pepper</b> , OR, 2) <b>Cumin Lime</b>	2.25
<b>Wild rice or Brown Basmati Pilaf</b> , loaded with veggies and herbs	2.50

Kids Menu Options	Fee
<b>Macaroni, Broccoli &amp; Cheese:</b> organic wheat, Kaslos OR gluten free noodles with organic cheddar cream sauce and blanched broccoli florets, with organic ketchup	Min 12 servings for \$48, *add \$3 per each 12 servings for gluten free
<b>Org/Free-range Chicken Thighs</b> (skinless/boneless) baked or BBQ'd 'plain' w/lemon & sea salt, GF	Min 8 servings for \$32
<b>Almond-breaded Free-range/Organic Chicken Breast Fingers</b> with organic Honey BBQ sauce, GF	Min 8 servings for \$42
<b>Organic Home-fries with Organic Ketchup</b>	Min 8 servings for \$26
<b>Plain Cheese Pizza</b> available with spelt OR gluten free crust, choice of organic mozzarella, OR goat mozzarella, OR dairy free Daiya	Min 8 servings for \$45 *add \$4 per each 8 servings for gluten free version

Call today to book your FREE 20 minute consultation with Chef Laura: 250.514.1544. For more information about The Good For You Gourmet and its services, visit [www.gfyg.ca](http://www.gfyg.ca) plus download an Event Planning Worksheet, to help you organize your special day.

Be sure to view the numerous previous event menus, and customer testimonials on Facebook, [https://www.facebook.com/pg/GoodForYouGourmet/reviews/?ref=page\\_internal](https://www.facebook.com/pg/GoodForYouGourmet/reviews/?ref=page_internal),

We are located centrally in Vic West, and will be happy to service your event at its location on Southern Vancouver Island, the Gulf Islands, and the Mainland. Travel fees will apply to locations outside of the Greater Victoria area.

### Enjoy your 'Special Day' Tips

- 1) PLAN well in advance: book venue, caterer, officiant and flowers 6-12 months ahead
  - 2) Delegate as many tasks as possible, and...
  - 3) on the day of the event, TRUST those to whom you have delegated.
- Most important...Enjoy your special day!

Chef Laura, The Good For You Gourmet  
250.514.5144, [www.gfyg.ca](http://www.gfyg.ca)



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