



GROOVIN' GOURMETS One-Click Meals

Designed seasonally by our Chef and kitchen team, our One-Click Meals are a well-rounded, delicious, and convenient option for celebrations, the office, or a weekend get-together. No substitutions but items can be left off.

Add an optional side Garden Salad with balsamic vinaigrette for **\$1.99 per order**.

Minimum order of 5 servings; plates, napkins, and cutlery kits included.

Hearty Meals

Minimum order of 5 servings.

Home Style Meatloaf

Southern style meatloaf with fresh ground beef, peppers, onions, and mushroom gravy; served with southern-style green beans and mashed potatoes

per serving \$10.99

Beef Stroganoff

chunks of tender beef smothered in sour cream gravy with mushrooms and shallots - served with buttered egg noodles on the side

per serving \$10.99

Slow Roasted Salmon

slow roasted salmon filet, cavatappi pasta with green beans, peas, and bacon in a Parmesan cream

per serving \$13.99

Braised Beef Short Ribs

slow braised beef short ribs in beef demi, served with roasted garlic smashed potatoes, and grilled asparagus

per serving \$15.99

Honey Glazed Pork Loin

marinated pork loin grilled, sliced, and topped with honey-cider gravy, served with wild rice and lightly pickled cabbage

per serving \$11.99





GROOVIN' GOURMETS One-Click Meals

Designed seasonally by our Chef and kitchen team, our One-Click Meals are a well-rounded, delicious, and convenient option for celebrations, the office, or a weekend get-together. No substitutions, but items can be left off. Add an optional side Garden Salad with balsamic vinaigrette for **\$1.99 per order**.
Minimum order of 5 servings; plates, napkins, and cutlery kits included.

Pastas & Casseroles Minimum order of 5 servings.

Lasagna Bolognese (sold in servings of 10)

a savory blend of fresh ground beef and Italian sausage layered with marinara sauce and topped with mozzarella and Parmesan cheeses
-served with herbed breadsticks \$99.99

Roasted Vegetable Lasagna (sold in servings of 10)

vegetarian lasagna made with grilled peppers, yellow squash, onions, mushrooms, zucchini, marinara, and a blend of ricotta, mozzarella, and Parmesan cheeses
-served with herbed breadsticks \$89.99

Chicken Divan Casserole (sold in servings of 10)

chicken and broccoli casserole with cheddar and Parmesan
served with steamed rice \$89.99

Chicken Parmesan

breaded chicken breasts topped with marinara and shaved Parmesan alongside our baked spaghetti with marinara, cheddar and mozzarella
- served with herbed breadsticks
per serving \$8.99

Beef and Ginger Stir Fry

ginger beef, green onion, peppers, and mushrooms, tossed with sweet and spicy sesame soba noodles
per serving \$12.99





GROOVIN' GOURMETS One-Click Meals

Designed seasonally by our Chef and kitchen team, our One-Click Meals are a well-rounded, delicious, and convenient option for celebrations, the office, or a weekend get together. No substitutions, but items can be left off. Add an optional side Garden Salad with balsamic vinaigrette for **\$1.99 per order**.
 Minimum order of 5 servings; plates, napkins, and cutlery kits included.

BISTRO CLASSICS

Minimum order of 5 servings.

Authentic Taco Bar with Chicken, Ground Beef, or Steak
 ground beef, shredded grilled chicken, or sliced grilled flank steak with white corn tortillas - served with shredded lettuce, tomatoes, fresh chipotle lime crema, pico de gallo, lime wedges, and fresh cilantro
 chicken / ground beef \$8.99 a serving
 steak \$11.99 a serving

Virginia or Carolina Pulled BBQ (optionally available with pulled chicken thighs) slow roasted and hand pulled pork with our Carolina style or Virginia style BBQ sauce - served with rolls, BBQ baked beans, and coleslaw \$9.99 a serving

Fajita Bar with Chicken or Steak
 Make your own. Fajita style julienned chicken or steak, seasoned onions and peppers with cheddar cheese, sour cream, salsa, and flour tortillas
 chicken \$9.99 a serving
 steak \$12.99 a serving

Fried Chicken
 buttermilk-soaked fried chickens, served with our smoked gouda mac 'n' cheese, southern style green beans \$8.99 a serving

Clean & Healthy

Minimum order of 5 servings.

Black Rice & Vegetables
 sun-dried tomato, citrus-marinated kale, cucumber, and feta cheese
 per serving \$7.99

Island Grilled Salmon
 avocado-mango salsa and coconut rice
 per serving \$13.99

For more information and staffing please call Groovin' Gourmets at **804-868-8900** or email **Info@GroovinGourmets.com**



GROOVIN' GOURMETS

Breakfast



BREAD & PASTRY

Plates, napkins, and cutlery kits included.

