



January 2008

*To our valued customers:*

*We have combined the culinary expertise and resources of Innovative Gourmet's full service catering business with the increasing demand for upscale delivery products.*

*Please use this resource book for your event planning:*

*Picnics  
Cocktail parties  
Luncheons  
Employee recognition  
Retirement parties  
Award banquets*

*Please note that the enclosed menus only showcase some of our menu selections. Our chefs have many more options and can create items based on your specific requests.*

*We look forward to working with you.*

*Sincerely,*

A handwritten signature in dark ink that reads "Barry Fleischmann". The signature is written in a cursive style and is followed by a long horizontal line.

*Barry Fleischmann, President and Executive Chef  
and the Innovative Team*

*Offered by "Baltimore's Best Caterer", Baltimore Magazine*

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*Celebrating 24 years of ..... really good food*

## Signature Sandwich Platters

*Served with one cold side, on freshly baked breads, Focaccia and wraps, may include an assortment of the following:*

### **Grilled Turkey Sandwich**

*Homemade grilled breast of turkey marinated in a citrus infused oil*

### **Rare Roast Beef Sandwich**

*With Lydell's secret rub, slow roasted to rare and tender*

### **Tuna Salad Sandwich**

*Tongol tuna blended with a light lemon vegetable dressing*

### **Roasted Vegetable Sandwich**

*Roasted Portobello mushrooms, roasted peppers, plum tomatoes and Asiago cheese*

### **Eastern Shore Style Ham**

*Roasted ham with pineapple molasses glaze and cheddar cheese*

### **Chicken Salad Sandwich**

*Roasted breast of chicken breast with tarragon, almonds and a lemon parsley mayonnaise*

## VIP Sandwich Platters

*Served with one cold side, on freshly baked breads, Focaccia and wraps, may include an assortment of the following:*

### **Innovative Gourmet Shrimp Salad**

*Jumbo pink shrimp, tossed with Dijon mustard, mayonnaise, fresh celery and a touch of Old Bay seasoning*

### **Bistro Loin**

*Marinated bistro loin of beef rubbed with Italian olive oil herbs, garlic and peppercorns*

### **Innovative Gourmet's Italian Club**

*Smoked pepper pork loin, prosciutto, sopressata and Asiago cheese with roasted peppers*

### **Smoked Salmon Sandwich**

*Atlantic salmon marinated with roasted shallots, herbs, brown sugar and sea salt*

### **Breast of Capon**

*House smoked capon brined in apple cider and sea salt, slow cooked with fruit wood*

### **Turkey Salad**

*Roasted turkey breast, pecans, sun dried cranberries and Fontina cheese*

**Individual bags of potato chips available for an additional charge**

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## Cold Sides

### **Asian Noodle Salad**

Tossed with green onions, julienne carrots and marinated with a roasted sesame oil, ginger dressing

### **Southern Style Potato Salad**

Yellow potatoes tossed with mustard, egg, parsley and touch of mayonnaise

### **Three Potato Salad**

Red, sweet and Yukon potatoes tossed with caramelized shallots and roasted pepper dressing

### **Fruit Salad**

Fresh seasonal fruit garnished with berries

### **Zucchini Slaw**

Zucchini and red onion slaw tossed with a vinaigrette of mustard, shallots, parsley and touch of Tabasco

### **Pasta Salad**

Pasta with roasted shallots, grape tomatoes, red onions, peppers, cured olives, herb pesto and Provolone cheese

### **Innovative Gourmet Caesar Salad**

Romaine lettuce mixed with a touch of radicchio and roasted peppers, served with homemade croutons and garlic Romano dressing

### **Mixed Greens Salad**

Mixed greens with fresh red peppers, Bermuda onions, English cucumbers and grape tomatoes with a parmesan and garlic aged red wine vinegar emulsion

## Hot Sides

### **Roasted Garlic Mashed Potatoes**

Creamy potatoes whipped with butter and roasted garlic

### **Roasted Red and Sweet Potatoes**

Accented with caramelized Vidalia onions and fresh herbs

### **Fragrant Basmati Rice**

Simmered with mire poix, bay leaves, garlic cloves and essence of turmeric

### **Broccoli Floret Sauté**

With red and yellow peppers, mushrooms and an herb infused olive oil

### **Braised Sweet Carrots**

Braised with a citrus butter, pecans and splash of Triple Sec

### **Israeli Couscous**

Pasta with saffron infused chicken stock, roasted peppers, green onions and baby peas

