

eat well

social catering

autumn / winter hors d'oeuvres

cocktail party menu

*intended for a 1 – 2 hour cocktail party
of light bites and conversation*

passed appetizers

grilled focaccia bite: with whipped goat cheese, balsamic soaked figs and crispy sage V

vegan stuffed mushrooms: sautéed spinach, sundried tomatoes & walnuts* VN GF

one bite spoonbread: roasted red pepper, green onion and fresh corn soufflé V

classic shrimp cocktail: on mini forks with cocktail sauce, presented on sliced lemon GF

Swedish chicken meatballs: in light cream sauce with parsley

smoked gouda and bacon beignets: crispy light puffs

one bite Yorkshire pudding: with braised beef shortribs and horseradish cream

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open house menu

ideal when guests will be stopping by but not staying all night, between 1- 3 hours

passed appetizers

endive petal with kalamata olive tapenade & thyme and olive oil roasted tomato VN GF

one bite BBQ jackfruit tostados: crisp corn tortilla, red cabbage and carrot slaw VN GF

smoked & fresh salmon poke: on wonton crisp with soy, sesame and jalepeno

chicken and waffles: with black pepper maple cream on prism pic

cocktail dates: blue cheese and almond stuffed bacon wrapped dates GF

Two bite cheeseburgers: with eat well special sauce, and mini pickle on housemade sesame silver dollar bun

for the table

fresh vegetable crudité GF & grilled flatbread: with spinach dip V and roasted carrot & chipotle hummous garnished with extra virgin olive oil & eat well spice VN

curried cheese torta: apricot chutney & pistachios, assorted crackers, & fresh fruit* V

whole grain mustard chicken pinwheels: with brie, roasted sweet potato, cranberry clementine compote & greens GF

assorted eat well cookies V (GF varieties available)

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dinner by the bite menu #1

heartier bites, enough for a meal

passed appetizers

tater tot 'crisp' with tofu ricotta and sweet tomato chili jam VN GF

truffled portobello mushroom quesadillas: fontina cheese, cilantro & mild ancho chili V

lobster pot pie tarts: lobster, herbs and celery root, light cream sauce, crisp one bite golden tart shell

mini blue tacos with smoked pulled chicken, guajillo & grilled pineapple salsa and avocado cilantro crèma GF

spicy tuna canape: cucumber round, sushi grade tuna, wasabi topiko, sriracha mayo, tempura crunch (or GF sesame)

for the table

bigtime hummous: classic hummous topped with chickpea salad (chickpeas, kalamata olives, tomatoes, herbs, cucumber, and olive oil) with baked pita VN and sweet potato chips VN GF

charcuterie cones: prosciutto, manchego cheese, olives, seeded flatbread cracker displayed in individual bamboo cones

mustard and apple grilled chicken skewers: with microgreens & additional vinaigrette on the side GF

steak tartine: open faced sandwich of sliced baguette, blue cheese butter, sliced seared steak, port & red onion jam, watercress microgreens

bite size desserts and cookies: seasonal selection V (GF varieties available)

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dinner by the bite menu #2

heartier bites, enough to make a meal, fork friendly

passed appetizers

mac and cheese fritters: with smoked paprika lime dipping sauce V

roasted red beet caprese: fresh mozzarella and arugula pesto V GF

one bite goetta sliders: sauerkraut, Monterey jack cheese, and thousand island on caraway seed bun with dill pickle garnish

Korean Honey butter chicken 'lollipops' GF

for the table

market board: artisanal cheeses, fresh and dried fruit, nuts, 80 acres pickled baby vegetables, sweet tomato chili jam, baguette & crackers (includes rice crackers GF)* V

autumn tart: fresh pear, bourbon onion jam, gorgonzola & parmesan cheeses V

Sumac, chili & lemon grilled shrimp: with tamarind dipping sauce GF

fall chicken panzanella salad: olive oil toasted bread, Dijon marinated grilled chicken, red grapes, roasted butternut squash, torn herbs, red wine vinaigrette (served cool)

beef and brussels: seared steak bite, roasted Brussels sprout, red onion petal, truffle balsamic vinaigrette drizzle GF

passed chocolate caramel sea salt cones: tiny pastry cones filled with caramel, chocolate truffle, dipped in chocolate and garnished with sea salt

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Bar snacks

Eat well spiced nuts: cashews, walnuts, pecans and almonds toasted with sweet and spicy flavors* V GF

Sea salt edamame passed in paper cones VN GF

Rosemary sea salt popcorn V GF

More FUN ideas

slider bar: beef, turkey, crabcake and /or lentil pecan V mini burgers (select two options)
homemade silver dollar buns and choice of toppings: ketchup, whole grain mustard, eat well special sauce, bbq sauce, sliced roma tomatoes, dill pickle slices, pickled jalepeno slices, gorgonzola cheese, white cheddar cheese, tobasco and sriracha
on freshly baked silver dollar buns

the BEST french fries

(ventilation and electricity required) served in paper cones with rose sauce

Sushi 'cones': tuna or smoked salmon in wonton cone with Asian vinaigrette, pickled ginger & wasabi mayo garnished with nori flakes

Specialty cocktail: designed by our team of expert mixologists for you & your crowd