

GFYG Tapas, Appetizers, Beverages, BBQ, Brunch, Salads & Dessert Menu 2024

Vegan Appetizers , most options also available gluten free
Coconut Curry Chickpea Cucumber Cups , served chilled, 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. <i>*Gluten-free Tamari available</i>
Bruschetta w/ripe org. tomatoes, fresh basil, raw organic garlic, org. olive oil, wh. pepper & sea salt, topped with Daiya or other DF cheese (subject to market availability) then broiled and served warm, <i>GF option available</i>
Oyster Mushroom Duxelle on white OR whole wheat Wildfire Crostini w/roasted garlic olive oil, vegan, served warm, <i>gluten free option available</i>
Moroccan Hazelnut & Hemp Heart Carrot Pate garnished with grated carrot & hemp hearts, served warm or cold, w/assorted whole grain and/or GF crackers, served hot or cold
Roasted Pear & Walnut Spelt Crust Pizza w/Basil Pesto Base, w/Arugula greens, to be cooked on site, and served hot <u>Choice of cheese</u> : 1) dairy-free Myokos Mozza, or 2) Daiya cheese, subject to market availability
Thyme-roasted Seasonal Vegetable Terrines assembled in single serving ramekins, with vegan dairy-free cashew butter based whiskey & smoked paprika sauce, served hot (cooler seasonfare)
Assorted cow dairy-free Cheeze Platter , (nut cheese orb rolled in cranberry & pistachio, with Myokos & other DF cheeses, subject to market availability) with choice of whole grain, or GF 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 <i>*vegan, gluten-free</i>
Hot Spinach, Leek & White Bean Dip on Sourdough Croute , dairy free & vegan with cashew butter base, <i>*also available gluten-free</i>
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. <i>*GF Tamari available</i>
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 <i>*also avail. w/gluten-free bread, and/or vegan Daiya or other DF cheese, subject to market availability</i>

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Vegetarian Appetizers , most options also available gluten free
Organic Egg Raclette Grill Mini vegetarian omelettes w/assorted roasted organic/seasonal veggies (mushrooms, zukes, bell pepper & onions). Also choice of organic whip cream, OR dairy free, with cashew butter cream in the egg mixture. During service, guests select toppings for their own mini omelette, and a GFYG Chef oversees cooking. *requires one staff person on duty for duration of the raclette service.
Thyme-roasted Seasonal Vegetable Terrines assembled in single serving ramekins, w/organic butter and whip cream based whiskey turmeric & smoked paprika sauce (cooler season fare)
Filo-wrapped baked Brie served warm with choice of 1) caramelized leek & cranberry sauce; or 2) red pepper jelly, or 3) wild harvested Oregon Grape jelly (cooler season fare)
Moroccan Hazelnut & Hemp Heart Carrot Pate garnished with grated carrot & hemp hearts, served hot or cold, with assorted whole grain and/or GF crackers
Roasted Beets (red or golden) 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, seasonal fruit *also available gluten free
House made Spelt Pita bread & organic Tzatziki served on a platter with assorted olives
Hot Spinach Dip leek & organic sour Cream inside Sourdough Croute, also avail dairy free with cashew butter based sauce, and/or GF with Origin Bakery sourdough
Mini Spelt Greek Vegetarian Pizzas OR Calzones stuffed or topped with organic tomato sauce, roasted red onions, organic spinach, sweet bell peppers and goat feta, organic mozzarella
Spanakopita Tiropites with organic house made Tzatziki, 3.5 inch triangular spinach stuffed finger food, with organic spinach, caramelized onions, goat feta & dill
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 Spinach & Basil 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 *contains egg
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, 3) Strawberry Mint Balsamic raw coulis
Cauliflower Tikki Patties served hot, with chilled Cilantro Avocado chutney
Vegetable Pakoras served warm, with chilled Tamarind & Blaisin Chutney

