

# The Healthy Cafe

Catering Co.

*"Just Say I Do"*

Wedding Delivery Package

(518)462-5074 / 50Yardboro Avenue Albany, NY 12205 / [info@healthycafecatering.com](mailto:info@healthycafecatering.com)

## What We Provide:

- Hors d' oeuvres and platters for your cocktail hour and a buffet dinner that will include 3 entrees and 2 sides. Dessert options are available by request for an additional fee.
- Our delivery staff will arrive 30–45 minutes or before your cocktail hour begins.
- Staff will set up your appetizer and buffet table with upgraded plastic disposable platters, plates, cutlery, disposable chaffers, and service ware. We will provide you with menu signs for your entire meal.
- Our staff will provide instructions to a designated contact on site about the set up and replenishment of buffet items. We have hot boxes/bags available for rent to keep additional pans of food hot until ready to be put out on the buffet. If renting these items, you will be responsible for the return of rentals the Monday following your reception.

## What We Require:

- Your reception must be within 45 minutes from our Albany facility, 50 Yardboro Ave., Albany, NY 12205. A delivery and set up fee will be applied accordingly based on mileage and round trip travel time.
- A minimum of \$2000.00 in food before taxes and fees.
- Your final count along with any dietary restrictions is due 14 days prior to your reception.
- A designated person who can greet us and direct us to where the food will be set up. We will communicate with your designee as to what times are in designated hot boxes/bags if applicable for replenishment and any additional details about what is provided. Please provide any additional pertinent information about the venue at least seven days prior to the event.
- Designated Hors d'oeuvre and Buffet tables must be set up before our arrival with appropriate linens if applicable. Staff will not be responsible for placement of any decor/flower arrangements.
- Payment must be received within seven days prior to your reception unless other arrangements have been made with one of our event coordinators.

**The**  
**Healthy Cafe**  
*Catering Co.*

*"Just Say I Do"*

Wedding Delivery Package

**Just Say I Do Menu**

**Cocktail Hour Displays (select 2)**

**Fruit and Cheese Tray**

Vermont Cheddar, Smoked Gouda, Pepperjack, and Goat Cheese with Fresh & Dried Fruits, Fig Preserve, Crackers, and Flatbread (GF crackers available)

**Farmstand Crudité**

English Cucumbers, Heirloom Carrots, Grape Tomatoes, Sugar Snap Peas, Broccoli & Cauliflower Florets, and Tri-colored Bell Peppers served with Lemon-Garlic Hummus and Herb-Yogurt Dip

**Hummus Trio Platter**

Baby Carrots, Red Bell Peppers, Cucumber Slices, Olive Medley, Feta, Trio of Hummus: Lemon-Garlic, Roasted Red Pepper, and Hot Honey served w/ Pita Chips & Assorted Crackers (GF crackers available)

**Charcuterie Platter**

Vermont Cheddar, Seasonal Goat Cheese, Smoked Gouda, Manchego, Grapes, Berries, Dried Fruits, Nuts, Olive Medley, Pepperoni, Salami, Prosciutto, Fig Preserves, Crackers & Charred Crostini

## Cocktail Hour Stationary Hors D'oeuvres (select 2)

Mushrooms Stuffed with Sun-Dried Tomato, Spinach, and Fontina (Vegetarian, GF)

Mushrooms Stuffed with Sausage and Parmesan (GF)

Spinach Artichoke Stuffed Mushrooms (Vegan,GF)

French Onion Puff Pastry Pinwheel with Gruyere (Vegetarian)

Summer Shooter Cup with Watermelon, Feta, and Fresh Mint (Vegetarian, GF)

Goat Cheese Tartlets with Spiced Apple Fig Compote (Vegetarian)

Spicy Pork Empanadas with Chipotle Aioli

Southwest Empanadas with Cilantro Lime Aioli (Vegan)

Spinach and Feta Phyllo Cups (Vegetarian)

Traditional Tomato Bruschetta with Basil and Parmesan on Garlic Crostini (Vegetarian)

Roasted Red Pepper Bruschetta with Capers and Smoked Gouda Cheese (Vegetarian)

Kung Pao Mini Meatballs

Buffalo Chicken Mini Meatballs (GF)

Cucumber Canape with Roasted Red Pepper Hummus and Olive Tapenade (Vegan, GF)

Bacon-Wrapped Sweet Potato Bites with Maple Cinnamon Glaze (GF)

(Buffalo or Sweet Thai Chili) Crispy Tofu Bites (Vegan)

Rainbow Spring Rolls with Peanut Thai Dipping Sauce (Vegan)

Curry Chicken Spring Rolls with Lemon Dill Dipping Sauce (GF)

Beet-Pickled Deviled Eggs (Vegetarian, GF)

Deviled Eggs with Crispy Bacon and Chives (GF)

## **Buffet Dinner**

### **Salad (select one)**

Garden Salad with Tomato, Cucumber, Carrot, Red Onion & Croutons with Italian Vinaigrette

Traditional Caesar with Garlic-Herb Croutons & Shaved Parmesan with Caesar Dressing

Mesculin, Strawberries, Blueberries, Slivered Almonds, Bleu Cheese Crumbles  
with Honey-Balsamic Vinaigrette

Farmhouse Salad ~ Mesculin Greens, Apples, Dried Cranberries, Walnuts, and Goat Cheese  
with Maple Balsamic Vinaigrette

