



Wedding Feasts

To the Bride and Groom



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

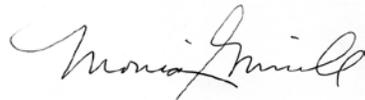
You will find in this packet several typical menus, additional options, and other pertinent information to assist you in planning this joyous event.

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
Portland, OR 97214
eatyourheartout.biz

503 232 4408 phone
503 232 0778 fax
party@eatyourheartout.biz

A Hearty Hors d'oeuvres Menu



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, prosciutto, 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



Catering and Event Services

1230 SE 7th Avenue
Portland, OR 97214
eatyourheartout.biz

503 232 4408 phone
503 232 0778 fax
party@eatyourheartout.biz

January 12th, 2015



Northwest Traditional Cuisine



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



Catering and Event Services

1230 SE 7th Avenue
Portland, OR 97214
eatyourheartout.biz

503 232 4408 phone
503 232 0778 fax
party@eatyourheartout.biz

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



Catering and Event Services

1230 SE 7th Avenue
Portland, OR 97214
eatyourheartout.biz

503 232 4408 phone
503 232 0778 fax
party@eatyourheartout.biz

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, Kasserli 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

Catering and Event Services

1230 SE 7th Avenue
Portland, OR 97214
eatyourheartout.biz

503 232 4408 phone
503 232 0778 fax
party@eatyourheartout.biz



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)



Catering and Event Services

1230 SE 7th Avenue
Portland, OR 97214
eatyourheartout.biz

503 232 4408 phone
503 232 0778 fax
party@eatyourheartout.biz

January 12th, 2015