



Salads & Soups

Pasta Salads:

- Shrimp & Scallops with baby spinach
(Poached, tossed with olive oil, garlic & fresh herbs)
- Shrimp & Pasta Salad
- Penne Pasta with Scallops, Garlic Shrimp
- Tuna Pasta Salad
- Pasta Salad with Marinated Vegetables
- Mediterranean Pasta Salad
- Grilled Chicken Pasta Salad
- Farfalle “Bow-Tie” Pasta Salad
(Grilled chicken or broccoli, corn & peas, Smoked marlin or Smoked Salmon)
- Fire-Roasted Shrimp & Vegetable /Pasta
- Penne Pasta with Crab & Wild Mushroom

Salads:

- Mixed Green Salad with Balsamic Vinaigrette Dressing
- Mixed Greens Apple & Toasted Almonds
- Mixed Greens & Spinach Salad
- Classic Caesar Salad
- Greek Salad/Chef's Salad
- Mandarin Beet & Carrot with Rice Wine
- Tomato- Basil Infused Mozzarella Salad
- Tabbouleh
- Marinated Cucumber Tomato Caper Salad
- Cucumber Pineapple Papaya Cilantro Salsa
- Tomato Chick Pea Salad with Fresh Herbs
- Roasted Bell Pepper Goat Cheese Salad
- Fire-Roasted Vegetable Salad
- Grilled Red Bell Pepper Caper Salad

- Sweet Potato Salad
- Breadfruit Salad / Yellow Yam Salad
- Potato Salad with Vegetables
- Red Skinned Potato Salad with Dill
- Mediterranean Potato Salad (feta cheese)
- New Potatoes with Green Beans & Corn
- Shrimp & Potato Salad
- Lobster Salad
- Smoked Marlin, Capers & Spanish Onion
- Grilled Chicken Mango Asparagus Salad
- Mango Asparagus Salad
- Oriental Chicken Salad

SOUPS:

- Red Peas/Gungo Peas
- Chicken & Pumpkin
- Beef & Pumpkin
- Cream of Pumpkin & Carrot
- Cream of Pumpkin with Roasted Corn
- Mannish Water/Pepper Pot
- Cream Soups, choices: cauliflower, broccoli, vegetable, cream of pumpkin
- Chicken Potato & Leek Soup
- Tomato Vegetable Noodle
- Fish Soup “Fish Tea”
- Shrimp Bisque/Crab Bisque
- Chinese Chicken & Corn



Vegetables

- Green Bean Almandine (toasted almonds)
- Glazed Baby Carrots with Parsley
- Vegetables of the Market
- Broccoli Florets & Carrot with Orange Apple Glaze

- Grilled Market Vegetables (eggplant, bell Peppers, zucchini, tomatoes, carrot onion)
- Grilled Bell Peppers & Zucchini
- Roasted Asparagus Bacon Wrap
- Chinese Stir-Fried Vegetables
- Gingered Broccoli Leeks Water Chestnuts
- Vegetable Lasagna
- Quiche (carrot & corn, broccoli & leek Callaloo mushroom, roasted vegetable, roasted peppers/tomatoes & pine nuts, roasted eggplant with sun-dried tomatoes)
- Baked Stuffed Mushrooms
- Baked Eggplant with Vegetable Stuffing
- Baked Tomatoes with Mushroom Stuffing
- Baked Stuffed Tomatoes (cheese, olives)
- Ratatouille (eggplant, tomato casserole)
- Eggplant stacks (roasted rounds of eggplant, tomatoes, red onion, layered with goat cheese or cheddar & lasagna sheet Cauliflower in Onion Cream Sauce Cauliflower Gratin, Broccoli Gratin Broccoli, Mushroom & Cabbage Sautee Boiled Corn on Cob (pinwheels) Stuffed Cabbage Rolls (sticky rice & shitake mushrooms) Asparagus with Orange Hollandaise Sauce Steamed French Cut Carrots with Broccoli Roasted Tomatoes with Fennel



Rice/Potato/Pasta

Rice:

- Gungo Rice & Peas
- Traditional Rice & Peas

Calypso Rice with Garden Vegetables
 Callaloo Coconut Rice
 Tomato-Basil Infused Rice
 Spanish Rice/Oriental Rice
 Wild Rice with Mushroom
 Brown Rice/ Pumpkin Rice
 Jasmine Rice with Sweet Corn
 Coconut Jasmine Rice Shitake Mushrooms
 Jasmine Rice, Green Peas & Bean sprouts
 Coconut Basmati Rice with Wild Rice
 Rice Pilaf (Basmati with cashews & sultanas infused with turmeric)
 Coriander Pilaf (basmati rice, raisins)
 Risotto – choices are chicken, shrimp, crab, squash & leek, saffron mushroom, cho cho & spinach, curried with crab
 Chinese Fried Rice

Potato:

