



Phone 804-868-8900
www.groovingourmets.com

Our Groovin' Menu Selections: Build Your Own Bars, Comfort Food, Budget Meals, South of the Border, Pasta

Please inform us of any dietary restrictions or preferences at the time you place your order. Our meals are served family style.

If you or someone else in your party is allergic to nuts, please inform us. We use various nuts in several menu items, it's imperative we are aware of these allergies to ensure the proper menu selection.

 Indicates can be made **VEGETARIAN**.

Our Groovin' Menu Selections: Bars: Build Your Own

Minimum of 10 servings.

<p>Taco: Beef or Chicken</p>	<p>Seasoned beef or chicken with shredded lettuce, tomatoes, cheese, salsa & sour cream. Taco shells and soft tortillas are included. <i>Choose 2 of the following sides: Spanish rice, refried beans, black bean salad, or lime-dusted chips & salsa (.50 extra).</i></p>	<p>7.50</p>
<p>Steak Fajita</p>	<p>Soft flour tortillas with seasoned grilled steak, sauteed peppers and onions, with sour cream, salsa and cheddar cheese. <i>Choose 2 of the following sides: Spanish rice, refried beans, black bean salad, or lime-dusted chips & salsa (.50 extra).</i></p>	<p>8.75</p>
<p>Chicken Fajita</p>	<p>Soft flour tortillas with seasoned grilled chicken, sauteed peppers and onions, with sour cream, salsa and cheddar cheese. <i>Choose 2 of the following sides: Spanish rice, refried beans, black bean salad, or lime-dusted</i></p>	<p>7.95</p>

chips & salsa (.50 extra).

Baked Potato Load your own baked potato with bacon bits, sour cream, **3.95**
chili, cheese, steamed brocolli and cheddar sauce.

Add guacamole to Taco or Fajita Bar for 7.99/Pint.

Prices subject to change without notice. Menu subject to availability. Delivery fees & taxes not included.

Our way of saying thanks for making us your caterer. Earn 5% back on your purchases. See details on ["Ordering Info"](#) page.

Our Groovin' Menu Selections: Budget Menu

When you're in a \$ crunch, we can still do lunch...

Paper products are included.

Only available in small pans (serves 10) and large pan (serves 20). Prices are per guest.

Shepherd's Pie Comfort food at it's best. Ground beef and fresh **5.95**
vegetables with herbs, layered with creamy mashed
potatoes and topped with melted cheddar cheese, rolls
and tea.

Fettucine Alfredo 🌿 Flat noodle pasta in our homemade traditional alfredo **7.70**
sauce. Served with roll and house salad.

Sesame Noodles with Chicken 🌿 Thin pasta noodles with sliced chicken, red and yellow **7.70**
peppers and red onion in sesame sauce. Comes with a
roll, tea.

Baked Ziti 🌿 Baked penne pasta tossed in housemade marinara or **8.25**
meat sauce with cheddar and mozzarella. Comes with
garden salad, roll and tea.

🌿 Ask about our [Budget Specials of the Week!](#)

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Our Groovin' Menu Selections: Comfort Foods

Comes with 2 sides.

Chicken BBQ	Our signature chicken Bbq - just right - not too saucy, not too sweet. Minimum 10.	7.20
Pork BBQ	Different from our chicken bbq. Slow cooked overnight and blended with our Carolina style bbq sauce. Minimum 10.	7.20
Meatloaf	Mmmm Good. Bring on the mashed potatoes and green beans. Served with our own special sauce.	6.70
Chicken Cacciatore	Boneless chicken breasts smothered under seasoned marinara with sautéed peppers.	7.70
Pork Loin with Apple Ginger Chutney	Roasted and sliced pork loin topped with housemade apple ginger chutney.	8.70
Pork Grillades	Tender scallopini of pork loin pan seared and served with white wine pan sauce, onions and tomatoes.	7.70
Shepherd's Pie	Sticks to your ribs! Ground beef and fresh vegetables with herbs layerd with creamy mashed potatoes topped with melted cheddar cheese.	7.45
Chicken 'n Dumplings	The definition of comfort food. Tender slow cooked chicken, roasted onions and fluffy dumplings simmered in a peppery broth.	7.45
Fried Pork with Apples	Pan-fried pork chops with caramelized onions and apples.	7.70
Grilled Chicken with Lemon Butter	Grilled chicken breast with our home-made lemon and herb flavored butter sauce.	7.70
Marsala	Pan sautéed chicken breast and Marsala wine sauce with mushroom, tomato and capers.	8.70
Asian Chicken	12-spice marinated chicken breasts grilled and served with pineapple-raisin chutney.	8.70

