



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. 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**.

Groovin' Select Meals:

When your special event requires a meal with a variety rather than our regular menu, Groovin' Select menu's are your answer. These meals are more creative and set the tone for the occasion. Perfect for a very important client or a reception dinner. **48 hours notice is required.**

Our coordinators will work to ensure your entire meal blends well, while having all the extra touches to make your special event memorable.

Salads (Serves 10)

- Baby Spinach with Mandarin Oranges, Pecans and Goat Cheese with Basil Vinaigrette - \$28.95
- Mesculin Greens with Oven Roasted Tomatoes, Fresh Mozzarella, Jumbo Garlic Croutons and Balsamic Vinaigrette - \$28.95
- Bibb Lettuce with Blue Cheese, Pears, Walnuts, Red Onion and Poppy Seed Vinaigrette - \$28.95

Entrees (Per Guest). Minimum order 10 guests.

- **Tequila Lime Chicken**
Tender grilled chicken marinated in tequila, lime and cilantro smothered with peppers, onions and a garlic cream sauce - \$9.95
- **Island Curry Jumbo Shrimp**

A touch of curry, coconut, peppers and garlic make this dish irresistible! - \$18.95

- **Spicy Garlic Chile Shrimp and Scallops**

Grilled shrimp and scallop kabobs with a pan sauce of cilantro, ginger and fresh tomatoes - \$18.25

- **Pecan Atlantic Salmon**

Plump salmon fillet coated in a pecan crust topped with a pesto cream sauce - \$14.95

- **Outer Banks Crab Cakes**

Perfectly seasoned crab cakes with a remoulade sauce on the side - \$19.95

- **Pepper Crusted Beef Tenderloin Medallions**

Roasted to a perfect medium with a Mediterranean salsa of tomatoes, onions, mushrooms and basil - \$21.50

- **Thai Striped Panga**

Sweet white-fleshed fish with a catfish-like texture. Absolutely delicious smothered with our Thai coconut sauce! - \$12.95

- **Chicken Chesapeake**

Groovin's version stuffed with crab and Virginia country ham and topped with a dijon cream - \$14.95

- **Seafood Enchiladas- 13.95**

Crab, Shrimp, Scallops rolled together inside a flour tortilla with Monterrey Jack, Parmesan and green chiles topped with a white garlic cream sauce.

- **Smoked Chicken Boursin Bundles**

House smoked pulled chicken and a garlic herb cheese wrapped in buttery golden puff pastry - \$14.95

- **Stuffed Salmon**

Oven roasted salmon overflowing with wilted spinach, wild mushrooms and tomatoes topped with wasabi butter. - \$16.95

- **Island Lobster**

Coconut Crusted Lobster Tail with Mango Butter Sauce - \$19.95

Sides (Per Guest)

- Brown Sugar Mashed Sweet Potatoes - \$2.25
- Roasted Vegetables Tossed in Olive Oil and Parmesan - \$1.95
- Spaghetti Squash with Basil and Tomatoes - \$1.50
- Broccolini a la Grecque – \$1.75
- Red Rice & Pearl Couscous - \$1.75
- Wild Mushrooms and Rice - \$2.25
- Grilled Asparagus and Oven Roasted Tomatoes - \$2.50
- Truffled Mashed Potatoes - \$1.75
- Buttered Baby Carrots – \$3.00

- Herb Roasted Fingerling Potatoes - \$2.50
- French Beans Amandine - \$2.00
- Sweet potato casserole with walnut crumb topping - \$1.95
- Cheddar Smashed Red Skin Potatoes - \$1.95

Desserts (Per Guest)

- Espresso or Vanilla Creme Brulee – \$3.50
- Flourless Chocolate Truffle Cake - \$4.25
- Chocolate Cherry Bread Pudding - \$3.00
- Apple Tarte Tatin - \$3.50
- Fresh Berry Tart - \$3.75
- Peach Schnapps Crème Caramel with Toasted Almonds- \$4.25

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