

CATERING MENU

HAMPTON ROADS



GROOVIN'
GOURMETS

FOOD • SERVICE • STYLE

THE GROOVIN' GOURMET EXPERIENCE

Our priority is to create and deliver an unforgettable experience. With attention to every detail, we make sure the menu includes your favorite dishes, your guests have a drink in hand, and you enjoy every moment. We love to make visions come to life. Our sales and production team can help with everything from linens, tableware, station design, and lighting, to complete event styling that will make your guests say, "Wow!"

If you're promoting a cause or planning a corporate event, we'll make you look like a rock star to your co-workers. If you're celebrating life experiences or exchanging vows with the love of your life, you won't have to worry about a thing. It's your day to enjoy!

WHERE WE SERVE

Groovin' Gourmets is proud to deliver exceptional food and service to our valued customers. Operating from two kitchen locations, we are dedicated to delivering highest quality and freshness of our offerings. To do this, we maintain a service boundary of 90 minutes from either location, which covers east of Williamsburg to the state line. This commitment allows us to guarantee that all meals arrive in optimal condition, preserving the taste, presentation, and overall dining experience our clients deserve. The following menu is exclusive to the Hampton Roads location, but we can promise the same level of service and food quality from either location.





HORS D'OEUVRES



HORS D'OEUVRES

PASSED OR STATIONARY

FISH & SHELLFISH

BLACKENED TUNA TIDBITS

Skewered and served cold with cucumber-wasabi dip.

CHAMPAGNE PICKLED SHRIMP

Chilled shrimp poached in champagne, served with aromatics.

CITRUS SEARED ROSEMARY SCALLOPS

Served on a skewer.

COCONUT FRIED SHRIMP

Served with sweet thai chili sauce.

EUROPEAN CUCUMBER CUPS

With jumbo lump crab salad.

MINI KEY WEST STYLE MAHI TACOS

With Baja sauce drizzle.

MINI MANGO SEAFOOD CAKES

Filled with scallops & shrimp.

MINIATURE CRAB CAKES

Served with red pepper aioli.

OLD BAY SHRIMP COCKTAIL

Served with classic cocktail sauce and lemon wedges.

SESAME GRILLED SHRIMP

Served with wasabi cocktail sauce.

SMOKED SALMON DILL BITES

Served on crostini with goat cheese spread.

CHIPOTLE SHRIMP SALAD

Served in fried wonton cups.



HORS D'OEUVRES

PASSED OR STATIONARY

VEGETARIAN

SPANAKOPITA

Flaky Greek pastry filled with spinach & feta cheese.

BAKED BRIE BITES

Phyllo baked baby brie bites with fresh blueberries.

CAPRESE SKEWERS

Tomatoes, basil, & fresh mozzarella served on a skewer with balsamic reduction drizzle.

HANDCRAFTED MINI QUICHE

Broccoli & Cheese

OVEN ROASTED BABY POTATOES

Filled with asiago & mascarpone cheese and chives.

SOUTHWEST VEGAN BITES

Served on a fried corn chip with an avocado drizzle.

STRAWBERRY BRUSCHETTA

Sliced strawberries, goat cheese spread & toasted walnuts served on crostini.

TOMATO, MOZZARELLA, & BASIL BRUCHETTA

Served on crostini with balsamic reduction drizzle.

VEGETABLE COCKTAIL LUMPIA

Fried vegetable spring rolls served with thai chili sauce.

POULTRY

BUFFALO CHICKEN NUGGETS

Served with blue cheese dip.

CHICKEN & VEGETABLE SKEWERS

Grilled chicken, red peppers, onions, & zucchini served on a skewer.

GREEK CHICKEN SKEWERS

Served with tzatziki sauce.

JAMAICAN JERK CHICKEN SKEWERS

Jerk seasoned chicken tossed in Caribbean BBQ sauce. Served on a skewer.

MINI CHICKEN TACOS

Topped with pico de gallo and Baja sauce drizzle.

THAI CHICKEN SATAY

Drizzled with peanut sauce and garnished with chopped peanuts.

BEEF & PORK

BEEF COCKTAIL LUMPIA

Fried rolls filled with beef, served with thai chili sauce.

BEEF FILET BRUSCHETTA

With red onion chutney, served on crostini.

LOADED BABY POTATOES

Filled with sour cream, cheddar cheese, bacon, and chives.

SWEET & SOUR MEATBALLS

All beef meatballs tossed in sweet & sour sauce.

VANILLA BOURBON STEAK RUMAKI

Beef & water chestnuts wrapped in bacon. Served on a skewer.



