

# Good For You Gourmet Buffet Menus for 2024



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 2024 Season.

Menu prices are based on the following conditions being met:

- 1) these prices apply to events with a minimum 75 guests and 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 12-15%, (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 provided by GFYG. However, 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, they will be subject to clients selection, and may vary greatly in value, and thus are an additional cost.

\*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: \$42/per guest, plus GST & gratuity, rentals as needed

| Main Proteins                                                                                                                                                                                                                                                                                                                           | Starch Sides                                                                                                                                                                                                                                                                                                                         | Salads                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><b>Wild Salmon Fillets</b>, in light citrus OR white wine marinade, BBQ or baked, with one sauce on the side.</p> <p><u>Select ONE:</u> 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)</p> | <p><u>Select ONE of these:</u> 1) <b>Rosemary Lemon Pepper, Baby Potatoes</b>, and <b>organic Spelt Focaccia</b> with Olive Oil &amp; Apple Cider/ Balsamic dip</p> <p>OR</p> <p>2) <b>Wild rice or Brown Basmati Pilaf</b>, chock full of veggies and herbs, and <b>Whole Grain and White buns</b> with <b>grass fed butter</b></p> | <p>Our <b>Classic 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><u>Plus ONE of these:</u> 1) <b>Greek Salad</b> w/Goat Feta &amp; Olives; OR 2) <b>Quinoa Tabbouleh</b> with Lemon Mint &amp; Olive oil dressing, Goat Feta &amp; Olives; OR 3) <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon &amp; AC Vinegar dressing</p> |

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

**Menu A, Pescatarian & Vegetarian \$50/per person, plus GST & gratuity, rentals as needed**

| Main Proteins                                                                                                                                                                                                                                                                                                                     | Starch & Veg Sides                                                                                                                                                                                                                                                                                                                  | Salads                                                                                                                                                                                                                                                                   |
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| <p><b>Wild Salmon Fillets</b>, in light citrus marinade, BBQ or baked, with choice of sauce on the side.</p> <p>Choose ONE: 1) <b>Basil Pesto</b> with Parmesan &amp; Romano (also avail with goat chevre only, or DF with cashew butter base); OR 2) Fresh Cut <b>Chermoula Sauce</b>, OR 3) <b>Tarragon &amp; Leek Mayo</b></p> | <p>Select ONE of these:</p> <p>1) <b>Rosemary Lemon Pepper, Baby Potatoes</b>, and <b>organic Spelt Focaccia</b> with Olive Oil &amp; Apple Cider/Balsamic dip</p> <p>OR</p> <p>2) <b>Wild rice or Brown Basmati Pilaf</b>, chock full of veggies and herbs, and <b>Whole Grain and White buns</b> with <b>grass fed butter</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>Vegetarian alternative: choice of 1) <b>Roasted Veggie Moroccan Chickpea Lasagna with organic Mozzarella</b>, or 2) <b>BBQ Veggie &amp; Protein Kebobs</b> with organic firm Tofu and/or Tempeh, with Italian herb, white wine &amp; garlic marinade</p>                                                                       | <p>Seasonal Side Veg, choose ONE: 1) <b>Green Beans &amp; Red Bell Pepper Julienne</b>; OR, 2) <b>Roasted Sweet Bell Pepper, Sugar Snap Pea &amp; Onion Medley</b>; or 3) <b>BBQ Vegetable Kebobs</b> with Italian herb white wine &amp; garlic marinade</p>                                                                        | <p>Plus ONE of these: 1) <b>Greek Salad</b> w/Goat Feta &amp; Olives; OR 2) <b>Quinoa Tabbouleh</b> with Lemon Mint &amp; Olive oil dressing, Goat Feta &amp; Olives; OR 3) <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon &amp; AC Vinegar dressing</p> |

