

# *Eat Your Heart Out Caterers Special Event Menu*

*Chef Sean Dailey*

*(508) 548-0250*

*info@eatyourheartoutcaterers.com*

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## *Hot Hors D'oeuvres*

*Crème Fraiche Gouda & Leek Tartlet  
with Smoked Gouda Cheese Topped with Sea Scallop*

*\$180*

*Sea Scallops Wrapped In Bacon*

*\$170*

*Spinach & Jonah Crabmeat Holl & Bell Pepper Stuffing in Jumbo Mushrooms*

*\$150*

*Jonah Lump Crab Cakes with Citrus Zest Aioli*

*\$170*

*Jumbo Grilled Shrimp Marinated with Spicy Sirach Sauce*

*\$180*

*Shrimp Panary Red Curry & Basil, Sautéed Leeks & Coconut Cream  
Wrapped in Spring Rolls*

*\$170*

*Wild Mushrooms Duxelle in Phyllo Triangles*

*\$150*

*Tenderloin O Beef on Crustini with Roasted Leek Puree & Blue Cheese*

*\$170*

*Grilled Asparagus with Shaved Cheese & Prosciutto  
With Roasted Red Peppers Wrapped in Phyllo*

*\$140*

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## *Hot Hors D'oeuvres continued...*

*Cashew Arugula Pesto Lollipop New Zealand Lamb Chop*

*\$260*

*Boneless Breaded Chicken Tenders with Assorted Sauces*

*\$120*

*Fig & Ash Aged Goat Cheese with Truffle Honey on Crustini*

*\$135*

*Hoisin Glazed Marinated Flank Steak Skewers with Crispy Basil Confit*

*\$145*

*Tamari Chicken, Saucy Cabbage & Carrot Spring Roll*

*\$135*

*Jumbo Shrimp Dredged in Coconut with Ginger Crème Fraiche*

*\$160*

*Pan Seared Jumbo Sea Scallop Topped with Roasted Pear & Vanilla Bean Puree*

*\$175*

*Salmon Satay Marinated in Champagne Mustard & Encrusted with Pine Nut Bread Crumbs,  
Topped with Basil Crème Fraiche*

*\$145*

*Grilled Chicken Satay with Hazelnut Arugula Pesto*

*\$150*

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## *Hot Hors D'oeuvres continued...*

*Truffle White Bean Puree with Crispy Pancetta Topped with Stilton Bleu Cheese*

*\$125*

*Zucchini Egg Rolls with Herbed Goat Cheese & Red Pepper*

*\$110*

*Mini Sliders with Caramelized Onion & Fig Relish Topped with Bleu Cheese*

*\$145*

*Shrimp Panang Marinated in Spicy Ground Chili Paste with Sautéed Leeks & Coconut Cream*

*Pinwheel Mushroom Risotto, Seasoned with Chardonnay,*

*Parmesan Cheese & White Truffle Oil*

*Lobster & Béchamel Sauce with Tarragon in Triangle Filo*

*Peking Duck Roll with Crisp Vegetables Mixed with Hoisin, Pineapple Ginger Sauce*

*Coconut Chicken Skewers with Mango Aioli*

*Brie en Croute with Spicy Walnuts & Raspberry Drizzle*

*Lobster & Shrimp Empanadas with Cheddar Jalapeno Dough, Black Beans, Corn,*

*Onions, Peppers, Cheese & Spiced Herbs*

*50 pieces per tray*

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## *Cold Hors D'oeuvres*

*Jumbo Gulf Shrimp with Cocktail Sauce & Lemon Wedge*

*\$180*

*Little Neck Clams on the Half Shell*

*\$150*

*Seasonal Oysters on the Half Shell*

*\$150*

*Farmers Market Crudités with Buttermilk Dressing*

*\$160*

*Red & Yellow Tomato Bruschetta on Garlic Toast Points*

*Topped with Basil & Fresh Mozzarella Cheese*

*\$165*

*Ahi Tuna with Crystallized Ginger, Toasted Pine Nuts and Mint*

*\$180*

*Cold Tenderloin O Beef*

*with Horseradish Scallion Spread & Roasted Pepper on Rye*

*\$160*

*South Seas Sliced Island Fruit Display*

*with Fresh Sliced Fruits & Wild Berries*

*\$160*

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## *Cold Hors D'oeuvres continued...*

*Imported & Domestic Cheeses from Around the World  
Served with Crackers & Rustic Breads with Dried Fruits & Nuts  
\$170*

*South Seas Island Fruit and Domestic Cheese Display  
Served with Crackers and Rustic Breads  
\$200*

