



GROOVIN'
GOURMETS

CATERING DELIVERED



PLATTERS & TRAYS

Priced Per Person

(Minimum 24 servings)

ASSORTED CHEESE TRAY 5.00

Brie, smoked gouda, cheddar, and chèvre cheeses. Served with assorted crackers, grapes, and berries.

CRISPY VEGETABLE TRAY 2.50

Fresh cut zucchini, yellow squash, carrot, cucumber, celery, broccoli, bell peppers, and buttermilk ranch.

FRESH CUT FRUIT 2.00

Fresh cut pineapple, honeydew, cantaloupe, and grapes

SAUSAGE BOARD 5.00

Andouille, bratwurst, little smokies, pretzels, crackers, seasonal mustards, gherkins, and pickled onions.

DIPS

Priced Per Person

(Minimum 24 servings)

ROASTED RED PEPPER HUMMUS 2.50

Red pepper hummus with sesame, lemon, and garlic. Served with flatbread crackers

SPINACH & ARTICHOKE DIP 2.00

Hot and savory—shredded spinach and marinated artichokes mixed with cream cheese, Parmesan, and herbs. Served with flatbread crackers

CARAMELIZED ONION DIP 2.00

Caramelized onions and shallots, roasted garlic, balsamic reduction, cream cheese and sour cream. Served with assorted crackers.

CHESAPEAKE CRAB DIP 4.75

Jumbo lump crab baked in a creamy Parmesan sauce with a touch of sherry. Served with assorted crackers.



GROOVIN'
GOURMETS

CATERING DELIVERED



HORS D'OEUVRES

Price per serving, minimum 25 servings per choice

VEGETARIAN

TUSCAN STUFFED MUSHROOMS 2.25
Roasted tomato, feta, spinach, bread crumbs

VEGETARIAN SPRING ROLLS 2.25
Sweet chili dipping sauce

SPANAKOPITA 2.25
Spinach, feta, phyllo

ROASTED TOMATO & MOZZARELLA SKEWERS 2.25
Balsamic drizzle

HERBED CHÈVRE PEPPADEWS 2.25
Sweet peppers, goat cheese

POULTRY

CHICKEN EMPANADAS 3.00
Chipotle dipping sauce

CHICKEN SALAD PROFITEROLES 2.50
Ginger-scallion mayo, red grapes

MINI CHICKEN BISCUITS 2.50
Buttermilk biscuit, crispy chicken, hot honey, pickled red onion

FISH & SHELLFISH

PETITE CHESAPEAKE CRAB CAKES 4.25
Red pepper aioli

BACON-WRAPPED SCALLOPS 4.25
Sea scallops, applewood bacon

SHRIMP & ANDOUILLE 3.50
BBQ shrimp, roasted red pepper



GROOVIN'
GOURMETS

CATERING DELIVERED



HORS D'OEUVRES

Price per serving, minimum 25 servings per choice

MEAT

CAJUN SAUSAGE STUFFED MUSHROOMS 3.00

Andouille sausage, cheddar, roasted onions, bell peppers

SWEET CHILI MEATBALLS 3.00

Sweet chili sauce (2 per serving)

MINI B.L.T. 3.00

Prosciutto, arugula, roasted tomato, black pepper mayo

SWEET POTATO BISCUITS 2.50

Ham, Swiss cheese, apple butter

MARINATED BEEF SATAY 3.00

Soy, black garlic aioli, lime

STICKY ASIAN PORK BELLY 3.50

Hoisin glaze

Order minimums vary by day of the week and season, ranging \$500 – \$2000.

Easy Ordering By Phone: (804) 868-8900

Email: info@groovinggourmets.com

Orders must be placed & paid in full at least 3 business days in advanced.

Delivery fees, equipment & taxes not included.



GROOVIN'
GOURMETS

CATERING DELIVERED



ASSORTED SANDWICH & WRAP PLATTERS

\$9.00 per serving, add bulk sides for \$1.50 per person

SANDWICH BOXES

Every box comes with a chocolate chip cookie and your choice of side. Minimum of 50 boxes total and minimum of 10 boxes per variety. All boxes must have the same side item.

HAM & SWISS 13.50
Smoked pit ham, swiss cheese, lettuce, tomato on a sub roll

TURKEY & PROVOLONE 13.50
Roasted turkey, provolone, lettuce, tomato on a sub roll

ROAST BEEF & CHEDDAR 14.50
Roast beef, cheddar, horseradish sauce, pickled red onions, lettuce, tomato on a sub roll

CHICKEN SALAD 13.50
Signature chicken salad, shredded lettuce, tomato on a sub roll

TUNA SALAD 14.50
White albacore tuna, swiss cheese, lettuce, tomato on a sub roll

THE ITALIAN 14.50
Capicola, genoa salami, ham, provolone, lettuce, tomato, pepper relish on a sub roll

CHICKEN CAESAR WRAP 11.99

Grilled chicken breast, romaine lettuce, shaved parmesan with caesar dressing in a spinach tortilla wrap

GRILLED VEG & HUMMUS WRAP 13.50

Seasonal grilled veg, roasted garlic hummus, lettuce, tomato in a spinach tortilla wrap

Sandwiches also available on Gluten-Free Rolls (+\$0.99 per person)