# Good For You Gourmet Buffet Menus for 2024

## Menu B, Pescatarian, Meat & Veggie, \$65/per person, plus GST & grat, rentals as needed

| Main Proteins                                                                                                                                                                                                                                                                                                                     | Starch & Veg Sides                                                                                                                                                               | Salads                                                                                                                                                                                                                                                                          |
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| <p><b>Wild Salmon Fillets</b>, in light citrus marinade, BBQ or baked, with choice of sauce on the side.</p> <p>Choose ONE: 1) <b>Basil Pesto</b> with Parmesan &amp; Romano (also avail with goat chevre only, or DF with cashew butter base); OR 2) Fresh Cut <b>Chermoula Sauce</b>, OR 3) <b>Tarragon &amp; Leek Mayo</b></p> | <p>Choice ONE: 1) <b>Rosemary Lemon Pepper, or Sesame Lime roasted Baby Potatoes</b>;</p> <p>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>Meat Options:</p> <p>1) <b>Free-range Chicken Thighs</b>, BBQ or baked, <u>with choice of marinade</u>: 1) Greek BBQ; 2) Italian White Wine; 3) Moroccan Lime; OR:</p> <p>2) <b>Moroccan Lamb &amp; Lentil Stew</b> - tomato base with unsulphured dried apricots and saffron, exotic!</p>                                     | <p>Choice ONE:</p> <p><b>1) Lite Spelt Pita</b> with organic house made Tzatziki;</p> <p>OR, <b>2) Sesame Nane Lavash</b>, (Persian flat bread) and organic house made Raita</p> |                                                                                                                                                                                                                                                                                 |
| <p>Vegetarian alternative: choice of:</p> <p>1) <b>Roasted Veggie Moroccan Chickpea Lasagna</b>, or 2) BBQ <b>Veggie &amp; Protein Kebobs</b> with tofu &amp; tempeh, Italian or Moroccan marinade</p>                                                                                                                            | <p>Seasonal Veg, choose one:</p> <p>1) <b>Green Beans &amp; Red Bell Pepper Julienne</b>; OR,</p> <p>2) <b>BBQ'd Vegetable Kebobs</b> with Italian or Moroccan marinade</p>      | <p>Plus ONE of these: 1) <b>Greek Salad</b> w/Goat Feta &amp; Olives; OR</p> <p>2) <b>Quinoa Tabbouleh</b> with Lemon Mint &amp; Olive oil dressing, Goat Feta &amp; Olives; OR 3) <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon &amp; AC Vinegar dressing</p> |

# Good For You Gourmet Buffet Menus for 2024

## Menu C: Lamb & Vegetarian, \$55/per person, plus GST & grat, rentals as needed

| Main Proteins                                                                                                                                      | Veggie & Starch Sides                                                                                                                                                                                                                                                                                       | Salads                                                                                                                                                                                                                                      |
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| <b>Rosemary-rubbed Leg of Lamb</b> with gravy, and one sauce: 1) honey mustard; 2) mint chutney, 3) roasted garlic aioli; or 4) lemon pepper sauce | <u>Seasonal Veggies, ANY TWO:</u> 1) <b>Green Beans &amp; Sweet Bell Peppers</b> oven roasted with lemon, garlic & herbs; OR 2) <b>Baked Tomatoes</b> stuffed with choice of Buckwheat OR Wild rice Pilaf, topped with Goat Feta OR Parmesan; OR 3) <b>Sugar Peas &amp; Roasted Onions</b> with Mint Butter | <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 |
| <b>Vegetarian Moroccan Chickpea &amp; Roasted Zucchini Lasagna</b> with goat or organic cow mozzarella                                             | <u>Clients choice of one:</u> 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                                                                                          |                                                                                                                                                                                                                                             |

## Menu D, Seafood and Vegetarian Menu, \$63/per person, + GST & gratuity, rentals as needed

| Main Proteins                                                                                                                                                                                                         | Veggie & Starch Sides                                                                                                                                                                                                                                                                                       | Salads                                                                                                                                                                                                                                                   |
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| <b>Prawn &amp; Tarragon stuffed Wild Salmon</b> , oven baked, with roasted lemon hazelnut nut sauce<br>OR<br><b>Baked whole Wild Salmon</b> , and <b>BBQ'd or Grilled Prawn skewers</b> , with citrus & herb marinade | <u>Seasonal Veggies, ANY ONE:</u> 1) <b>Green Beans &amp; Sweet Bell Peppers</b> oven roasted with lemon, garlic & herbs; OR 2) <b>Baked Tomatoes</b> stuffed with choice of Buckwheat OR Wild rice Pilaf, topped with Goat Feta OR Parmesan; OR 3) <b>Sugar Peas &amp; Roasted Onions</b> with Mint Butter | <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<br>*GF dressing available for Celiacs   |
| <u>Second Main:</u> choose ONE<br>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                    | <b>Scalloped Potatoes</b> with organic Emmenthal Cheese sauce<br><br>*Menu includes mixed whole grain and white buns, grass-fed butter.                                                                                                                                                                     | <u>Plus ONE of these:</u> 1) <b>Greek Salad</b> w/Goat Feta & Olives; OR 2) <b>Quinoa Tabbouleh</b> with Lemon Mint & Olive oil dressing, Goat Feta & Olives; OR 3) <b>Green Bean &amp; Summer Apple Salad</b> with Honey Tarragon & AC Vinegar dressing |

