

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

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| <p>Vegan Appetizers, most options also available gluten free</p> |
| <p>Coconut Curry Chickpea Cucumber Cups, <i>gluten and dairy free</i></p> |
| <p>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></p> |
| <p>Bruschetta w/ripe org. tomatoes, fresh basil, raw organic garlic, org. olive oil, wh. pepper & sea salt, topped with Daiya cheese just before broiling, <i>GF option available</i></p> |
| <p>Oyster Mushroom Duxelle on white OR whole wheat Wildfire Crostini w/roasted garlic olive oil, vegan, <i>gluten free option available</i></p> |
| <p>Moroccan Hazelnut & Hemp Heart Carrot Pate garnished with grated carrot & hemp hearts, served with assorted whole grain and/or GF crackers</p> |
| <p>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</p> |
| <p>Thyme-roasted Seasonal Vegetable Terrines assembled in single serving ramekins, with vegan dairy-free cashew butter based whiskey turmeric & smoked paprika sauce,</p> |
| <p>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</p> |
| <p>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</p> |
| <p>Russian Grilled Veggie Skewers with Shashlyk Sauce Dip <i>*vegan, gluten-free</i></p> |
| <p>Hot Spinach, Leek & White Bean Dip on Sourdough Croute, dairy free & vegan with cashew butter base, <i>*also available gluten-free</i></p> |
| <p>Vegetarian Appetizers, most options also available gluten free</p> |
| <p>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></p> |
| <p>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 cheese</i></p> |
| <p>Organic Egg Raclette Grill Mini 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.</p> <p>During service, guests select toppings for their own mini omelette, and Chef oversees cooking. <i>*requires one staff person on duty for duration of the raclette service.</i></p> |

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| Vegetarian Appetizers , most options also available gluten free |
| 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 |
| 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, 3) Strawberry Mint Balsamic raw coulis |
| Free-range/Organic/Unmedicated Meats |
| Nitrate-free Pruscutto Wrapped Asparagus , gluten free |
| Nitrate-free Deli Meat-wrapped Sugar Snap Peas , gluten free |
| Devilled 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 |

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| Free-range/Organic/Unmedicated Meats |
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| Italian *Chix Breast BBQ Skewers , marinated in white wine, local garlic Sea Salt & Mediterranean herbs, served with house made organic Tzatziki |
| 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. |
| Organic Egg Raclette Grill Mini 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 |
| Free-range Beef OR Hertels Pork Sliders with Whisky BBQ sauce on Red Velvet spelt buns, or whole grain/spelt flour buns, with nitrate free bacon, dill pickle or picked green beans, and red leaf lettuce, organic mayo & grainy 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 |

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| 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 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 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 |
| 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/lettuce cups, gluten free crackers, organic tortillas chips, 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 Loaf, or Cupcakes , Mini or Regular size, with choice of 1) organic butter Chocolate Ganache, or 2) Avocado Chocolate Ganache frosting |
| Spelt Flour Banana Loaf or Cupcakes , with organic Lemon Butter Glaze, and sliced blueberries |
| Hazelnut Fudge Bars: vegan |
| Frozen Chocolate Acai Berry Cake square cake, gluten and dairy free |

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| Desserts |
| Organic Lavender Shortbread Cookies |
| Spelt Flour Carrot Cake Cupcakes , choice of 1) organic Cream Cheese Frosting, OR 2) DF Cashew Butter Cream Cheese frosting. *Cupcakes are dairy free, contain organic eggs |
| Organic Persian Tapioca with free range egg white Meringue, rosewater and cardamom, GF |
| 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 with Coconut Creme , Apricot jus reduction, 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 |
| 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 |
| Paleo Walnut Bread : with almond and coconut flour, eggs, and coconut milk, sweetened with Yacon, or Maple syrup. |
| 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. |
| 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 |
| DF Coconut Creme Brûlée with pistachio brittle, contains organic eggs |
| Alcohol-free Beverages |
| Lemonbalm-infused Ice Water with Cucumber slices, unsweetened |
| Hibiscus Iced Tea w/Mint Sprigs, Raspberries/Strawberries, agave |
| Blueberry Ginger Fizz punch , w/fruit juice ice cubes, local/seasonal fruit and edible flowers |

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| Alcohol-free Beverages |
| San Pellegrino with a twist of citrus: lemon, lime, grapefruit |
| Mulled Organic Apple Cider |
| Dark Hot Chocolate , available vegan, or with organic milk |

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| 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 Village Butcher 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 |
| Fruit & Yogurt Smoothies , with organic cow OR DF yogurt |
| 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 available vegan |
| Seasonal Fruit Salad , choice of organic Cottage Cheese, organic Cow OR DF Yogurt |
| Wildfire Bakery Goodies: organic croissants and/or pane au chocolat, with organic butter OR Earth Balance, and organic jam(s) |
| Origin Bakery 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) Smoked Salmon & Leek; 2) Hertels Ham & Peas; 3) |
| Scrambled Eggs & Hertels Bacon , with buttered Spelt Toast, hot sauce |

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| Sandwiches & Wraps |
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| <p><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</p> |
| <p><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</p> |
| <p><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.</p> |
| <p><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</p> |
| <p><u>Smoked Tuna Baguette</u>: cold smoked tuna, salad greens, mustard & mayo on Fol Epi Bakery baguette</p> |
| <p><u>Wild Shrimp Salad on Wildfire Whole Spelt Bread</u>: 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</p> |
| <p><u>Vegan Smoked Tempeh, Sauerkraut & Spinach on Wildfire Olive Bread</u>: 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</p> |
| Low Carb Power Salads with Protein Toppers |
| <p>Greens with Dressing choose any one: 1) Mood Maker, avocado based, with engevita yeast, 2) Green Goddess, with tahini, avocado, tarragon & lime; 3) Little Creek organic dressing, vegan</p> |
| <p>Wild Rice & Mushroom: tender shittake, sw. bell peppers, gr. onions mirin vinaigrette, ask for this with smoked tofu cubes OR smoked Wild Salmon OR grilled Prawns for extra protein, vegan</p> |
| <p>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 Chicken Breast for extra protein</p> |
| <p>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. *also available vegan</p> |
| <p>Queen of Greens organic greens, seasonal veggies, edible flowers and herbs, blueberries & goat feta, with a Basil Lime dressing, hemp nuts optional</p> |
| <p>Seasonal Greens Salad with Mood Maker dressing; organic lemon juice, cold-pressed olive oil, sea salt & engevita yeast; vegan</p> |
| <p>Snow Pea & Bean Sprout Salad with organic Peanut Ginger dressing, vegan</p> |

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Low Carb Power Salads with Protein Toppers

Cucumber Sprout, Avocado & Bell Pepper Salad with choice of: 1) Garlic Chili Flax oil & Lime dressing, or 2) Basil Lime dressing, vegan

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

Kale Caesar Salad with organic Caesar dressing, roasted zucchini, parmesan cheese, option: add organic humus spread, also available vegan

Quinoa Tabbouleh with lemon, mint & olive oil dressing ~ two secret ingredients:) *option: add smoked wild salmon, vegan

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