



Phone 804-868-8900
www.groovingourmets.com

Our Groovin' Menu Selections: Soups and Salads




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: Soups

Great for Soup and Sandwiches! Sold by the gallon. Serves 12.

Tomato 	Fresh tomato soup finished with a touch of cream and fresh basil. Even if you don't like tomatoes, you'll love this!	29.95
Beef Chili 	Hearty cowboy style with ground beef, chiles and beans.	29.95
Creamy Potato 	Rich vegetarian potato soup finished with a bit of cream and chives.	29.95
Chicken 'n Rice	Loaded with vegetables, grilled chicken and rice. Mother would approve.	29.95
Brunswick Stew	A Virginia classic -- chicken, bacon and vegetables in hearty tomato broth.	29.95

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: Salads

Entrée Salads: Served with breadsticks and dessert in clear plastic containers.

To top your salad with:

Julienned Chicken: **add 2.00**

Side Salads: Salads are served in **small** (serves 10) and **large** (serves 20) black plastic bowls.

Dressings are served on the side.

Due to popular demand...we now offer Granny and Craisin dressing by the bottle \$4.95

Classic Caesar

Classic Caesar salad with grated parmesan cheese and croutons.

Entrée 6.45

Side: Small Bowl: 23.95

Side: Large Bowl: 45.95

Craisin

A groovin favorite - dried Cranberries, toasted almonds and green leaf lettuce with our own citrus vinaigrette dressing.

Entrée 6.45

Side: Small Bowl: 23.95

Side: Large Bowl: 45.95

Groovin' Granny

Our famous Granny Smith Apple Salad with cashews, mozzarella, granny apples and our awesome homemade poppyseed dressing.

Entrée 6.95

Side: Small Bowl: 25.95

Side: Large Bowl: 45.95

Garden Salad

Our house blend of lettuces, shredded carrots, tomatoes cucumbers and crisp Radicchio. Comes with assorted dressings.

Entrée 6.45

	<p>Side: Small Bowl: 23.95</p> <p>Side: Large Bowl: 43.95</p>
Greek	<p>Kalamata olives, quartered tomatoes, cucumbers and red onions with feta cheese over iceberg lettuce with Greek vinaigrette.</p> <p>Entree 8.95</p> <p>Side: Small Tray 29.95</p> <p>Side: Large Tray 53.95</p>
Sirloin	<p>Grilled sirloin steak and roasted portobellas, roasted peppers and blue cheese with balsamic vinaigrette.</p> <p>Entree 10.95</p>
Chef Salad	<p>Ham, turkey, swiss, cheddar , tomatoes and egg. Your choice of dressing.</p> <p>Entree 8.95</p>
Cary Street	<p>Similar to a Cobb, minus the avocados. Comes with bacon, tomatoes, corn and roasted peppers over mixed greens with blue cheese dressing.</p> <p>Entree 7.95</p>
Cold Plate	<p>Chicken salad, Tuna Salad, or Sampler (both chicken and tuna). Your choice of salads piled on a bed of our house salad topped with tomatoes/hard boiled egg/mandarin oranges. Topped with fresh fruit and breadsticks.</p> <p>Entree 9.95</p>
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