

Good For You Gourmet Tapas, Appetizers, Beverage, Brunch & Salads Menu

Vegan Appetizers, most options also available gluten free

Coconut Curry Chickpea Cucumber Cups, *gluten and dairy free*

Smoked Organic Tofu, Avocado & Carrot Sushi with organic short grain 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, *GF 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*

Moroccan Hazelnut & Hemp Heart Carrot Pate garnished with grated carrot & hemp hearts, served with assorted whole grain and/or GF crackers

Roasted Pear & Walnut Pizza w/Sundried Tomato Pesto Base, w/Arugula greens
Choice of cheese: 1) organic Mozzarella, 2) goat mozza, or 3) dairy-free Myokos Mozza
Choice of crust: 4) organic spelt; 5) gluten-free

Thyme-roasted Seasonal Vegetable Terrines assembled in single serving ramekins, with vegan dairy-free cashew butter based whiskey turmeric & smoked paprika sauce,

Assorted cow dairy-free Cheese Platter, (nut cheese orb rolled in cranberry & pistachio, Myokos cheddar, and goat chèvre) with choice of whole grain, or gluten free crackers, seasonal fruit garnish

Roasted Baby Beets on bamboo skewers, BBQ or Broiled, served with several choices of vegan Aioli: pick one to match your menu! 1) Cumin Lime Cilantro; 2) Italian Herbs, Lemon & Garlic; 3) Tarragon, Lime & Leek. GF

Russian Grilled Veggie Skewers with Shashlyk Sauce Dip **vegan, gluten-free*

Hot Spinach, Leek & White Bean Dip on Sourdough Croute, dairy free & vegan with cashew butter base, **also available gluten-free*

Vegetarian Appetizers, most options also available gluten free

Smoked Organic Tofu, Avocado & Carrot Sushi with organic short grain brown rice, organic egg-based mayo, authentic wasabi, traditional pickled ginger, tamari for dipping. **GF Tamari available*

Bruschetta w/organic Wildfire focaccia, or GFYG house made Spelt focaccia, toasted and topped with ripe org. tomatoes, fresh basil, raw organic garlic, org. olive oil, wh. pepper & sea salt, topped with organic parmesan OR emmenthal cheese just before broiling **also avail. w/gluten-free bread, and/or vegan Daiya cheese*

Thyme-roasted Seasonal Vegetable Terrines assembled in single serving ramekins, w/organic butter and whip cream based whiskey turmeric & smoked paprika sauce

Moroccan Hazelnut & Hemp Heart Carrot Pate garnished with grated carrot & hemp hearts, served with assorted whole grain and/or GF crackers

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Vegetarian Appetizers , most options also available gluten free
Roasted Baby Beets on bamboo skewers, BBQ or Broiled, served w/clients choices of organic egg-based Aioli: pick one to match your menu! 1) Cumin Lime Cilantro; 2) Italian Herbs, Lemon & Garlic; 3) Tarragon, Lime & Leek.
Cheese & Cracker Platter with or without Caviar: choice of VI cheeses, or Bleu, Applewood Smoked Cheddar & Goat Chevre, assorted Whole Grain Crackers, <i>also available gluten free</i>
House made Spelt Pita bread & organic Tzatziki served on a platter with assorted olives
Cheese Platter with local/seasonal/organic fruit, whole grain crackers & Wildfire Bread, <i>GF version available</i>
Hot Spinach Dip leek & organic sour Cream inside Sourdough Croute, <i>also avail gluten-free</i>
Mini Spelt Greek Pizzas OR Calzones stuffed/topped with organic tomato sauce, roasted red onions, organic spinach, sweet bell peppers and goat feta, organic mozza
Organic Egg & Veggie Raclette Grill w/grilled assorted organic/seasonal veggies only, guests select their veggies, GFYG Chef oversees cooking.
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
Blackberry Buffalo Bocconcini & Basil Pizza with Kale Pesto Base Choice of cheese: 1) organic Mozzarella, 2) goat mozza, or 3) dairy-free Myokos Mozza Choice of crust: 4) organic spelt; 5) gluten-free
Goat Chevre & Chard Dolmades: Woolwich goat chevre, rolled up in blanched organic chard, marinated in lemon-infused olive oil, and served with choice of seasonal sauce: 1) Tomatillo Blueberry Salsa; OR 2) Strawberry Leek Chutney. GF
Free-range/Organic/Unmedicated Meats
Nitrate-free Pruscutto Wrapped Asparagus , gluten free
Nitrate-free Deli Meat-wrapped Sugar Snap Peas , gluten free
Devilleed Free-range/Organic Eggs , with Hertels Bacon Bits, gluten-free
Organic Peanut-crusted Thai Turkey Kebobs with organic Sweet Chilli Sauce
Grilled Blood Sausage on Skewer w/3 Organic Mustards for dipping
Italian *Chix Breast BBQ Skewers , marinated in white wine, local garlic Sea Salt & Mediterranean herbs, served with house made organic Tzatziki