ALL BOXES INCLUDE CHOICE OF SIDE: A 2ND SIDE IS AVAILABLE FOR AN ADDITIONAL \$1.00 PER PERSON

Kettle Chips
Fresh Whole Fruit
Mediterranean Couscous
Southwest Quinoa Salad

SINGLE SERVE SALAD 8.99

GARDEN

Tomato, cucumber, mixed greens, carrot

CAESAR

Romaine, shaved parmesan, garlic croutons

Add chicken 3.99



GROOVIN'
GOURMETS

CATERING DELIVERED



SALADS

Prices are for Small and Large. Small serves 10,
Large serves 20

CAESAR 24.99/44.99

Romaine Lettuce with Shaved Parmesan, Garlic
Croutons, Caesar Dressing

GRANNY APPLE 24.99/44.99

Chopped Greens, Granny Smith Apple, Cashews,
Shredded Mozzarella, Poppy Seed Vinaigrette

GARDEN 24.99/44.99

Mixed Greens, Cucumber, Tomato, Carrot,
Buttermilk Ranch

ADD PROTEIN TO ANY SALAD

Grilled Chicken 9.99/19.99

Grilled Steak 14.99/29.99

Sautéed Shrimp 19.99/39.99

DESSERTS

Priced Per Piece, minimum 24. Must be in increments
of 6.

ASSORTED COOKIES 2.00

Double chocolate, chocolate chip, oatmeal raisin,
sugar, white chocolate cranberry

HOMEMADE BROWNIES 2.75

Our rich chocolate house made brownies

PECAN BLONDIES 1.75

Chocolate chips and brown sugar

MINI CUPCAKES 2.00

Vanilla cake with vanilla frosting

BEVERAGES

Priced Per Piece

BOTTLED WATER AND SODAS 1.50

16 oz Bottled Water

12 oz cans of Coca-Cola, Diet Coke, Ginger Ale,
Sprite

GROOVIN' ICED TEA 2.00

16 oz, Sweetened or Unsweetened

GROOVIN' LEMONADE 2.50

16 oz, Made with fresh lemon juice, sugar



GROOVIN'
GOURMETS

CATERING DELIVERED



BREAKFAST PACKAGES

Priced Per Serving, minimum 24 servings

ROCKETT'S FUEL 13.00

Scrambled eggs, home fries, applewood smoked bacon or sage sausage links, fresh cut fruit

MORNING IN MANCHESTER 10.00

Yogurt bar, greek yogurt, strawberries, honey granola, apple cinnamon overnight oats

CONTINENTAL BREAKFAST 10.00

Assorted scones, muffins, breakfast breads, with fruit preserves and fresh cut fruit

BREAKFAST SANDWICHES

Priced Per Serving, 24 each per order minimum

CHOICE OF BREADS

Wheat bagel, buttermilk biscuit, English muffin. All sandwiches served on same type of bread

SAUSAGE, EGG, AND CHEESE 8.00

BACON, EGG, AND CHEESE 8.00

EGG AND CHEESE 7.00

VEGGIE BREAKFAST WRAP 7.00

EGG CASSEROLES

Priced Per Order, serves 15-20 people

BACON, EGG, CHEESE, TEXAS TOAST 60.00

SAUSAGE, EGG, CHEESE, TEXAS TOAST 60.00

ROASTED VEG, FETA, SPINACH, TEXAS TOAST 55.00

MEAT LOVERS, TEXAS TOAST 70.00

HASH BROWN, SOUR CREAM, CHEDDAR 55.00

A LA CARTE PACKAGES

Serves 24

BREAKFAST BREAD TRAY 75.00

BAGEL TRAY 60.00

ASSORTED YOGURTS WITH GRANOLA 75.00

FRESH CUT FRUIT BOWL 50.00

HOME FRIES 50.00

WARM HONEY ROASTED FIJI APPLES 60.00

APPLEWOOD SMOKED BACON 75.00

(3pc per person)

SAGE SAUSAGE LINKS 75.00

(2 links per person, can sub with chicken sausage)

WHITE CHEDDAR SCRAMBLED EGGS 75.00

(Available without cheese)

VEGAN BREAKFAST

Priced Per Person

OVERNIGHT OATS 7.00

Mango, toasted coconut

VEGAN BREAKFAST HASH 8.00

Potatoes, kale, tofu, black beans, pickled red onions



GROOVIN'
GOURMETS

CATERING DELIVERED



BUFFET ENTRÉES

*Priced Per Serving, minimum 24 servings per choice
(Sides served à la carte)*

SMOKED PORK LOIN Honey dijon glazed	10.00
PULLED PORK House smoked BBQ, mixed with Sweet BBQ sauce	10.00
CHIMI FLANK STEAK Sliced flank steak with chimichurri	13.00
CHAR-GRILLED PETITE BEEF TENDER Sherry mushroom demi	13.00
SZECHUAN GLAZED SALMON ponzu glaze, cilantro	14.00
SALSA CHICKEN Mild salsa and colby jack cheese	10.00
PESTO PASTA BAKE WITH CHICKEN Topped with mozzarella	10.00
CHICKEN BRUSCHETTA Tomato, basil, feta	11.00
EGGPLANT PARM CASSEROLE Topped with mozzarella	10.00
SEASONAL SQUASH BAKE	9.00

BUFFET SIDES

Priced Per Serving, minimum 24 servings per choice
\$2.50 Per Serving

SOUTHERN STYLE GREEN BEANS
ROASTED BROCCOLI
SAUTEED GREEN BEANS WITH ROASTED TOMATOES
SEASONAL VEGETABLE MEDLEY
BAKED BEANS
PETITE ROLLS BASTED IN HONEY BUTTER
WILD RICE
HERB ROASTED POTATOES
GARLIC MASHED POTATOES
SAFFRON RICE
SMOKED GOUDA MAC & CHEESE