*Grilled Farmers Market Crudités with Zucchini, Squash, Portobello's, Eggplant,  
Assorted Bell Peppers & Asparagus with Buttermilk Dressing  
\$160*

*Smoked Salmon & Horseradish Scallion Spread on Rye Triangles  
\$140*

*Smoked Salmon Platter with Red Onions, Capers, Eggs with Crustini  
\$175*

*Teardrop Tomato & Baby Mozzarella Skewers with Chiffonade of  
Basil & Balsamic Drizzle  
\$135*

*Antipasto Platter  
Prosciutto Di Parma, Cappicollo, Pepperoni, Roasted Red Peppers, Artichoke Hearts,  
Olives & Garden Vegetables with Assorted Italian Cheeses  
\$250*

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## *Cold Hors D'oeuvres continued...*

*Lollipop, Blue Cheese, Mission & Turkish Figs,  
Dates Encrusted in Toasted Almonds*

*Vegetable Summer Roll with Red, Yellow & Green Pepper, Purple Cabbage, Carrot,  
Thai Basil, Cilantro, Mint & Soy Sauce*

*Shrimp Summer Roll with Red, Green & Yellow Pepper,  
Thai Basil, Cilantro, Mint & Soy Sau*

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## *Garden Fresh Salads*

*Classic Caesar Salad with Hearts of Romaine Lettuce Tossed with a Creamy Dressing Topped with Parmesan Curls & Buttered Garlic Croutons*

*Baby Spinach with Caramelized Onions, Domestic Mushrooms, Great Hill Bleu Cheese, Grape Tomatoes, & Maple Pecans*

*Mixed Field Greens with Bermuda Onions, Baby Carrots, European Cucumber & Grape Tomatoes with Balsamic Vinaigrette*

*Red & Yellow Vine Ripe Tomatoes with Fresh Mozzarella & Chiffonade of Basil Dressed in Extra Virgin Olive Oil & Garlic Toast Points*

*Jonah Crab & Asparagus Salad with Boston Bibb lettuce, Toasted Garlic Bread Crumbs tossed with Basil Dijon Vinaigrette*

*Sonoma Salad with Mixed Greens & Belgian Endive with Mandarin Oranges, Craisins, & Chopped Walnuts with a Sweet Vinaigrette*

*Summer Tomato & Avocado Salad with Fresh Mint, Sweet Onion, & Crumbled Feta*

*Endive with Beets, Golden Raisins, Golden Delicious Apples & Cumin Spiced Walnuts*

*Crab, Mango, & Cucumber Salad*

*Orecchiette & Roasted Butternut Squash with Honey Ginger Dressing & Dried Cranberries*

*Orzo Primavera Salad with Sliced Radish, Carrots, Peas, Asparagus, & Zucchini with Caramelized Onion*

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## *Seafood*

*Georges Bank Codfish Dusted with Panko Bread Crumbs & Sea Salt*

*Paella with Mahogany Clams, Gulf Shrimp, Sea Scallops, Salmon, Grilled Chicken Fresh Peas  
& Grilled Chorizo on Saffron Rice*

*Butter Poached Lazy Lobster Tail & Claw with Sherry Cream*

*Crabmeat Stuffed Filet of Sole topped with Ginger Honey Beurre Blanc*

*Grilled Salmon Filet with Roasted Macadamia Nuts with a Mango Pineapple & Cilantro Salsa*

*Swordfish Ala Martha, topped with a Roasted Garlic & Tarragon Aioli*

*Baked Sea Scallops Picatta Limone*

*Shrimp Scampi with Roasted Sweet Red & Yellow Tomatoes, Basil, & Myer Lemon Zest  
Topped with Shaved Parmesan*

*Fennel Pollen Dusted Halibut with a Roasted Tomato & Cippolini  
Onion Veloute*

*Cod Fish with Baby Shrimp & Lobster Newberg*

*Salmon Filet Encrusted with Black & White Sesame Seeds with a Wasabi  
Cream Sauce*

*Grilled Swordfish with Capers & White Anchovy Aioli*

*Sea Scallops with Ginger Red Pepper & Shitake Mushrooms Topped with Marlin Orange  
Chevre Veloute*

*Grilled Swordfish with Orange Fennel Salsa*

*Grilled Mahi Mahi with Pineapple BBQ & Sweet Onions*

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## *Poultry & Pork*

*Free Range Chicken with Artichoke Hearts, Sun dried Tomatoes Domestic Mushrooms  
in a Lemon Herb Sauce*