CULINARY DISPLAYS

APPETIZER PLATTERS

FRUIT PLATTER

With Yogurt Dip

HUMMUS PLATTER

Served with garlic edamame, red pepper & pita bread

GRILLED VEGETABLE PLATTER

Grilled in basil pesto

SALSA TRIO

Mango, Pico de Gallo & Gauacamole.
Served with tortilla chips

CHESAPEAKE BAY CRAB DIP

Served with crostini

FIESTA CORN DIP

Roasted corn, onions, peppers, cheddar cheese, sour cream, & herbs. Served with fresh tortilla chips

SEAFOOD ANTIPASTO BOWL

Scallops, shrimp, artichoke hearts, provolone cheese, olives, grape tomatoes, garlic, and fresh basil tossed in a light vinaigrette

SPINACH & ARTICHOKE DIP

Served with parmesan pita chips

SIGNATURE DISPLAYS

WING DISPLAY

Buffalo and Carribean Jerk. Served with cellery, carrots, and bleu cheese

INTERNATIONAL FRUIT & CHEESE DISPLAY

Artfully displayed fresh seasonal fruits and imported cheeses with rustic crackers

CHILLED SHRIMP DISPLAY

16/20 Jumbo "tail on" steamed, chilled shrimp. overflowing and perfectly arranged with a dash of old bay, lemon wedges and our signature cocktail sauce for dipping

CHAMPAGNE PICKLED SHRIMP

Chilled shrimp poached in champagne, served with aromatics

THE EASTERN SHORE RAW BAR

Fresh oysters on the half shell, little neck clams, jumbo chilled shrimp cocktail, poached crab claws, mango seafood lollipops and accompanied with lemon wedges, cocktail sauce, clarified warm butter, old bay seasoning, oyster knives and crackers

ANTIPASTA DISPLAY

Prosciutto, pepperoni, marinated mozzarella and marinated mushrooms, provolone cheese, assorted olives, roasted asparagus, roasted peppers, with crusty italian breads



ENTRÉES





SALADS

Buffet style or plated & preset

WONTON SALAD

Wonton noodles, green onions, snow peas, black sesame seeds, red peppers, and carrots over a grilled salad blend. Served with an Asian ginger dressing.

BAJA SALAD

Black bean & corn salsa, grape tomatoes, and tri-color tortilla strips. Served with cilantro vinaigrette.

CLASSIC CAESAR SALAD

Romaine lettuce, shaved parmesan cheese, & housemade croutons. Served with Caesar dressing

CLASSIC CHEF SALAD

Roasted turkey breast, ham, chopped hard boiled eggs, shredded cheddar cheese, cucumbers, grape tomatoes, and housemade croutons over mixed greens. Served with choice of dressing.

COBB SALAD

Turkey, bleu cheese crumbles, tomatoes, chopped hard boiled eggs, bacon, & croutons on field greens. Served with bleu cheese dressing.

CRANBERRY HARVEST SALAD

Mixed greens topped with bleu cheese crumbles, candied walnuts, & dried cranberries. Served with a raspberry vinaigrette.

GREEK SALAD

Feta cheese, sundried tomatoes, Kalamata olives, red onions, red bell peppers, cucumbers, pepperoncini, & housemade croutons. Served with balsamic vinaigrette.

STRAWBERRY BLEU SALAD

Sliced strawberries, bleu cheese crumbles, & spiced walnuts on a bed of field greens. Served with balsamic vinaigrette.

ENTRÉES

PLATED OR BUFFET

All plated Entrées are paired with your choice of starch & vegetable

BEEF & PORK

SEASONED BEEF TENDERLOIN

Rubbed in olive oil and seasoned with pepper and Garlic

CAROLINA PULLED PORK BBQ

Pulled pork BBQ in a North Carolina style vinegar barbecue sauce.

CLASSIC LASAGNA

Layered with a meat sauce and blend of ricotta, mozzarella, & parmesan cheeses.

KAHUKA STYLE PULLED PORK

Wrapped in banana leaves, slow roasted, & topped with tropical island salsa.

OVEN ROASTED BEEF BRISKET

Slow roasted Texas style rubbed brisket. Served with a beef gravy.

PORK TENDERLOIN

Seasoned, pan-seared & finished with a white wine dijon cream sauce.

SEASONED BEEF SHOULDER

Rubbed in olive oil and seasoned with pepper and Garlic

BARBECUE MEATLOAF

Homemade meatloaf topped with a honey BBQ glaze.

POULTRY

CHICKEN ALFREDO

Seasoned with Italian seasoning.

HERB ROASTED CHICKEN

Seasoned with basil, garlic, thyme, paprika, and parsley.
Topped with an herb cream sauce.

JAMAICAN JERK CHICKEN

Marinated in a traditional Jerk marinade and coconut milk.

ROSEMARY CHICKEN BREAST

Seasoned with a fresh rosemary rub.

SEAFOOD

MEDITERRANEAN SHRIMP

Sauteed shrimp with white wine, tomatoes, oregano, feta, artichokes, & olives.