Assorted Bagels
plain, blueberry, cinnamon raisin, everything,
and wheat bagels - served with individual cups
of regular cream cheese
box (6) \$11.99
tray (15) \$29.99

Assorted Mini Pastries
selection of our fresh baked pastries, including
maple pecan, vanilla cream, raspberry, and
cinnamon swirl pastries
tray (35) \$44.99

Assorted Muffins
freshly baked muffins including blueberry,
chocolate chip, banana nut, and almond carrot cake
box (12) \$9.99
tray (24) \$19.99

Assorted Sliced Breakfast Breads
variety of breakfast breads, including banana
walnut, blueberry, pumpkin, marble pound,
cranberry, and apple raisin
box (18) \$24.99
tray (54) \$64.99

Croissants
fresh baked flaky croissants with individual
butter and assorted jams
minimum order of 12 \$2.69 each

Chocolate Croissants
fresh baked flaky croissants filled with rich dark chocolate
minimum order of 12 \$2.99 each

Cinnamon Sticky Rolls
cinnamon rolls baked fresh with sugar frosting
minimum order of 12 \$2.99 each

FRUIT & YOGURT

Napkins included.

Assorted Yogurt
5.3 oz. individual Greek yogurt cups - spoons included
minimum order of 5 \$2.49 each

Yogurt Bar
lowfat yogurt with mixed berries, house-made granola,
and honey on the side - bowls/spoons included
minimum order of 5 \$5.99 each

Fresh Fruit Kabobs
seasonal skewered fruit with mint yogurt dip
on the side - plates included
minimum order of 12 \$1.99 each

For more information and staffing please call Groovin' Gourmets at
804-868-8900 or email Info@GroovinGourmets.com





CASSEROLES

Each casserole feeds 10-12. Plates, napkins, and cutlery kits included.

Bacon, Egg and Cheese Casserole

bacon, texas toast, eggs, cheddar cheese, milk and
spices baked golden brown

per casserole..... \$47.99

Hash Brown Potato Casserole

diced potato casserole with cheddar, onion, and
sour cream

per casserole..... \$47.99

Meat Lovers' Casserole

bacon, sausage, ground beef, diced potato, texas
toast, eggs, smoked gouda cheese, milk, and
spices, baked golden brown

per casserole..... \$52.99

Sausage, Egg, and Cheese Casserole

sausage, texas toast, eggs, cheddar cheese, milk
and spices, baked golden brown

per casserole..... \$47.99

Vegetable, Egg, and Cheese Casserole

seasonal roasted vegetables, texas toast, eggs,
cheddar, feta, spinach, milk, and spices, baked
golden brown

per casserole..... \$47.99



GROOVIN' GOURMETS

Breakfast



HOT ITEMS & SIDES

Minimum order of 5 servings. Plates, napkins, and cutlery kits included.

Bacon, Egg & Cheese Biscuit
flaky buttermilk biscuit with fluffy egg patty, American cheese, and smoky bacon
per serving \$3.49

Biscuits & Gravy
flaky buttermilk biscuits served with our rich, spicy Southern gravy
per serving \$2.49

Breakfast Wrap
flour tortilla stuffed with scrambled eggs, applewood smoked bacon, cheddar cheese, roasted peppers, and onions - served with salsa and hot sauce on the side
per serving \$5.99

Buttermilk Biscuit
flaky buttermilk biscuits - served with with butter and jelly
per serving \$1.49

Byrd Mill Grits
stone ground and cooked slowly with butter, cream, salt, and fresh cracked black pepper
per serving \$1.99

French Toast
texas toast with caramel, pecans, and cinnamon - served with individual butters and syrup
per serving \$3.99

Home Fries
diced potatoes seasoned with salt and pepper, tossed with sautéed onions, red and green peppers and garlic
per serving \$2.99

Sausage, Egg & Cheese Biscuit
flaky buttermilk biscuit with fluffy egg patty, American cheese, and sausage patty
per serving \$2.99

Scrambled Eggs
fluffy scrambled eggs lightly seasoned with salt and white pepper
per serving \$2.49

Scrambled Eggs with Shredded Cheddar & Asiago Cheeses
fluffy scrambled eggs lightly seasoned with salt and white pepper with melted cheddar and Asiago
per serving \$3.99

Potato, Scallion, & Goat Cheese Frittata
per serving \$5.99

Side Order of Sausage Links
pork sausage \$1.99
turkey sausage \$1.99

Side Order of Bacon
each \$1.99

For more information and staffing please call Groovin' Gourmets at
804-868-8900 or email Info@GroovinGourmets.com





GROOVIN' SANDWICHES GOURMETS and Box Lunches



CREATE YOUR OWN SANDWICH PLATTERS

Create your own sandwiches. Presented on our eco-friendly platters, with pickle spears and packets of mayo and mustard on the side; can be made gluten free. Plates and napkins included.

