

Cuisine Ideas for Your Event

*These are simply Suggestions.
There are many options. It is always my aim to provide you with the menu of your choice.*

Breakfast

Suggestions:

Breakfast Burritos - Speciality Ordered
(Protein of Choice/ Cheese/ Picco/ Avocado)

Toast - Speciality Ordered
Avacado Spread / Local Honey / Preserves/Nut-based Spread of Choice

Muffins
Oat with Chocolate Chip (made with Greek Yogurt)
Blueberry
Maple Brown Sugar
Morning Glory (Zucchini and Carrots)

Egg Breakfast Cups
Spinach/Feta/ Sundried Tomato
Bacon/ Cheese
Potatoe/Cheese/Picco

*Any bread or burrito can be adapted to health needs.
*Fruit is always a great option to include with breakfast as well.



Chef Michele Kern

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Lunch

Suggestions:

Wraps

Turkey & Cheese/BLT/ Veggie with Beans or Hummus
Each can be topped with sauteed veggies/cheese
As well as condiments

Sandwiches

Pimento Cheese/Chicken Salad/Egg Salad/Cheese/Turkey/Roast Beef
Any can be grilled to your liking and again topped the same as with the Wraps
As well as condiments

Bowls

Chicken Burrito Bowl
Bang Bang Shrimp Bowl
Street Corn and Black Bean Bowl
*Each served with Rice

Salads

Broccoli Pecan with Apples/Pears/Cranberries
Curried Cashew with Pear/Grape
Thia Spaghetti
Tuscan Artichoke Tomato



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Dinner

Angus Burger with a Redwine, Brown Sugar, Bacon, and Fig Sauce
Topped with Goat Cheese with HomeFries

Local Catch Served with Asparagus and Charleston Rice
*Depends upon the Fish caught that night (Wahoo/Trigger/Tile/Snapper/Grouper)

Shrimp and Grits with a Tomato/Zucchini Butter Sauce

BBQ with MacNcheese and Greenbeans



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Snacks

Protein Balls with Almond Butter or Peanut Butter and Chocolate Chips

Parfati Bar

*yogurt with fruit toppings and nuts

Charcuterie

*Cheese/Meat/Nuts/Spreads

Served with Crackers

Chickpea Crostini with Roasted Tomato/Garlic/Evo

Avacado Boats with Goat Cheese/Cherry Tomato

Desserts

Pecan Pie Bites

Peach Cobbler

Mini Lava Cakes

Cheesecake Stuffed Apples

Turtle Hand Pies



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