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Free-range/Organic/Unmedicated Meats
Nitrate-free/natural Pruscuitto Wrapped Asparagus , gluten free
Nitrate-free/natural Deli Meat-wrapped Sugar Snap Peas , gluten free
Devilled Free-range/Organic Eggs , topped with Chives, OR Hertels OR Berryman Bacon Bits, GF
Grilled Farm & Field or Village Butcher Sausage slices on Skewer w/assorted natural Mustards for dipping
Italian Chicken Breast or Thigh meat BBQ Skewers , marinated in white wine, local garlic Sea Salt & Mediterranean herbs, served with house made organic Tzatziki, *meat sourced from F&F, or VB
Moroccan Chicken Breast or Thigh meat BBQ Skewers , marinated in Lime Juice, local Sea Salt & Eastern herbs, served w/house made organic Tzatziki with slivered red onion & dill, *meat sourced from F&F, or VB
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.
Organic Egg Raclette Grill Mini meat lovers omelettes w/assorted roasted organic/seasonal veggies, ,smoked duck breast, and two types of local sausage. Also choice of organic whip cream, OR dairy free, with cashew butter cream in the egg mixture. During service, guests select toppings for their own mini omelette, and Chef oversees cooking. *requires one staff person on duty for duration of the raclette service
Porcupine Meatball Poppers: organic/unmedicated ground meat of clients choice, (beef, lamb, venison, elk, or bison) done up in meatballs with choice of wheat based orzo, or white basmati rice mixed in, for the appearance of porcupine prickles. Easy and fun to pick up with tooth picks, served w/choice of dip: 1) Beef jus, 2) BBQ Sauce
Thai Beef Cucumber Cups , gluten free, served chilled, contains fish sauce
Organic Peanut-crusted Thai Turkey Skewers w/Sweet Chili Sauce, served hot, gluten free
Mini Spelt Meat 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, served hot or cold
Pemmican Stew Pots with Bone broth, Blaisins, Mint & Honey, served hot
Organic Peanut-crusted Thai Turkey Skewers w/Tamarind Honey dip, served hot

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Items for BBQ or Broiler
BBQ Burgers, loaded with herbs, garlic, Panko 60% whole wheat bread crumbs (GF breadcrumbs available) and free range eggs: 1) natural Lamb; 2) organic Beef; 3) free-range Turkey; 4) veggie burger Comes with all organic fixings: red leaf lettuce, sliced tomato, sliced dill pickles, <u>Organic Condiments</u>: stone ground mustard, ketchup, mayonnaise, butter or Earth Balance <u>Choice of buns</u>: 1) organic wheat; 2) 60% whole wheat kaiser; 3) gluten-free
Organic Chicken Breast Skewers, in choice of marinade: 1) organic white wine, garlic & herbs; or 2) Lemon OR Lime Juice, garlic & herbs, on bamboo skewers ADD: Spelt Flour Pita, and organic Tzatziki
Nitrate-free Bacon Wrapped Scallops, served hot off the BBQ or broiler, GF
Nitrate-free Bacon Wrapped Dates, served hot off the BBQ or broiler, GF
Wild Salmon Fillets in choice of marinade: 1) lemon juice, fresh Dill, sea salt & pepper; 2) lime juice, fresh Tarragon, sea salt & white pepper
Organic Chicken Pieces: choose thigh, leg, breast, in choice of marinade: 1) organic white wine, garlic & Italian herbs; or 2) Lemon OR Lime Juice, garlic & Italian herbs, or 3) Honey BBQ sauce
BBQ Corn on the Cob: steamed inside hull, then shucked, ends tied off and trimmed to form a handle, and served with grass fed butter, Celtic sea salt and black pepper
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
Wild-harvested/Ocean Wise Seafood
Neptune Caps, organic mushrooms stuffed with cream cheese, caramelized leeks, cod crab and shrimp, lemon pepper. Also available dairy-free, and/or gluten free
Organic Egg Raclette Grill Mini omelettes w/assorted roasted organic/seasonal veggies with local/ wild caught seafood (prawns/salmon/crab) Also choice of organic whip cream, OR dairy free, with cashew butter cream in the egg mixture. During service, guests select toppings for their own mini omelette, and a GFYG Chef oversees cooking. *requires one staff person on duty for duration of the raclette service.
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; 4) organic corn Tortilla chips