SEAFOOD JAMBALAYA

Shrimp, scallops, & mahi-mahi. Cooked and served in basmati rice seasoned with tomatoes, celery, peppers & onions simmered with a seafood stock.

SHRIMP SCAMPI LINGUINE

Fresh sauteed shrimp tossed with a lemon-garlic white wine sauce, topped with parmesan cheese. Served over linguine pasta.

TUSCAN SALMON

Topped with white wine sauce, spinach & cherry tomatoes.

CRAB STUFFED TILAPIA

Covered in tomato cream sauce & tarragon.

ENTRÉES

PLATED OR BUFFET

VEGETARIAN

BUTTERNUT SQUASH & PORTOBELLO PASTA

Fusilli pasta with roasted portobello mushrooms, roasted butternut squash, & toasted pine nuts. Tossed in a sage cream sauce & finished with shaved parmesan cheese.

CURRIED TOFU

Medley of tofu, chickpeas, zucchini, butternut squash, potatoes, & tomatoes with a coconut curry sauce & baked.

EGGPLANT PARMESAN

Breaded eggplant layered between marinara, mozzarella, & parmesan cheese.

THREE CHEESE LASAGNA

Layered with a caper & lemon zest marinara and a blend of ricotta, mozzarella, & parmesan cheese.



SIDES

BAKED BEANS

MASHED POTATOES

MEDITERRANEAN ORZO PASTA

RAISIN & CARROT COUSCOUS

RED BEANS & RICE

ROASTED ROSEMARY POTATOES

SMOKED GOUDA MAC & CHEESE

SUNDRIED TOMATO PENNE PASTA

WILD RICE PILAF

BROCCOLI SALAD

BROCCOLI, CARROTS, & CAULIFLOWER

PARMESAN GREEN BEANS WITH MUSHROOMS.

ROASTED ASPARAGUS

ROASTED VEGETABLE MEDLEY

STEAMED BROCCOLI

TOMATO CORN SALAD



STATIONS & DISPLAYS



STATIONS & DISPLAYS

CARVING STATIONS

SEASONED BEEF TENDERLOIN

Roasted And Accompanied With Horseradish Cream Sauce, Accompanied with Rolls and Butter

HERB ROASTED OVEN ROASTED TURKEY BREAST

Accompanied With Rolls, Butter And Served With A Cranberry Orange Relish And Oven Roasted Turkey Breast Gravy

BOURBON & MUSTARD GLAZED HAM

Whole Pit Ham - Glazed With Dijon Mustard, Bourbon, Brown Sugar, Ginger & Garlic, Accompanied with Rolls, Butter And Honey Mustard Sauce.

PRIME RIB

Accompanied with Au Jus, Rolls and Butter

PASTA STATIONS

Accompanied With Rustic Rolls With Butter And Breadsticks

PASTAS

Choose Two (2):
Fettuccine
Linguine
Penne
Farfalle (Bowtie)
Fusilli

SAUCES

Choose Two (2):
Marinara
Alfredo
Scampi Sauce
Sundried Tomato Cream Sauce

MAIN COURSE

Choose Two (2):
Grilled Chicken
Shrimp
Grilled Vegetables

BEVERAGE PACKAGES

We have a flat rate per guest, based on the number of hours served. Our house beer, wine, and spirits selection is \$9 for the first hour and \$5 for each additional hour
Bartender labor and glassware not included.



WINE

(choose one tier)

HOUSE

pinot grigio
chardonnay
rosé
pinot noir
cabernet sauvignon
sparkling

VIRGINIA VINEYARDS

viognier
chardonnay
merlot
cabernet franc

BEER

hardywood Great Return IPA
hardywood richmond lager
seasonal (rotating)
bud light platinum seltzer
michelob ultra

SPIRITS

(choose one tier)

HOUSE

vodka
gin
bourbon
rum
scotch
tequila

PREMIUM

kettle one vodka
bombay sapphire
makers mark
plantation 3 star rum
johnnie walker red scotch
1800 silver tequila

NON-ALCOHOLIC

bottled water
assorted sodas
tonic water
club soda
cranberry juice, orange juice



Champagne toast and tableside poured wine available for an additional charge



COCKTAILS

CLASSIC WELCOME COCKTAILS

ordered in batches of 50

PINEAPPLE HURRICANE

rum | lime juice | pineapple juice | grenadine | cherry

SPIKED LEMONADE

house made lemonade | mint | lime wheel | lemon wedge
- choose your spirit: vodka | whiskey

CRUSHING ORANGE

vodka | orange juice | cranberry juice | lime wedge

BEES KNEES

lemon juice | vanilla honey syrup | lemon wedge
-choose your spirit: gin or vodka

