Thank you for considering
Eat Your Heart Out Catering Company, Inc.

You will find in this packet several typical menus, additional options, and other pertinent information to assist you in planning this joyous event.

Please know that we welcome your suggestions and would be happy to custom design a wedding feast just for you. The prices are based on weddings of 200 or more guests. There may be higher per person costs for smaller events. However, we try very hard to work with specific budgets.

Please contact me or our Wedding Coordinator, Chloe Fennell. We would be happy to answer any questions and schedule a consultation and tasting.

Our prices are stable—we can guarantee prices up to six months in advance. We look forward to hearing from you!

From the Heart,

Monica Grinnell, President

Catering and Event Services
1230 SE 7th Avenue 503 232 4408 phone
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Passed Hors d’oeuvres
Crab cakes served on cucumber slices garnished with wasabi cream
Toasted polenta hearts topped with tomato jam and sour cream
Three-potato platter of baby new potatoes filled with pesto, tapenade, and sun-dried tomatoes

Buffet
Salmon filet served with cucumber and basil sauces
Sunshine prawns marinated in orange juice and rum; Thai-marinated prawns; or traditional prawns served with a spicy cocktail sauce
Scallops steamed in white wine and herbs, served with Romesco sauce
Willapa Bay oysters served with fresh tomato and cucumber relish
Medium-rare roast beef, baked turkey, and honey ham

Assorted cocktail rolls, creamy horseradish sauce, Dijon mustard sauce, and tarragon mayonnaise on the side
Belgium endive filled with roasted hazelnuts, Oregon blue cheese, and dried cherries
Mixed bruschetta platter: tomato, fresh mozzarella and basil; nicoise of seared tuna, tomato and capers; asparagus, proscuitto, and shaved parmesan.
Coconut-chicken skewers served with a spicy peanut sauce
Sweet red pepper wedges filled with Kalamata olives, tomatoes, basil, and parmesan
A platter of beautiful vegetables served with several dipping sauces
Cheeses, both imported and domestic, cocktail breads, red and green grapes, and strawberries

Cost per person – $30

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January 12th, 2015
Hors d’oeuvres
Smoked salmon – a delicious spread served on toast points
Cucumber hearts – heart-shaped cucumbers filled with an herbed cream cheese
Tillamook cheddar shortbread – savory shortbread coins with your choice of toppings

Buffet Entree (choose two)
Salmon filet baked with lemon, garlic, onions, and herbs, served with cucumber dill sauce
Pork loin marinated, grilled, and served with housemade Hood River apple and pear chutney
Chicken breasts stuffed with Ricotta, red peppers, and spinach, served with lemon-herb sauce

Sides
Oregon wild mushroom rice pilaf baked with dried cherries and roasted hazelnuts
Grilled seasonal vegetables
Greens with Gorgonzola and pears tossed with champagne vinaigrette
A selection of beautiful artisan breads
Cost per person – $21.50

International Stations Menu

Pasta Bar
Penne pasta with three sauces – puttanesca, traditional Bolognese meat sauce, and seafood alfredo

Seafood Bar
Filet of salmon served with red pepper coulis
Thai-marinated gulf prawns
Steamed mussels served with Romesco sauce
Seafood bruschetta – seared tuna with capers and tomatoes with garlic shrimp

Summer Salad Bar
Panzanella – Italian bread salad with yellow and red heirloom tomatoes, Kalamata olives, red onions, sweet peppers, basil, herbed-bread croutons – all tossed with champagne vinaigrette
Chicken and sesame noodles with blood oranges and spicy Asian dressing
Tabbouleh primavera with fresh asparagus
Italian vegetable skewers – grilled zucchini, red onions, cherry tomatoes, scallions, and fresh mozzarella
Greens with fresh pears, Gorgonzola, and roasted hazelnuts
Beautiful market-fresh fruit
Cost per person – $30

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January 12th, 2015
A Luscious Mediterranean Extravaganza

Antipasto
Prosciutto and fresh figs
Brie wrapped in brioche pastry, decorated with hearts and flowers
Sweet mountain Gorgonzola
Italian Fontina
Champagne grapes
Sliced ficelle baguettes

Buffet
Forest mushroom and fresh asparagus lasagna
Whole poached salmon served with basil sauce
Couscous and corn salad with sweet red peppers
Marinated green and white beans
Wild greens with sliced mushrooms and caramelized walnuts
Grilled summer vegetables
Red and yellow tomatoes with hearts of fresh mozzarella
Beautiful market-fresh fruit
Black olive ciabatta, sourdough baguette, pugliese and sunflowers
Cost per person – $28.50

Light or Luncheon Celebration

Hors d’oeuvres
Thai salad rolls filled with vegetables, rice noodles, and a savory cilantro salsa
Moroccan chicken meatballs in lettuce cups
Cucumber hearts stuffed with herbed goat cheese

