

## Good For You Gourmet Tapas, Appetizers & Beverage Menu

<b>Vegan Appetizers</b>
<b>Coconut Curry Chickpea Cucumber Cups</b> , gluten and dairy free
<b>Smoked Organic Tofu, Avocado &amp; Carrot Sushi</b> with organic short grain brown rice, vegan mayonnaise and authentic wasabi, traditional pickled ginger, tamari for dipping. *Gluten-free Tamari available
<b>Bruschetta</b> 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
<b>Oyster Mushrooms</b> in smoked paprika & herb marinade, white OR whole wheat Wildfire Crostini w/roasted garlic olive oil, vegan, gluten free option available
<b>Thyme-roasted Seasonal Vegetable Terrines</b> assembled in single serving ramekins, w/ dairy-free cashew butter based turmeric & smoked paprika sauce, olive oil used instead of butter
<b>Roasted Baby Beets</b> 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
<b>Hot Spinach, Leek &amp; White Bean Dip on Sourdough Croute</b> , contains cashew butter, also available gluten-free
<b>Vegetarian Appetizers</b>
<b>Smoked Organic Tofu, Avocado &amp; Carrot Sushi</b> with organic short grain brown rice, organic egg-based mayo, authentic wasabi, traditional pickled ginger, tamari for dipping. *GGF Tamari available
<b>Bruschetta</b> 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
<b>Thyme-roasted Seasonal Vegetable Terrines</b> assembled in single serving ramekins, w/ organic butter and whip cream based turmeric & smoked paprika sauce
<b>Roasted Baby Beets</b> 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.
<b>Cheese &amp; Cracker Platter</b> with Caviar: Bleu, Applewood Smoked Cheddar & Goat Chevre, assorted Whole Grain Crackers, also available gluten free
<b>Russian Grilled Veggie Skewers</b> with Shashlyk Sauce Dip *vegan, gluten-free

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<b>Vegetarian Appetizers</b>
<b>House made Spelt Pita bread &amp; organic Tzatziki</b> served on a platter with assorted olives, GF version available
<b>Cheese Platter</b> with local/seasonal/organic fruit, whole grain crackers & Wildfire Bread, GF version available
<b>Hot Spinach, Leek &amp; Organic Sour Cream Dip on Sourdough Croute</b> , also avail gluten-free/dairy free
<b>Mini Spelt Greek Pizzas OR Calzones</b> stuffed/topped with organic tomato sauce, roasted red onions, organic spinach, sweet bell peppers and goat feta, organic mozza
<b>Organic Egg &amp; Veggie Raclette Grill</b> w/grilled assorted organic/seasonal veggies only, guests select their veggies, GFYG Chef oversees cooking.
<b>BBQ Vegetable Kebobs</b> on bamboo skewers, served with several choices of sauce: 1) Italian with Wine; 2) Eastern; 3) Moroccan with Lime; 4) Mediterranean Lemon & Herb
<b>SSI Goat Chevre &amp; Chard Dolmades:</b> David Woods 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
<b>Free-range/Organic/Unmedicated Meats</b>
<b>Nitrate-free Prusciutto Wrapped Asparagus</b> , gluten free
<b>Nitrate-free Deli Meat-wrapped Sugar Snap Peas</b> , gluten free
<b>Grilled Blood Sausage</b> on Skewer w/3 Organic Mustards for dipping
<b>Italian *Chix Breast BBQ Skewers</b> , marinated in white wine, local garlic Sea Salt & Mediterranean herbs, served with house made organic Tzatziki
<b>Organic Egg &amp; Veggie Raclette Grill</b> w/grilled assorted organic/seasonal veggies and local/natural meats, guests select their toppings, GFYG Chef oversees cooking.
<b>Moroccan *Chix Breast BBQ Skewers</b> , marinated in organic Lime Juice, local Sea Salt & Eastern herbs, served with house made organic yogurt dip with preserved lemon & dill
<b>Sunterra Lamb &amp; Bacon Sliders</b> on spelt flour Baps buns w/nitrate free bacon, organic romaine lettuce & organic dill pickle, mayo & mustard

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### Free-range/Organic/Unmedicated Meats

**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** on Red Velvet buns, with nitrate free bacon, dill pickle & red leaf lettuce, mayo & mustard

**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 natural chicken or lamb sausage, 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

**Organic Egg & Veggie Raclette Grill** w/grilled assorted organic/seasonal veggies and wild caught/Ocean Wise seafood, guests select their toppings, GFYG Chef oversees cooking.

**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** diced local Ahi tuna loin tossed w/shallots, ginger, scallion, soy and sesame sauce, served w/lettuce cups, or with 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

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

Alcohol-free Beverages
<b>Lemonbalm-infused Ice Water</b> with Cucumber slices, unsweetened
<b>Hibiscus Tea-infused Ice water</b> w/Mint Sprigs, Raspberries/Strawberries, agave
<b>Blueberry Ginger Fizz punch</b> , w/fruit juice ice cubes, local/seasonal fruit and edible flowers
<b>San Pellegrino</b> with a twist of citrus: lemon, lime, grapefruit

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



Good For You  
**Gourmet**

We take the work out of eating well.