



BERNWOOD
CATERING CO.
239.777.5137

Healthy & Fresh Menu

BernwoodCatering.com

- Full Service Catering • Event & Menu Planning • Passed Butler Appetizers • Beverage Services • Equipment Rentals • Staffing
- Table Rentals • Venues Indoor & Outdoor Catering: Pick-up / Drop-offs / Drop-off & Set-ups / Full Service Catering

DISPLAY APPETIZERS

Mirrored Premium Cheese and Fresh Fruit Display

Mirror display arrangement of Imported Cheeses, Cold Meats, Fresh Fruit, Roasted Vegetables and Garni

Fresh Vegetable Crudité

Artistic mirror arrangement of Fresh Vegetables with House-made Poppy Seed and Ranch Dips

Baked Tortilla Chip and Salsa Table

Four house-made Chips artistically arranged in levels, towers, and bowls, served with an assortment of house-made Salsas and Guacamole

Mediterranean Recipe Display

Artistic presentation of Lemon and Roasted Garlic Hummus, Baba Ganoush and Seasoned Baked Pita Chips

SMALL PLATE / BUTLER APPETIZERS

Chicken Skewers - Pepper, Onion, Mushroom, and Tomato with Lemon and Herb drizzle on Brown Rice

Shrimp Skewers with Lemon and Herb drizzle on Brown Rice

Quinoa Stuffed Mushrooms with Roasted Peppers, Spinach and Provolone Cheese

Tequila Lime Cilantro Shrimp Martinis

Tuna with Pineapple, Teriyaki, Habanero Glazed

Roasted Portabella Flatbread - Feta, Fresh Spinach, Tomatoes, and Basil

Hawaiian Chicken Kabobs - Pineapples, Peppers, Tomatoes, and Mushrooms

Ceviche Shooters (Choose from Crab, Shrimp, Scallop or Medley)

Belgian Endive stuffed with Smoked Salmon Cream Cheese & Balsamic Drizzle

Apricot Soy Glazed Chicken Satay

Fresh Buffalo Mozzarella Balls and Tomato Skewers with Basil & Evo

SALADS

Fresh Seasonal Fruit Salad Plates

Persian Salad: Cucumbers, Onions, Herbs, Feta Cheese and Citrus

Roasted Root Veggie Salad: Turnips, Carrots, and Beets

Spinach and Strawberry Salad: Served with an Orange Citrus Vinaigrette

Broccoli Salad: Broccoli florets, Carrots and Cranberries with Island Slaw Dressing

Chickpea Salad: with Tomatoes and Cucumber with a Mediterranean Feta Dressing

Arugula and Pear Salad: Candied Walnuts, Craisins, Mango Chardonnay Dressing and Poppy Seed Dressing

Mediterranean Couscous Salad: Tomato, Red Onion, Cucumber, and Lemon-Mint-Feta Dressing

Quinoa and Spinach Salad: with Roasted veggies

Seasonal Field Greens Salad: Greens tossed with Tomato, Cucumbers and Red Onions & Dressings

Sliced Marinated Chicken & Caprese Salad: Sliced Marinated Chicken Breast, Sliced tomatoes, & fresh Mozzarella slices with Basil

Classic Tuna Nicoise Salad: Seared Tuna, Potatoes, Green Beans, Corn, Olives, Tomatoes and Hard Boiled Egg, with Avocado Yogurt Cream Dressing

HOUSE MADE DRESSINGS

Mango Chardonnay

Poppy Seed

Orange Citrus Vinaigrette

Toasted Sesame Honey Key Lime

Lemon Vinaigrette

Mediterranean Feta

Avocado-Citrus Yogurt

Evo and Red Wine Vinaigrette

Raspberry Vinaigrette

Bacon and Onion

Caesar

Served display style, buffet, plated or on-the-go

These items are merely recommendations for your event. Each menu is customizable to fit your specific needs and desires. It's our mission to meet and exceed your event expectations.

PERSONAL CHEF • CATERING • CORPORATE • WEDDINGS • CELEBRATIONS • OFFICE & FAMILY MEAL PLANS



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VEGETABLE ENTREES

Served with Wheat Penne (or any pasta choice)

- Garlic and Evo Pasta Primavera: with Roasted Garden Vegetables
- Vodka Sauce Pasta Primavera: with Roasted Garden Vegetables
- Pesto Pasta Primavera: with Roasted Garden Vegetable

CHICKEN ENTREES

- Marinated Grilled Chicken Breast: served with Tomato, Basil, and Fresh Mozzarella in a Balsamic reduction
- Chicken Piccata: sautéed in a Capers and Lemon Wine Sauce
- Chicken Florentine: Lightly Panko Crusted Chicken Cutlets, Fresh Spinach in a Lemon, and Wine Sauce topped with Pecorino Romano Cheese
- Chicken Scaloppini: sautéed Breast Medallions with Peppers, Onions, and Mushrooms in Evo topped with a Fresh Roma Light Tomato and Basil Sauce
- Roasted Butternut Squash and Chicken Casserole
- Grilled Chicken Breast Medallions: with Roasted Corn Mango and Black Bean Salsa

SEAFOOD ENTREES

- Grilled Atlantic Salmon: served with Yogurt Dill Sauce
- Seafood Piccata: Lobster, Shrimp, Crab, and Scallops in a Lemon White Wine Sauce
- Seafood Pescatori: Lobster, Shrimp, Scallops, Clams and Mussels in a White or Red Sauce
- Seafood Fra Diabolo: Lobster, Shrimp, Scallops, Clams and Mussels in a Spicy Marinara (Mild or Hot)
- Grilled Grouper Oreganato: with Lemon and Herbs
- Baked White Fish: served with Braised Collard Greens

PORK ENTREES

- Herb Rubbed Pork Loin: served with Sautéed Apples
- Pork Cutlet Milanese: Lightly Panko Crusted Florentine style topped with Herbs, Fresh Spinach, Lemon and Romano Cheese

BEEF ENTREES

- Beef Tenderloin Skewers: skewered with Peppers, Onions, Cherry Tomato, and Button Mushroom, served with a Cucumber and Avocado Cream Drizzle
- Beef Tenderloin: served with Fluted Mushroom, Horsey Mustard Sauce and Wild Mushroom Au Jus (Also Available as a Chef Attended Carving Station)

SIDES

- Tropical Rice and Vegetable Pilaf
- Fresh Vegetable Medley with Garden Herbs
- Roasted Asparagus with Sea Salt and Cracked Pepper
- Broccoli and Cauliflower Polonaise
- Sautéed Mushrooms and Onions
- Roasted Sweet Potatoes with Garlic, Sea Salt, and Cracked Black Pepper
- Lemon Minted Couscous
- Brown Rice Pilaf
- Quinoa Pilaf with Mushrooms
- Roasted Beets with Orange Citrus, Cracked Pepper, and Sea Salt

DESSERTS

- Wild Berry Compote
- Poached Pears with Cinnamon Glaze
- Fresh Fruit Skewers with Honey Basil Yogurt
- House-made Apple Crisp (light crumbs)
- Yogurt and Fresh Berry Parfait served with house-made Granola Topping
- Fresh Fruit Cups
- Custom Made Celebratory Healthier Option Sheet and Tier Cakes

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