Bread Options

- white hoagie
- wheat hoagie
- ciabatta bread
- gluten-free bread \$1.99 extra

Meat Options

turkey, ham and roast beef

Cheese Options

American, cheddar and swiss

Veg Options

lettuce, tomato and onion

Small Build-Your-Own Platter
serves 10\$74.99

Large Build-Your-Own Platter
serves 20\$149.99

CLASSIC SANDWICHES AND WRAPS PLATTERS

Presented cut in half on our eco-friendly platters, with pickle spears and packets of mayo and mustard on the side. Choice of white or wheat sub roll or flour tortilla; can be made gluten free. Plates and napkins included.

Minimum order 5 servings.

Grilled Vegetable & Hummus Wrap
seasonal grilled vegetables and roasted garlic hummus
with green leaf lettuce and tomato in a spinach wrap
each \$6.99

Ham and Swiss

sliced ham and Swiss cheese with green leaf
lettuce and tomato on your choice of bread
each \$6.99

Portobello

marinated portobello mushroom, roasted red
pepper, and provolone cheese with green leaf
lettuce and tomato on your choice of bread
each \$6.99

Chicken Salad Croissant
Groovin's signature red grape and ginger
chicken salad with green leaf lettuce and
tomato on a croissant
each \$6.99

Roast Beef & Cheddar

sliced roast beef and cheddar cheese with green
leaf lettuce and tomato on your choice of bread
each \$6.99

Turkey & Provolone

sliced turkey and provolone cheese with green leaf
lettuce and tomato on your choice of bread
each \$6.99

For more information and staffing please call Groovin' Gourmets at
804-868-8900 or email Info@GroovinGourmets.com





GROOVIN' GOURMETS Sandwiches and Box Lunches



CLASSIC BOX LUNCH

Our Groovin' Gourmets Box Lunches include the sandwiches you've come to love, as well as uniquely constructed seasonal offerings made fresh daily with quality ingredients. Comes with a chocolate-chip cookie and your choice of side (or choice of 2 for 0.99 extra). Everything is packaged in an eco-friendly box. Napkins and cutlery kit included.

Bread Options

- white sub roll
- wheat sub roll
- wheat sub roll
- gluten-free bread \$1.99

Side Options

- kettle chips, fresh fruit salad, potato salad, mediterranean couscous, southwest quinoa salad

Classic Box Lunch Sandwich Options

Ham & Swiss

sliced ham and Swiss cheese with green leaf lettuce and tomato on your choice of bread
each \$10.49

Turkey and Provolone

sliced turkey and provolone cheese with green leaf lettuce and tomato on your choice of bread
each \$10.49

Grilled Vegetable & Hummus Wrap

seasonal grilled vegetables and roasted garlic hummus with green leaf lettuce and tomato in a spinach wrap
each \$10.49

Portobello

marinated portobello mushroom, roasted red pepper and provolone cheese with green leaf lettuce and tomato on your choice of bread
each \$10.49

Chicken Salad Croissant

Groovin's signature red grape and ginger chicken salad with green leaf lettuce and tomato on a croissant
each \$10.49

Roast Beef & Cheddar

sliced roast beef and cheddar cheese with green leaf lettuce and tomato on your choice of bread
each \$10.49

For more information and staffing please call Groovin' Gourmets at **804-868-8900** or email **Info@GroovinGourmets.com**





GROOVIN' GOURMETS Sandwiches and Box Lunches



SPECIALTY BOX LUNCH

Our Groovin' Gourmets Box Lunches include the sandwiches you've come to love, as well as uniquely constructed seasonal offerings made fresh daily with quality ingredients. Comes with a chocolate-chip cookie and your choice of side (or choice of 2 for 0.99 extra). Everything is packaged in an eco-friendly box. Napkins and cutlery kit included.

Chicken Caesar Wrap

grilled chicken breast with romaine lettuce, bacon bits, arugula, shaved Parmesan, and Caesar dressing within a spinach wrap

each \$12.49

Roast Beef

sliced roast beef with pickled red onion, lettuce, tomato, white cheddar, and herbed cream cheese spread on a ciabatta roll

each \$12.49

Groovin' Tuna

Groovin' tuna salad, feta cheese, shaved-fennel orange salad, Thai basil, and garlic mayo on a hoagie roll

each \$12.49

The Veg

roasted broccoli, spiced pickled onion, shaved ricotta salata, and feta cheese, pine nuts, and fried shallot on a hoagie roll

each \$12.49

The Groovin' Club

sliced turkey, ham, bacon, cheddar cheese, mayo, lettuce, and tomato in a flour wrap

each \$12.49

Turkey & Black Bean Hummus

sliced turkey, avocado, provolone cheese, black bean hummus, arugula, and churri vinaigrette in a flour wrap

each \$12.49

Turkey & Smoked Gouda

sliced turkey with smoked Gouda, green leaf lettuce, tomato, and herbed mayo on a ciabatta roll

each \$12.49





GROOVIN' SOUPS & SALADS

GOURMETS

SOUPS

Our soups are made fresh, in house with the finest local ingredients. Each gallon serves approximately 12 people, presented in a disposable container with a ladle. Bowls, napkins, and soup spoons included.

