



*Welcome to Innovative Express
Upscale catering delivered to your door*

*Good food. Good wine. Good people.
Life's too short for anything less!*



employee recognition retirement parties business meetings crab feasts

lunches dinners picnics cocktail parties girls' night BBQ's birthday parties

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 Sheldon'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

\$ 8.95 per person

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

\$12.95 per person

Individual bags of potato chips available for an additional charge of \$1.00 per person

Innovative Sandwich Platters

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

Sesame Grilled Chicken

Grilled Chicken with Grilled pineapple and Caramelized onions with a teriyaki sauce

Balsamic Flank Steak with Mushrooms and Provolone

Tomato and Onion Relish

Mediterranean Salmon with Capers and Red Onions

Tzatziki Sauce

Grilled Vegetable Panini

*Wilted Spinach and Jarlsberg Cheese
Roasted Red Pepper Aioli*

Buffalo Grilled Chicken

Shredded Lettuce and Tomato with blue cheese sauce

Santa Fe chicken

Black beans, tomatoes and Corn Salsa

Curry chicken Salad

Grapes and Almonds

Avocado Shrimp Salad Wrap

Avocado, plum tomatoes, green onions and lime

Buffalo Grilled Chicken

Shredded Lettuce and Tomato with blue cheese sauce

Sante Fe chicken

Black beans, tomatoes and Corn Salsa

\$ 12.95 per person

Cold Sides

Shaved Brussel Sprout Salad

Goat Cheese, pine nuts and cranberries tossed in a light vinaigrette

Tortellini Salad

Cheese filled tortellini, mozzarella, tomato, fresh basil pesto

Roasted Cauliflower

Saffron, roast shallot aioli with pumpkin seeds

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*

Orzo Pasta Salad

Spinach, garden vegetables and Feta Cheese

Cous Cous Salad

Saffron, golden raisins, cucumbers, roasted red peppers, red onion

Spinach Salad

Baby Spinach with oranges, shaved red onion, croutons and herbed goat cheese

Quinoa Salad

Cucumbers, chick peas, roasted red peppers, red onion, golden raisins

Bowtie Pasta Salad

Grape tomatoes, baby arugula, fresh mozzarella and sundried tomatoes

Tomato, corn and black bean salad

Grape tomatoes, charred corn and black beans, diced peppers, cilantro and jalapeno

Cucumber, onion and tomato salad

English cucumbers, grape tomatoes, red onion in a balsamic vinaigrette

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 Entrées

Our entrées are served with fresh bread and a side dish

**Minimum of 12 people per selection*

Chicken Breast Sauté

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

\$12.95 per person

Chicken Asian Stir Fry

Chicken breast sautéed with assorted vegetables, garlic, ginger and soy

\$12.95 per person

Chicken Parmesan

Parmesan crusted chicken breast topped with fresh mozzarella cheese and marinara sauce

\$12.95 per person

Chicken Greek Style

Oven roasted chicken with lemon, garlic and oregano with tzatziki sauce

\$12.95 per person

Bistro Loin

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

\$13.95 per person

Barbeque Beef Brisket

Smoked slow cooked brisket with sweet and spicy barbeque glaze

\$13.95 per person

Tenderloin Tournedos

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

\$18.95 per person

Grilled Vegetable Lasagna

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

\$11.95 per person

Stuffed Red Pepper

Quinoa with sautéed spinach, mushrooms and caramelized onions,

\$11.95 per person

Our Smoked Salmon

Atlantic salmon filets rubbed with brown sugar, herbs and olive oil then lightly smoked
\$13.95 per person

Asian Salmon

Sesame soy glazed side of Atlantic Salmon
\$13.95 per person

Tilapia

Lightly baked with a Tequila lime sauce
\$12.95 per person

Grilled Turkey Breast

Marinated in roasted shallot, garlic and herb infused oil, accompanied by a whole grain mustard chutney
\$12.95 per person

Shrimp Scampi

Jumbo shrimp sautéed with white wine, garlic, butter leeks and fresh herbs
\$14.95 per person

****Minimum of 12 people per selection***

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

Potato terrine

Yukon gold, red bliss and sweet potatoes scalloped and layered with caramelized onions and cheese, baked golden brown

Fragrant Basmati Rice

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

Saffron Rice

Long grain rice with peas, pimentos and onions finished with strands of saffron

Macaroni and cheese

Cavatappi noodles with cheddar cheese topped with bread crumb crust

Israeli Cous Cous

Pasta pearls infused with saffron, string beans, English peas and roasted red peppers

