

## Good For You Gourmet Multiple Day Retreat Menu & Event Planner 2022

Thanks so much for choosing Chef Laura Moore from The Good For You Gourmet to cater your multiple day retreat in 2021. Chef Laura will work with you to put together a whole foods menu and event plan, then create the grocery list, shop for all the ingredients, and prepare the food for your event with her staff, plus serve and clean up on days of service. Our quote will include a charge for creating an events service plan that includes menu and staffing required to delivery of catering services, (with fee based on event complexity) plus the cost of kitchen rental, and any rented service ware required for your unique event, if not available on event site.

Here is an outline for a Multiple Day Menu Plan which may be expanded or adjusted to suit your specific event plan, and clients may make their menu selections from any of our Master Menus. Our Chef Laura is available by calling 250.514.1544 if you have any questions when planning your menu. Prices will vary according to menu and service details, and travel fees will apply to locations outside Victoria area: lets set up a good time for a call, to discuss options.

### Day One Breakfast @ 7-9 AM

<b>Protein</b>	<b>Sides: Veg/Starch</b>	<b>Fruit/Baked Goods</b>

### Day One Lunch/Brunch @ 11 AM -1 PM

<b>Main</b>	<b>Sides: Veg/Starch</b>	<b>Dessert</b>

### Day One Afternoon Snack @ 2-4 PM

<b>Protein</b>	<b>Fruit/Baked Goods</b>

### Day One Dinner @5-7 PM

<b>Appy/Soup/Salad</b>	<b>Main</b>	<b>Sides: Veg/Starch</b>	<b>Dessert</b>

### Day Two Breakfast @ 7-9 AM

<b>Protein</b>	<b>Sides: Veg/Starch</b>	<b>Fruit/Baked Goods</b>

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Day Two Lunch/Brunch @ 11 AM - 1 PM

Main	Sides: Veg/Starch	Dessert

Day Two Afternoon Snack @ 2-4 PM

Protein	Fruit/Baked Goods

Day Two Dinner @ 5 -7 PM

Appy/Soup/Salad	Main	Sides: Veg/Starch	Dessert

Day Three Breakfast @ 7-9 AM

Protein	Sides: Veg/Starch	Fruit/Baked Goods

Day Three Lunch/Brunch @ 11 AM-1 PM

Main	Sides: Veg/Starch	Dessert

Day Three Afternoon Snack @ 2-4 PM

Protein	Fruit/Baked Goods

Day Three Dinner @ 5-7 PM

Appy/Soup/Salad	Main	Sides: Veg/Starch	Dessert

## Good For You Gourmet Multiple Day Retreat Menu & Event Planner 2022

Service Cost Summary	Fees/Costs	GST	Total
Set up Charge: plan menu, event plan, and grocery list \$200-250 (based on event complexity) plus GST			
___ x Breakfasts ___ x Lunches ___ x Afternoon Snack ___ x Dinners			
Kitchen Rental (if on site kitchen not available) Service ware rentals (of any service ware not available on site)	TBD TBD		
Travel Fee: per round trip, per staff person, if event occurring out side of Greater Victoria	TBD		
		<b>Total</b>	
		Booking Fee	\$300-500
		2nd Deposit	Amount NYK
		Remainder: due day of event	Amount NYK

To contact The Good For You Gourmet, call or text Chef Laura at 250.514.1544, or send an email to: [cheflaura@gfyg.ca](mailto:cheflaura@gfyg.ca) For more information about our business and other services we offer, visit [www.gfyg.ca](http://www.gfyg.ca), or view our event pics on Instagram, here: [good\\_for\\_you\\_gourmet](https://www.instagram.com/good_for_you_gourmet)



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**Gourmet**