Beef Chili

fresh ground beef, kidney beans, onions, peppers, and tomatoes - served with shredded cheddar cheese on the side
per gallon \$44.99

Brunswick Stew

tender pulled chicken thigh meat with a savory BBQ sauce, corn, and stewed vegetables
per gallon \$39.99

Charred Corn

& Potato Chowder

charred corn, bacon, green onion, carrot, potato, and fresh herbs
per gallon \$39.99

Classic Chicken Noodle

tender sliced chicken with a savory broth and vegetables
per gallon \$44.99

Gazpacho

tomato, pepper, cucumber, jalapeño, olive oil, lime juice, and spices - served chilled with fresh basil
per gallon \$39.99

Roasted Tomato

& Basil Bisque

a purée of tomatoes, carrots, celery, onions, garlic, and fresh basil
per gallon \$35.99

Vegetarian Chili

kidney beans, black beans, green chilies, tomatoes, and garlic - served with shredded cheddar on the side
per gallon \$39.99





GROOVIN' SOUPS & SALADS

GOURMETS

SINGLE-SERVING SALADS

Fresh, crisp lettuces and flavorful ingredients for one. Top yours with shrimp, chicken, or beef and make it a meal. All dressings are served on the side. Napkins and cutlery kit included.

Added Protein Options

- grilled chicken \$2.99
- grilled steak \$3.99
- sautéed shrimp \$4.99

Arugula & Radicchio

- baby arugula, radicchio, shaved broccoli, parmesan cheese, crispy shallot
- served with sherry vinaigrette
- per serving \$8.49

Asian Pear

- mixed greens, shredded carrot, cabbage, Asian pear, crispy wantons
- served with ginger dressing
- per serving \$7.99

Caesar

- fresh romaine lettuce with shaved Parmesan, garlic croutons
- served with Caesar dressing
- per serving..... \$7.99

Granny Apple

- granny smith apple, cashew, and shredded mozzarella tossed with chopped greens
- served with poppy seed vinaigrette
- per serving \$7.99

Garden

- mixed greens, cucumber, tomato, carrot
- served with tangy ranch
- per serving \$7.99

Spinach

- baby spinach, olive, feta cheese, cherry tomato, pine nut, and ciabatta crouton
- served with honey-garlic dressing
- per serving \$7.99

Strawberry Balsamic

- mixed greens with crumbled goat cheese, toasted almonds, freshly sliced strawberry, toasted coconut
- served with balsamic vinaigrette
- per serving \$10.99

Tuscan Kale

- kale with shaved fennel, radish, ricotta salata, and a garlic bread crumb
- served pre-dressed with lemon vinaigrette
- per serving \$8.99

For more information and sta ing please call Groovin' Gourmets at **804-868-8900** or email Info@GroovinGourmets.com





GROOVIN' SOUPS & SALADS

GOURMETS

GROUP SALADS

Fresh, crisp lettuces and flavorful ingredients are a great partner for other fare. Top yours with shrimp, chicken, or beef and make it even more satisfying. Served in a bowl with dressing on the side.

Plates, napkins, and cutlery kits included.

Small Bowl Protein Options

grilled chicken \$ 9.99
 grilled steak \$14.99
 sautéed shrimp \$19.99

Large Bowl Protein Options

grilled chicken \$19.99
 grilled steak \$29.99
 sautéed shrimp \$39.99

Arugula & Radicchio

baby arugula, radicchio, shaved broccoli, Parmesan cheese, crispy shallot, and a sherry vinaigrette
 sm/lrg \$36.99 / \$74.99

Asian Pear

Mixed greens, shredded carrot, cabbage, Asian pear, crispy wontons, and a ginger dressing
 sm/lrg \$29.99 / \$58.99

Caesar

fresh romaine lettuce with shaved Parmesan, garlic croutons, and a Caesar dressing
 sm/lrg \$24.99 / \$44.99

Granny Apple

granny smith apple, cashew, and shredded mozzarella tossed with chopped greens, and a poppy seed vinaigrette
 sm/lrg \$24.99 / \$44.99

Garden

Mixed greens, cucumber, tomato, carrot, and a tangy ranch
 sm/lrg \$24.99 / \$44.99

