



**GROOVIN'**  
GOURMETS  
EXPRESS CATERING

## INDIVIDUALLY-PACKAGED MEALS



## GROOVIN' BOWLS

*Minimum 5 Per Type*

**BAJA SHRIMP (GF) 13.99**

Cilantro Shrimp, Southwest Quinoa, Avocado-Mango Salsa, Pickled Red Onion, Arugula

**ISRAELI CHICKEN BOWL 12.99**

Middle Eastern Chicken, Israeli Couscous, Sliced Cucumber, Pickled Red Onion, Grape Tomatoes, Feta, Arugula

**SUMMER VEGGIE BOWL (GF, VEG) 11.99**

Arugula, Rice & Quinoa Blend, Grape Tomatoes, Sliced Cucumber, Grilled & Marinated Portabella, Pickled Red Onion, Feta, Herb Vinaigrette

**MOJO PORK BOWL (GF, WARM) 12.99**

Cumin & Lime Marinated Pulled Pork, Quinoa, Rice Blend, Roasted Peppers & Onions, Cilantro, Arugula, Pineapple Vinaigrette

**BRISKET BOWL (GF, WARM) 12.99**

House-Smoked Brisket, Baby Spinach, Jasmine Rice, Pickled Red Onion, Roasted Peppers, Blistered Grape Tomatoes, Herb Vinaigrette

## HOT ENTREES

*Minimum 5 Per Type*

**MEATLOAF 12.99**

Served with Mushroom and Onion Gravy, Garlic Mashed Potatoes, Southern-Style Green Beans

**CHICKEN EMPANADA 11.99**

Served with Spanish Rice, Black Beans, Chipotle Crema

**PULLED PORK PLATTER 12.99**

Served with Smoked Gouda Mac & Cheese, Southern-Style Green Beans

**STUFFED BELL PEPPER (GF) 11.99**

Served with Wild Rice Seasonal Vegetables, Asparagus

**CHAR-GRILLED CHICKEN (GF) 12.99**

Served with Herb-Roasted Potatoes, Asparagus, Dijon Cream Sauce

**CHICKEN PARMESAN 12.99**

Served over Spaghetti and Marinara

**SZECHUAN SALMON (GF) 13.99**

Served over Wok-Flashed Vegetables, Jasmine Rice

Order Minimum \$500

Easy Ordering

By Phone (804) 868-8900

Email: [food@groovingourmets.com](mailto:food@groovingourmets.com)

Order Online

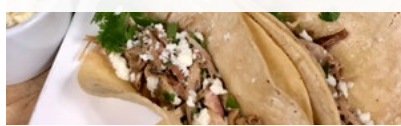
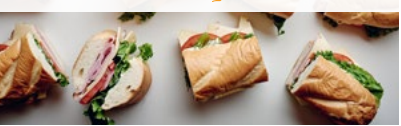
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## INDIVIDUALLY-PACKAGED MEALS



### SANDWICH BOXES

*Every box comes with a chocolate chip cookie and your choice of side.*

**HAM AND SWISS 10.99**

Smoked Pit Ham, Swiss Cheese, Lettuce, Tomato on a Sub Roll

**TURKEY & PROVOLONE 10.99**

Roast Turkey, Provolone, Lettuce, Tomato on a Sub Roll

**ROAST BEEF & CHEDDAR 11.99**

Roast Beef, Cheddar, Horseradish Sauce, Pickled Red Onions, Lettuce, Tomato on a Sub Roll

**CHICKEN SALAD CROISSANT 10.99**

Signature Chicken Salad, Shredded Lettuce, Tomato on a Fresh Baked Croissant

**GRILLED VEGETABLE & HUMMUS WRAP 10.99**

Seasonal Grilled Vegetables, Roasted Garlic Hummus, Lettuce, Tomato in a Spinach Tortilla Wrap

**TUNA SALAD 10.99**

White Albacore Tuna, Swiss Cheese, Lettuce, Tomato on a Sub Roll

**THE ITALIAN 11.99**

Capicola, Genoa Salami, Ham, Provolone, Lettuce, Tomato, Pepper Relish on a Sub Roll

**TURKEY CLUB 11.99**

Roast Turkey, Bacon, Sharp Cheddar, Lettuce, Tomato on a Sub Roll

**THE VEG WRAP 11.99**

Roasted Broccoli, Pickled Red Onion, Feta, Fried Shallots, Pine Nuts with Lemon Honey Dressing in a Spinach Tortilla Wrap

**CHICKEN CAESAR WRAP 11.99**

Grilled Chicken Breast, Romaine Lettuce, Shaved Parmesan with Caesar Dressing in a Spinach Tortilla Wrap

*Sandwiches also available on Gluten-Free Rolls and Wraps.*

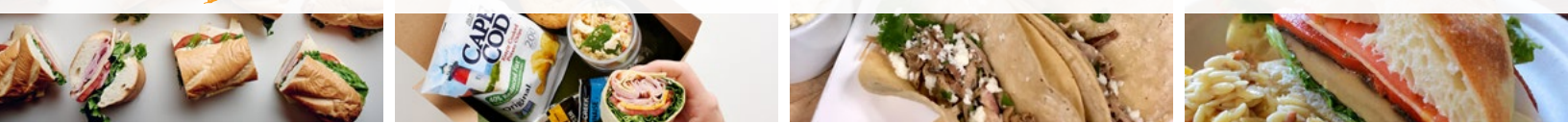
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All boxes include choice of side:

- Kettle Chips
- Fresh Fruit Salad
- Loaded Potato Salad
- Mediterranean Couscous
- Southwest Quinoa Salad



## INDIVIDUALLY-PACKAGED MEALS



### INDIVIDUAL SALADS

- CAESAR** 7.99  
Fresh Romaine Lettuce with Shaved Parmesan, Garlic Croutons, Caesar Dressing
- GRANNY APPLE** 7.99  
Chopped Greens, Granny Smith Apple, Cashews, Shredded Mozzarella, Poppy Seed Vinaigrette
- GARDEN** 7.99  
Mixed Greens, Cucumber, Tomato, Carrot, Tangy Ranch
- SPINACH** 8.99  
Baby Spinach, Olives, Feta Cheese, Cherry Tomatoes, Pine Nuts, Ciabatta Croutons, Lemon Vinaigrette

Add protein to any salad:

- Grilled Chicken 2.99
- Grilled Steak 3.99
- Sautéed Shrimp 4.99

### DESSERTS

*All desserts are individually-wrapped.*

- ASSORTED COOKIES**  
Chocolate Chunk, Peanut Butter, Oatmeal Raisin, Chocolate Chip, White-Chocolate Macadamia Nut
  - Small Box (10) 18.99
  - Large Box (25) 34.99
  - Tray (50) 59.99
- BROWNIE BOX**  
Our Rich Chocolate House Made Brownies
  - Box (15) 24.99
  - Tray (35) 46.99
- COOKIE & BROWNIE BOX**  
A Mixture of Cookies and Our House Made Brownies
  - Box (15 cookies, 7 brownies) 28.99
  - Tray (30 cookies, 15 brownies) 59.99

### BEVERAGES

- BOTTLED WATER AND SODAS** 1.50  
16 oz Bottled Water  
12 oz cans of Coca-Cola, Diet Coke, Ginger Ale, Sprite
- GROOVIN' ICED TEA** 2.00  
16 oz, Sweetened or Unsweetened
- GROOVIN' LEMONADE** 2.50  
16 oz, Made with Fresh Lemon Juice, Sugar