Kale, Roasted-Beets, Mandarin Oranges, Pumpkin Seeds, & Goats Cheese with Blood Orange Vinaigrette

### **Chicken Entrée (select one)**

Stuffed Chicken with Sun-Dried Tomato, Spinach, and Smoked Gouda in a Marsala Sauce (+)

Chicken Stuffed with Apple, Brie, and Spinach with Cranberry-Balsamic Glaze (+)

Chicken Française with Lemon-White Wine Pan-Sauce

Chicken Piccata

Chicken Parmesan

Chicken Marsala

Grilled Chicken Bruschetta with Shredded Parmesan

Grilled Mediterranean Chicken W/ Roasted Grape Tomatoes, Kalamatas, Artichokes & Feta

**Meat or Fish Entree (select one)**

Grilled Salmon topped with Citrus Salsa Verde

Pan-Seared Salmon with Lemon and Dill Beurre Blanc

Creamy Tuscan Shrimp with Sundried Tomato, Spinach, and Parmesan

Honey Garlic-Glazed Shrimp with Snap Peas, Bell Peppers and Carrots

Beef Tenderloin Medallions with Au Poivre Sauce

Herb-Encrusted Beef Tenderloin Medallions with Red Wine Demi

Beef Tips in a Port Wine Sauce with Sauteed Mushrooms

Slow-Braised Short Ribs with a Maple-Bourbon Glaze (market price)

Beer-Braised Short Ribs with Honey Glaze (market price)

Cider-Glazed Pork Tenderloin with Sauteed Apples

Grilled Brown Sugar-Rubbed Pork Tenderloin topped with Cilantro-Chili Chimichurri

**Vegan or Vegetarian Entrée (select one)**

Cheese Tortellini with Spinach and Roasted Red Peppers in a Fontina Cream Sauce

(Vegan) Orecchiette in Wine-Garlic Sauce with Sauteed Kale, Grape Tomatoes & Cannellini Beans

Nicole's Mac and Cheese

Signature Vegetable Lasagna with Portabellas, Spinach, and Roasted Red Peppers topped with Mozzarella in a Tomato Basil Cream Sauce

Eggplant Rollatini w/ Goat Cheese, Arugula, & Roasted Red Peppers, Pomodoro Sauce

(Vegan) Mushroom Bourguignon with Stewed Mushrooms and Leeks in a Red-Wine Tomato Reduction

(Vegan) Coconut Curry Tofu with Broccoli and Stewed Tomatoes served with Basmati Rice

**Accompaniments (select 2)**

Roasted Fingerling Potatoes with Olive Oil and Sea Salt

Parmesan-Roasted Red Potatoes

Rosemary-Roasted Red Potatoes

Traditional or Garlic Mashed Potatoes

Basmati Rice

Rice Pilaf with Arugula and Sauteed Mushrooms

Wild Rice with Blistered Heirloom Grape Tomatoes, Sauteed Kale & Toasted Hazelnuts

Oven Roasted Sweet Potatoes

Brown Butter-Mashed Sweet Potatoes

\*\*\*\*\*

Roasted Asparagus and Shaved Parmesan

Green Beans with Caramelized Onions

Green Beans Almandine

Seasonal Roasted Vegetable Medley

Broccoli Sauteed with Garlic and Olive Oil

Parmesan-Roasted Broccoli

Honey-Herb Roasted Heirloom Carrots

Brussel Sprouts with Dried Cranberries and Balsamic Glaze

Roasted Butternut Squash & Brussel Sprouts with Toasted Pecans and Hot Honey

***~Dessert options available upon request~***

***\*\*\*Although we do have some gluten free specific menu items, there are many selections that can be altered to be gluten free. Please inquire with your coordinator about dietary accommodations.***

# The Healthy Cafe

Catering Co.

"Just Say I Do"

Wedding Delivery Package

(518)462-5074 / 50 Yardboro Avenue Albany, NY 12205 / [info@healthycafecatering.com](mailto:info@healthycafecatering.com)

## Food Cost:

- This menu will be priced per pan according to our menu prices and number of guests. Some of your selections you will not see advertised on our regular menu; These are upgraded items that we offer for wedding receptions specifically.
- Depending on your food selections, the **food cost would average out to \$35-\$40 per person** (*Menu items can be added or removed to best accommodate your budget. Once selections are made, we will price out your menu to give you an accurate overall cost.*)

## What Is Included:

- Stationary displays will be on crafted wooden trays for dressing up your cocktail station. Black bowls will be provided for any accompaniments.
- Salads and dressings will be displayed in black plastic bowls and black plastic serving utensils will be provided.
- Wire-style disposable chafers with sternos are included for all hot items.

## Additional Add Ons for Consideration: (*\*These may be purchased on your own*)

- **Upgraded Plasticware:** \$3.00 per person *\*Includes appetizer and dinner plates, cocktail napkins, dinner napkins, and silverware.*
- **Bamboo Place Settings:** \$3.75 per person *\*Includes appetizer and dinner plates, cocktail napkins, dinner napkins, and silverware*

## Additional Fees:

- **Delivery Fee:** (*Depends on your event location, mileage, and set-up time*)
- **Sales Tax (8%)**
- **Service Fee (10%)** (*This is an administrative fee/cost of doing business that we add to all our orders*)