*Roasted Free Range Hen with a Tarragon Vinegar Dijon Sauce*

*Free Range Chicken Tenderloin Marsala with Domestic Mushrooms Flashed i  
n a Sweet Madeira Wine Herb Sauce*

*Grilled Free Range Chicken Breast with Roasted Red Peppers, Shitake, Mushrooms Prosciutto,  
& Herbs topped with Pan Dripping Sauce*

*Free Range Chicken Tenderloin Piccata with Portabella, Shitake & Domestic Mushrooms  
Flashed with Chardonnay, Myer Lemon Juice & Capers*

*Free Range Chicken Tenderloins with Three Herb Butter Sauce*

*Honey Dijon Herb Encrusted Loin of Pork with Vidalia Onion Sauce*

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## *Beef*

*Roast Blue Ribbon Choice Prime Rib with Horseradish Sauce*

*Angus Fed Choice Filet Mignon Grilled with Roquefort Sauce or Demi-Glaze*

*Angus Fed Choice Marinated Grilled 12 oz Sirloin Steak*

*Marinated Garlic & Ginger Flank Steak with Hoisin Sauce*

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## *Starches & Vegetables*

*Pecan Toasted Wild Rice*

*Rice Pilaf*

*Whipped Yukon Gold Potatoes*

*Roasted Garlic Red Bliss Potatoes with Rosemary*

*Goat Cheese Truffled Mashed Potatoes*

*Buttermilk Mashed Potatoes*

*Bleu Cheese Mashed Potatoes*

*Roasted Fingerling Potatoes with Shallots & Herbs*

*Creamy Parmesan Polenta*

*Sweet Potato Mashed*

*Sweet Potato with Granny Smith Apples & Smoked Bacon Hash*

*Italian Creamy Risotto with Chive & Truffle Oil*

*Couscous*

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## *Starches & Vegetables continued...*

*Vegetable Medley*

*Wild Mushroom Ragout*

*Grilled Asparagus with Lemon*

*Garlicky Green Beans*

*Roasted Root Vegetable Medley*

*Sugar Snap Peas with Toasted Almonds*

*Roasted Brussels Sprouts*

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## *Chefs Specialty Stations & Dinners*

### *The Hunt Club*

*Signature Blue Ribbon Angus Prime Rib with Horseradish*

*Yukon Gold Whipped Potatoes*

*Two Jumbo Stuffed Shrimp*

*Garden Fresh Assorted Vegetables*

*Classic Creamy Caesar Salad with Garlic Croutons*

*Assortment of Breads & Rolls*

*\$45*

### *The Japanese Collection*

*Prepared Fresh, Elegantly Displayed with a Variety of rolls*

*Including: California Rolls, Tuna Rolls, Salmon Rolls, Cucumber*

*Rolls, Vegetable Rolls. Accompanied with Wasabi,*

*Soy Sauce & Pickled Ginger*

### *The Italian Collection*

*Featuring Fresh Made Local Pasta*

*Lobster Ravioli with Sherry Cream and Chive*

*Cheese Stuffed Raviolis with Toasted Pine Nuts Pesto*

*Penne Pasta with Roma Tomato Basil Marinara Topped with Parmesan Cheese*

*Fettuccini Alfredo tossed with heavy Cream and Pecorino Cheese*

*Smoked Salmon Lasagna with Fresh Vegetables and Imported Cheeses*

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## *Chefs Specialty Stations & Dinners continued...*

### *The Carving Station*

*Tenderloin of Beef*

*Roast Loin of Pork*

*Marinated Ginger Flank Steak*

*Vermont Maple Roast Turkey*

*Roast Leg of Lamb*

*Nodines Smokehouse Hams*

*All Meals Accompanied with Sauces*

### *The Island BBQ*

*Slow Roasted Barbeque Pulled Pork*

*Marinated Lime Cilantro Free Range Chicken Breasts*

*Sweet Molasses Navy Beans*

*Pineapple Cabbage Slaw*

*Coconut Rice with Scallions*

*Corn Griddle Cakes*

*Jumbo Seedless Watermelon*

*\$32*

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## *Holiday Parties*

### *Cinco De Mayo*

*Gazpacho*

*Carne Asada (traditional Mexican tacos)*

*Mexican Chicken Rollups with Lime, Cilantro, Tequila (Soaked Chicken in Flour Tortillas)*

