

Good For You Gourmet Savory Appetizer Menu

Savory Appetizer Bites	Dietary Status
Nitrate-free Bacon Wrapped Scallops on skewers	Seafood, nitrate free pork, GF
Nitrate-free Bacon Wrapped Asparagus	Nitrate free pork, GF
Spot Prawn & Sweet Potato Pancakes with organic sweet chili sauce	Seafood, GF
Roasted Yam & Black Bean Quesadillas with whole grain tortillas, organic white cheddar, choice of mild, medium or hot salsa	Vegetarian with dairy *also available w/GF tortillas
Mussels with White Wine Sauce , herb focaccia	Seafood, wheat *also available w/GF bread
Tandoori Chickpeas with spelt Naan bread, raita	Vegetarian with dairy Wheat free, NOT GF *dairy-free yogurt available
Porcupine Poppers Italian seasoned organic/natural beef & orzo meatballs with organic BBQ dipping sauce, served with frilled picks to facilitate dipping	Natural meat, contains gluten
BBQ Baby Beet Skewers with cilantro & lime mayonnaise	Vegetarian, eggs, GF *also available vegan
Asian Potato Boats with Sake reduction	Vegetarian, dairy & gluten free
Free-range Curried Deviled Eggs	Vegetarian, eggs, GF
Thai Beef Cucumber Cups , available mild/medium/spicy	Free-range beef, GF
Coconut Curry Chickpea Cucumber Cups , available mild/medium/spicy	Vegan, GF
Neptune Caps , org. mushrooms stuffed w/ream cheese, caramelized leeks, cod and shrimp, lemon pepper	Seafood, dairy, GF
Wild Salmon & Asparagus Sushi with organic short grain brown rice, organic mayonnaise and authentic wasabi & pickled ginger, tamari for dipping	Seafood, eggs, GF *also avail. w/vegan mayo
Smoked Organic Tofu, Avocado & Carrot Sushi w/organic short grain brown rice, organic mayonnaise, authentic wasabi, traditional pickled ginger, regular or wheat free tamari for dipping	Vegetarian, eggs, GF *also available vegan
Bruschetta with ripe organic tomatoes, fresh basil, raw organic garlic, organic olive oil, white pepper & sea salt, on Wildfire or spelt focaccia	Vegan *also available GF
Thai Organic Peanut & Turkey Skewers w/Sweet Chili Sauce	Free-range poultry, nuts, GF
Rosemary Lemon Pepper, OR, Cumin Lime roasted Baby Potatoes	Vegan, GF
Free-range Chicken Skewers: choose 1) Lemon & Herb, with organic tzatziki; 2) Mediterranean with Red or White Wine & Garlic, and organic tzatziki; 3) Mexican, with agave, lime & chili glaze	Free-range poultry, GF
Thai Prawn Spring Rolls with tangy dipping sauce	Seafood, GF