



*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***

***Crudité 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 Gruyère 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      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

## 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	Grilled Strip Steak: \$4.25 per person
Marinated and Grilled Filet of Beef: \$4.75 per person	Grilled BBQ Salmon: \$2.95 per person
Pit Beef, Turkey or Ham: \$3.75 per person	Maryland Crab Cakes: Market Price
Barbecue Ribs \$4.99 per person	Steamed Crabs: Market Price
Kabobs (Shrimp, Beef, or Veggie): \$1.50-\$3.00 per person	Frozen Smoothies: \$3.25 per person
Keg or Canned Beer and Wine: starting at \$3.95 per person	Individual Ice Cream \$2.50 per person

Optional entrées are for the total amount of guests