

Four Seasons Foods Catering

Full Lunch/Dinner Menu

All below items are made from scratch, per order- due to fluctuating food and labor costs, price lists are not available. Please contact us for pricing

*Salads

- Traditional garden salad with mixed field greens, romaine, cucumbers, radishes, cherry tomatoes, shredded carrots, and avocado. Served with country ranch or a roasted garlic balsamic vinaigrette *gf (balsamic for *gf and *V)
- Tropical spinach salad with shredded cabbage, scallions, carrots, mandarin oranges, sliced almonds, sesame seeds, and crispy rice noodles served tossed with a sweet tamari vinaigrette *V*gf
- Summer spinach salad with strawberries, goat cheese, roasted asparagus, and candied walnuts with a roasted garlic balsamic vinaigrette *gf
- House salad with field greens, sliced apples, strawberries, walnuts, grape tomatoes, and manchego cheese tossed in a raspberry/blackberry vinaigrette *gf
- Roasted Beet salad with mixed baby greens, arugula, fresh roasted beets, candied walnuts, goat cheese, and grape fruit segments. Drizzled with a roasted garlic balsamic vinaigrette. *gf
- Fall Apple salad with lots of seasonal sliced apples, mixed greens, watercress, roasted hazelnuts, and Manchego cheese. Tossed in a light lemon vinaigrette.*gf (SEASONAL Aug-Dec)
- Winter Salad with mixed baby greens, dried cranberries, macadamia nuts, and goat cheese. Pomegranate white balsamic vinaigrette
- Pear and Bib- Baby bib lettuces, thin sliced pears and red onion, fresh bacon lardons. Tossed with a creamy blue gorgonzola dressing and topped with candied walnut crumble *gf (SEASONAL Aug-Dec)
- Southwestern Caesar salad with romaine, three cheeses, tomatoes, corn, black beans, avocado, and house made tortilla strips, all tossed in a smoky chipotle Caesar dressing. *gf
- Elote' style Cesar salad with romaine, lots of grilled corn, diced red onion and bell pepper, cotija cheese, cilantro, and chili powder. Tossed in a lime crema style dressing *gf
- Classic Caesar salad with romaine lettuce, parmesan cheese, and house made croutons all tossed in a creamy Caesar vinaigrette
- Traditional Greek salad with tomatoes, cucumbers, red onion, feta cheese, and Kalamata olives over iceberg and romaine lettuces with a Greek yogurt vinaigrette dressing *gf
- Fusilli pasta salad with grape tomatoes, fresh mozzarella, cucumber, Kalamata olives, basil, parmesan cheese Italian vinaigrette.

***Sandwiches/Sliders** **(Bread choices include: French or seeded baguette, soft white Italian hoagie, mini croissants, or Hawaiian roll)*

- Roasted Turkey with brie, cranberry aioli, caramelized onion, lettuce. Served on French and seeded baguette segments
- Veggie with pesto, provolone, balsamic marinated red onions, cucumber, tomato, and alfalfa sprouts. Served on French and seeded baguette segments
- Ham and Swiss with pickles, mustard aioli, lettuce, tomato. Served on soft white Italian hoagie segments
- Roast beef with pepper jack, Ortega chilies, mustard aioli, lettuce, red onion. Served on soft white Italian hoagie segments
- Italian with salami, prosciutto, ham, provolone, lettuce, red onion, tomato, and Italian dressing. Served on soft white Italian hoagie segments.
- Chicken salad with apples, grapes, and walnuts, served on mini croissants