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Free-range/Organic/Unmedicated Meats

Organic Egg & Veggie Raclette Grill w/grilled assorted organic/seasonal veggies and local/natural meats, guests select their toppings, GFYG Chef oversees cooking.

Moroccan *Chix Breast BBQ Skewers, marinated in organic Lime Juice, local Sea Salt & Eastern herbs, served with house made organic yogurt dip with preserved lemon & dill

Sunterra Lamb & Bacon Sliders on spelt flour Baps buns w/nitrate free bacon, organic romaine lettuce & organic dill pickle, mayo & mustard

Red Velvet Chocolate Lava Sliders *GFYG's entry in 2016 Flavour of Chocolate Chefs Competition at Bear Mountain, made from local Hertels ground pork stuffed w/Zazubean 'Hottie' Spicy Dark Chocolate, topped with Hertels bacon, spinach & arugula, on a spelt flour red velvet slider bun.

Free-range Beef OR Hertels Pork Sliders with Whisky BBQ sauce on Red Velvet buns, with nitrate free bacon, pickle green bean & red leaf lettuce, mayo & mustard

Thai Beef Cucumber Cups, gluten free, contains fish sauce

Organic Peanut-crusted Thai Turkey Skewers w/Sweet Chili Sauce, gluten free

Mini Spelt Pizzas OR Calzones: choice of 1) Meat Lovers with natural chicken or lamb sausage, or 2) Mexican 'Taco' style with organic ground beef, cilantro. *Pizzas topped with organic mozza.

Paleo Appies

Moroccan Hazelnut Pate with Grain-free crackers

Pemmican Stew Pots with Bone broth, Blaisins, Mint & Honey

Organic Peanut-crusted Thai Turkey Skewers w/Tamarind Honey dip

Cauliflower Tikki Patties with Cilantro Avocado chutney

Vegetable Pakoras with Tamarind & Blaisin Chutney

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

Organic Egg & Veggie Raclette Grill w/grilled assorted organic/seasonal veggies and wild caught/Ocean Wise seafood, guests select their toppings, Chef oversees cooking, requires one staff person on duty for duration of the service.

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Wild-harvested/Ocean Wise Seafood
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/Local Seafood Ceviche with choice of side: 1) whole grain crackers; 2) gluten-free crackers; 3) Wildfire white OR whole wheat Crostini
Ahi Tuna Poke diced local Ahi tuna loin tossed w/shallots, ginger, scallion, soy and sesame sauce, served w/lettuce cups, gluten free crackers, or white OR whole wheat Wildfire Crostini, GF available
Prawn Sushi Cones w/pea sprouts, grated carrot, wasabi mayo, wrapped in sushi nori, GF
BBQ Prawns Skewers, choice of dipping sauce: 1) BBQ Sauce; 2) Mexi Salsa (mild/med/hot), 3) Mediterranean Herb Aioli, GF
BBQ Wild Salmon bamboo skewers, choose sauce: 1) Tarragon Lime; 2) Italian Herb & Garlic, GF
Desserts
Chocolate Truffles with Goji Berry Sauce , avail regular w/organic butter, or vegan w/coconut butter
BBQ Organic Fruit Skewer served hot with dark chocolate sauce, vegan and gluten free
Vegan Organic Jell-o Jigglers , gluten free, also available with tequila at extra cost
Ginger Snap & organic Vanilla Ice Cream Sandwich : available dairy-free with coconut ice cream
Spelt flour Carrot Cake Cupcakes , Mini or Regular size, w/organic lime-infused Cream Cheese Icing
Spelt flour Chocolate Zucchini Cupcakes , Mini or Regular size, with choice of 1) organic butter Chocolate Ganache, or 2) Avocado Chocolate Ganache frosting
Chocolate Acai Cake square cake
Organic Lavender Shortbread Cookies
Blueberry Tart served w/Screaming Bro' DF coconut ice cream, or organic vanilla dairy ice cream
Raw frozen Mint Chocolate Mousse cake OR mini tarts, vegan, GF
Apple Rose Galette x 2 with Coconut Creme , Apricot jus reduction
Pumpkinseed Butter Cardamom Cookies (like peanut butter cookies, only with pumpkinseed butter and cardamon instead of peanut butter and cinnamon) *made with organic butter, or dairy free with Earth Balance non-gmo margarine
Pumpkinseed Butter Cardamom Cookie Ice Cream Sandwich : available paleo, with honey sweetened coconut ice cream
Dark Chocolate-dipped Organic Strawberries (in season), vegan & gluten-free