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Wild-harvested/Ocean Wise Seafood
Ahi Tuna & Wild Salmon Poke diced local Ahi tuna loin and Sockeye salmon tossed w/ginger, scallion, tamari, black sesame seeds and toasted sesame oil, served w/butter crunch lettuce cups, gluten free crackers, organic corn tortilla chips, or short grain brown rice
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
Chocolate Truffles w/Goji Berry OR Blaisin Sauce , avail regular w/organic butter, or vegan w/ coconut butter, GF
BBQ Organic Fruit Skewer served hot with dark chocolate sauce, OR apricot juice reduction, vegan and gluten free
Vegan Organic Jell-o Jigglers , gluten & dairy free, also available with tequila at extra cost
Ginger Snap & organic Vanilla Ice Cream Sandwich: avail dairy-free with coconut ice cream, not GF
Spelt flour Carrot Cake Cupcakes , Mini or Reg size, w/lime-infused organic Cream Cheese Icing
Spelt flour Chocolate Zucchini Loaf, or Cupcakes , (contains gluten butter, eggs, no other dairy) Mini or Regular size, with choice of 1) organic butter Chocolate Ganache, or 2) DF and vegan Avocado Chocolate Ganache frosting
Spelt Flour Banana Loaf or Cupcakes, with or without walnuts (contains gluten butter, eggs, no other dairy) with organic Lemon Butter Glaze, and sliced blueberries (contains butter, eggs, no other dairy)
Hazelnut Fudge Bars: vegan, not gluten free
Frozen Chocolate Acai Berry Cake square cake, gluten and dairy free
Organic Lavender Shortbread Cookies , (GF, contains butter, eggs, no other dairy)
Spelt Flour Carrot Cake Cupcakes , (contains gluten butter, eggs, no other dairy) choice of 1) organic Cream Cheese Frosting, OR 2) DF Cashew Butter Cream Cheese glaze
Organic Persian Tapioca with free range egg white Meringue, organic cream, rosewater and cardamom, GF
Blueberry Tart with butter & spelt pastry , served w/Screaming Bro' DF coconut ice cream, or organic vanilla dairy ice cream, may also be made gluten free
Raw frozen Mint Chocolate Mousse cake OR mini tarts, vegan, GF
Apple Rose Galette with Coconut Creme , Apricot jus reduction, & rose petals, vegan and GF
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, contains gluten
Pumpkinseed Butter Cardamom Cookie Ice Cream Sandwich: made with organic vanilla ice cream, and also available paleo, with honey sweetened coconut ice cream
Dark Chocolate-dipped Organic Strawberries (in season), vegan & gluten-free
Paleo Walnut Bread: with almond and coconut flour, eggs, and coconut milk, sweetened with Yacon, or Maple syrup. GF & dairy free

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Desserts
Seasonal Fruit Clafoutis Pudding , traditionally made with cream, wheat flour, cherries and eggs, the Good For You Gourmet uses organic cream, lite spelt flour and free-range eggs, and clients choice of seasonal fruit. Also available GF, and/or dairy free, with a cashew butter creme. Not available egg-free. <u>Suggested fruit</u> : cherries, plums, figs, strawberries, peaches, raspberries..
Paleo Chocolate Chunk Cookies : with almond butter, dates, almond and coconut flour, sweetened with Honey, or Agave. GF & dairy free
DF & GF Paleo Raspberry Chocolate Chip Muffins : regular size, or minis, plain, or with Cashew butter & Lime frosting
DF Spelt Flour Banana Chocolate Chip Muffins , (contains eggs, no other dairy) regular size, or minis, plain, OR with 1) DF Daiya Cream Cheeze & Lemon frosting, or 2) organic Cream Cheese & Lime Frosting
Spelt Chocolate Zucchini Brownies with or w/o walnuts, contains gluten and egg, also avail GF
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
DF Coconut Creme Brûlée with pistachio brittle, contains organic eggs and coconut milk
Alcohol-free Beverages
Citrus infused Sparkling Water with Ice: choice of grapefruit, orange, lemon and/or lime slices, or combo, unsweetened.
Lemonbalm-infused Ice Water with Cucumber slices, unsweetened
Hibiscus Iced Tea w/Mint Sprigs, Raspberries/Strawberries, sweeter with honey OR agave
Blueberry Ginger Fizz punch , w/fruit juice ice cubes, local/seasonal fruit and edible flowers
Mulled Organic Apple Cider , served hot
Dark Hot Chocolate , available vegan, or with organic milk
Hot Brunch & Lunch 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/local/free range chicken and/or turkey sausages, with buttery mashed potatoes, sausage gravy on the side, available vegan, with meatless sausage
French Toast with organic Maple Syrup, organic Whip Cream, also available vegan, with cashew butter based eggless batter, coconut creme 'whip' instead of whip cream