***Pasta** **(Lasagnas require an on site oven)*

- Traditional spaghetti and meatballs (beef and pork), served tossed in homemade marinara sauce and topped with fresh basil and parmesan
- Pasta Angelico: Angel hair pasta tossed with a light goat cheese marinara, chopped tomatoes, garlic, sweet onions, and black olives. Topped with parmesan and fresh basil
- Seafood Farfalle with crab, jumbo shrimp, bay scallops, and roasted red and yellow peppers in a lightly creamed white wine garlic butter sauce (can add clams or mussels upon request)
- Pasta Vegetali: Farfalle pasta with seasonal vegetables and parmesan, served in a white wine garlic butter sauce. Parmesan and basil
- Penne with fresh pine nut pesto, roasted cherry tomatoes, and parmesan cheese. Garnished with burrata and fresh basil
- Pasta Alla Norma with penne pasta, fresh Pomodoro marinara, and roasted eggplant. Garnished with fresh ricotta, parmesan, and basil
- *Veggie lasagna with homemade sheet noodles. Layered with breaded eggplant, artichoke hearts, zucchini, broccoli and mushrooms. With ricotta, mozzarella, parmesan, and marinara sauce
- *Meat lasagna with sausage, meatballs, eggplant, ricotta, mozzarella, parmesan, and marinara sauce
- *Sei Formaggi: A six cheese white lasagna with asparagus, artichoke hearts, broccoli, Italian sausage, and roasted red peppers. Layered with béchamel
- Macaroni and cheese – sharp cheddar, three cheeses, and feta, topped with panko. Baked casserole style

- Southwestern Fettuccini with tomatoes, red and green peppers, onions, chilies, and corn in a creamy red pepper Alfredo sauce
- Lo Mein with broccoli, carrots, baby corn, red and yellow peppers, snow peas, and Napa cabbage tossed in a sesame peanut satay sauce, topped with sesame seeds, basil, and mint (**can be served hot or cold*)

***Chicken** (**We always use freshly pounded breast paillards unless otherwise noted*)

- Macadamia nut crusted with crushed macadamias, almonds, sesame seeds and panko. Pan fried and served with a blackberry/raspberry chipotle sauce
- Parmesan crusted and pan fried, topped with marinara sauce, mozzarella, fresh basil, and more parmesan!
- Chipotle seasoned with an avocado cream sauce *gf
- Traditional Pollo Asado with thigh meat *gf
- Traditional Marsala style with chopped tomatoes, mushrooms, and herbs in a masala wine veal demi glaze sauce
- Traditional picatta style with a white wine and lemon Burr Blanc, capers, and herbs
- Greek style thighs marinated in lemon, garlic, oregano, Dijon, and Greek yogurt *gf
- Teriyaki marinated thighs with Asian spices. Grilled pineapple garnish
- Jamaican jerk style marinated in island spices, garnished with a mango mint salsa *gf
- Pulled or BBQ Thighs in a tangy, sweet, and slightly spicy Carolina inspired sauce *gf (or a traditional sweet KC inspired BBQ sauce *gf)

***Beef**

- Barons of beef: Large (25lb+) roasted beef rounds sliced at the buffet. Served with homemade steak sauce and creamy horseradish
- Filet mignon done as a steak or whole as chateaubriand, sliced at the buffet. Served with a mushroom cognac veal demi glaze *gf
- Prime rib, seasoned and slow roasted. Carved and served with creamy horseradish, 100% atomic horseradish, and beef au jus *gf
- Tri tip roasts in a brown sugar tamari marinade. Served with homemade steak sauce and creamed atomic horseradish *gf
- Carne Asada from traditional flap steak, marinated in chimichurri and finished with Pico de Gallo *gf
- Birria: Adobo marinated Shredded beef in a homemade red Chile sauce *gf

*Pork

- Pork tenderloin dry rubbed in house seasoning, roasted and carved tableside. Served with a black cherry sauce *gf
- Kahlua pork: Roasted and shredded pork with cabbage, scallions, and pineapple, sautéed in a teriyaki/soy sauce
- Pork Verde: Cubed roasted pork, slow simmered in a homemade tomatillo sauce *gf
- Traditional pork Carnitas *gf
- Baby back ribs or rib tips smothered with my Carolina inspired sweet and spicy BBQ sauce *gf
- Pulled BBQ in a tangy, sweet, and slightly spicy Carolina inspired sauce *gf (or a traditional sweet KC inspired BBQ sauce *gf)