### **Sautéed String Beans**

With cashews, tarragon and brown butter

**\*Additional cold and hot sides are available, minimum of 12 people per selection**

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## Hot Entrées

*Our entrées are served with fresh bread and a side dish*

### **Chicken Breast Sauté**

*With roasted chicken reduction, leeks, roasted peppers and pearl onions*

### **Bistro Loin**

*Bistro loin of beef rubbed with Italian olive oil, herbs, garlic and peppercorns*

### **Tenderloin Tournedos**

*5 oz. center cut tornado of beef tenderloin, grilled with a wild mushroom espagnole*

### **Grilled Vegetable Lasagna**

*Grilled zucchini and eggplant, combined with sautéed mushrooms and caramelized onions, layered with lasagna noodles and Italian cheeses*

### **Our Smoked Salmon**

*Atlantic salmon filets rubbed with brown sugar, herbs and olive oil then lightly smoked*

### **Grilled Turkey Breast**

*Marinated in roasted shallot, garlic and herb infused oil, accompanied by a whole grain mustard chutney*

### **Shrimp Scampi**

*Jumbo shrimp sautéed with white wine, garlic, butter leeks and fresh herbs*

*\*Minimum of 12 people per selection*

## Signature Salads

*Specialty breads with butter are included with our salads.*

### **Innovative Gourmet Caesar Salad**

*Romaine lettuce mixed with a touch of radicchio and roasted peppers, served with homemade croutons and light anchovy garlic, lemon dressing*

### **Mixed Green Salad**

*Fresh mixed greens garnished with roasted red onions and plum tomatoes served with Asiago cheese shavings and our own homemade balsamic vinaigrette dressing*

### **Mediterranean Salad**

*Three salads to include: Roasted eggplant with sweet red onions, crushed tomatoes, capers and aged sherry vinegar dressing. Roasted red and yellow peppers, grape tomatoes with garlic and capers. Roasted red pepper hummus, made with chick pea puree and roasted garlic, Served over mixed greens*

### **Innovative Gourmet Chef Salad**

*Fresh mixed greens served with julienne glazed ham, grilled marinated turkey and Jarlsberg cheese served with our own homemade garlic Romano dressing*

*\*Add grilled chicken, grilled steak or smoked salmon to the above salads*

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## Homemade Desserts

*Prepared by our award-winning in-house Pastry Chef.*

### **Assorted American Cookies and Bars**

*An assortment of our homemade cookies and brownies. May include: Chocolate chunk cookies with pecans • Double fudge chocolate chip cookies • White chocolate hazelnut cookies with chunks of white chocolate • Chocolate walnut bars • Oatmeal coconut raisin cookies • Mocha chocolate chunk macadamia blondies • Lemon Poppy Seed Cookies*

### **Sheet Cake with Company Logo**

*½ Sheet Cake  
serves 35-40*

*Full Sheet Cake  
Serves 70-80*

*Some designs may be additional*

### **Assorted European Pastries**

*A gourmet assortment of our homemade European pastries, tortes, truffles and tarts. May include: Macadamia nut squares • Mocha eclairs • Profiteroles • Palmiers • Assorted mousse cups • Petite key lime tarts • Chocolate truffles • Assorted biscotti • Lemon Squares*

### **Cakes/Pies**

*Flourless Chocolate Cake*

*Fresh Fruit Tart*

*Pecan Pie*

*Strawberry Shortcake*

*New York Cheesecake*

*Tiramisu*

*Grand Marnier Cake*

*minimum 12 per selection*

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## *A La Carte Menu*

***Fresh seasonal Fruit Display:** A beautifully carved display of ripe seasonal fruit which may include cantaloupe, honeydew melon, pineapples, grapes, mangos and kiwis, garnished with fresh berries*

***Crudit  of raw, crisp Vegetables,** may include jicama, carrots, fennel, red and yellow bell peppers, cherry tomatoes, green beans and broccoli florets, accompanied by a creamy garlic Romano cheese dip*

***International Cheese Display:** an attractive array of cheeses, which may include Bleu, Parmesan, Vermont Cheddar, St. Andre and Brie, garnished with fresh fruit and berries*

***Grilled Chicken Tenders** – chicken strips, marinated with a spicy lemon veloute*

***Homemade Meatballs** – freshly ground beef with roasted garlic, sun dried tomatoes and herbs, served with basil garlic marinara*

