



JC Cooks Catering & Chef Services

Mediterranean Party Menus/ Ideas

APPETIZERS/SNACKS/LUNCHESES

Roasted Garlic and Cauliflower Hummus

Eggplant Dip

Roasted Pepper Dip

Cilantro Crackers

Tabouli Salad

Beet & Carrot Salad

Falafel Platter

Sweet Potato Salad

Mint, Cucumber and Tomato Salad

Arugula, Artichoke Salad with Citrus Dressing

SALADS - SELECT FROM

Calabrese Salad with Fresh Tomatoes, Basil and Mozzarella

Italian Salad – Romaine, Pepperonchini, Olives, Marinated Mozzarella Balls, Garbanzo Beans, Kidney Beans, Artichoke Hearts, Tomatoes, Cucumber, Celery, Red Onion, Basil Italian or Balsamic

Wedge Salad – Bacon, Diced Tomatoes, Avocado, Red Onion, Dressing of Choice or Blue Cheese

Arugula Salad with Watermelon, Feta, and Pecans with Lemon Organic Dressing

Caesar Salad with Parmesan Croutons

MAIN COURSES - SELECT FROM

Soups

Cumin Cauliflower Soup
Cabbage and Meatball Soup
Cilantro Pumpkin Soup
Basil Minestrone Soup
Green Bean Soup
Caramelized Onion Soup
Meatball Soup

Pizza & Pastas

Paleo Pizza
Cashew Pizza Crust
Lower Carb Pizza
Puttanesca Sauce
Zucchini Noodles
Alfredo Clam Sauce
Mushroom Sauce
Mint Pesto
Shrimp Alfredo
Spaghetti with Cumin Spiced Meatballs

Red Meat

Peppers and Zucchini Stuffed with Lamb
Cinnamon Braised Beef Tajine
Filet Mignon with Bearnaise Sauce
Harissa Braised Short Ribs
Lamb & Vegetable Tajine
Cauliflower and Meatballs
Lamb Kebabs
Lamb Stew
Rosemary Leg of Lamb
Spiced Rack of Lamb
Kefta Lamb Kebabs
Stuffed Cabbage
Shish Kebabs
Beef with Artichokes
Mediterranean Burgers

Braised Beef, Artichokes and Peas
Moussaka with Beef or Lamb

Seafood

Salmon Stuffed with Crab
Shrimp Salad
Lemon Garlic Shrimp
Seared Tuna Salad Nicoise
Crab Cakes with Aioli
Seafood Brochette
Almond-Crusted Cod
Cioppino
Pistachio Crusted Sole
Fennel and Herb Stuffed Fish
Cilantro Salmon
Spinach Stuffed Calamari
Paella
Lemon Butter Steamed Mussels

Poultry

Chicken and Olive Tajine
Harissa Spiced Chicken Wings
Savory Chicken Kebabs
Fig and Ginger Chicken Tajine
Saffron Braised Chicken
Zaatar and Garlic Duck
Crispy Fried Chicken Tenders

SIDES - SELECT FROM

Italian Green Beans sautéed with Bacon
Lemon Garlic Green Beans
Kale with Lemon and Garlic
Spinach Sauteed with Olive Oil and Garlic
Artichokes with Lemon and Garlic
Asparagus
Brussel Sprouts
Sauteed Squash Medley

DESSERTS & COCKTAILS

Pistachio & Chocolate Biscotti

Lemon Pound Cake

Almond Tea Cookies

Fig Brownies

Chocolate Pot de Crème

Crème Caramel

Flourless chocolate cake

Pistachio Tapioca Pudding

Chocolate Kiss Coconut Macaroons

Strawberry Tart

Turkish Apricot Ice Cream

Baklava

Greek Orange Phyllo Cake