Spinach

baby spinach, olive, feta cheese, cherry tomato, pine nut, ciabatta crouton, and a honey-garlic dressing
 sm/lrg \$24.99 / \$44.99

Strawberry Balsamic

Mixed greens with crumbled goat cheese, toasted almonds, freshly sliced strawberry, toasted coconut, and a balsamic vinaigrette
 sm/lrg \$29.99 / \$59.99

Tuscan Kale

Kale with shaved fennel, radish, ricotta salata, and a garlic bread crumb
 - served pre-dressed with lemon vinaigrette
 sm/lrg \$27.99 / \$54.99





GROOVIN' GOURMETS Entrée À La Carte



Our à la carte options allow you to quickly tailor a variety of choices to create a great meal. Delivered in pans for chafers (chafers available separately), there is sure to be something for everyone. Plates, napkins, and cutlery kits included.

POULTRY

Minimum order of 5 servings.

BBQ Braised Shredded Chicken Thighs

braised and hand pulled chicken thighs - served with Groovin' Gourmets' Signature BBQ and soft rolls
per serving \$6.99

Chicken Piccata

served with a traditional lemon-caper cream sauce
per serving \$6.99

Chicken Tenders

three 2-ounce chicken tenders per person pickled, buttermilk-soaked, and fried until crispy brown in our spiced batter
per serving \$6.99

Tuscan Grilled Chicken

herb and olive oil marinated chicken, with tomatoes, roasted red peppers, feta, and a pesto cream sauce
per serving \$6.99

Buttermilk Bone-In Fried Chicken

pickled and buttermilk soaked bone-in chicken thighs, fried crispy in our spiced batter
per serving \$11.99

Honey-Sherry Chicken Breast with Bacon

grilled chicken breast, finished with a bacon and honey-sherry vinaigrette
per serving \$6.99

Lemon Butter Herb Grilled Chicken

herb marinated chicken, finished with a balanced fresh lemon butter cream
per serving \$6.99

Pan-Seared Chicken Breast with Apple-Ginger Chutney

finished with apple-ginger chutney and fresh herbs
per serving \$6.99



GROOVIN' GOURMETS Entrée À La Carte



Our à la carte options allow you to quickly tailor a variety of choices to create a great meal. Delivered in pans for chafers (chafers available separately), there is sure to be something for everyone. Plates, napkins, and cutlery kits included.

FISH & SHELLFISH

Minimum order of 5 servings.

Blackened Salmon
creole cream sauce
per serving \$12.99

Citrus North Atlantic Cod
citrus and herb marinated cod, finished with
lemon, herbs, and pepper flake
per serving \$11.99

Grilled Salmon
herb and olive oil marinated Atlantic salmon, pomegranate
glazed, and roasted in white wine garlic butter
per serving \$12.99

Lemon Basil Tilapia
with lemon butter sauce
per serving \$9.99

Pecan Crusted Trout
per serving \$10.99

Roasted Bronzino
with olive oil, lemon, and sea salt
per serving \$12.99





GROOVIN' Entrée GOURMETS À La Carte

Our à la carte options allow you to quickly tailor a variety of choices to create a great meal. Delivered in pans for chafers (chafers available separately), there is sure to be something for everyone. Plates, napkins, and cutlery kits included.

MEAT

Minimum order of 5 servings.

Braised Beef Short Rib
boneless short ribs slow roasted and
finished with a country French Bordelaise
per serving \$12.99

Carolina Style Pulled BBQ
slow roasted and hand pulled pork with our
Carolina-style vinegar BBQ sauce - served with rolls
per serving \$8.99

Virginia-Style BBQ Pulled Pork
pork marinated in our house bourbon BBQ and hand-pulled
for Southern authenticity - served with soft rolls
per serving \$8.99

Herb-Grilled Flank Steak
herb marinated flank steak
per serving \$11.99

Pork Tenderloin Au Poivre
brown sugar brined pork tenderloin, pepper
crusted, and finished with an herb chimichurri
per serving \$8.99

Pot Roast
beef shoulder slow roasted with new potato, carrot, onion,
and celery - served in a savory red wine gravy
per serving \$9.99

Southern Style Meatloaf
Southern style meatloaf with mushroom gravy
per serving \$7.99



GROOVIN' GOURMETS Entrée À La Carte

Our à la carte options allow you to quickly tailor a variety of choices to create a great meal. Delivered in pans for chafers (chafers available separately), there is sure to be something for everyone. Plates, napkins, and cutlery kits included.

VEGETARIAN Minimum order of 5 servings.