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Hot Brunch & Lunch Ideas: put together your brunch menu using these ideas, or make a request!
Fruit & Yogurt Smoothie Bar , with organic cow OR DF yogurt, self serve, or served by GFYG staff
Spelt flour Blueberry Pancakes , organic maple syrup and organic whip cream, also available vegan, with coconut creme 'whip' instead of 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 <i>*dairy-free yogurt available</i>
Spelt Cinnamon Buns , with organic cream cheese icing, n/a vegan or GF
Wildfire Bakery Goodies: organic croissants and/or pane au chocolat, with organic butter OR Earth Balance, and organic jam(s)
Origin Bakery GF Goodies: 100% gluten free, some other allergies/dietary options available
Assorted Muffins made with spelt flour: 1) banana chocolate with walnuts, 2) cranberry lemon poppy seed; 3) Blueberry OR Raspberry; 4) raisin bran; 5) <i>*also available GF, and/or vegan</i> 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, <u>Choice of fillings:</u> 1) 1) organic ham, caramelized shallots and white cheddar with fresh oregano; 2) smoked wild salmon & green peas with fresh dill, or 3) fresh sage & garlic seasoned mushrooms with goat feta, and fresh thyme.
Scrambled Eggs & Hertels Bacon , with buttered Spelt Sourdough OR Olive Bread Toast, hot sauce
Sandwiches & Wraps
<u>Wild Salmon Salad Wrap</u> : wild caught salmon, organic celery and mayonnaise, non-irradiated lemon pepper, fresh organic tarragon, sea salt and organic lime juice, wrapped in clients choice of 1) sprouted whole grain tortilla; 2) ancient grain tortilla; 3) 60% whole wheat tortilla; or 4) gluten-free wrap
<u>Organic Chicken Caesar Salad Wrap</u> : local/free-range/organic Chicken Breast, marinated/grilled & chopped, tossed with all natural Caesar dressing, grated organic parmesan, organic Romaine lettuce, and grated organic carrot, and wrapped in clients choice of 1) sprouted whole grain tortilla; 2) ancient grain tortilla; 3) 60% whole wheat tortilla; or 4) gluten-free wrap
<u>Organic Egg Salad on Wildfire Croissant</u> : local/free-range/organic chopped eggs, organic mayonnaise and fresh dill, non-irradiated herbs, black pepper and sea salt, with organic red leaf lettuce and sliced dill pickle, on organic Wildfire Bakery Croissant.
<u>Vegan Smoked Tofu on Rye Sandwich</u> : Salt Spring Island smoked tofu sliced, whole grain organic mustard, roasted red bell pepper humus, Alfalfa sprouts, cucumber and spinach on Wildfire Bakery Rye bread
<u>Smoked Tuna Baguette</u> : cold smoked tuna, salad greens, mustard & mayo on Fol Epi Bakery baguette

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Sandwiches & Wraps

Wild Shrimp Salad on Wildfire Whole Spelt Bread: hand peeled shrimp, organic green leaf lettuce, organic alfalfa sprouts, and organic mayonnaise, sea salt & non-irradiated black pepper *ask for this one toasted, if chef on site at your event

