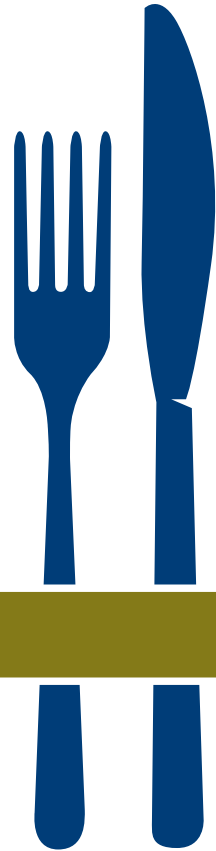


Gourmet DECISIONS

CATERING



CORPORATE OR PRIVATE

12 Washington Street
Natick, Ma. 01760

Phone: 508-647-4024
Email: gourmetdec@aol.com

Please call for pricing.

HORS D'OEUVRES

VEGETARIAN DECISIONS

ROASTED ARTICHOKE FILLO TRIANGLES
Artichoke, Parmesan cheese, garlic & herbs

BAKED BRIE FEUILLE de BRICK
Imported Brie cheese, sun dried fruits topped with whole pecans

CARAMELIZED BERMUDA ONION TARTLETS
With Gorgonzola cheese & Balsamic vinegar

BLACK BEAN HUMUS SPIRALS
Havarti cheese & roasted confetti vegetables

TUSCAN ARTICHOKE PATE CROSTINI
Fire roasted red peppers & Pecornino Romano Cheese

PUNTENESCA CROSTINI
Fresh Roma tomatoes & imported olive & caper Tapenade

ROASTED EGGPLANT FILLO FLOWERS
Roasted eggplant & caramelized onions in fillo

STUFFED GRAPE LEAVES
Jasmine rice, toasted pine nuts, lemon & extra virgin olive oil

FALAFEL STUFFED MUSHROOM CAPS
With confetti vegetables

WILD MUSHROOM PUFFS
Wild mushroom duxelle, walnuts & cream cheese

PITA PIZZA CRISPS
Spinach, feta cheese, calamata olives & sun dried tomatoes

PITA TRIANGLE CRISPS
Sun dried red peppers, chevre & green onion

WILD MUSHROOM QUESADILLA
Laced with Hoisin soy wine

SPICY ROASTED VEGETABLE QUESADILLA
Chipotle humus & Monterey Jack cheese

SPANIKOPETA
Spinach, feta cheese & spices

SEAFOOD DECISIONS

CLAMS CASINO
Topped with sweet bell peppers, bacon & herbed bread crumbs

LOUISIANA CRAB CAKES
Spicy Cajun tartar sauce

CRAB RANGOONS
Oriental hot mustard

RISOTTO CRAB CAKES
Lump crabmeat & risotto with roasted garlic aioli

OYSTERS ROCKEFELLER
Sautéed spinach, béchamel & Pernod

SMOKED SALMON FILLO FLOWER
Smoked salmon & cream cheese

GINGER SOY SALMON SATAY
Marinated fresh Atlantic salmon

FRESH SEA SCALLOPS WRAPPED IN BACON
On a skewer

JUMBO COCONUT SHRIMP
Pineapple orange salsa

GRILLED JUMBO SHRIMP SKEWER
With sweet & sour curry glaze

SESAME SHRIMP TOAST
Brushed with sesame oil & lemon

MEDITERRANEAN SWORDFISH KABOBS
Seared with herbed bread crumbs

CLASSIC DECISIONS

TERIYAKI BEEF SATAY
Marinated tender sirloin

SPICY PEANUT CHICKEN SATAY
Thai peanut sauce

ROASTED TENDERLOIN OF BEEF CROSTINI
Roasted garlic & Rosemary, mascarpone cheese

CARIBBEAN JERK CHICKEN CROSTINI
Mango salsa, pink Grapefruit & coconut

TUSCAN CHICKEN
Imported Italian cheese & herbs

COCONUT CHICKEN & PINEAPPLE SKEWER

STUFFED MUSHROOM CAPS
Imported prosciutto, roasted artichokes & Parmesan cheese

CARAMELIZED ONION FILLO TRIANGLES
Bleu cheese, walnuts & Bacon

SOUTHWEST CHICKEN QUESADILLA
TexMex corn chutney & Jack cheese

MINI BEEF WELLINGTON
Wild mushroom duxelle in puff pastry

ARANCINI ROMA
Herbs & cheese risotto cakes, deep-fried with fresh mozzarella center

CASHEW CHICKEN SPRING ROLLS

PLATTERS

(15 PERSON MINIMUM)

IMPORTED & DOMESTIC CHEESES

With seasonal grapes and assorted crackers

BAKED IMPORTED BRIE CHEESE EN CROUTE

With sautéed pears, Apples, wild berries & port wine/or sun dried red peppers & tomatoes with fresh basil pesto—creatively garnished with seasonal grapes & fresh berries—served with assorted crackers & breads