Roasted Acorn Squash
vegetables, spiced tofu, Israeli couscous
per serving \$5.99

Crisp-Fried Falafel
- served with lemon tahini sauce
per serving \$5.99

Potato, Scallion, & Goat
Cheese Frittata
per serving \$5.99

Soy-Glazed Tofu Steaks
& Carrots
per serving \$5.99

Stuffed Portabello Caps
stuffed with spinach, leek, feta, and red pepper
per serving \$5.99

Stuffed Bell Peppers
wild rice, seasonal vegetables, and herbs
per serving \$5.99

Vegetable Paella
per serving \$5.99





GROOVIN' GOURMETS Sides À La Carte

Our à la carte options allow you to quickly tailor a variety of choices to create a great meal. Delivered in pans for chafers (chafers available separately), there is sure to be something for everyone. Plates, napkins, and cutlery kits included.

Starches

Minimum order of 5 servings.

Southwest Quinoa Salad
black beans, roast corn, onions, peppers, lime
juice and cilantro
per serving\$2.99

Creamy Parmesan Orzo
creamy Parmesan-stock infused orzo, fresh
Parmesan, and herb breadcrumbs
per serving\$2.99
add mushrooms.....\$0.99

Classic Mashed Potatoes
per serving\$1.99

Loaded Potato Salad
fully loaded potato salad with bacon,
sour cream, and grated cheddar cheese
per serving\$2.99

Mediterranean Couscous
grape tomato, cucumber, red onion, feta and
oregano vinaigrette
per serving\$2.99

Roasted Garlic
Smashed Potatoes
red bliss potatoes infused with roasted garlic butter
per serving\$2.99

Steamed White Rice
per serving\$1.99

Spanish Rice
per serving\$2.99

Smoked Gouda
Mac & Cheese
per serving\$2.99

Truffled Whipped Potatoes
garlic and truffle infused whipped potato
per serving\$3.99

Wild Rice with Wild Mushrooms
topped with fresh herbs and Swiss cheese
per serving\$3.99





GROOVIN' GOURMETS Sides À La Carte

Vegetables

Minimum order of 5 servings.

Balsamic Roasted Root Vegetables
seasonal selection of roasted root vegetables, lightly dressed with balsamic vinaigrette
per serving\$2.99

Broccoli Salad
toasted almonds, golden raisins, and pepper flakes
per serving\$2.99

Black Beans
garlic, cumin, cilantro
per serving\$2.99

BBQ Baked Beans
per serving\$2.99

Green Beans
sautéed and finished with butter
per serving\$2.99

Lemon-Zest Grilled Asparagus
grilled asparagus with olive oil, salt, pepper, and lemon zest
per serving\$2.99

Roasted Brussels Sprouts
roasted applewood-smoked bacon and finished with apple cider vinegar
per serving\$2.99

Southern-Style Green Beans
slow-cooked with ham
per serving\$2.99

Roasted Wild Mushrooms
with Fresh Herbs
per serving\$3.99

Seasonal Vegetable Medley
selection of seasonal vegetable slowly oven roasted and finished with olive oil, salt, and pepper
per serving\$2.99

Grilled Vegetables
grilled zucchini, yellow squash, bell peppers, asparagus, eggplant, red onion, and cherry tomatoes
per serving\$2.99



GROOVIN' GOURMETS Platters

Plates, napkins, and cutlery kit included.

Antipasto Platter

aged Parmesan, fresh mozzarella, Prosciutto, Genoa salami, spicy capicola, pepperoni, marinated olives, oven roasted tomatoes, and pepperoncini
- served with crusty Italian bread
serves 35\$179.99

Assorted Cheese Tray

brie, smoked gouda, cheddar, chèvre, and boursin cheeses
- served with assorted crackers, grapes, and berries.
serves 15/25\$74.99 / \$124.99

Crisp Garden Vegetable Tray

fresh cut zucchini, yellow squash, carrot, cucumber, celery, broccoli, and bell peppers
serves 15 / 25\$26.99 / \$44.99

Cubed Cheese Tray

cubed cheddar, Swiss, and pepper jack, served with assorted crackers and grapes
serves 20 / 40\$57.99 / \$114.99

Fruit & Cheese

Combination Platter

brie, cheddar, and smoked gouda, served with melon, oranges, pineapple, grapes and berries
- served with assorted crackers
serves 15 / 25\$47.99 / \$79.99

Rare Blackened Tuna Medallions Platter with Remoulade

Ahi tuna lightly coated with blackening seasoning and seared rare - served over a bed of tomato, cucumber, and red onion salad with remoulade on the side
serves 25\$124.99

Seasonal Fresh Fruit Tray

fresh sliced seasonal fruit
- served with a cardamom yogurt dipping sauce
serves 15 / 25\$19.99 / \$39.99

Whole Fruit Bowl

fresh cut granny smith apples, oranges, bananas, and strawberries
25 minimum\$1.99 piece





GROOVIN' GOURMETS Vegetarian Hors d'Oeuvres



If it's a cocktail party at the office or a special event with family and friends, our hors d'oeuvres selections offer a variety of flavors ranging from local favorites to globally inspired bites. Plates, napkins, and cutlery kit included.
*25 piece minimum.