Vegan Smoked Tempeh, Sauerkraut & Spinach on Wildfire Olive Bread: thinly sliced Green Cuisine smoked Tempeh and slivered red onions, naturally fermented sauerkraut, organic whole grain mustard and baby spinach on Wildfire Bakery Olive bread

Low Carb Power Salads with Protein Toppers

Seasonal Greens with Dressing choose any one: 1) Mood Maker, avocado based, with engevita yeast, 2) Green Goddess, with tahini, avocado, tarragon & lime; 3) store bought Little Creek organic dressing. Vegan, or ADD grilled seasoned Beef Steak, Chicken Breast, Chicken Thigh, or Prawns

Wild Rice & Mushroom: tender shiitake, sw. bell peppers, gr. onions mirin vinaigrette, ask for this with smoked tofu cubes OR smoked Wild Salmon OR grilled Beef Steak, or Prawns for extra protein

Roasted Beet & Green Bean Salad: tender beets, blanched green beans, red onions (on the side), gentle malt vinaigrette, vegan. Ask for this with Smoked Salmon cubes OR grilled Beef Steak, Chicken Breast or Thigh, for extra protein

Spinach & Mushroom Salad: organic baby spinach, organic cremini mushrooms, red onions (on the side), and toasted hazelnuts, with Mood Maker (avocado-based). Ask for this with grilled & chilled organic chicken breast or thigh *also available vegan, with smoked tofu

Queen of Greens organic greens, seasonal veggies, edible flowers and herbs, blueberries & goat feta, with a Basil Lime dressing, hemp nuts, ADD grilled Chicken Breast, Chicken Thigh, or Prawns

Snow Pea & Bean Sprout Salad with organic Peanut Ginger dressing, vegan. ADD seasoned and grilled Beef steak, Chicken Breast, Chicken Thigh, or Prawns

Cucumber Sprout, Avocado & Bell Pepper Salad with choice of: 1) Garlic Chili Flax oil & Lime dressing, or 2) Basil Lime dressing. Vegan with cubed Smoked Tofu, or ADD seasoned & grilled Chicken Breast, Chicken Thigh, or Prawns

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. Vegan, OR ADD seasoned grilled & chilled Chicken Breast, Chicken Thigh, or Prawns

Kale Caesar Salad with organic Caesar dressing, roasted zucchini, parmesan cheese. ADD organic humus, OR grilled Beef Steak, Chicken Breast, Chicken Thigh, or Prawns

Quinoa Tabbouleh with lemon, mint & olive oil dressing ~ two secret ingredients:) *option: add smoked wild salmon, OR ADD grilled & chilled Chicken Breast, Chicken Thigh, or Prawns

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

Some considerations, if you are hosting a smaller event (less than 20 guests)

Whether a Breakfast, Lunch, Brunch or Dinner, our minimum per head charge will \$35/per guest, and goes up with smaller head counts. For smaller events with less than 30 guests, we switch to a fee plus GST and groceries fee structure, with minimum event fee of \$359 plus GST, gratuity and delivery if

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applicable. We do not currently offer pick up or drop off services: booking only full service on site events at this time.

When booking your event, please contact us two weeks in advance, and for larger events, many months in advance, to ensure availability of your event date. Also, best to know your date and time of service (start and end) and event address, plus have a good idea of your budget range in advance.

Our whole foods based, all natural catered food costs about the same as dining in a good quality high end restaurant, with the convenience of having it in your own home, or rented venue. As such, the cost per guests starts around \$35-50 per head, for a full menu service over a one to two hour services, and goes up with fancier meals are ordered (with higher cost ingredients such as seafood), and when appetizers, beverages and desserts are added. Consult with Chef Laura if you have questions about costs, or budget.

Payment options		
Interbank transfer: use this email address, cheflaura@gfyg.ca <u>Security Question:</u> What is nearest city? <u>Answer:</u> Victoria	Cheque: send to, The Good For You Gourmet c/o Chef Laura Moore #206-125 Wilson Street Victoria, B.C. V9A 6X1 *needs to be mailed at least two weeks before event	PayPal and Int'l Money Orders must be arranged at least two weeks in advance to ensure payment clears bank before event, with all bank service charges paid by client