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Desserts

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, with or without 1) organic butter Chocolate Ganache, or 2) Avocado Chocolate Ganache frosting

Vegan Coconut Creme Brûlée with pistachio brittle

Alcohol-free Beverages

Lemonbalm-infused Ice Water with Cucumber slices, unsweetened

Hibiscus Tea-infused Ice water w/Mint Sprigs, Raspberries/Strawberries, agave

Blueberry Ginger Fizz punch, w/fruit juice ice cubes, local/seasonal fruit and edible flowers

San Pellegrino with a twist of citrus: lemon, lime, grapefruit

Mulled Organic Apple Cider

Dark Hot Chocolate, available vegan, or with organic milk

Brunch Ideas: put together your brunch menu using these ideas, or make a request!

Crustless GF Quinoa & Kale Quiche, with Roasted Red Bell Pepper sauce

'Bangers & Mash' all natural Village Butcher chicken and/or turkey sausages, with buttery mashed potatoes, sausage gravy on the side

Spelt flour Blueberry Pancakes, organic maple syrup and organic whip cream

Mixed Seasonal Fruit & Berry Salad, plain or with reduction of pear juice, ask for this served with organic cottage cheese and/or organic yogurt **dairy-free yogurt available*

Wildfire Bakery Goodies: organic croissants and/or pane au chocolat, with organic butter OR Earth Balance, and organic jam(s)

Assorted Muffins made with spelt flour: 1) banana chocolate with walnuts, 2) cranberry lemon poppy seed; 3) Blueberry OR Raspberry; 4) raisin bran; 5) **also available GF, and/or low glycemic*
Served with organic butter or Earth Balance, and organic jam(s)

Spelt crust Quiche, free-range/organic eggs, organic cream, and topped with organic white cheddar, Choice of fillings: 1) Smoked Salmon & Leek; 2) Hertels Ham & Peas; 3)

Scrambled Eggs & Hertels Bacon, with buttered Spelt Toast, hot sauce

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Low Carb Power Salads with Protein Toppers
Greens with Dressing choose any one
Wild Rice & Mushroom: tender shittake, sw. bell peppers, gr. onions mirin vinaigrette, ask for this with smoked tofu cubes for extra protein.
Roasted Beet & Green Bean Salad: tender beets, blanched green beans, red onions (on the side), gentle malt vinaigrette, ask for this with smoked salmon cubes for extra protein
Spinach & Mushroom Salad: organic baby spinach, organic baby portabello mushrooms, red onions (on the side), toasted hazelnuts, with Mood Maker (avocado-based), ask for this with pre-cooked organic chicken breast if desired.
Queen of Greens organic greens, seasonal veggies, edible flowers and herbs, blueberries & goat feta, with a Basil Lime dressing, hemp nuts optional
Seasonal Greens Salad with Mood Maker dressing; organic lemon juice, cold-pressed olive oil, sea salt & engevita yeast;
Snow Pea & Bean Sprout Salad with organic Peanut Ginger dressing
Cucumber Sprout, Avocado & Bell Pepper Salad with choice of: 1) Garlic Chili Flax oil & Lime dressing, or 2) Basil Lime dressing
Soba Noodle Salad, cucumber, red bell pepper, cashews with choice of dressing: 1) Lime & Garlic Chili Flax oil; or 2) Sesame Lime dressing, add chopped organic smoked tofu for extra protein
Kale Caesar Salad with organic Caesar dressing, roasted zucchini, parmesan cheese, option: add organic humus spread
Quinoa Tabbouleh with lemon, mint & olive oil dressing ~ two secret ingredients:) *option: add smoked wild salmon

For more information about these and other menu options offered through the Good For You Gourmet, visit www.gfyg.ca, call or text Chef Laura at 250.514.1544