*Mexicali Spicy Shrimp with Salsa Fresca Cream Fraiche*

*Guacamole & Salsa with Chips*

*Black Beans with Toasted Corn, Red Onion, & Pequillo Peppers*

*Mini Key Lime Pies*

*\$31.95 per person*

### *Memorial Day - Kick off the Summer*

*Mini Sliders with Caramelized Fig & Onion Relish with Bleu Cheese*

*Marinated Ginger Chicken Breasts*

*Jumbo Grilled Hot Dogs with all the Fixins*

*Red, White, & Blue Potato Salad with Dijon, Mayonnaise, Celery & Applewood*

*Smoked Bacon*

*Pasta Salad with Assorted Veggies in Vinaigrette*

*Strawberry & Blueberry Cobbler with Whip Cream*

*\$30.00 per person*

### *Fourth of July*

*Angus Fed Hamburgers*

*Jumbo Hot Dogs*

*Fried Chicken*

*Avocado & Peach Salad*

*Red, White, & Blue Classic Potato Salad*

*Mixed Green Salad with Vidalia Onion Dressing*

*Apple Crisp*

*\$33.00 per person*

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### *Italian Selection*

*Traditional Meat, Vegetarian, or Smoked Salmon Lasagne  
with Béchamel Ricotta Sauce*

*Penne Primavera, Grilled Asparagus, Zucchini, Peas, Sweet Onions, Roma Tomatoes,  
in a Roasted Red Pepper Cream Sauce*

*Farfalle Pasta, Oven Roasted Sweet 100 Tomatoes, Shitake & Baby Bella Mushrooms,  
Crumbled Sweet Sausage in Roasted Garlic Cream*

*Braised Short Ribs Bolognese over Pappardelle*

*Manicotti Stuffed with Three Herb Ricotta & Smoked Mozzarella*

*Grilled Chicken, Broccoli Rabe and Pancetta in a Lemon Thyme Herb Sauce  
with Shaved Asiago*

*Shrimp Carbonara with Sweet Peas, Pancetta, Parmesan Cheese*

*Three Cheese Ravioli with Marinara & Basil*

*Orecchiette with Lobster, Pesto, Ricotta, Sugar Snap Peas & Roasted Red Peppers*

*Fusilli with Spinach, Lardons of Bacon, & Goat Cheese*

*Linguini with White/Red Clam Sauce, Fresh Chevril & Myer Lemon Zest*

*Traditional Shrimp Scampi, Red & Yellow Tomatoes, & Chiffonade of Basil in Lemon Butter*

*Lobster Ravioli with Shaved Parmesan Cheese in a Sherry Cream Sauce*

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### *BBQ Menu*

*Mediterranean Burgers with Rocket Roasted Red Pepper Hummus & Chili Ketchup*

*Niman Ranch Pulled Pork with Sticky BBQ or Mustard Apple Cider Vinegar BBQ*

*Sirloin Burgers with Assorted Toppings, Bacon, Onions, Tomato, Lettuce, & Pickle*

*Lamb Burgers with Cucumber Sauce & Roasted Red Peppers*

*Grilled Spice BBQ Baby Back Ribs*

*Grilled 1/2 Chicken with Fresh Herbs, & Orange Glaze BBQ*

*Whiskey Soaked Grilled Rib Eye with Sweet Corn, Vidalia Onion, & Sweet Tomato Concasse*

*Grilled Vanilla Pork Tenderloin with Cumin Crust & Mango Chipolte Salsa*

*Grilled Pork Chops with Chili Maple Glaze Topped with Apple & Banana Chutney*

*Grilled Pork Chops & Papaya Mango Mint Mojo*

*Thai Style Grilled Chicken Breasts with Sweet & Spicy Sour Sauce*

*Grilled Chicken with Tequila Lime Cilantro Coconut Baste*

*Grilled Chicken with Peach Glaze*

*Grilled Tube Steaks with all the Fixins*

*Sweet or Mild Sausage with all the Fixins*

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### *New England Style Clambake*

*1 1/4 Lb Maine Lobster*

*Steamed Native Clams in Beer Broth*

*Roasted Garlic Herb Potatoes*

*Grilled Barbeque Free Range Chicken Breasts*

*Native Sweet Buttered Corn*

*New England Creamy Clam Chowder*

*Fresh Garden Greens with Vinaigrette*

*Hot Lemon Scented Towel*

*\$44*

### *Traditional BBQ*

*New England Clam Chowder*

*Fresh Ground Angus Chuck Burgers*

*Grilled Barbeque Free Range Chicken Breasts*

*Red Bliss Potato Salad*

*Pasta and Veggie Salad*

*Fresh Garden Greens with Vinaigrette*

*Native Sweet Buttered Corn*

*\$29*