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# ESSENTIAL CHEF CATERING

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## Continental Breakfast \$9 Per Person

Fresh Baked Seasonal Berry Muffins & Breakfast Breads, Local Jams & Jellies  
Fresh Fruit and Berries Display  
Assorted Surf Bagels, Garden Vegetable Garlic Herb & Plain Cream Cheese  
Premium Juices, Coffee Station, Herbal Teas

## Breakfast Menu \$14 Per Person

Fresh Baked Seasonal Berry Muffins & Breakfast Breads, Local Jams & Jellies  
Fresh Fruit and Berries Display  
Garden Vegetable & Vermont Cheddar Cheese Stratta or Farm Fresh Scrambled Eggs  
Sausage & Country Gravy or Creamed Chipped Beef with Fresh Baked Country Biscuits  
Milton Breakfast Sausage, Crisp Applewood Smoked Bacon  
Red Bliss Home Fries with Caramelized Onions and Fresh Herbs  
Premium Juices, Coffee Station, Herbal Teas

## Essential Chef Brunch \$20 Per Person

Fresh Baked Seasonal Berry Muffins, Breakfast Breads, Local Jam's & Jellies  
Fresh Fruit and Berries Display  
Surf Bagels with Garlic Herb and Plain Cream Cheese  
Maryland Crab Quiche with Roasted Pepper, Baby Spinach, Mushroom and Cheddar  
Or Smoked Salmon, Asparagus, Roasted Tomato and Brie Quiche  
Crispy Apple wood Smoked Bacon, Milton Breakfast Sausage, Canadian Bacon  
Yukon Gold Home Fries with Caramelized Onions, Chives and Fresh Herbs  
Premium Juices, Coffee Station, Herbal Teas

## Other Breakfast Compliments

Omelette Station with Personalized Toppings  
French Toast, Old fashioned Pancakes or Home made Crepes  
Classic Eggs Benedict or Variations with Crab, Smoked Salmon and More Breakfast  
Sandwiches on English Muffins or Surf Bagels  
Displays of Smoked Salmon, Nova Locks or Smoked White Fish Salad with Surf Bagels,  
Cream Cheese, Capers, Sliced Tomatoes & Red Onions

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## Lunch Menu Packages

We can create and provide a personalized menu for any occasion whether you are hosting a Corporate Conference Luncheon, Special Occasion or Bereavement Memorial Reception. The average Lunch menu package cost per person including beverages, disposables and local delivery is \$15 Per Person. Please Contact us to create a menu best for you and your particular event!

## Lunch Menu Selections

### Seasonal Soups

**Chilled Local Melon** with Pineapple Mint Salsa  
**Maryland Crab & Sweet Corn**  
**Summer Garden Gazpacho**

### Fresh Wraps, Sandwiches, Baguettes, Pitas or Mini Kaisers

**Organic Chicken**, Olive Artichoke Tapenade, Roasted Pepper, Grilled Portobello, Fresh Mozzarella  
**Creamy Chicken Salad** with Granny Smith Apples and Walnuts  
**Grilled Cuban Press** with Pork Tenderloin, Smoked Ham, Swiss Cheese, Dijon and Dill Pickle  
**Roast Beef** with Crisp Romaine, Vidalia Onion and Horseradish Mayo  
**Honey Smoked Ham**, Swiss Cheese, Lettuce, Tomato and Honey Dijon  
**Italian** with Genoa, Prosciutto, Capicola, Provolone, Lettuce, Tomato and Basil Vinaigrette  
**Shrimp and Crab Salad**  
**Maine Lobster Rolls**  
**Vegetarian Thai Spiced Tofu** with Sprouts, Watercress, Cucumber, Cashews, Sesame Peanut Dressing  
**Vegetarian Avocado**, Tomato, Mixed Greens, Swiss Cheese, Creamy Herb Ranch Dressing

### Freshly Prepared Salads

**Lemon Mint Quinoa Pilaf** with Citrus Vinaigrette  
**Old Fashioned Creamy Red Bliss Potato Salad** with Sweet Onion, Hard Cooked Egg & Parsley  
**Speared Seasonal Fruit "Kebab"**  
**Farmers Market Fresh Fruit and Local Berries**  
**Artisan Baby Greens**, Grape Tomatoes, English Cucumber, Crumbled Goat or Blue Cheese, Peppers, Roasted Red Grape Vinaigrette, Buttermilk Herb Ranch, Tangerine Honey Vinaigrette  
**Heirloom Tomatoes & Fresh Mozzarella** with Garden Cucumbers, Sweet Peppers, Fresh Basil, Olive Oil & Honey Fig Balsamic  
**Crisp Romaine Salad** with Basil Pesto Croutons, Locatelli, Caesar Dressing  
**Sweet Summer Corn & Maryland Crab Salad** with Jalapeno, Lime and Cilantro

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### Salads continued,

**Asparagus Spears** with Raspberry and Basil Vinaigrette

**Petite Farfalline Pasta Salad** with Local Sweet Baby Peas, Lemon, Fresh Herbs, Sea Salt and Locatelli

**Red Bliss Potato & Haricot Verts** with Caramelized Vidalia, Apple wood Bacon and White Balsamic

**Saffron Cous Cous** with Mediterranean Apricots, Golden Raisins and Toasted Almonds

**Tabbouleh** with Vine Ripe Tomatoes, Feta Cheese, Scallions and Fresh Mint

**Whole Grain & Wild Rice Salad** with Local Honey, Citrus, Sun Dried Fruits & Toasted Pecans

### Dessert

Fresh Baked Cookies

Oatmeal Cranberry Chocolate Chip

Sugar Cookies

Chocolate Chip

Fresh Baked Chocolate Brownies

Sugar Dusted Lemon Bars

Lemon Glazed Vanilla Pound Cake

Fresh Baked Seasonal Pies or Cakes

We are proud to offer Beach Baker Cakes, a division of Essential Chef LLC, to compliment your menu. For a Custom Dessert or Specialty Cake request, Please contact Lorraine Ellis-Papp, beachbaker1@Comcast.Net or visit our website, [www.Beachbakercakes.Com](http://www.Beachbakercakes.Com)

### Beverages

Chilled Assorted Sodas

Bottled Water

Beverage Stations of Fresh Brewed Unsweetened or Sweetened Tea, Pink Lemonade

Herbal Tea Station

Coffee Station with Sweeteners & Cream

Beverage Display Urns & Ice

We also provide Quality Disposable Plates, Tableware, Napkins & Cups

Thank You for Considering Essential Chef for your next Event!

Chef Gary Papp / 302.249.8489 / [essentialchef@Comcast.Net](mailto:essentialchef@Comcast.Net)