*Seafood (**ON SITE CHEF REQUIRED**)

- Fresh Scottish Salmon lightly seasoned and sautéed. Served with a lemon dill garlic butter *gf
- Fresh local white fish (Seasonal Availability: Local Seabass, Local Halibut, Local Grouper) lightly seasoned and sautéed in butter. Served with a citrus Burr Blanc *gf
- Swordfish glazed with an Italian BBQ sauce *gf
- Mahi Mahi lightly seasoned and garnished with a mango mint salsa *gf (*Chipotle seasoned optional*)
- Blackened catfish or red snapper (spicy Cajun dry rub), sautéed in butter
- Steamers: PEI Mussels and/or littleneck clams in a shallot white wine garlic butter *sauce (Crispy pancetta optional)* *gf

*Vegetarian (*V = vegan)

- Portobello mushroom cap stuffed with diced mixed vegetables, breadcrumbs, and parmesan cheese. (Omit cheese for *V) *on site oven required.
- Eggplant Parmesan. Breaded and lightly fried eggplant layered with marinara, mozzarella, and ricotta cheese. Topped with Mozzarella and Parmesan and baked off. Fresh parmesan and basil garnish
- Lightly fried tofu and Asian inspired veggies (broccoli, carrots, baby corn, red and yellow peppers, mushrooms, snow peas, and Napa cabbage) sautéed in a sweet Thai chili sauce *gf*V
- Three cheese Enchiladas. Homemade Chile de California red sauce. Cotija. *gf

Sides

- Coleslaw with green and red cabbages and shredded carrots. Tossed in a creamy and tangy traditional dressing *gf
- Homemade Potato macaroni salad with diced eggs, onion, celery, bell pepper, black olives, pickle relish, a mustard/mayonnaise sauce, and house seasoning (regular potato salad available for *gf)
- Roasted Gold, Red, or Fingerling potatoes rubbed with Dijon, rosemary, garlic, Italian seasonings *gf*V
- Red or gold smashed potatoes with butter, cream, roasted garlic, and thyme *gf
- *Whipped potatoes with butter and cream *gf (**Available for plate up Services only*)
- Potato and sautéed leek gratin with sharp cheddar béchamel and three cheeses
- Baked BBQ beans in a sweet, spicy, smoky sauce
- Black refried beans with onion, tomato, and garlic *gf*V
- Traditional refried pinto beans *gf
- Black eyed peas with smoked ham hocks *gf
- Traditional Cajun dirty rice (with or without red beans) *gf
- Hawaiian sticky rice with pineapple and ginger *gf
- Red Spanish rice with diced carrot, corn, peas, onion, and Mexican spices *gf
- Saffron rice with fresh herbs *gf
- White rice with garlic, cilantro, and lime *gf
- Southern style collard greens braised with cabbage, ham hocks, and house seasoning *gf
- Seasonal veggies lightly seasoned, oven roasted, and finished in butter *gf (only oven roasted for *V)
- Green beans Almandine (*Fresh, butter sautéed green beans lightly seasoned and tossed with savory toasted almonds*) *gf

Breads

- Hawaiian sweet rolls
- Artisan dinner rolls *V
- Seeded or French baguette *V
- Jalapeno or regular Creamed Cornbread
- Homemade southern style biscuits (*On Site oven required)

- Tuscan garlic bread with goat cheese, chopped tomatoes, garlic, onions, black olives, and basil atop a light marinara sauce (*On Site oven required)
- Traditional garlic bread with garlic butter and Italian herbs (*On Site oven required)
- Cheesy garlic bread with parmesan and mozzarella (*On Site oven required)

*V= vegan

*gf = gluten free.

Even though some of our items are gluten free, they are not prepared in a gluten free kitchen and therefore cross contamination is possible

Craving something more? We specialize in custom menus! If you have a menu idea or dietary restriction, please let us know and we will do our best to accommodate your tastes!