



Phone 804-868-8900
www.groovingourmets.com

Our Groovin' Menu Selections:

Please inform us of any dietary restrictions or preferences at the time you place your order.

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.

hors d'oeuvres - Hot: Menu items are in 25 piece increments unless otherwise noted

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- **Bacon Wrapped Scallops with Bourbon-Citrus Glaze \$54.95**
Sweet sea scallops wrapped in crispy bacon made even better by our orange and bourbon sauce.
- **Bacon Wrapped Shrimp with Garlic-Chile Sauce \$68.50**
Plump shrimp wrapped in crispy bacon with a creamy garlic and chile dip on the side.
- **Barbequed Beef Sliders with Pepperjack Cheese \$68.95**
Thin sliced marinated flank steak with southwest BBQ sauce, caramelized onions and pepperjack cheese.
- **Black Bean Cakes with Sofrito Salsa \$29.95**
Vegetarian spiced black bean cakes topped with a blend of peppers, onions, tomatoes, garlic and cilantro.
- **Blackened Chicken Skewers w/ Creole Sauce \$28.95**
Seared cajun spiced chicken tempered with a hearty onion, pepper, celery and tomato sauce.
- **Blue Cheese Stuffed Mushrooms \$46.95**
Roasted mushrooms stuffed with an exotic mushroom and blue cheese medley.
- **Buffalo Chicken Wings \$41.95**
Jumbo chicken wings in a traditional buffalo sauce served with blue cheese dressing, carrot and celery sticks on the side.
- **Caribbean Jerk Skewered Pork with Ginger Mango Dipping Sauce \$39.95**

An island-inspired favorite over our original creamy mango dip.

- **Chesapeake Crab Dip with Crackers \$68.75**
With a dash of sherry and an assortment of crackers.
- **Chesapeake Jack Quesadillas \$72.95**
Crab, peppers, onions and pepperjack cheese grilled crisp in flour tortillas.
- **Chicken Cheesesteak Sliders \$68.95**
Shaved spiced chicken breast, monterey jack cheese and caramelized onions on petite rolls.
- **Chicken Piccata Bites \$31.95**
Seasoned seared chicken bathed in lemon, white wine and garlic.
- **Chicken Potstickers with Ponzu Dipping Sauce \$43.50**
Chinese dumplings stuffed with chicken and vegetables, with a citrus soy sauce on the side.
- **Chipotle Chicken Quesadilla Rolls \$32.95**
Smoky-spicy blend of chicken and cheese rolled in flour tortillas.
- **Chorizo and Queso Dip \$47.50**
Southwestern cheese and sausage dip with crispy lime tortilla chips.
- **Coconut Fried Shrimp with Hot Chile Sauce \$55.95**
Plump golden brown shrimp covered in coconut with a sweet chile dipping sauce.
- **Corn and Basil Fritters with Red Curry \$26.95**
Sweet corn fritters infused with fresh basil and topped with an aromatic curry coconut sauce.
- **Crawfish Boil Potato Cups with Crawfish, Corn and Cheese \$53.50**
A whole New Orleans crawfish boil packed into one bite!
- **Fried Oysters on Crackers with Tartar Sauce \$69.50**
For the oyster lovers. Simply delicious.
- **Golden Chicken Tenders w/ Creole Mustard, Red Pepper Mayo or SW BBQ \$45.95**
All white meat chicken strips served with your choice of dipping sauce.
- **Grilled Chile Lime Beef Satays \$62.50**
Tender skewered beef glazed with garlic, ginger, crushed red pepper and fresh lime.
- **Hawaiian Meatballs \$11.95**
Cocktail meatballs in a pineapple sweet and sour sauce.
- **Herb Roasted Potato, Beef Tender & Braised Carrot Brochette \$55.95**
Red bliss potato, slow cooked beef and tender carrot skewered and sauced with a red wine glaze.
- **Lemongrass Shrimp Cakes with Hot Mustard \$53.95**
Ground shrimp, garlic and a hint of lemongrass pan seared in panko bread crumbs and served with spicy mustard sauce.
- **Margarita Chicken Skewers \$28.95**
Tequila-lime marinated chicken breast in a tangy tomatillo sauce.
- **Meatballs, Italian \$10.95**
Cocktail meatballs in marinara sauce.
- **Mini Beef and Herbed Ricotta Calzones with Marinara \$43.50**

Ground beef, garlic, onion and ricotta stuffed inside a buttery crust. Served with marinara sauce.

