

Bryan Young
Catering Plus
Providing Logistical & Culinary Solutions

DINNER
Menus



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Catering Plus Food Stations

PASTA STATION

Penne pasta with shrimp, sundried tomatoes, spinach, feta cheese, garlic, and olive oil
Farfalle with broccoli, mushrooms, parmesan cheese in a light cream sauce
Toasted meat ravioli with red sauce
Garlic bread

ASIAN STATION

Vegetable spring rolls – ginger soy dipping sauce
Thai chicken salad in lettuce cups with peanuts and scallions
Asian BBQ pork served in phylo cups with pickled bok choy
Jasmine rice cakes with sweet soy and mango garnish

SPANISH STATION

Spanish meat balls with chorizo and roasted red pepper tomato sauce
Black bean and potato empanadas
Dates stuffed with goat cheese and wrapped in bacon
Array of Spanish cheese with fresh and dried fruits, flatbreads and assorted breads
Marinated olives

CARVING STATION

Apple wood smoked brisket of beef with caramelized onions –
Horseradish sauce, ancho glaze, house barbecue sauce on the side
Roasted pork loin seasoned with rosemary and garlic –
Pommery mustard sauce, au jus, cranberry chutney on the side
Assorted rolls and butter rosettes

Catering Plus Food Stations

CARVING STATION 2

Tenderloin of beef with horseradish crème sauce and demi glace
Catering Plus house smoked turkey breast – cranberry chutney,
pommery mustard sauce
Assorted rolls and breads
Vegetables crudirte display with grilled vegetables
Curry dip and roasted red pepper hummus
Polenta cakes with wild mushrooms and reggianno parmesan

Empanada Station

Red chili and pork – black bean and potato – Chicken and green chili
Orange jicama salad with mixed greens

Paella Station

Shrimp, Squid, mussels, chorizo, chicken with paella rice and saffron
Custom food ingredients available
Rustic bread and olive oil

Antipasti Station

Fire roasted peppers, marinated artichoke hearts, marinated olives,
Italian vegetables, assorted sliced Italian specialty meats,
assorted cheese, flatbreads, rustic breads and crackers

Vegetable Display

Assorted seasonal vegetables presented in glass cubes,
vases, with wheat grass and candles - dips

Catering Plus Food Stations

Napa Station

Lamb chops with lavender and honey
Seasonal vegetable pasta with penne,
light tomato crème sauce with fresh herbs
Gazpacho trio shooters

All American Station

Miniature or Sliders burgers
Twice baked new potatoes with cheddar cheese
Demi tasse smoked tomato soup

Tapas

Shrimp in garlic sauce
Stuffed mussels
Mushrooms stuffed with spinach and feta cheese
Serrano ham and figs
Tortilla Espanola

High Tea Station

Egg salad tea sandwiches
Ham salad tea sandwiches
French cheese puffs with smoked trout
Tapenade and cream cheese tea sandwiches
Watercress and cucumber tea sandwiches
Chocolate truffles and chocolate dipped strawberries

Catering Plus Seated Dinners

Salads

Caesar Salad

Missouri homegrown tomatoes (seasonal)

Mixed field greens with grape tomatoes

Artichoke heart and hearts of palm with bibb lettuce

Long stem Italian artichokes with roasted red pepper

Orange and jicama salad with field greens walnut oil and rice vinager

Jicama salad with citrus fresh fruit with ancho chili dressing

Belgian endive, mache, beet, with walnuts and sherry wine vinaigrette

Watercress and hearts of palm salad house vinaigrette

Entrees

Sea Bass – caper butter

Halibut – chutney butter

Salmon – sweet soy glaze

Apple wood smoked and roasted salmon served chilled –

Tropical salsa or cucumber dill

Lightly smoked salmon served hot – red wine sauce

Jumbo shrimp – basil crème sauce

Missouri trout stuffed with crab and mushrooms – light crème sauce

Grilled tuna – sweet soy and wasabi crème

Filet of Beef 8 oz.– demi glace

Prime rib – au jus – beefeater sauce

Strip 10 oz. 16 oz. – garlic butter

Bistro beef with caramelized onions and red wine sauce

Catering Plus Seated Dinners

Entrees Continued

Lemon chicken with preserved lemons and yellow and red pepper

Jerk Chicken

Chicken stuffed with roasted red peppers,
spinach, prosciutto, and goat cheese

Chicken stuffed with mushrooms with smoked red pepper sauce

Ginger plum chicken

Roast Duck – cherry chutney

Veal Chops 12 oz. and 16 oz. Exotic mushroom red wine sauce

Lamb chops Lavender and mango

Osso buco Milanese

Sides

Green bean and red pepper bundles

Asparagus bundles with herb butter

Roasted winter vegetables

Roasted brussels sprouts with leeks

Spinach pie

Miniature carrots with honey and fresh mint

Collard greens country style with bacon

Sautéed squash with sweet onions and capers

Broccoli with lemon butter

Twice baked miniature potatoes

Roasted fingerling potatoes

Grilled sweet potatoes

New potatoes with sundried tomatoes and garlic

Wild rice blend

Jasmine rice

Quinoa

Corn on the cob with ancho butter

Custom menus available for seated dinners.

Catering Plus Buffet Dinners

Mixed green salad
Herb chicken breast with red wine sauce
Grilled vegetables
Penne pasta with tomato sauce and parmesan cheese
Garlic bread

Romaine lettuce and mixed greens with grape tomatoes – vinaigrette dressing
Brisket of beef with caramelized onions and beefeater sauce
Roasted new potatoes with garlic
Green beans with herb butter
French Bread and butter

Caesar salad
Bistro beef with red wine sauce
Chicken with wild mushroom sauce
Wild rice blend with shallots
Squash and tomato gratin
Rolls and butter

Garden salad – tomatoes, carrots, red onion – green goddess dressing
Tenderloin of beef – demi glace
Salmon – lightly smoked and roasted served chilled with cucumber dill sauce
Grilled vegetables – Grilled sweet potatoes
Fresh fruit brochettes
Assorted rolls – butter

Green salad with beets, goat cheese, and light red wine vinegar dressing
Roast pork loin seasoned with garlic and rosemary with mango chutney
Salmon filet with caper butter
Mash potatoes
Asparagus
Assorted rolls – butter

Ask Catering Plus event planner for more choices for buffet dinners.