



**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 APPERTIZERS

**Mirrored Premium Cheese and Fresh Fruit Display**

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

**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 and 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 - 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

### 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

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