- **Mini Cubano Sandwiches \$68.95**

Havana Daydreamin'! Our house rolls stuffed with thin-sliced pork loin, ham, swiss cheese, pickle and whole grain mustard.

- **Miniature Crab and Basil Focaccias \$68.95**

Grilled flatbread topped with blue crab in a swiss cheese sauce and garnished with red onion marmalade.

- **Mushroom Stuffed with Bacon, Cheddar and Horseradish \$51.95**

Plump mushroom caps full of a flavorful blend of bacon and cheese, with just a hint of horseradish.

- **Oregano Spiked Sausage and Ricotta Puffs \$42.95**

Perfectly seasoned sausage and ricotta filling inside buttery puff pastry.

- **Oysters Rockefeller Baked On The Half Shell \$81.95**

Groovin's version of the classic with bacon, spinach, seasoned panko bread crumbs and a touch of cream.

- **Pepper Grilled Scallops with Green Curry Coconut Sauce \$65.95**

Large sea scallops grilled with fresh cracked pepper, served in a pool of mildly spicy Thai sauce.

- **Petite Chesapeake Crab Cakes with Cajun Remoulade \$45.95**

Fresh Old Bay spiced crab with shallots and celery made extra tasty by a Big Easy staple.

- **Petite Salmon Cakes with Roasted Tomato Salsa \$36.50**

Southern specialty topped with our delicious oven roasted tomatoes and onions.

- **Plantain Tostones with Mojo Sauce \$26.95**

Fried and pressed green plantains topped with a citrus garlic sauce.

- **Pork Potstickers with Sweet and Sour Pineapple Dipping Sauce \$43.50**

Tender pork and vegetable Chinese dumplings perfected with pineapple.

- **Red Beans and Rice Cakes Topped with Andouille Sausage \$34.50**

A New Orleans classic made bite size!

- **Southwest BBQ Chicken Wings \$41.95**

Jumbo chicken wings roasted in a smoked jalapeno barbeque sauce. Served with ranch dressing and carrot and celery sticks on the side.

- **Southwest BBQ Meatballs \$10.95**

Cocktail meatballs dressed in chipotle barbecue sauce.

- **Spicy Chicken Empanadas \$43.50**

Shredded chicken, green chiles and cheese stuffed into a buttery turnover.

- **Spinach & Artichoke Dip \$55.95**

Creamy Party Favorite! With grilled flatbread wedges on the side.

- **Spinach and Feta Phyllo Strudel with Tsadziki Sauce \$34.95**

Spinach, feta and garlic wrapped in flaky phyllo dough with a cucumber-sour cream dip.

- **Teriyaki Chicken Wings \$41.95**

Jumbo chicken wings in an oriental spice and teriyaki glaze. Served with carrot and celery sticks on the side.

- **Turkey Sausage Balls in Spicy Vodka Sauce \$12.50**

Groovin's hand rolled spiced ground turkey in our spicy vodka red tomato sauce.

- **Vegetable Spring Rolls \$24.95**

Light and refreshing- vegetables wrapped in a crispy shell. Served with a sweet chile dipping sauce.

- **Wild Mushroom Strudel With Saffron Aioli \$34.95**

Wild mushroom medley and herbed cream cheese rolled in puff pastry. Topped with a garlicky saffron mayo.

hors d'oeuvres - Cold: Menu items are in 25 piece increments unless otherwise noted

- **Ambrosia Salad Skewers \$53.95**

Strawberry, orange and pineapple skewer on a bed of coconut with chantilly cream for dipping.

- **Apple Rosemary Struedels with Cheddar \$38.95**

Flaky puff pastry wrapped around a slightly sweet granny apple filling scented with rosemary. Finished with a thin slice of melted cheddar on top.