SLICED SEASONAL FRUIT & BERRIES SMOKED SALMON

Chopped egg, capers, red onions, whipped cream cheese, spicy horseradish sauce & cucumber dill salad with cocktail breads

COCKTAIL SANDWICHES

Petit and served on fresh breads. Choose from: Cucumber Dill, Asparagus & Red Peppers, Watercress & Ginger, Lobster Salad, Wild Mushroom & Goat Cheese, Prosciutto & Pesto

MEDITERRANEAN PLATTER

Fresh Tabouli, Moroccan CousCous Salad with sun dried fruits, black bean humus, roasted eggplant, sweet peppers, plum tomatoes, Feta cheese & mixed olives with crispy sesame triangles & soft pita bread

GOURMET DELI PLATTER

Roasted Top Sirloin of Beef, caramelized onions...honey baked pit ham, roasted sweet potatoes & grilled pineapple...Southwest grilled chicken Tex Mex corn chutney...roasted turkey breast, herb stuffing & cranberry chutney...roasted Balsamic vegetables...Assorted sliced cheeses, tomatoes, red onions, pickles & leaf lettuce... freshly baked breads & condiments.

ANTIPASTO

Imported Prosciutto di Parma, Genoa Salami, mortadella, fresh mozzarella, Provolone & gorgonzolla cheese, fire roasted sweet peppers, Tuscan Artichoke grilled eggplant, marinated wild mushrooms, assorted olives, pepperoncini, plum tomatoes, basil pesto and chic pea & roasted garlic spread & baby field greens...Crusty European Breads & appropriate condiments

ROASTED FRESH TURKEY BREAST PLATTER

Herb stuffing and cranberry chutney...freshly baked breads & appropriate condiments

HONEY BAKED PIT HAM

Roasted Sweet Potatoes and grilled pineapple...freshly baked breads and appropriate condiments

ROYAL GOURMET ROASTED MEATS PLATTER

Tenderloin of Beef with rosemary & garlic, Herb Crusted Rack of Lamb, and Tuscan Style Breast of Chicken: all sliced & plattered at room temperature. Served with oven-roasted potatoes, caramelized onions, root vegetables & sliced tomatoes, freshly baked breads, and appropriate condiments & sauces

ROYAL GOURMET SHELLFISH PLATTER

Steamed fresh Maine Lobster tails & claws...grilled Jumbo Shrimp...Cracked Snow Crab Claws, Clams Casino & Oysters Rockefeller...horseradish sauce, cocktail sauce, citrus salsa & lemon wedges

GRILLED FRESH SEASONAL VEGETABLE PLATTER

Aged Balsamic drizzle

BRUNCH

PIE PLATE QUICHE

Classic Lorraine
Broccoli & Three Chesses
Bacon & Tomato
Roasted Tuscan Vegetables
Spicy Italian Sausage
Asparagus & Fire Roasted Red Peppers

ASSORTED MINI BREAKFAST PASTRIES

Scones
Muffins
Croissants
Danish
Cinnamon Rolls

ASSORTED FINGER SANDWICHES

Southwest Grilled Chicken
Fresh Roasted Turkey
Baked Pit Ham
Cajun Chicken Salad
Tongol Tuna Salad

FRESH CUT FRUIT & BERRIES

CATERING



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SALADS

COUNTRY SALAD

A variety of fresh field greens, julienne peppers and carrots,
Vine ripened tomatoes & cucumbers

CAESAR SALAD

Crisp romaine lettuce, shredded Parmesan cheese, garlic & herb Roasted croutons
tossed with Gourmet Decisions' own Caesar dressing

TRI-COLORED CHEESE TORTELLINI SALAD

With sun dried tomato & sweet basil pesto

TRI-COLORED CHEESE TORTELLINI SALAD

With julienne roasted bell pepper & a roasted Garlic & extra virgin olive oil dressing

CALYPSO RICE SALAD

Wild & brown rice tossed with island confetti vegetables, Golden pineapple & Tumeric dressing

ZUCCHINI & GRAPE TOMATO SALAD

With Balsamic Mint Vinaigrette

ENGLISH CUCUMBER & MANGO SALAD

With a sweet & sour dill dressing

SPICY THAI PASTA SALAD

Lo mein noodles, Oriental vegetables & a This Peanut Sauce. Add chicken,
shrimp, or chicken & shrimp

WILD MUSHROOM & CARAMELIZED PEARL ONION SALAD

With hoisin, ginger & Green onion dressing

ORZO PASTA SALAD

With sun dried cranberries & fresh spinach with a Dijon Vinaigrette Dressing

GRILLED CHICKEN SALAD

With sun dried cranberries & walnuts and a yogurt dressing

CATERING



DINNERS

BEEF DECISIONS

TENDERLOIN OF BEEF WELLINGTON

Wrapped in puff pastry
With a wild mushroom & Foie gras duxelle
Sauce Merlot
Bolanger Potato & grilled asparagus

HERB CRUSTED PRIME RIB OF BEEF AU JUS
Horseradish Smashed Potatoes & fire roasted green beans

