

# *Luncheons and Dinners*

*Perfect for an afternoon or evening dinner meeting*



**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 your luncheon or dinner. Please know that we welcome your suggestions and we would be happy to custom design a luncheon or dinner just for you.

Our luncheons and dinners are presented on stylish ceramic, glass, or silver platters and garnished with seasonal herbs and flowers. All of our menus are created in the kitchens of Eat Your Heart Out. Our presentations are beautiful and our food is, of course, delicious and delightful.

Please contact me or our Event Coordinator, Chloe Fennell. We would be happy to answer any questions and meet with you to show you photographs of our beautiful presentations.

We look forward to hearing from you!

From the Heart,

A handwritten signature in cursive script that reads "Monica Grinnell".

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

## *Tuscan Style*

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Lasagna Bolognese in a classic tomato meat sauce or bianca lasagna with asparagus

Grilled and roasted vegetables – market's best

Rosemary and fennel-scented roasted baby new potatoes

Mixed greens tossed with Gorgonzola, pears (or nectarines when in season), and roasted hazelnuts in a balsamic dressing

Artisan bread and butter

## *Thai Style*

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Chicken satay with spicy peanut sauce

Killer noodle salad spiked with cilantro and shredded organic carrots

Asian coleslaw

Spinach salad tossed with red onion slivers, sliced oranges, and sunflower seeds in a light citrus vinaigrette

Scallion fry bread

## *Nona's*

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Marinated and grilled chicken breast wrapped with prosciutto

Creamy polenta topped with Gorgonzola and thyme

Asparagus topped with pine nuts, capers, and sun-dried tomatoes

Greens tossed with sliced Granny Smith apples and candied walnuts in a white balsamic vinaigrette

Artisan bread and butter



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*January 12th, 2015*

## *Northwest Best*

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Salmon filets baked with lemon-dill butter, served with fresh cucumber sauce

Roasted spring vegetables

Scalloped potatoes

Mixed greens with roasted pears and shaved Manchego cheese

Artisan bread and butter

## *Spring Dinner*

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Spanish chicken marbella

Wild and white rice pilaf with chives, almonds, and lemon zest

Grilled asparagus sprinkled with pine nuts

Chopped Romaine with English cucumbers, cherry tomatoes, and shredded organic carrots tossed in a sherry vinaigrette

Artisan bread and butter

## *Organic Delight*

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Painted Hills flatiron steak sliced and served with caramelized Walla Walla onions

Farmer's market green bean salad surrounded with sliced garden beets, sliced oranges, and sprinkled with toasted pine nuts

Organic Yukon Gold potato and fennel root gratin

Wild greens tossed with a house Roquefort dressing

Artisan bread and butter



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## *Rental, Staff, and Beverage Service*

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### **Prices**

Cost per person for a luncheon – \$18

Cost per person for a dinner – \$21

All costs are based on a guest count of 30 or more guests and a buffet style meal. Prices may vary due to market fluctuation. All costs are exclusive of rentals, staff, beverage, and delivery.

### **Rentals**

Below is a typical rental list and cost based on 30 guests. These are average guidelines. Please inquire about higher end and budget rental items.

- Chairs
- Seating tables and linens
- Two buffet tables and linens
- China plates and flatware
- Linen napkins
- Glassware
- Setup and delivery

Approximate cost – \$770

You also have the option of using eco-friendly paper products.

Approximate cost – \$60



### **Staff**

We can provide staff; they are charged by the hour. There is a four hour minimum. A gratuity is added to your final bill.

### **Delivery and Setup Fees**

If you do not require our staff at your event, the delivery and set up fees will vary. Please inquire.

### **Beverages**

We charge by consumption only.

Soda Pop and bottled water – \$1.50 each

Sparkling Waters and Juices – \$2.50 each

Microbrew Beers – \$72 per case

House wines and champagnes – \$192 per case and up

Coffee and Tea – please inquire

### **Please Note**

Let us know if you have a particular budget for your event. With a little creative planning we can usually work with any budget.



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