

# Good Food Fast Catering *At your place*

203-857-4368 PHONE • WWW.GFFCATERING.NET WEB • CATHY@GFFCATERING.NET EMAIL  
200 CONNECTICUT AVENUE • NORWALK, CONNECTICUT 06854

## PASSED AND BUFFET STYLE HORS D'OEUVRES

### *Cold*

#### **ANTIPASTO KEBAB**

Skewered fresh mozzarella, salami, roasted red pepper, marinated artichoke heart, and kalamata olive.

#### **CLAM AND OYSTER BAR**

Fresh littleneck clams and bluepoint oysters served with our own cocktail sauce and lemon.

#### **MEDITERRANEAN DISPLAY**

White Bean and Fennel Salad, Marinated and Roasted Vegetables, Humus, Marinated and Cured Olives. Accompanied by Assorted Crostini, and Pita Breads.

#### **LIME CRAB SALAD ON PLANTAIN CHIP**

Tender lump crabmeat Spanish style with a hint of lime and service on a freshly prepared plantain chip.

#### **CRUDITES WITH ASSORTED DIPS**

Assorted fresh vegetables served with your choice of dips.

#### **ASSORTMENT OF CHEESE & FRUIT**

A mix of domestic and imported cheese served with pepperocini, Italian pepperoni and fresh seasonal fruit and crackers.

#### **DEVILED EGGS**

Fresh eggs stuffed and garnished with a classic spicy filling.

#### **ASSORTMENT OF CANAPES**

Toasted crustade of whole grain bread served with a variety of fish, meat, vegetable and cheese toppings.

#### **CHERRY TOMATOES MARYLAND**

Ripe cherry tomatoes stuffed with seasoned lump crabmeat.

#### **ASSORTMENT OF SMOKED FISH**

Salmon, peppered mackerel, herring trout and oysters served with extra virgin olive oil and fresh toasted breads.

#### **ASPARAGUS AND PROSCIUTTO**

Tender fresh asparagus wrapped in imported Italian prosciutto.

#### **ROAST TENDERLOIN OF BEEF**

Roasted rare and served on a crustade with scallion butter and horseradish sauce.

#### **SHRIMP BOAT**

Sweet tender shrimp and sea scallops steamed, chilled and served with sauce verte, and our own cocktail sauce and lemon.

### **SUSHI**

Classic nori rolls filled with choice of shrimp, crab, tuna, cucumber, avocado, vegetables and sushi rice expertly prepared by our own sushi chefs served with pickled ginger, wasabi and soy sauce.

### *Hot*

#### **LAMB CHOP WITH ROSEMARY BALSAMIC GLAZE**

Succulent lamb grilled medium rare then lightly finished with an aged balsamic and rosemary glaze.

#### **MARYLAND STYLE CRAB CAKES**

Traditional Maryland recipe presented hors d'oeuvres style and served with our own Remoulade sauce.

#### **ASSORTED QUICHE**

Buttery pastry shells filled with savory custards, assorted cheeses and fillings.

#### **BRIE IN PUFF PASTRY**

Imported French brie cheese wrapped in puff pastry and baked golden brown served with fresh strawberry sauce.

#### **STUFFED MUSHROOMS**

Fresh button mushrooms stuffed with vegetable duxelle and topped with pecorino romano cheese.

#### **ARTICHOKE PARMESAN PURSE**

Flaky puff pastry filled with a tempting combination of artichoke hearts and aged Parmesan cheese.

#### **TERIYAKI CHICKEN WINGS**

Tender chicken wings roasted and topped with our own Teriyaki glaze.

#### **ASPARAGUS ASIAGO IN PHYLLO**

Tender green asparagus and imported Italian Asiago cheese wrapped in phyllo dough.

#### **BEEF SATE**

Marinated lean strips of beef sirloin wrapped around skewers and grilled.

#### **MUSHROOM PUFFS**

Puff pastry squares filled with mushroom duxelle and baked golden brown.

#### **STUFFED CLAMS**

Little neck clams, steamed, stuffed and broiled with tangy stuffing.

#### **CHICKEN IN PEANUT SAUCE**

Tahitian marinated strips of white meat chicken skewered and grilled to perfection served with a chunky peanut sauce.

#### **SCALLOPS AND BACON**

Tender sweet sea scallops wrapped in smoked bacon and roasted.

#### **SPANIKOPITA**

Paper thin phyllo dough filled with spinach and cheeses.

#### **SWEET AND SOUR SPARE RIBS**

Baby back ribs slow roasted with our special sweet and sour sauce.

#### **BEEF WELLINGTON EN CROUTE**

Roasted tenderloin of beef nestled in golden puff pastry.