PRIME CUT FILET MIGNON
Wild Mushroom & Cabernet Ragout

Served on a garlic roasted crostini
Arugula Mashed Potatoes & Tuscan roasted vegetables

SLOW ROASTED NEW YORK SIRLOIN OF BEEF

Caramelized onions & Zinfandel Reduction Sauce
Rissolle Potatoes & Broccoli Sauté

TOURNADOES OF BEEF TENDERLOIN

Sauté with artichoke hearts, shitake mushrooms & shallots
Cabernet Demi glaze
Baked Idaho Potato & Zucchini Squash

CHICKEN DECISIONS

BREAST OF CHICKEN PANZANELLA

Roasted & stuffed with imported Proscuitto, mozzarella di Bufalo
Roma tomatoes, basil pesto & rustic bread
Roasted garlic & tomato concasse orzo pasta & green Romano beans

BREAST OF CHICKEN SAUTE

Wild mushroom champagne sauce
Confetti vegetable studded wild rice & grilled asparagus

CHARDONNAY GLAZED, GRILLED LEMON CHICKEN BREAST

Red bliss smashed potatoes & caramelized root vegetables

PAN SEARED APPLEWOOD SMOKED BACON WRAPPED CHICKEN BREAST

Sliced apples & Madeira wine sauce
Rissolle potatoes & Chipotle laced butternut squash

PAN FRIED TUSCAN CHICKEN BREAST

Imported Italian cheese & herb crusted
Fire roasted red pepper pesto risotto & wilted baby spinach



DINNERS *continued*

SEAFOOD DECISIONS

ATLANTIC SALMON

Pan seared with a ginger soy glaze,
Stir fry vegetables & yellow lo mein noodles

HALIBUT STEAK

Baked with cucumber dill
Braised celery & Safron rice

SWORDFISH

Grilled with sweet onions & red plums
Buttered fingerling potatoes

YELLOW FIN TUNA

Chile-ginger seared
Baby spinach & Jasmine rice

HADDOCK

Baked with vegetable herb dressing
Sugar snap peas & rice pilaf

JUMBO SHRIMP BAKED STUFFED

With snow crab dressing
Baked Idaho potato & baby peas

SEA SCALLOPS

Pan seared with lemon & garlic, wine
Braised endive & Florentine rice

MAINE LOBSTER

Baked Stuffed, Boiled, Thermadore/Savannah, or Fra diavolo

JUMBO SHRIMP SAUTE

Scampi, Fra diavolo, Pomodoro, Grand Marnier

LAMB DECISIONS

RACK OF LAMB DIJON MUSTARD & HERB CRUSTED

Burgundy wine sauce-apple mint chutney
Delmonico Potato & Baby Bok Choy

MEDALLIONS OF LAMB FLORENTINE EN CROUTE

Sauce Merlot
Rosemary Roasted Potatoes & Baby Spinach

PAN SEARED BLACK PEPPERED LOIN OF LAMB

Zinfandel Reduction Sauce
Roasted Garlic Smashed Potatoes & Broccoli Rabe

MEDALLIONS OF LAMB FLORENTINE EN CROUTE

Sauce Merlot
Rosemary roasted potatoes & baby spinach

PAN SEARED BLACK PEPPERED LOIN OF LAMB

Zinfandel reduction sauce
Roasted garlic smashed potatoes & broccoli Rabe



DINNERS *continued*

VEAL DECISIONS

VEAL CHOP

Tuscan roasted & stuffed
Imported Proscuitto di Parma, Muenster cheese
Roasted garlic & fresh herbs
Champagne Sauce
Caramelized onion smashed potatoes & broccoli

VEAL MEDALLIONS

Sautéed with roasted artichoke hearts,
Shitake mushrooms & sun dried tomatoes
Marsala demi glaze
Orzo pasta Milanese & green peas
(Veal Medallions: also available sautéed with
Marsala, Piccata, Francaise or Sorrento)

VEAL CHOP

Seasoned and grilled with pearl onions
Wild mushroom & Madeira ragout
Garlic mashed potatoes & Tuscan spinach

VEAL SALTIMBOCCA

Pressed with imported Proscuitto & fresh sage
Sautéed with button mushrooms, shallots & Marsala wine
Finished with fresh Bufalo mozzarella
Rissolle potatoes & broccoli Rabe

VEAL LIMONE

Sautéed medallions with button mushrooms, fresh lemon,
White wine & capers
Orchiette pasta & green beans

PORK DECISIONS

GRILLED RACK OF PORK

Sautéed pears, apples & sun dried apricots
Madeira wine sauce
Baked Idaho potato & butternut squash

TENDERLOIN OF PORK SAUTE

Jasmine rice, Japanese eggplant, roasted red peppers & Vidalia onions
Balsamic vinegar wine sauce

HERBS & SPICE CRUSTED LOIN OF PORK

Sour cherry & green apple mojo
Marsala pan gravy
Roasted sweet potatoes & sautéed green peas



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