

# The Food Guru Fall & Winter 2009

[www.thefoodguru.com](http://www.thefoodguru.com)

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206-281-0496 (cell: 509-439-1085)

## Beef & Pork

**Sausage & Peppers**—Sautéed Italian Sausage, Red Peppers, and Caramelized Onions, Served with Hard Italian Rolls & Dijon Mustard—**6.95** per serving

**Bolognese Lasagna**—(requires 48 hours notice) - Classic Beef, Pancetta & Mirepoix in a Red Wine Cream Sauce Layered with Lasagna Noodles and topped with Mornay Sauce—**7.95** per serving

**Classic Meat Lasagna**—(requires 48 hours notice) Classic Red Meat Sauce, Herb Ricotta, Mozzarella & Parmigiano Reggiano Cheeses layered with Lasagna Noodles.—**7.95** per serving

**Beef Short Ribs & Potato Gnocchi**— (Requires 48 hours notice) Red Wine Braised Beef Short Rib Meat and Tender Potato Gnocchi in a Red Wine Reduction Sauce—**8.50** per serving

**Herb-Crusted Pork Tenderloin**—Juicy Pork Tenderloin Crusted in Garlic and Fresh Herbs, Roasted to Perfection Served over Creamy Polenta—**7.95** per serving.

## Chicken

**Chicken Marsala**—Chicken breast & Mushrooms in a Creamy Marsala Sauce - **7.95** per serving

**Chicken Marabela**—A Classic: Chicken, Prunes, Olives and Capers in White Wine Sauce—**7.95** per serving

**Chicken Enchiladas**—Shredded Seasoned Chicken, Queso Fresco & Green Chilies w/Red Sauce—**7.50** per serving

## Soups

Includes Bread, utensils and bowls

**Chicken Noodle**—Slow Simmered Chicken, Carrots, Celery and Homemade Noodles - **3.50** per serving

**Signature Chili**—A mixture of Rich Beef, Fresh Ground Chilies and Beans—**3.50** per serving

**New England Clam Chowder**—Creamy Chowder with Red Potatoes & Sweet Clams—**3.50** per serving



## Pasta

**Signature Mac n' Cheese**—The ultimate Classic, Comfort Food! Creamy Macaroni and Cheese, Topped with Buttery Panko Bread Crumbs. —**5.95** per serving

**Penne Pasta & Vodka Tomato Sauce**—Perfect Al-Dente Penne Pasta in a Creamy Tomato Vodka Sauce—**5.95** per serving  
(add Chicken for 2.00 per serving)

**Grilled Vegetable Penne**— Perfect Al-Dente Penne Pasta Combined with Grilled Peppers, Crimini Mushrooms, Red Onion & Zucchini in a Light Garlic Cream Sauce—**5.95** per serving  
(add Chicken for 2.00 per serving)

**Tortellini Pesto**—Cheese Tortellini in a Creamy Pesto Sauce



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## Sandwiches

Minimum of 10 servings per item **5.95** each

**B.L.T.**—Applewood Smoked, Dry-Cured Bacon, Crispy Romaine, Tomato & Avocado with a Basil Cream Cheese Spread on a Croissant—

**Veggie**— Mixed Grill of Mushrooms, Sweet Peppers, Onions, Roma Tomatoes & Romaine Lettuce with an Herb Cream Cheese Spread on a Ciabatta Roll

### **Artisan Baguette Panini**

Wine-Poached Chicken, Celery, Grapes & Red Onion -

Salami, Chevre & Arugula With Lemon & Olive Oil -

Prosciutto di Parma, Brie & Arugula With Sweet Butter -

Turkey, Havarti, Dijon Aioli, Tomato & Romaine -

Roast Beef, Horseradish Cheddar, Dijon Aioli, Tomato & Romaine -

## Fresh Baked Bread

Minimum of 10 servings per order **1.50** per serving

**Herb & Cheese Focaccia**—**Green Chili Cheddar Beer Bread**— **Olive Flat Bread**—**Simple French Baguette**

### Beverages

Minimum of 10 per item **1.50** each

**Still Bottled Water**—**Sparkling Bottled Water**—**Soft Drinks**

## Salads

**Signature Greens**—Mixed Organic Greens, Chevre, Toasted Almonds with Sherry Vinaigrette —**3.50** per serving

**Classic Caesar**—Truly the classic, Crispy Romaine, Fresh-made Garlic Croutons, Parmigiano Reggiano and House-made Creamy Caesar Dressing—**3.50** per serving

**The Cobb**—Crispy Romaine with Bands of Color: Chicken Breast, Avocado, Bacon, Blue Cheese Crumbles, Tomatoes, Olives, Hard-Cooked Egg and Red Wine Vinaigrette —**4.50** per serving

**Greek Salad**—Seedless cucumber, Tomato, Kalamata Olives, Feta Cheese, Sweet Peppers & Red Onions with a Red Wine Vinaigrette —**3.95** per serving

**Asian Noodle Salad**—Vermicelli Noodles in a mildly spicy Tamari-Sesame Dressing with Toasted Sesame Seeds and Scallions—**3.50** per serving

**Italian Chop Salad**—Crispy Romaine and Iceberg Lettuces with Garbanzo Beans, Dry Wine Salami, Poached Chicken Breast, Provolone Cheese, Fresh Basil & Scallions in a Creamy Vinaigrette—**4.25** per serving

**French Tarragon Potato Salad**—Tender Baby Red Potato slices, Scallions, Celery in a Creamy Tarragon-Chive dressing—**3.50** per serving

**Curry Chicken Walnut Salad**—Juicy Chunks of Wine-Poached Chicken Breast, Walnuts, Celery, Scallions & Green Grapes Tossed in a Creamy Curry Dressing & Served on a Bed of Organic Greens—**3.50** per serving

**Penne Pasta Salad with Grilled Vegetables**—Penne with an assortment of Grilled Fresh Vegetables With Fresh Pesto Dressing—**3.50** per serving

## Desserts

Minimum of 10 servings per order **2.50** per serving

**Triple Fudge Brownies**—

**Three-Berry Crisp With Fresh Whipped Cream** -  
**Apple Impromptu With Fresh Whipped Cream** -

All menu items are subject to a 10 order minimum. Orders must be placed 24 hours in advance of delivery (unless otherwise noted). A 15.00 delivery fee will be charged for deliveries in the greater Seattle area. Deliveries outside the greater Seattle area will be accessed accordingly.

Non-disposable serving dishes are used in all cases and disposable dishes and silverware unless otherwise specified will be used. I make all breads, desserts and components from scratch. I am happy to alter recipes to accommodate special dietary needs. This menu is just a guideline. I would be happy to customize a menu for your event.