- **Antipasto Platter \$92.95**

A selection of provolone, fresh mozzarella, prosciutto, genoa salami, spicy capicola, pepperoni and marinated olives served with herb grilled flatbread.

- **Artichoke and Cheese Stuffed Profiteroles \$57.95**

Chunks of artichoke and herbed cheese in pastry puffs.

- **Assorted Cheese Tray - Large - Import/Domestic (serves up to 40) \$79.95**

A wonderful selection of Brie, Smoked Gouda, Cheddar, Chevre, Blue and Boursin Cheeses with crackers, grapes, nuts and berries.

- **Assorted Cheese Tray - Small - Import/Domestic \$49.95**

A wonderful selection of Brie, Smoked Gouda, Cheddar, Chevre, Blue and Boursin Cheeses with crackers, grapes, nuts and berries.

- **Assorted Spiral Wraps \$48.75**

Combination of wraps rolled together in flour tortillas with greek dressing for an extra kick.

- **Assorted Vegetable Sushi with All the Trimmings \$24.95**

House made sushi with wasabi, pickled ginger and soy.

- **Beer Boiled Old Bay Cocktail Shrimp \$46.50**

Shrimp cocktail done right. Served with smoked tomato cocktail sauce.

- **Blackened Center Cut Pork Loin Display \$68.50**

Carved thin over braised cabbage, onions, and peppers with cajun mustard and cornbread wedges. 3 oz. per person.

- **Blackened Pork Tenderloin on Cornbread Rounds and Cajun Mustard \$37.95**
Juicy spiced pork tenderloin medallions on our sweet cornbread topped with a dollop of sweet pepper mustard.
- **Brown Sugar Grilled Pork Tenderloin Display \$79.50**
Medallions of tender pork over roasted granny apples, grilled onions and dried cranberries with a cherry balsamic drizzle.
- **Bruschetta Bar \$54.95**
Herbed crostinis with whipped feta, mediterranean tomato salsa, and a marinated artichoke relish.
- **Cashew Crusted Blue Cheese Grape Poppers \$31.25**
Plump seedless red grapes encased in blue cheese and rolled in cashews.
- **Chicken Salad with Grapes and Toasted Almonds on Bread Rounds \$34.75**
Our house gingered chicken salad with sliced red grapes and toasted almond slices on a bite sized baguette round.
- **Cilantro Shrimp Salad Canapes \$53.95**
Mexican inspired shrimp salad served in mini tortilla cups.
- **Cinnamon Roasted Beet Skewers \$26.95**
Fresh beets. slow braised with cinnamon, clove and allspice-served neatly on petite skewers.
- **Country Ham Biscuits with Brown Sugar Dijon Butter \$42.95**
Shaved Virginia country ham with a sweet whipped dijon butter. Served on silver dollar rolls.
- **Crab Salad with Mango Salsa \$69.50**
Fresh crab lightly sauced in a lime cream topped with fresh mango-red pepper salsa in mini tortilla cups.
- **Crisp Garden Vegetable Tray- Large \$37.95**
Fresh, colorful variety of vegetables served with spinach dip.
- **Crisp Garden Vegetable Tray- Small (serves 15) \$22.50**
Fresh, colorful variety of vegetables, served with spinach dip.
- **Cubed Cheese Tray, Large (serves 40) \$49.95**
Cheddar, Swiss and Pepper jack cubes served with assorted crackers.
- **Cubed Cheese Tray, Small \$35.95**
Cheddar, Swiss and Pepper jack cheese served with assorted crackers.
- **Cumin-Lime Grilled Sliced Chicken Breast \$92.95**
On a bed of salsa cruda with smoked jalapeno adobo cream sauce and cornbread wedges.
- **Deviled Eggs with Baby Sweet Pickles \$18.95**
Traditional southern style with pickles and mustard, garnished with paprika and baby sweet pickles.
- **Fresh Baked Brie \$53.95**
Stuffed with roasted brown sugar pears and served with assorted crackers.
- **Fresh Seasonal Fruit Display, Large \$45.95**

Pineapple, melon, grapes, strawberries and oranges.

