

Good For You Gourmet Cocktail Party Planner Pricing & Menu Plan A & B, plus Appetizer & Dessert Menu

The following Good For You Gourmet pricing serves as a guideline for clients, as final price will be based on: 1) the foods costs and service staff required to prepare and serve the menu selected in advance of a two hour event, and 2) rentals required to serve the food; 3) any special dietary requests that must be accommodated, as well as 4) beverages ordered, and so may vary from these guidelines when priced. Travel fees will apply if event site outside of Greater Victoria, and GST and gratuity will be added to quote.

Plan A: TWO hours service time with FOUR appetizers/dessert, variable menu ratios options, prices include one hour clean up time, *travel fees will apply based on distance to and from event venue

Menu/Guests	12-20 guest	21-35 guests	36-50	51-70
50/50 Veggie & Vegan	\$35/guest plus GST & gratuity	\$34/guest plus GST & gratuity	\$32/guest plus GST & gratuity	\$30/guest plus GST & gratuity
50/50 Veggie & Meat	\$38/guest plus GST & gratuity	\$37/guest plus GST & gratuity	\$35/guest plus GST & gratuity	\$32/guest plus GST & gratuity
50/50 Veggie & Seafood	\$40/guest plus GST & gratuity	\$38/guest plus GST & gratuity	\$36/guest plus GST & gratuity	\$34/guest plus GST & gratuity
50/50 Meat & Seafood	\$42/guest plus GST & gratuity	\$40/guest plus GST & gratuity	\$38/guest plus GST & gratuity	\$36/guest plus GST & gratuity
Service: staff on site	Chef only	Chef only, or Chef and 1 Server, based on menu & service details	Chef & 1 OR 2 Servers, depends on menu & service detail	Chef & 2 OR 3 Servers, depends on menu & service detail

Plan B: TWO hours service time with SIX appetizers/desserts, variable menu ratios options, prices include one hour clean up time, *travel fees will apply based on distance to and from event venue

Menu/Guests	12-20 guest	21-35 guests	36-50	51-70
50/50 Veggie & Vegan	\$45/guest plus GST & gratuity	\$44/guest plus GST & gratuity	\$42/guest plus GST & gratuity	\$40/guest plus GST & gratuity
50/50 Veggie & Meat	\$47/guest plus GST & gratuity	\$46/guest plus GST & gratuity	\$45/guest plus GST & gratuity	\$44/guest plus GST & gratuity
50/50 Veggie & Seafood	\$48/guest plus GST & gratuity	\$47/guest plus GST & gratuity	\$46/guest plus GST & gratuity	\$45/guest plus GST & gratuity
50/50 Meat & Seafood	\$50/guest plus GST & gratuity	\$48/guest plus GST & gratuity	\$47/guest plus GST & gratuity	\$46/guest plus GST & gratuity
Service: staff on site	Chef only	Chef and one Server	Chef & 1-2 Servers, depends on menu	Chef & 2-3 Servers, depends on menu

Want food service staff on site for longer? When clients want service for longer than the two hour period plus one hour clean up, \$20/hour plus GST and gratuity per staff person for every extra hour on site is added to total.

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Vegan Appetizers
Coconut Curry Chickpea Cucumber Cups , gluten and dairy free
Smoked Organic Tofu, Avocado & Carrot Sushi w/organic short gr. brown rice, vegan mayonnaise and authentic wasabi, traditional pickled ginger, tamari for dipping. *Gluten-free Tamari available
Bruschetta w/ripe org. tomatoes, fresh basil, raw organic garlic, org. olive oil, wh. pepper & sea salt, topped with Daiya cheese just before broiling, gluten free option available
Oyster Mushrooms in smoked paprika & herb marinade, white OR whole wheat Wildfire Crostini w/ roasted garlic olive oil, vegan, gluten free option available
Roasted Baby Beets on bamboo skewers, BBQ or Broiled, w/several choices of vegan Aioli: pick one to match menu! 1) Cumin Lime Cilantro; 2) It. Herbs, Lemon & Garlic; 3) Tarragon, Lime & Leek. GF
Hot Spinach, Leek & White Bean Dip on Sourdough Croute , contains cashew butter, also avail GF

Vegetarian Appetizers
Smoked Organic Tofu, Avocado & Carrot Sushi w/organic short gr brown rice, organic egg-based mayo, authentic wasabi, traditional pickled ginger, tamari for dipping. *Gluten-free Tamari available
Bruschetta w/organic Wildfire focaccia, or GFYG house made Spelt focaccia, toasted/topped w/ripe org. tomatoes, fresh basil, raw organic garlic, org. olive oil, wh. pepper & sea salt, topped w/parmesan OR emmenthal cheese just before broiling *also avail. w/gluten-free bread, and/or vegan Daiya cheese
Roasted Baby Beets on bamboo skewers, BBQ/Broiled, w/several choices of organic egg-based Aioli: pick to match menu! 1) Cumin Lime Cilantro; 2) It. Herbs, Lemon & Garlic; 3) Tarragon, Lime & Leek.
Cheese & Cracker Platter with Caviar: Bleu, Applewood Smoked Cheddar & Goat Chevre, assorted Whole Grain Crackers, also available gluten free
Russian Grilled Veggie Skewers with Shashlyk Sauce Dip *vegan, gluten-free
House made Spelt Pita bread & organic Tzatziki served on platter w/assorted olives, not avail GF
Cheese Platter with local/seasonal/organic fruit, whole grain crackers & Wildfire Bread, GF available
Hot Spinach, Leek & Organic Sour Cream Dip on Sourdough Croute , also avail gluten/dairy free
Mini Spelt Greek Pizzas OR Calzones with red onions, organic spinach, sweet bell peppers and goat feta, topped with organic mozza
Organic Egg & Veggie Raclette Grill w/grilled assorted organic/seasonal veggies, guests select their veggies, Chef oversees cooking. *additional charge of \$65 applies when this item is selected for menu
BBQ Vegetable Kebobs on bamboo skewers, served with several choices of sauce: 1) Italian with Wine; 2) Eastern; 3) Moroccan with Lime; 4) Mediterranean Lemon & Herb
SSI Goat Chevre & Chard Dolmades: David Woods goat chevre, rolled up in blanched organic chard, chilled and served with choice of seasonal sauce: 1) Tomatillo Blueberry Salsa; OR 2) Strawberry Leek Chutney. GF