Asparagus & Goat Cheese Tartlets
25 minimum\$1.99 piece

Blue Cheese Stuffed Mushrooms
25 minimum\$1.99 piece

Deviled Eggs with Baby Sweet Pickles
25 minimum\$1.99 piece

Tortellini Skewers
with artichoke hearts, and roasted red peppers
- served with a mustard dill sauce
25 minimum\$1.99 piece

Vegetable Samosas
25 minimum\$1.99 piece

Wasabi Deviled Eggs
25 minimum\$1.99 piece

Marinated Zucchini Caponata Cups
with toasted breadcrumbs and mint
25 minimum\$1.99 piece

Peppadew Peppers Stuffed with
Herbed Chèvre
25 minimum\$1.99 piece

Roasted Tomato & Mozzarella
Caprese Skewers
25 minimum\$1.99 piece

Spanakopitas
mini pies of feta and spinach in a crispy filo
25 minimum\$1.99 piece

Vegetable Spring Rolls
- served with a sweet Thai chili sauce
25 minimum\$1.99 piece





GROOVIN' Poultry GOURMETS Hors d'Oeuvres

If it's a cocktail party at the office or a special event with family and friends, our hors d'oeuvres selections offer a variety of flavors ranging from local favorites to globally inspired bites. Plates, napkins, and cutlery kit included.
*25 piece minimum.

Buffalo Chicken Wings
two pieces per order
25 minimum\$2.99 per order

Crispy Chicken Wings
two pieces per order
- served with BBQ and ranch dipping sauces
25 minimum\$2.99 per order

Fried Chicken Sliders
mayo and pickle
25 minimum\$2.99 per order

Petite Chicken Salad Croissants
with ginger, scallions, mayo, and red grapes
25 minimum\$1.99 piece

Rosemary Chicken Skewers
- served with a lemon-honey aioli dipping sauce
25 minimum\$1.99 piece

Shaved Turkey Rolls
with herbed cream cheese
25 minimum\$2.99 piece

Thai Chicken Skewers
with sesame-soy peanut sauce
25 minimum\$1.99 piece





GROOVIN' Meat GOURMETS Hors d'Oeuvres

If it's a cocktail party at the office or a special event with family and friends, our hors d'oeuvres selections offer a variety of flavors ranging from local favorites to globally inspired bites. Plates, napkins, and cutlery kit included.

*25 piece minimum.

All-Beef "Pigs" in a Blanket
- served with a dijon mustard
25 minimum\$1.99 piece

Bacon Wrapped Dates
stuffed with marcona almonds
25 minimum\$1.99 piece

BBQ Pork Sliders on Potato Roll
25 minimum\$2.99 piece

Cheeseburger Sliders with
Ketchup & Dill Pickle
25 minimum\$2.99 piece

Country Ham Mini Rolls
with brown sugar dijon butter
25 minimum\$1.99 piece

Shaved Ham Rolls
with herbed cream cheese
25 minimum\$2.99 piece

Italian Meatballs
- served with a fresh basil marinara sauce
25 minimum\$1.99 piece

Marinated Beef Tenderloin Satays
with soy, garlic, and lime
25 minimum\$2.99 piece

Mini Beef Wellingtons
with dijon-horseradish sauce
25 minimum\$2.99 piece

Roast Beef Rolls
with horseradish sauce
25 minimum\$2.99 piece

Thai Chili Meatballs
two cocktail-sized meatballs per order
- served with a sweet chili sauce
25 minimum\$1.99 piece

Sweet Potato Biscuits
with roasted ham and apple butter
25 minimum\$1.99 piece





GROOVIN' Fish & Shellfish GOURMETS Hors d'Oeuvres

If it's a cocktail party at the office or a special event with family and friends, our hors d'oeuvres selections offer a variety of flavors ranging from local favorites to globally inspired bites. Plates, napkins, and cutlery kit included.
*25 piece minimum.

Bacon-Wrapped Scallops
with lemon-maple emulsion
25 minimum\$2.99 piece

Coconut Shrimp
- served with a mango dipping sauce
25 minimum\$2.99 piece

Petite Chesapeake Crab Cakes
with chipotle mayonnaise
25 minimum\$2.99 piece

Cucumber Cups with
Smoked Salmon
with tzatziki and fresh dill
25 minimum\$1.99 piece

Old Bay Cocktail Shrimp
three pieces per order
- served with a traditional cocktail sauce
25 minimum\$4.49 per order

Crab Profiteroles
with curry, celery, basil, and radish
25 minimum\$2.99 piece

Grilled Shrimp Satays
with Thai peanut sauce
25 minimum\$2.99 piece

Shrimp Tartlets
with green apple, lemon, and dill
25 minimum\$2.99 piece

For more information and staffing please call Groovin' Gourmets at
804-868-8900 or email Info@GroovinGourmets.com





GROOVIN' GOURMETS Dips & Snacks Hors d'Oeuvres

Find the right dip for your event or gathering, whether you want colorful, easy or healthy options.
Plates, napkins, and cutlery kit included.

