



**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.



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## HORS D'OEUVRES

Price per piece, minimum 25 pieces per selection

### VEGETARIAN

TUSCAN STUFFED MUSHROOMS Roasted tomato, feta, spinach, bread crumbs	2.25
VEGETARIAN SPRING ROLLS Sweet chili dipping sauce	2.25
SPANAKOPITA Spinach, feta, phyllo	2.25
ROASTED TOMATO & MOZZARELLA SKEWERS Balsamic drizzle	2.25
HERBED CHÈVRE PEPPADEWS Sweet peppers, goat cheese	2.25

### POULTRY

CHICKEN EMPANADAS Chipotle dipping sauce	3.00
CHICKEN SALAD PROFITEROLES Ginger-scallion mayo, red grapes	2.50
MINI CHICKEN BISCUITS Buttermilk biscuit, crispy chicken, hot honey, pickled red onion	2.50

### FISH & SHELLFISH

PETITE CHESAPEAKE CRAB CAKES Red pepper aioli	4.25
BACON-WRAPPED SCALLOPS Sea scallops, applewood bacon	4.25
SHRIMP & ANDOUILLE BBQ shrimp, roasted red pepper	3.50



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## 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	
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@groovingourmets.com](mailto:info@groovingourmets.com)*

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

*Delivery fees, equipment & taxes not included.*



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## 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



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## 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



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## 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



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## 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