- **Fresh Seasonal Fruit, Small (serves 15) \$31.95**

Pineapple, melon, grapes, strawberries and oranges.

- **Fruit & Cheese Combination Platter - Small (serves 15) \$48.75**

Brie, cheddar, gouda, melon, pineapple, oranges, grapes and berries with assorted crackers.

- **Fruit & Cheese Combination Platter, Large \$81.25**

Brie, cheddar, gouda, melon, pineapple, grapes, oranges and berries with assorted crackers.

- **Fruit Skewers with Cinnamon Cream Dip \$49.95**

Fresh seasonal fruit with our sublime cinnamon cream sauce for dipping.

- **Ginger Seared Rare Tuna Skewers with Wasabi Cream \$72.25**

Ahi tuna seared rare and presented over wasabi cream.

- **Gorgonzola Cheesecake \$35.95**

Served with baguette rounds.

- **Grilled and Roasted Vegetable Display, Large \$55.00**

Seasonal selection of marinated vegetables complemented by blue cheese dip.

- **Grilled and Roasted Vegetable Display, Small (serves 15) \$34.50**

Seasonal selection of marinated vegetables complemented by blue cheese dip.

- **Grilled Balsamic-Rosemary Tenderloin of Beef \$225.00**

Served sliced medium rare over rainbow peppers with horseradish, red pepper and mustard sauces and garlic herb petite rolls.

- **Grilled Pineapple Skewers with Coconut Sauce \$46.50**

Sweet rum-marinaded golden pineapple lightly grilled and drizzled with coconut sauce and toasted coconut.

- **Herbed Cheese Polenta Rounds w/ Caramelized Onions and Balsamic \$32.50**

Crisped Italian inspired treat topped with sweet onions and balsamic vinegar reduction.

- **Honey Barbequed Pork Lettuce Wraps \$37.95**

Honey and spice roasted pork and an asian slaw rolled in green leaf lettuce.

- **House Smoked Salmon \$126.50**

Hot smoked with a garlic and pepper blend presented over a bed of roasted shallots, fennel and peppers.

- **Mini Muffelattas with Olive Salad \$41.95**

A New Orleans Special. Mini sandwiches stuffed with Italian meats and a robust olive salad.

- **Mini Sandwich Platter \$65.50**

Chicken salad, turkey and gouda, ham and swiss with herb mayo and honey dijon on the side for spreads.

- **Peppadew Peppers Stuffed with Herbed Chevre \$27.25**

South African mini sweet red peppers stuffed with fresh herbs and goat cheese.

- **Pepper Crusted Beef Tender Medallions Display \$106.50**

Marinated beef shoulder tenders over a bed of roasted mushrooms and shallots with blue cheese

sauce. Presented with our petite rolls. 3 oz. per person.

- **Pesto Roasted Chicken Breast Medallions \$92.95**

Accompanied by caramelized onions, roasted pepper mayo and grilled flatbread. 3 oz. per person.

- **Petite Chicken Salad Croissants \$59.75**

World Famous (ok, maybe slightly exaggerated). Made with ginger and red grapes.

- **Prosciutto Wrapped Asparagus Tips \$43.75**

Tender asparagus rolled in thin sliced prosciutto drizzled with balsamic reduction.

- **Rare Blackened Tuna Medallions Platter with Remoulade \$186.50**

Beautiful Ahi tuna lightly coated with blackening seasoning and seared to rare perfection! Served over a bed of tomato, cucumber and red onion salad with remoulade on the side. 3 oz. per person.

- **Roast Beef on Petite Rolls \$72.95**

Medium rare roasted top round with horseradish sauce on our buttered petite rolls. Cut into triangles.

- **Roasted Pepper Hummus, Tabouleh and Baba Ghanoush \$46.50**

Hearty mediterranean dip sampler complete with grilled flatbread.

- **Roasted Red Pepper Hummus \$26.95**

Mediterranean appetizer of pureed chick peas, tahini (sesame seed paste) olive oil, dry chile flakes, lemon and garlic. Served with grilled flatbread.

