

Eli's Gourmet Cooking



FOOD FROM THE HEART

Sample Menu Options

Custom catering menus include a wide range of vegan, vegetarian, nut free, dairy free and gluten free choices.
For a full list of suggested dishes contact eli@elisgourmetcooking.com

FINGER FOOD

Olives wrapped in cheese dough
Crostinini with a variety of toppings
Smoked Salmon Rolls with cheese & pomegranate
Asparagus wrapped in flaky dough
Bureka Puff Pockets cheese and/or potato

PLATTERS

Roasted Vegetables
Smoked Salmon
Mixed Cheeses & Nut Pastes
Falafel Buffet: falafel balls pita bread, Med salads

SCHMEARS AND DIPS

Eli's Hummus with Tahini
Labaneh Mediterranean yogurt cheese
Tzatziki Lebanese style served with Labaneh
White Fish Salad

MEDITERRANEAN FAVORITES

Eggplant Salad in 4 flavor profiles
North African Olive Salad in spicy tomato sauce
Classic Italian Caprese
Roasted Jerusalem Artichokes, tomatoes, purple onion
Moroccan Carrot Salad
Mushroom & Pearled Barley Pilaf

VEGETABLE SALADS

Mixed Greens with apple & pomegranate
Vegetarian Caesar
Fresh Mushroom Salad
Tri-Colored Rice Salad with sun-dried tomatoes
Green Beans & Potato with Red Onion

SAVORIES

Quiche - multiple vegetarian choices
Bobeh Chaye's Traditional Noodle Kugel

PASTA SALADS (gluten free available)

Homemade Pesto
Roasted Tomatoes and Parmesan Cheese
Feta Cheese with Fresh Tomatoes
Sun-Dried Tomatoes and Mozzarella
Goat Cheese and Tomato Passata

SOUPS & STEWS

Italian Vegetables and Beans Soup
Mango and Wild Rice Soup
Creamy Red Pepper Soup
Butternut Squash Soup
Mushrooms Stew
Black Bean Chili
Miso & Corn Soup

FISH

Salmon with choice of 9 sauces
Tilapia with choice of 4 sauces
Halibut with choice of 3 sauces

SWEETS & TREATS - ask about (GF)

Mixed Dessert Platters: Brownies, Blondies & More
Multiple Chocolate Options
Eastern European Traditions
Kids' Favorites
Tiramisu
Cheesecake

Ice Cream Sundae Bar

Pricing depends on number of guests, number of courses/dishes (sit down or buffet)
and anticipated length of food service.

www.elisgourmetcooking.com

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