***Crab Fondue** - Jumbo lump crabmeat, blended with Gruy re cheese, fresh herbs and a touch of brandy*

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## IG Express Miscellaneous

- A minimum required on all delivery orders, excluding delivery and tax
- No minimum required on orders picked up by customers
- Orders must be placed no later than 48 hours (Monday – Friday) before your delivery
- Sandwich platters will come in an assortment for all orders, with no special requests available (except for vegetarian or “no red meat” requests)
- Cancellations need to be received by **noon** the day before your lunch, or you will be responsible to accept the delivery
- Delivery is \$25.00 within the local Baltimore metropolitan area. Additional fees will be charged for deliveries at other locations
- Paper products are included
- Assorted soft drinks, iced tea and bottled water are available
- Ice and cups are included with all beverages
- Paper table cloths are available
- Chafing dishes, with two sterno, are available. Chafing dishes are reusable. Additional sternos are also available.
- Prices subject to change

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## CORPORATE DELIVERY MENUS

### Cocktail Party 1

*Cheese torta, a blend of cream cheese and Brie, layered with pine nuts, fresh basil and sun-dried tomatoes, served with sliced French bread*

*Hummus made with chick pea puree and roasted garlic served with pita triangles*

*Green and black olive tapenade with capers and leeks served with semolina sesame baguette and sun dried tomato baguette*

*Crudités of raw, crisp vegetables, such as bell peppers, broccoli florets, carrots, cherry tomatoes, Belgian endive and mushrooms, creamy garlic Romano cheese dip*

*Spinach wrap filled with smoked turkey, romaine lettuce, tomatoes, with green peppercorn mustard sauce, pre-sliced and attractively arranged*

*Sun dried tomato wrap filled with Portobello mushrooms, roasted peppers and onions with roasted red pepper sauce, pre-sliced and attractively arranged*

*Tortellini with red pepper pesto, sun-dried tomatoes, pine nuts, fresh basil, garlic, Parmesan cheese and herbs*

### Cocktail Party 2

*Crab fondue: jumbo lump crabmeat, blended with Gruyere cheese, fresh herbs and a touch of brandy*

*Spinach strudel: flaky phyllo pastry with spinach, caramelized onions, crumbled feta cheese and roasted red peppers*

*International cheese display: an attractive array of cheeses, including Bleu, Feta and Chèvre, garnished with fresh fruit served with imported crackers*

*Greek vegetable display with string beans, broccoli, cherry tomatoes, red onions, black olives, cucumbers, roasted red and yellow peppers, feta cheese, fresh herbs and olive oil*

*Homemade meatballs: pork and beef blended with sun dried tomatoes, pine nuts and roasted garlic, in wild mushroom tomato sauce*

*Pan roasted chicken scampi: chicken tenderloin with house made salt and garlic citrus herb sauce*

**Cocktail Party 1 or 2  
Based on a minimum of 30 people  
Delivered Monday through Thursday  
Delivery charges apply**

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## CORPORATE FULL SERVICE MENUS

### Buffet 1

#### Appetizers

*International cheese display; an attractive array of cheeses, including Brie, Danish bleu cheese, havarti and Vermont cheddar*

*Artichoke and spinach dip blended with Gruyere cheese, fresh herbs, onions and garlic with Balsamic*

*Grilled, roasted and marinated vegetables such as eggplant, Italian plum tomatoes, zucchini, red onions, sweet potatoes and assorted peppers, with a caper vinaigrette and shavings of Parmesan cheese*

*Turkey feuilleté; buttery puff pastry, layered with smoked turkey, Jarlsberg cheese and honey mustard*

#### Dinner

*Sesame and Almond crusted Salmon rubbed with honey Dijon mustard and a soy, ginger, garlic glaze*

*Sliced bistro loin; grilled and marinated with ginger, garlic, crushed red pepper and cilantro*

*Offered with: Green peppercorn mustard sauce; Creamy Orange horseradish sauce*

*Mesclun greens with sun dried fruit and nuts with raspberry vinaigrette*

*Roasted red and sweet potatoes, accented with caramelized Vidalia onions and fresh herbs*

*Fresh string beans with julienne carrots and red peppers*

*Accompanied by sesame poppy flat breads, semolina sesame baguettes, cured olive baguettes, sun dried tomato baguettes*