- **Roasted Tomato & Mozzarella Caprese Skewers \$37.50**

Our oven roasted tomatoes skewered with fresh marinated mozzarella with balsamic vinaigrette.

- **Rosemary Chicken Skewers with Red Pepper Pesto \$28.95**

Rosemary and garlic marinated grilled chicken skewers smothered in a creamy red pepper pesto sauce.

- **Salmon Rolls \$53.95**

House smoked salmon, spinach, mushrooms, tomatoes and garlic herb cheese rolled in flaky phyllo dough and baked golden brown.

- **Salsa! Salsa! Salsa! \$49.95**

Mango, Pico de Gallo and Picante Salsa buffet with lime dusted and regular corn chips.

- **Seared Tuna Bites with Caponata \$72.25**

Herb crusted ahi tuna topped with a relish of eggplant, capers, olives and peppers.

- **Shaved Ham Petite Rolls with Herbed Cream Cheese \$52.95**

Simply the best - cut into triangles.

- **Sherried Lobster Cheesecake \$52.95**

Served with baguette rounds.

- **Shrimp Salad on Petite Croissants \$73.75**

Our uniquely delicious cilantro shrimp salad on buttery crescent croissants.

- **Smoked Flank Steak Platter \$123.50**

Sliced thin over black bean and corn salad with chimichurri sauce and petite rolls on the side. 3 oz. per person.

- **Smoked Flank Steak Skewers with Chimichurri Sauce \$46.95**
Smoky beef skewers with a cilantro-lime sauce.
- **Sun-dried Tomato & Herb Cheesecake \$35.95**
Served with baguette rounds.
- **Sweet Potato Biscuits Stuffed with Roasted Ham and Apple Butter \$36.50**
Step off the beaten path with this variation of the classic.
- **Thai Chicken Skewers with Peanut Sauce \$28.95**
Tender chicken breast marinated in garlic, chile and lime with a sesame-soy peanut sauce.
- **Tortellini Skewers with Red Pepper Pesto and Toasted Almonds \$18.75**
Two cheese stuffed tortellini skewered with grilled onion, dipped in red pepper pesto and crusted with toasted almonds.
- **Tropical Fruit Display, Large \$73.75**
Seasonally available tropical fruits and berries to include: starfruit, melon, golden pineapple, mango, kiwi and other seasonal berries.
- **Tropical fruit display, Small \$56.50**
Seasonally available tropical fruits and berries to include: starfruit, melon, golden pineapple, mango, kiwi and other seasonal berries.
- **Tuna Salad Croissants, Petite \$52.95**
Groovin' tuna salad with apples on petite butter croissants.
- **Virginia Peanut Chicken Skewers \$47.25**
Celebrate Virginia! Marinated grilled chicken with peanut sauce and crushed peanuts.
- **VooDoo Shrimp with Pineapple Salsa \$53.95**
Caribbean spiced shrimp with a colorful pineapple salsa on the side.

hors d'oeuvres Stations - Menu items are in 25 piece increments unless otherwise noted

- **Balsamic & Rosemary Tenderloin of Beef Station \$245.00**
Tender marinated beef with horseradish, red pepper and mustard sauces and garlic herb petite rolls. Carved on site.
- **Brown Sugar Grilled Pork Tenderloin Station \$97.95**
Marinated pork tenderloin grilled to juicy perfection sliced into medallions and served over roasted apples, onions and cranberries with petite rolls, cranberry mayonnaise and whole grain mustard.
- **Cheese Grits with Shrimp Station \$225.95**
Creamy southern cheese grits topped with cajun spiced shrimp, peppers, onions and celery.
- **Creamy Parmesan and Black Pepper Risotto Station \$103.75**
Velvety risotta blended with asparagus, roasted peppers, caramelized onions and prosciutto.

- **Ginger Seared Duck Breast Station \$217.50**

Medium rare duck breast complemented by mango, wasabi and ponzu sauces served over sesame soba noodles.

- **Groovin' Granny Appletini Bar \$87.50**

Our signature salad of fresh greens, cashews, mozzarella , granny smith apples with our FAMOUS vinaigrette with marinated grilled chicken.