Cordon Bleu	Classic breaded chicken breast stuffed with ham and swiss cheese.	8.70
Corn Bread Stuffed Chicken	A Groovin original - Pan-seared chicken breast stuffed with cornbread and andouille sausage and topped with red eye gravy.	10.70
Grilled Chicken with Parmasean Cream Sauce	Grilled chicken breast with our delicious parmesan cream sauce.	8.20
Chicken Saltimbocca	An Italian classic, seared chicken breast stuffed with Prosciutto, provolone and sage with shallot brown sauce. Try it with garlic mashed potatoes and green beans.	11.70
Sun Dried Tomato Chicken	Sundried tomato and pesto-cream sauce over grilled chicken. A delicious combination.	8.70
Ginger Mango Chicken	Carribbean style Mon! Grilled chicken with sweet and tangy mango-ginger-cream sauce.	7.70
Grilled Chicken Breast - 6oz	Diet friendly, plain grilled chicken breast.	7.70
Herb Roasted Boneless Chicken	Boneless chicken breast roasted with fresh herbs.	7.70
Grilled Chicken with Apple Ginger Chutney	Pineapple, apples, ginger, raisins and spices.	7.70
Risotto-Stuffed Chicken Breast	Pan sauteed breasts stuffed with risotto, sun-dried tomatoes, spinach, mushrooms topped with a brown sauce.	10.70
<p>Want to keep your food hotter, longer? No problem. We can provide chafers.</p> <p>Prices subject to change without notice. Menu subject to availability. Delivery fees & taxes not included.</p> <p>Our way of saying thanks for making us your caterer. Earn 5% back on your purchases. See details on "Ordering Info" page.</p>		

Our Groovin' Menu Selections: Pasta		
(Relax, the carb thing is over!) Served with a fresh baked roll.		
Spaghetti 	Baked spaghetti in home made meat or marinara	4.70

	sauce topped with blended cheeses. Serves 10 to 20.	
Lasagna	Sicilian style with home made meat sauce, ricotta and fresh pasta topped w/ blended cheeses. Serves 9 or 18.	5.70
Roasted Veggie Lasagna, Red 🌿	Grilled zucchini, eggplant, onions and yellow squash layered with marinara and ricotta. Serves 9 or 18.	6.70
Spinach & Ricotta Lasagna, White 🌿	Seasoned spinach with ricotta layered with white sauce and fresh pasta. Topped with cheese and herbs. Serves 9 or 18.	6.70
Chicken Parmesan	Lightly pan fried chicken breasts with melted cheeses with a side of spaghetti & marinara.	6.70
Sun-dried Tomato Pesto Chicken 🌿	Penne pasta in parmesan-pesto cream sauce with grilled chicken and julienned sun-dried tomatoes.	5.70
Chicken Pasta Broccoli Alfredo 🌿	Penne pasta in our housemade alfredo sauce with freshly blanched broccoli.	5.70
Baked Ziti 🌿	Baked penne pasta tossed in our meat sauce with cheddar and mozzarella. Serves 10 or 20.	4.70
Extra Sauce?	For those who like your pasta loaded with extra meat sauce or marinara. 24oz. microwaveable container.	8.70
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Our Groovin' Menu Selections: South of Texas		
Choose 2 of the following sides: Spanish rice, refried beans, black bean salad, or lime-dusted chips & salsa (.50 extra).		
Southwest Chicken Lasagna	Layers of flour tortillas and shredded chicken with diced chiles in our creamy enchilada sauce. Serves 9 or 18.	7.70

Enchiladas - Beef, Chicken or Veggie 🌱

Beef Enchiladas with Salsa Rojo: topped with our red chipotle salsa, **Chicken Enchiladas** with Salsa Verde or **Veggie Enchiladas** with green chili salsa. * Includes sour cream. **8.70**

Quesadillas - Chicken & Cheese, Cheese, BBQ Chicken or Black Bean

Four different styles made with Monterey Jack and cheddar cheese. * Includes sour cream. **7.70**

** Includes salsa. Hot sauce upon request.*

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