Bruschetta Bar Trio

olive oil crostini with side servings of whipped feta, Mediterranean salsa, and marinated artichoke relish
serves 25\$69.99

Chesapeake Crab Dip

jumbo lump crab baked in a creamy parmesan sauce with a touch of sherry served with assorted crackers
serves 25\$117.99

Chips, Salsa & Guacamole

tortilla chips - served with salsa and fresh guacamole
serves 25\$74.99

Chorizo & Queso Dip

melted Southwestern cheese with chorizo sausage and herbs - served with tortilla chips and salsa
serves 25\$54.99

Roasted Red Pepper Hummus

red pepper hummus with sesame, lemon, and garlic - served with pita chips
serves 25\$64.99

Red Pepper Hummus

roasted red pepper hummus served with cucumbers, carrots, tomatoes, pita chips, olives, and pepperoncini
serves 15/25\$45.99/\$74.99

Spinach & Artichoke Dip

baked shredded spinach and marinated artichokes mixed with cream cheese, Parmesan, and herbs - served with pita chips
serves 25\$49.99

For more information and styling please call Groovin' Gourmets at
804-868-8900 or email Info@GroovinGourmets.com



GROOVIN' GOURMETS

Desserts

Plates, napkins, and cutlery kits included.

Assorted Cookies

chocolate chunk, peanut butter, oatmeal raisin,
chocolate chip, and white chocolate macadamia nut
small box (10) \$18.99
large box (25) \$34.99
tray (50) \$59.95

Assorted Mini-Desserts

Oreo Blondies, lemon squares, and s'more bars
box (30) \$22.99
tray (60) \$42.99

Brown Butter Rice

Crispy Treats
modern take on the classic
rice crispy treat
box (25) \$32.99

Brownies & Blondies

our rich chocolate brownies
and Oreo blondies
box (15) \$24.99

Brownies

rich chocolate house-made brownies
tray (35) \$46.99

Cookies and Brownies

mixture of cookies and
our house-made brownies
box (15 cookies, 7 brownies) \$28.99
tray (30 cookies, 15 brownies) ... \$59.99

Chocolate Cupcakes

rich chocolate cupcakes with chocolate buttercream
box (12) \$24.99
tray (24) \$47.99

Vanilla Cupcakes

vanilla cupcakes with vanilla buttercream
box (12) \$24.99
tray (24) \$47.99

Assorted Cupcakes

12 rich chocolate cupcakes with chocolate buttercream
and 12 vanilla cupcakes with vanilla buttercream
box (24) \$47.99

Lemon Bars

house-made citrus lemon bars
box (18) \$31.99
tray (36) \$53.99

Caramel Apple Bars

Granny Smith apples and custard in a granola-
shortbread crust drizzled with caramel
box (18) \$35.99

For more information and sta ing please call Groovin' Gourmets at
804-868-8900 or email Info@GroovinGourmets.com



GROOVIN' GOURMETS

Beverages

Individual Beverages

Cups and ice included.

Bottled Water
16.9 oz bottle \$1.50 each

Pure Leaf Sweet Tea
18.5 oz bottle \$2.00 each

Pure Leaf Unsweet Tea
18.5 oz bottle \$2.00 each

Apple Juice
10 oz bottle \$1.50 each

Cranberry Juice
10 oz bottle \$1.50 each

Coca-Cola Classic
12 oz can \$1.50 each

Ginger Ale
12 oz can \$1.50 each

Diet Coke
12 oz can \$1.50 each

Sprite
12 oz can \$1.50 each

Assorted Soda Sampler
assortment of above sodas (minimum of 10)
12 oz can \$1.50 each

Group Beverages

Cups and ice included.

Sweet Iced Tea
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Unsweet Iced Tea
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Fresh Lemonade
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Fresh Orange Juice
serves 10 (gallon) \$14.99 each

Hot Beverages

Cups included.

Assorted Teas
hot water served in a disposable traveler and
a selection of teas - sweeteners included
serves 9 (small) \$14.99 each
serves 16 (large) \$24.99 each

Coffee
regular or decaf, served in a disposable traveler
with creamers and sweeteners on the side
serves 9 (small) \$14.99 each
serves 16 (large) \$24.99 each