COSMO

vodka | triple sec | cranberry juice | lime juice | lime wheel

CITRUS SANGRIA

pinot grigio | triple sec | pineapple juice | orange wheel | lemon wedge

SPECIALTY MOCKTAILS

ordered in batches of 50

SUNSHINE SPARKLER

club soda | bitters | orange juice | pineapple juice | grenadine
lemon wheel

MINT LIMEAIDE

club soda | lime juice | simple syrup | lime wedge | mint sprig

GINGER LEMONADE SPLASH

ginger-beer | lemonade | lime juice | mint sprig | lemon wedge

RASPBERRY COOLER

tonic water | lime juice | raspberry | lime wedge



COCKTAILS ...CONTINUED

GROOVIN' SPECIALTY COCKTAILS

ordered in batches of 50

RICHMOND

whiskey | bitters | sweet vermouth | sugar | cranberry | cherry

GIN DAISY

gin | triple sec | lemon juice | grenadine | club soda | cherry

MARGARITA

tequila blanco | triple sec | salt | lime wedge
- choose your flavor: classic lime, cranberry, or spicy

MULE

ginger beer | lime juice | lime wedge
- choose your spirit: vodka or whiskey - choose your flavor: classic lime or cranberry

FRENCH 70s

sparkling wine | sugar | lemon juice | lemon twist
-choose: French 75 gin or French 76 vodka

OLD FASHIONED

bourbon | bitters | sugar | orange peel

SUNRISE

orange juice | pineapple | grenadine | orange slice | cherry
-choose your spirit: tequila or vodka

HAMPTON

vodka | orange juice | bitters | lemon juice | simple syrup | lime wedge

SEASONAL COCKTAILS

ordered in batches of 50

SPRING & SUMMER

RED SANGRIA

wine | brandy | orange juice | triple sec | cider | orange wheel | lemon wedge

SUMMER SPRITZ

vodka | ginger beer | lemon juice | mint | lime wedge

FALL & WINTER

THE BLUE RIDGE

whiskey | lemon juice | spiced simple syrup | apple cider | lemon wedge

MULLED WINE

red wine | mulled apple cider | cloves | cinnamon sticks | orange wedge | cranberries

*staffing, tax, and administrative fees are not included

DESSERT

MINIATURE CANNOLI

Served On A Platter

APPLE CRISP

Cinnamon Apples Topped with Oat Strussel
Served Warm

BREAD PUDDING

Served Warm And With Bourbon Caramel Sauce

MINI DESSERT PUFFS

GOURMET CUPCAKES

Chocolate or Vanilla

MINIATURE COOKIE BOX

40 Assorted Miniature Cookies Presented In A Box

CHOCOLATE LOVER'S PLATTER

MINIATURE ASSORTED PIES

ASSORTED DESSERT SAMPLER TRAY

Includes Miniature Pies, Miniature Cookies, Miniature Brownies & Blondies and Miniature Cupcakes

DESSERT BARS

Oreo Dream, Pecan Cappuccino, Luscious Lemon,

LARGE COOKIES

Freshly Baked - Chocolate Chip, Heath, Special



ADDITIONAL INFORMATION

WHAT TO EXPECT

CONSULTATION

You'll schedule a call with one of our sales coordinators so we can learn your story and the ideas for your event. We'll walk you through our menus and services to find the best fit.

PROPOSAL

After the consultation, your event coordinator will write a customized proposal and review it with you.

PRIVATE TASTING

For large events and weddings, we'll host you in our private tasting room where you can sample your top menu choices and make final selections. It's also an opportunity to go over elements like linens and floor plans in person.

ON-SITE PLANNING

In some cases, we'll schedule a visit to your venue to take a walk through together. It's a great way to envision the layout and discuss what needs special attention.

EVENT DAY

Our service team is there to take care of everything. We'll set up, serve, and break down the event. We even take out the trash.

DIETARY RESTRICTIONS

Please let your coordinator know of any dietary restrictions for your event. We make every effort to ensure that the allergen information provided is accurate. However, because of the nature of our menu items and the variety of procedures used in our kitchens, we can make no guarantees of its accuracy and disclaim liability for the use of this information. All common allergens are present and processed in our facility.

PAYMENTS

To book your event date, it is our policy to have a signed contract with a payment equal to 25% of the estimated event price. Your first payment reserves your date. A second 25% deposit is due 60 before your event. We can continue to update your event, your guest count, and your menu up until 10 days before your event. Final balances are due 10 days before your event.

RENTALS

With access to a large and diverse inventory through our vendor partners, your coordinator can easily recommend linen styles, china, flatware, and glassware to enhance the look of your event. If your event requires a disposable option, we have upscale disposable products available in black, starting at \$2.99 per guest.

PRICE FLUCTUATION

Due to current cost increases, fluctuating availability of products, supplies, on all aspects of commerce, options and prices are subject to change. You will be notified before your event of any such changes, and we are happy to adjust your event to meet your needs.