Broccoli Floret Sauté

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

Grilled zucchini

Caramelized onions, peppers and thyme

Snow peas, steamed and clean

Blanched with olive oil, sea salt, cracked pepper

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, for \$ 3.00 per person***

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

\$2.95 per person

Assorted European Pastries

A gourmet assortment of our homemade European pastries, tarts, 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

\$3.95 per person

Cakes/Pies

Flourless Chocolate Cake

Fresh Fruit Tart

Pecan Pie

Strawberry Shortcake

New York Cheesecake

Tiramisu

Grand Marnier Cake

*\$4.95 per person, minimum 12
per selection*

Some designs may be additional

A La Carte Menu

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

\$3.25 per person

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

\$3.25 per person

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

\$3.50 per person

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

\$3.95 per person

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

\$2.95 per person

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

\$3.95 per person

Beef or Chicken Skewers-marinated in extra virgin olive oil, Fresh rosemary and garlic (3 skewers per person)

\$2.95 Chicken

\$3.95 Beef

A La Carte Menu

Fava Bean Hummus – Fava beans pureed with tahini, garlic and lemon
\$3.95 per person

Roasted Eggplant dip – sweet red onions, crushed tomatoes, capers
And aged sherry vinegar dressing
\$3.95 per person

Locally Sourced Charcuterie Platter – Prosciutto, Sopresetta & House
cured Bresaola, Mortadella, Lomo de Cerdo, Jamón Serrano

Shrimp Balls -whole and ground shrimp, ginger and sesame seeds
~aioli sauce

Spicy Buffalo Chicken Balls -ground chicken, celery, hot sauce
~Blue Cheese Dip
~Hot Sauce

Flat Bread Pizza –

~Roasted tomatoes, caramelized onions, provolone cheese

~Sun-dried tomatoes, chicken sausage, fresh tomatoes, herbs and garlic

Spinach and Artichoke dip -wilted spinach, artichokes, Gruyere Cheese,
fresh herbs and a touch of brandy

Please inquire for pricing

IG Express Miscellaneous

- A minimum of \$150.00 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, and bottled water are available for \$2.00 per person*
- Ice and cups are included with all beverages*
- Paper table cloths are available for \$4.00 each*
- Chafing dishes, with two sterno, are available for \$20.00 each. Chafing dishes are reusable. Additional sterno are \$2.00 each*
- Prices subject to change*

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

Please inquire for pricing

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

Please inquire for pricing

CORPORATE FULL SERVICE MENUS

Buffet 2

Appetizers

Jumbo lump crab meat bruschetta blended with Gruyere cheese, shallots and fresh herbs on a grilled baguette

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 sauteed Shrimp, 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 Chicken breast with a honey walnut glaze

Garlic mashed potatoes with roasted garlic, cream and sweet butter

Freshly baked artisan breads, dinner rolls and butter

Please inquire for pricing

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

***Cost for breakfast is \$ 9.95 per person
Minimum of 40 guests***

Coffee Service

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

***Cost for coffee service is \$2.95 per person
Minimum of 40 guests***

***Delivery, setup and pickup cost is \$85.00.
Staff is available, price is determined based on individual events.***

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
Homemade Caesar Salad
Italian Pasta salad

New York Style Cole Slaw
Southern Style Baked Beans
Cucumber, Tomato & Onion Salad

MD Corn & Tomato Salad
Corn on the Cob
Macaroni and Cheese

Desserts

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

Beverages

Freshly made Lemonade and Iced Tea

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

Menu Pricing

Number of Adult guests:	50-99 guest	100-199 guests	200-299 guests	300 & more
	\$23.50	\$21.50	\$19.50	\$16.50

Kids: Ages 6- 12, \$11.95 Ages 5 and under, Free

Staffing for 3 Hr Food Service, 4 Hr Beverage Service, Standard Setup and Breakdown

\$165.00 per staff person

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

Optional Entrées

Boneless Breast of Chicken (BBQ, Teriyaki): \$2.00 per person
Marinated and Grilled Filet of Beef: \$4.75 per person
Pit Beef, Turkey or Ham: \$3.75 per person
Barbecue Ribs \$4.99 per person
Kabobs (Shrimp, Beef, or Veggie): \$1.50-\$3.00 per person
Keg or Canned Beer and Wine: starting at \$3.95 per person

Grilled Strip Steak: \$4.25 per person
Grilled BBQ Salmon: \$2.95 per person
Maryland Crab Cakes: Market Price
Steamed Crabs: Market Price
Frozen Smoothies: \$3.25 per person
Individual Ice Cream \$2.50 per person

Optional entrées are for the total amount of guests