## Good For You Gourmet Buffet Menus for 2024

| Appetizers: priced per guest when ordered in addition to one of our menus, and assembled on platters, served hot, or cold, as indicated.                                                                     |  | Prices pending costs update |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------|
| <b>Hertels Bacon Wrapped Scallops</b> (one, or two, per serving) served hot                                                                                                                                  |  |                             |
| <b>Pruscuitto-wrapped Asparagus</b> (two, or three per serving) served cold                                                                                                                                  |  |                             |
| <b>Thai Beef Cucumber Cups</b> (two or three per serving), served cold                                                                                                                                       |  |                             |
| <b>Coconut Curry Chickpea Cucumber Cups</b> (two, or three, per serving) served cold, vegan                                                                                                                  |  |                             |
| <b>Neptune Caps</b> , organic mushrooms stuffed with cream cheese, caramelized leeks, cod and shrimp, lemon pepper (two or three per serving), served hot *also available vegan                              |  |                             |
| <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                   |  |                             |
| <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, vegan |  |                             |
| <b>Bruschetta</b> w/ripe org. tomatoes, fresh basil, raw organic garlic, org. olive oil, wh. pepper & sea salt, served hot or cold *also available vegan                                                     |  |                             |
| <b>Thai Organic Peanut &amp; Turkey Skewers</b> w/Sweet Chili Sauce (2 per serving) served hot                                                                                                               |  |                             |
| <b>Roasted Baby Beets</b> with Cumin Lime Aioli, on skewers, BBQ or Broiled (2 skewers per serving) *also available vegan                                                                                    |  |                             |
| <b>Deville Free range/Organic Eggs</b> with Smoked Wild Salmon                                                                                                                                               |  |                             |
| <b>Spelt Pita Bread</b> with Organic Tzatziki (one per serving) served cold                                                                                                                                  |  |                             |
| <b>Spelt Naan Bread</b> with Organic Raita (one per serving) served cold                                                                                                                                     |  |                             |

| Additional Hot Sides; priced per guest/serving when ordered in addition to GFYG menu, and served hot on day of event                                                                                   |  | Minimum serving size and costs |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------|
| <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 1.00 per servings, 4) Goat Feta & Italian Herbs. *also avail vegan |  |                                |
| <b>Spelt Yorkshire Pudding</b> with Mushroom Gravy (chicken OR vegetable broth base)                                                                                                                   |  |                                |
| <b>Scalloped Potatoes</b> with organic Emmenthal Cheese sauce, *also avail vegan                                                                                                                       |  |                                |
| <b>Green Beans</b> oven roasted with lemon, garlic & herbs, vegan                                                                                                                                      |  |                                |

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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   | Minimum serving size and costs |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| <b>Baked Tomatoes</b> stuffed w/choice of Buckwheat OR Wild rice Pilaf, topped with Feta OR Parmesan *also avail vegan | Min 24 @ \$4 each              |
| <b>Sugar Peas &amp; Pearl Onions</b> with Mint butter sauce                                                            | Min 24 for \$3.25 ea           |
| <b>Corn on the Cob</b> , with grass-fed butter and sea salt, cobs boiled or BBQ'd, *avail vegan                        | Min 24, @ \$3.50 EA            |
| <b>Green Beans &amp; Red Bell Pepper Julienne</b> , with organic EVOO, vegan                                           | Min 24 @ \$3.25 ea             |
| <b>Vegetable Kebobs</b> with Italian or Eastern marinade, vegan                                                        | Min 24 @ \$3 ea                |
| <b>Rosemary roasted Baby Potatoes</b> with organic sour cream & chopped green onion                                    | Min 24 @ \$3 each              |
| <b>Wild rice OR Brown Basmati Pilaf</b> , loaded with veggies and herbs                                                | Min 24 for \$3 each            |

| Kids Menu Options                                                                                                                                                                                          | Minimum serving size & costs                                                  |
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| <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. *also avail vegan at extra cost | Min 12 servings for \$75<br>*add \$5.00 per 12 servings for GF                |
| <b>Org/Free-range Chicken Thighs</b> (skinless/boneless) baked or BBQ'd 'plain' w/lemon & sea salt, GF                                                                                                     | Min 12 servings for \$65                                                      |
| <b>Almond-breaded Free-range/Organic Chicken Breast Fingers</b> with organic Honey BBQ sauce, GF                                                                                                           | Min 8 servings for \$65                                                       |
| <b>Organic Home-fries with Organic Ketchup</b> , vegan                                                                                                                                                     | Min 8 servings for \$30                                                       |
| <b>Plain Cheese Pizza</b> available with spelt OR gluten free crust, choice of organic mozzarella, OR goat mozzarella, OR dairy free Myokos Mozza                                                          | Min 8 servings (one pizza) for \$40<br>*add \$5 per ea 8 servings gluten free |

Call today to book your FREE 20 minute event consultation with Chef Laura: call or text 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  
250.514.1544, [www.gfyg.ca](http://www.gfyg.ca)



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