#### **BUFFALO WINGS**

Chicken wings roasted and tossed in a spicy "buffalo" sauce.

#### **COCONUT LOBSTER TAILS**

Succulent lobster tails distinctively dressed with sweet, flaky coconut.

#### **SESAME OR PECAN CHICKEN TENDERS**

Our special house recipe for breaded chicken uniquely coated with your choice of sesame seeds or southern pecans.

#### **ASSORTED MINI PIZZA**

Homemade crust and our fresh sauces with your choice of toppings.

#### **MINI BURGERS**

Mouthwatering bite-size burgers crowned with applewood bacon and aged cheddar cheese on a soft bakery bun.

#### **EGGPLANT ROLITINI**

Grilled eggplant rolled with ricotta and mozzarella cheese topped with marinara sauce.

#### **VEGGIE ROLLS**

Vegetarian spring rolls served with duck sauce.

#### **MEDITERRANEAN CHICKEN KEBAB**

Tender chicken breast overflowing with the flavors of Northern Italy and skewered with fresh vegetables then grilled to perfection.

#### **CHICKEN EMPANADAS**

Our authentic recipe prepared with a hand pressed fresh corn tortilla and served with salsa fresca.

Prices available upon request • Based upon minimum 2 hours of service  
Chinaware available at a nominal fee • Waitstaff also available • All menu items also available by the tray  
All prices subject to change • 6.35% sales tax and 20% gratuity not included

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## Salads

Seasonal Mixed Greens  
Fresh Fruit Salad  
Mediterranean Orzo Salad

Taboule Salad  
\* Antipasto Salad  
Marinated Mushroom Salad  
Red Skin Potato Salad

Cobb Salad  
Tortellini Salad  
Penne Pasta Salad with Wild mushrooms  
and Fire Roasted Peppers

Caesar Salad  
Fresh Mozzarella, Tomato and Basil  
Farfalle Pasta Salad with Sun Dried Tomato, Artichoke  
and Fresh Mozzarella

## BUFFET MENU

Choice of 2 Salads for Buffet • Additional Salads Priced Accordingly

## Entrees

### \*ROSEMARY RACK OF LAMB

Succulent lamb rubbed with fresh rosemary, grilled medium rare, then lightly finished with an aged balsamic glaze.

### PASTA PRIMA VERA

Fresh vegetables and Al Dente pasta tossed with roasted garlic, extra virgin olive oil and parmesan cheese.

### \*SHRIMP CREOLE

Tender large shrimp with peppers and onions and tomatoes in a spicy Creole sauce.

### OVEN ROASTED TOP ROUND OF BEEF

Steamship round quarter of beef roast whole and carved to order Au Jus plus horseradish.

### GLAZED HAM

Virginia ham slow roasted and glazed with pineapples and orange.

### LASAGNA

Tender pasta layered with ricotta and mozzarella cheeses topped with marinara and Parmesan.

### SESAME CRUSTED SALMON FILET

The essence of the orient is captured in this fresh salmon filet featuring the flavor of sesame perfectly paired with a ginger-soy sauce.

### CHICKEN WITH FRESH HERBS

Crispy chicken roasted with a blend of fresh herbs.

### MUSTARD CRUSTED PORK LOIN

Boneless center cut pork loin crusted with tangy whole grain mustard and complimented with an apple cider sauce.

### STUFFED CHICKEN BREAST

Roasted Jumbo Chicken breast is stuffed with an irresistible combination of sun-dried tomato, herbs and mozzarella cheese.

### HERB ROASTED TURKEY BREAST

Fresh breast of turkey seasoned with a blend of fresh herbs de provance.

### BEEF KABOBS

Beef sirloin marinated, glazed and skewered with peppers, onions, and mushrooms.

### BRAISED FREE RANGE CHICKEN

Fresh free range chicken braised until tender and finished with a chardonnay tarragon reduction.

### BAKED ZITI

Ziti pasta with ricotta, mozzarella and parmesan cheese topped with basil marinara.

### STUFFED SOLE

Fresh flounder or sole stuffed with spinach and gyrene cheese.

### STUFFED FLANK STEAK

Prime flank steak butterflied and rolled with mushrooms, spinach and roasted peppers.

### \*GRILLED FILET OF SALMON

Fresh filet, marinated and grilled with selected herbs.

### \*SEAFOOD NEWBURG

A melody of fresh seafood in a brandy cream sauce.

### \*SHRIMP SCAMPI

Succulent shrimp sautéed in fresh garlic, wine and scampi butter.

### \*SEAFOOD PAELLA

Traditional Spanish style recipe including mussels, squid, and shrimp with saffron rice and vegetables.

### ROASTED CHICKEN WITH GINGER AND LEMON

Boneless breast slow roasted with fresh ginger and lemon.