Buffet
Tarragon chicken salad with green grapes and Gorgonzola
Halibut filets wrapped in phyllo triangles
Greens with tart apples, caramelized pecans, and shaved Parmesan
Asparagus and mandarin oranges with toasted pine nuts
Artisan breads and butter
Cost per person – $24

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January 12th, 2015
Fabulous Choices Menu

Hors d’oeuvres (choose three)
Baby new potatoes filled with sour cream and snips of fresh herbs
Crab cakes with wasabi sauce on cucumber slices
Shitake mushrooms stuffed with walnuts, Kasseri cheese, and sun-dried tomatoes
Gougere puffs with assorted fillings
Assorted tartlets
Cucumber hearts filled with herbed goat cheese or smoked salmon spread
Thai-style curried shrimp in cucumber hearts
Fresh asparagus wrapped with prosciutto and rosemary-scented goat cheese
Blue cheese or cheddar shortbread rounds
Polenta toasts with toppings

Buffet Entrees (choose two)
Tuscan tenderloin of beef, marinated in Oregon pinot noir, olive oil, and garlic
Halibut filets wrapped in Swiss chard and served with sweet red pepper coulis
Chicken breasts with Italian or Greek stuffing, each served with a delicious sauce
Coconut-marinated chicken tenderloin
Grilled chicken tenderloin wrapped with prosciutto, spinach, cheese, and olive pie
Leg of lamb, roasted, sliced, and served with raita
Grilled baby lamb chops
Pork tenderloin served with housemade chutney
Whole Northwest salmon served with choice of sauce
Wild mushroom ragout topped with polenta cakes
Thai or Caribbean style Gulf prawns
Gulf prawns with traditional cocktail sauce

Salads and Side Dishes (choose five)
A classic platter of beautiful market vegetables served with dip in artichokes or red cabbages
Grilled vegetables
Mediterranean sweet red peppers filled with Kalamata olives, tomatoes, parsley, basil, Parmesan, and olive oil
Asparagus or green beans tossed with toasted pine nuts, oranges or nectarines, and a citrus vinaigrette
Tuscan white bean salad
Antipasto platter
Roasted baby potatoes with toppings – sour cream, chives, cheese, and bacon
A platter of domestic and imported cheeses surrounded by grapes, strawberries, cocktail breads, and crackers
Pasta primavera salad
Mediterranean couscous salad
Masala potato wedges
Penne pasta with puttanesca sauce (tomato based sauce with green onions, capers, garlic, and basil)
Tropical rice pilaf
Fresh fruit platter
Artisan breads
Cost per person – $28

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January 12th, 2015
Rental, Staff and Beverage Service

Rentals
Following is a typical rental list needed for a buffet reception – most facilities provide tables and chairs.
• China plates for buffet and cake
• Flatware for buffet, cake, and coffee service
• Linen napkins for the buffet
• Paper cocktail napkins for the bar and cake
• Wine glasses (red and white), champagne glasses, pilsner glasses, or bar glasses for a full bar
• Coffee service including silver samovars and china coffee mugs
• Chafing dishes when necessary
• Skirts and linens for serving tables which include but are not limited to: buffet tables, cake table, coffee/tea table, bars, and a gift table

Approximate cost – $10 to $15 per person depending on specific needs – this does not include any additional tables, chairs, or linens for seating
• Eco-friendly plates, flatware, paper napkins, glasses, coffee cups, (serving tables listed as above)

Approximate Cost – $4.25 to $5.25 per person depending on specific needs
Served or plated meals require a different rental structure – please ask for specific details
Options – there are various price levels of china, disposable ware and linens, both higher and lower than quoted – please ask for specific details
With a little creative planning, we can provide solutions for most budgets

Staff
The number of staff you will need depends on the menu, type of service, facility, and guest count.
A typical buffet style reception serving wine, champagne and beer, using china, and no passed hors d’oeuvres, requires one caterer to bartend and additional caterers to service the buffet and serve the wedding cake after the bride and groom make the first cut.

We can send fewer caterers if we use disposable ware or if the food is hors d’oeuvre-style.
A full bar requires a minimum of one bartender for each 100 guests or fraction over.
Our staff typically wears classic black on black, but we are happy to consider other options.
We add an 18% gratuity onto the food cost.

Beverage Service
Eat Your Heart Out Catering is fully licensed and insured to serve all alcoholic beverages. We offer a variety of wines; champagnes; domestic, imported and microbrew beers; and liquors. We also suggest sparkling waters and sparkling cider for a non-alcoholic option. We can of course provide punch. All beverage is charged by consumption. Coffee and tea are included in the menu options.

Should you decide to hire Eat Your Heart Out for your reception, we require the following:
• An initial check deposit is required to save the date
• A check for all fixed costs one week prior to the reception date (food and rentals)

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