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Free-range/Organic/Unmedicated Meats
Nitrate-free Prusciutto Wrapped Asparagus , gluten free
Nitrate-free Deli Meat-wrapped Sugar Snap Peas , gluten free
Grilled Blood Sausage on Skewer w/3 Organic Mustards
Organic Chix Breast BBQ Skewers , marinated in organic Lime Juice, local Sea Salt & Mediterranean herbs, GF
Sunterra Lamb & Bacon Sliders on spelt flour Baps buns w/nitrate free bacon & organic dill pickle
Thai Beef Cucumber Cups , gluten free, contains fish sauce
Thai Organic Peanut & Turkey Skewers w/Sweet Chili Sauce, gluten free
Mini Spelt Pizzas OR Calzones: choice of 1) Meat Lovers with organic turkey peeperoni, or 2) Mexican 'Taco' style with organic ground beef, cilantro. *Pizzas topped with organic mozza.
Wild-harvested/Ocean Wise Seafood
Nitrate-free Bacon Wrapped Scallops , served hot off the BBQ or broiler, GF
Neptune Caps , organic mushrooms stuffed with cream cheese, caramelized leeks, cod and shrimp, lemon pepper. Also available dairy-free, and/or gluten free
Wild Salmon & Asparagus Sushi with organic short grain brown rice, organic mayonnaise and authentic wasabi & pickled ginger, gluten free Tamari for dipping. *Gluten-free
Seasonal Seafood Ceviche with choice of side: 1) whole grain crackers; 2) gluten-free crackers; 3) Wildfire white OR whole wheat Crostini
Ahi Tuna Poke w/Caper & Dill sauce, on white OR whole wheat Wildfire Crostini, GF available
Prawn Sushi Cones with pea sprouts, grated carrot, wasabi mayo, gluten free
BBQ Prawns bamboo skewers, choice of sauce: 1) BBQ Sauce; 2) Mexi Salsa (mild/med/hot), GF
BBQ Wild Salmon bamboo skewers, choose sauce: 1) Tarragon Lime; 2) Italian Herb & Garlic, GF

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Desserts
BBQ Organic/Seasonal Fruit Skewer served hot with dark chocolate sauce, vegan and gluten free
Vegan Organic Jell-o Jigglers , gluten free
Ginger Snap & organic Vanilla Ice Cream Sandwich: available dairy-free with coconut ice cream
Organic Lavender Shortbread Cookies
Chocolate Truffles with Goji Berry Sauce , avail regular w/organic butter, or vegan w/coconut butter
Pumpkinseed Butter Cardamom Cookies (like peanut butter cookies, only with pumpkinseed butter and cardamon instead of peanut butter and cinnamon)
Dark Chocolate-dipped Organic Strawberries (in season), vegan & gluten-free
Vegan Organic Jell-o Jigglers , gluten free
Ginger Snap & organic Vanilla Ice Cream Sandwich: available dairy-free with coconut ice cream
Chocolate Zucchini Brownies with or without walnuts, also available gluten-free and/or vegan
Dark Chocolate-dipped Energy Orbs , vegan & gluten free
Chocolate Cashew Fudge , vegan & gluten free

Beverages	
Lemonbalm-infused Ice Water with Cucumber slices	\$30/4L
Hibiscus Tea-infused Ice water with Mint Sprigs and Raspberries	\$30/4L
Fair Trade Coffee: regular, decaf, with organic milk & cream, organic sugar	\$65/30 cups
Blueberry Ginger Fizz punch , w/fruit juice ice cubes, local/seasonal fruit and edible flowers	\$45/4L
Assorted Vancouver Island Tea Factory Herbal Teas with Local Honey	\$45/30 cups
San Pellegrino with a twist of citrus: lemon, lime, grapefruit	\$25/3L

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Order Form

	Menu	Guests	GST	Grat	Total
Plan A	1)	12-20 at \$ /guest =			
	2)	21-35 at \$ /guest =			
	3)	36-50 at \$ /guest =			
	4)	51-70 at \$ /guest = Total			
Plan B	1)	12-20 at \$ /guest =			
	2)	21-35 at \$ /guest =			
	3)	36-50 at \$ /guest =			
	4)	51-70 at \$ /guest =			
	5)	Total			
	6)				
	Beverages: 1) 2) 3)				
	Travel Fee if applicable				
	Rentals if applicable				
				Total	

Call or text Chef Laura to arrange a good time for a phone call. Lets discuss the details of your event, and put a menu and quote together. 250.514.1544



**Good For You
Gourmet**

We take the work out of eating well.