### \*SEAFOOD CREPE'S

Fluffy homemade crepe's filled with shrimp, scallops and crabmeat.

### CHICKEN MARSALA

Boneless breast sauteed golden brown with mushrooms in a Marsala demi-glaze.

### EGGPLANT ROLLATINI

Grilled Eggplant rolled with ricotta and mozzarella cheese topped with marinara sauce.

### \*CHATEAUBRIAND

Classic tenderloin of beef rubbed with fresh garlic and herb roasted to perfection, with au jus.

## Buffet Cooking Station Service

### PASTA STATION

Meat or cheese tortellini prepared to order with your choice of marinara, bolognese, puntanesca, alfredo or pesto sauces. Served with our own garlic bread sticks.

### ORIENTAL STATION

Stir fry with your choice of chicken, lamb, pork beef, vegetarian (Tofu with fresh vegetables, garlic and ginger)

### CREPE STATION

Savory crepes filled to order with your choice of chicken, seafood or vegetables.

### SUSHI STATION

Rolled or traditional sushi prepared to order with a variety of seafood and vegetables by our expert sushi chefs.

### DESSERT STATION

An assortment of fresh baked cakes, pies, tortes, pastries, flambé crepes and chocolate dipped strawberries.

**DINNERS INCLUDE:** Choice of 2 Salads • Choice of 3 Entrees • Fresh Vegetables in Season • Rolls and Butter

- Choice of Baked Potato, Baked Stuffed Potato, Rice Pilaf, Wild Rice\*, Buttered Noodles, or Au Gratin Potatoes • Coffee Service
- Serving Tables and Utensils • Delivery, Set-Up, and Clean-Up of Location

- Chinaware and silver service available at a nominal fee • Waitresses and Bartenders also available. • \*Items marked with asterisk – priced at market value
- All menu prices subject to change • Specialized menus can be designed for your affair by our expert chefs • 6.35% sales tax and 20% gratuity not included

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## CLAMBAKE MENU

### *Includes*

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1 ¼ lbs. Lobster or 12oz. N.Y. Strip  
Raw or Steamed Clams (Little Necks)  
Baked Potato or steamed Red Bliss Potatoes  
Choice of 2 Salads

Price Subject to Market Value  
Fresh Corn on the Cob  
Rolls and Butter  
Coffee Service

### *Salads*

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Seasonal Mixed Greens  
Avacado Mango Salad  
Marinated Cucumber Tomato Salad

Crispy Cole Slaw  
Fresh Fruit Salad  
Waldorf Salad

### *Extras*

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Mesquite Grilled Marinated Chicken Breast .....\$3.95 per person  
Grilled Swordfish, Tuna Steak or Salmon .....Market Price  
New England Clam Chowder .....\$ 2.95 per person  
Lobster Bisque .....\$ 2.95 per person  
Maryland Crab Cakes (lump crabmeat) .....Market Price  
Raw Oyster Bar .....Market Price  
Steamed Snow Crab Legs .....Market Price  
New York Sirloin Steak .....Market Price  
Larger Lobsters Available.....Market Price

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Dinners include set-up and clean-up of location and paper service • Bar set-up available at \$2.95 per person.  
Bartenders and waitresses available at a nominal fee • Chinaware also available.  
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## PICNIC MENU

### Includes

Choice of 2 Salads  
1/4 Barbecue Chicken  
Hamburgers  
Hot Dogs

Baked Beans  
Corn on the Cob  
Watermelon

Pickles, Relish  
Mustard, Mayonnaise, Ketchup  
Lettuce, Tomato  
Sauerkraut  
Cheese

### Salads

\$14.95  
per person

Mixed Garden Greens  
Potato Salad  
Three-Bean Salad  
Pasta Salad

Macaroni Salad  
Fresh Fruit Salad  
Marinated Mushroom Salad

Caesar Salad  
Cole Slaw  
Marinated Tomato Salad

### Extras

Buffet  
suggestions  
priced  
accordingly

10 oz. New York Sirloin Steak\*  
(Broiled to Perfection)  
Barbecue Spare Ribs\*  
Barbecue Short Ribs\*

Blackened New York Strip\*  
Grilled Salmon\*  
Cold Southern Fried Chicken

### Octoberfest Menu

\$17.95  
per person

Choice of 2 Salads  
Grilled Bratwurst with  
Sautéed Onions  
Steamed Knockwurst in Beer with  
Red Cabbage and Fennel

Sauerbraten  
German Potato Salad  
Sauerkraut  
Potato Pancake with Applesauce

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Chinaware and silver service available at a nominal fee • Waitresses and Bartenders also available.  
\*Items marked with asterisk – priced at market value • All menu prices subject to change  
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