***Based on a minimum of 50 people***

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## CORPORATE FULL SERVICE MENUS

### Buffet 2

#### Appetizers

*Jumbo lump crab meat blended with Gruyere cheese, shallots and fresh herbs in a flaky pastry cup*

*Toasted semolina crisp with St. André cheese, basil and balsamic glaze*

*Grilled shrimp; jumbo shrimp marinated in olive oil, fresh rosemary and garlic served with a green peppercorn mustard*

*Smoked chicken and sweet potato fritters with fresh herbs topped with our bourbon and molasses barbecue sauce*

#### Station 1

*Orecchiette pasta with braised Salmon, leeks, white wine, mushrooms and red peppers*

*Grilled, roasted and marinated vegetables such as eggplant, Italian plum tomatoes, zucchini, red onions, sweet potatoes and assorted peppers, with a caper vinaigrette*

*Caesar salad tossed with a garlic anchovy dressing and topped with Parmesan cheese shaving, caramelized onions and seasoned croutons*

#### Station 2

*Bistro loin of beef, rubbed with fresh herbs, garlic and cracked black peppercorns served with orange, horseradish sauce*

*Marinated grilled breast of Turkey with a honey walnut glaze*

*Garlic mashed potatoes with roasted garlic, cream and sweet butter*

*Freshly baked artisan breads, dinner rolls and butter*

*Based on a minimum of 50 people*

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## CONTINENTAL BREAKFAST SELECTIONS

### ***Breakfast Breads and Pastries***

*An assortment of our homemade breakfast pastries may include: banana nut bread, lemon poppy seed bread, coffee cake, banana bread, fruit topped Danish, blueberry muffins, bran muffins, cranberry pecan muffins*

*Accompanied by Butter and Preserves*

### ***Assorted Gourmet Bagels***

*An assortment of bagels accompanied with plain cream cheese, herb cream cheese, butter and preserves*

### ***Fresh Seasonal Fruit Display***

*Fresh seasonal fruit to include: cantaloupe, honeydew melon, watermelon, pineapple, grapes and kiwi, garnished with berries*

***Minimum of 40 guests***

### ***Coffee Service***

*Fresh brewed regular and decaffeinated coffee, assorted imported and domestic teas, sugar, sweet n low, cream and lemon*

***Minimum of 40 guests***

***Continental breakfast is only available with a same day lunch or lunch delivery.***

***Delivery, setup and pickup cost will apply.***

***Staff is available, price is determined based on individual events.***

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## **Innovative Gourmet Presents “Perfect Picnic”**

### **Entrée Options – Please select three**

Fresh Ground All Beef Hamburgers and Cheeseburgers      Jumbo All Beef Hot Dogs  
Tangy Barbecued Chicken      Italian style Sausage Links w/ Grilled onions and Peppers

*\*Available upon request*

Low Fat Gardenburgers      Low Fat Turkeyburgers

### **Summer Sides – Please select three**

Savory Red Potato Salad	New York Style Cole Slaw	MD Corn & Tomato Salad
Homemade Caesar Salad	Southern Style Baked Beans	Corn on the Cob
Italian Pasta salad	Cucumber, Tomato & Onion Salad	Macaroni and Cheese

### **Desserts**

Iced Watermelon Wedges  
Assorted Cookies and Brownies  
Sheet Cake decorated with Company Logo

### **Beverages**

Freshly made Lemonade and Iced Tea  
Assorted Soft Drinks

### **All of the Fixins**

Sliced Tomato, Onion and Lettuce Trays, Assorted Sliced cheeses, Sliced Kosher Pickles and Olive Trays,  
Baskets of Fresh baked Rolls and Assorted Condiments  
Bountiful baskets of Potato Chips and Pretzels

### **Included**

Paper products, including Plates, Forks, Knives, Napkins, Cups, Ice, Tablecloths for  
Food and Beverage Tables and Display items for Buffet

Grills, Guest Seating, Linens and Tents may be arranged at an additional cost, if needed

### **Optional Entrées**

Boneless Breast of Chicken (BBQ, Teriyaki)	Grilled Strip Steak
Marinated and Grilled Filet of Beef	Grilled BBQ Salmon
Pit Beef, Turkey or Ham	Maryland Crab Cakes
Barbecue Ribs	Steamed Crabs
Kabobs (Shrimp, Beef, or Veggie)	Frozen Smoothies
Keg or Canned Beer and Wine	Individual Ice Cream

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