- **Jambalaya! oooooieee! Station \$132.50**

Chicken, crawfish, bacon, and andouille sausage sauteed with rice and creole sauce.

- **Pasta Bar Supreme \$125.50**

Farfalle, penne and cappellini with scampi, vodka and pesto cream sauces with an assortment of meats and veggies.

- **Petite Southwestern Crab Cakes \$174.75**

Fresh crab blended with cilantro, roasted peppers, onions, and southwestern spices with chipotle remoulade.

- **Sage Rubbed Turkey Breast Station \$105.50**

Juicy turkey breast with cranberry pecan relish, aioli and honey dijon served with stuffing muffins.

- **Smashed Potato Bar \$118.75**

"Redskin mashed potatoes, bacon bits, shredded cheddar, diced tomatoes, roasted garlic, chives, sour cream drizzle. Add lobster for a special touch!"

- **Wok This Way \$170.50**

Crisp vegetables and your choice of chicken, beef or shrimp sauteed just right and served over fried rice or lo mein.

Desserts:

Menu items are in 25 piece increments unless otherwise noted.

- **Peppermint Bark - \$25.95**

Chunks of layered white and dark chocolate with crushed candy canes

- **Brownie Bites - \$18.95**

Bite-size brownies drizzled with dark and white chocolate

- **Mint Julep Brownie Bites – \$23.25**

Chocolate chunk brownies with a touch of mint cream

- **Martha Washington Candies - \$28.95**

Sweet coconut and pecan rolls drizzled with chocolate

- **Mini Chocolate Dipped Cannolis - \$60.95**

Petite cannoli shells filled with sweet ricotta, maraschino cherries and chocolate

- **Chocolate Covered Cheesecake Bites - \$29.50**

Our freshly made traditional, cinnamon and mango cheesecakes cut bite-size and coated in a rich dark chocolate crust

- **Mini Assorted Desserts - \$31.25**
Cream puffs, lemon squares, and raspberry bars
- **Miniature Assorted Sugar Cookies - \$17.95**
Petite sugar cookies with multi-colored decorations
- **Petite Cookies - \$13.95**
An assortment of our cookies – German chocolate, chocolate chip, peanut butter cup, white chocolate macadamia and oatmeal raisin made bite size!
- **Mini Macaroon Sandwiches - \$41.25**
Almond Macaroons with whipped fruit filling sandwiched in-between
- **Petite Fours - \$36.95**
An assortment of flavored cake squares covered with white, dark, and milk chocolates
- **Mini Pineapple Upside Down Cakes with Macadamia Nuts - \$38.25**
Pineapples, caramel and macadamia nuts make this moist cake impossible to resist
- **Rum Cake Bites - \$28.95**
Moist cake soaked in rum and sprinkled with toasted coconut
- **Chocolate Covered Strawberries - \$44.95**
Jumbo berries dipped and drizzled with premium chocolates
- **Fresh Fruit and Cream Tartlettes - \$34.95**
Crisp tartlette shells filled with rich custard and topped with fresh raspberries, mango, blueberries, and kiwi
- **Miniature Assorted Tartlettes - \$25.50**
An assortment of key lime, chocolate mouse and lemon petite tartlettes
- **Assorted Chocolate Truffles - \$31.25**
Creamy chocolate ganache coated in more chocolate and garnished by the chef's whim.
- **Chocolate Mousse Cups - \$42.95**
Chocolate coated wafer shells filled with rich chocolate mousse and topped with marbled chocolate shavings
- **Mini Apple Turnovers - \$39.95**
Served warm with caramel dipping sauce
- **Strawberry Blossoms - \$41.95**
Fresh strawberries filled with Grand Marnier filling topped with toasted almonds
- **Crème Caramel - \$61.95**
Peach schnapps crème caramel with toasted almonds

Corporate Retreats 🍷 Open Houses 🍷 Weddings 🍷 Fundraisers 🍷 Grand Openings
 🍷 Bridal Showers 🍷 Lobbyist Events 🍷 Holiday Parties 🍷 Wine Tastings
 Neighborhood Block Parties 🍷 Movie Productions 🍷 Graduations 🍷 Political Events

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.