Cinnamon Roasted Sweet Potatoes
 Candied Sweet Potatoes with Chutney
 Candied Sweet Potato with Marshmallow
 Japanese Roasted Sweet Potatoes (miso)
 Baby Potatoes with Aioli
 Baked Baby Potatoes Sour cream & Caviar
 Baked New Potatoes with Rosemary
 House Potatoes in Garlic Herb Sauce
 Potato au Gratin
 Scalloped Potatoes (with cheese)
 Potato Roasted Garlic Mash
 Special Potato Pumpkin Garlic Mash
 Sweet Potato Mash
 Pan Fried Potatoes with Rosemary
 Baked Potatoes with Sour Cream
 Oven Roasted Herb Potatoes
 Roasted Cajun Potato Wedges
 New Potatoes with Dill Butter
 New Potatoes with Garlic Butter
 Baked Stuffed Potato Skins
 Leek & Potato Tart

Indian Roasted Potatoes (cumin, ginger)
 Yellow Yam Cheese Bake
 Candied Plantain with Fruit Chutney
 Candied Plantain with Almond Liqueur
 Plantain Mash (with herbs)

HOT PASTA DISHES

Macaroni & Cheese Casserole
 Penne Pasta with Marinara Sauce
 Penne Pasta with Mushrooms & Tarragon
 Penne Pasta with Rose Sauce
 Penne Pasta with Sundried Tomatoes
 Pesto Fettucine, Garlic Infused Olive Oil
 Fettucine with Alfredo Sauce
 Sun Dried Tomato Linguine
 Linguine in Garlic Cream Sauce
 *Grilled chicken or shrimp may be added



Sweet Delights

Strawberry Chocolate Swirl Cheesecake
 Lemon Cheese Cake with Almonds
 Cheese Cake with Berry Beet Compote
 Cherry Cheese Cake with Blackberry
 Strawberry Compote
 Orange Lemon Tea Cake
 Apple Banana Cake / Fruit Cake
 Super Moist Christmas Cake
 Pineapple Orange Cake
 Coconut Cream Cake with Cherries
 Decadent Triple Layer Chocolate Cake (With coffee cream filling)
 Rich Carrot Cake with Cream Cheese Orange Frosting
 Bread Pudding (may be served with house specialty of poached pears)

Sweet Potato Pudding
 Chocolate Fudge Brownies
 Muffins (Carrot, Banana, Blueberry)
 Sweet Potato Pie
 Apple Cinnamon Pie
 Banana Nut Bread
 Pear & Apricot Tart
 Plantain & Apricot Tarts (crescent-Shape)
 *miniature sizes available



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The Moveable Feast



COCKTAILS - COLD

Seafood Cocktail – scallops, crab, shrimp & lobster served in a martini glass
Jamaican Peppered Shrimp Cocktail
Cilantro Lemon Shrimp Cocktail
Grilled Shrimp Tikka with Spinach Raita
Skewered Garlic Shrimp
Thai Shrimp Skewers
Thai Pork Rolls – romaine lettuce with
Minced pork, pineapple, lemon grass
Smoked Marlin Rolls with Capers & Olive
Smoked Marlin Slices with Spanish Onion
Stuffed Smoked Marlin Rolls with Cheese
Smoked Salmon Rolls with Cream Cheese

Function Menu

Salmon Rice Paper Rolls with a Soy
Ginger Dipping Sauce or Tamarind Dip
Shrimp Rice Paper Rolls (dips above)
Sesame Vegetable Rice Paper Rolls (dip)
Pick Up Salt Fish & House Plantain Chips
Marinated Salt Fish in Tomato Cups

Nibbles & Trays:

Seafood Platter- Grilled lobster, steamed
Jumbo shrimp & crab cakes
Fresh Seasonal Party Fruit Platter – chunks
Of melon, pineapple, cantaloupe, grapes
Fruit & Cheese Party Platter – delightful
Array of seasonal fruits & cheeses
Fresh Crudites Platter (vegetable platter)-
Carrot, celery, zucchini, cauliflower,
Broccoli & Chef's cream cheese herb dip
Hummus with Vegetable Crudites or
grilled Mediterranean flat bread, lavash or
Pita Bread * Traditional hummus, red
pepper, spinach or sun-dried tomatoes
Grilled Vegetable Platter – Portabella &
field mushrooms, yellow squash or
pumpkin, zucchini, bell peppers, eggplant,
carrots & red onion (corn optional)



Marinated Feta Cheese & Olives served
With garlic bread or pita bread
Dips: Roasted Eggplant Dip, Roasted Bell
Pepper Dip, Fire-Roasted Mushrooms,
Spinach Dip with Grilled Lavash or
Salmon Dip with Grilled Pita Bread
Fancy Devilled Eggs
Brushetta – tomatoes with pesto & cheese
On toasted baguette bread with olive oil
Canapes - Toppings available are: Smoked
Marlin & Cream Cheese with Black Caviar,
garlic shrimp, roasted asparagus & cheese,
Pan seared or Poached Scallops on Basil
Infused cream cheese
Ham, Sharp Cheddar & Dijon Mustard
On toasted bread rounds
Smoked Salmon Cornets with Dill Cheese
Salami, Dijon Cream on Bread Rounds
Smoked Marlin & Cream Cheese on Bread
Curried Saltfish Canapés
Prosciutto Melon Wrap (with cantaloupe)
Fancy Guacamole with Breadfruit Chips

Sandwich Trays:

Assorted Finger Sandwich Tray – cream

Cheese, tuna, chicken, salmon & cheese
Wrap Tray – chicken salad, tuna salad
Grilled chicken, sesame chicken or beef
Ham & cheese, turkey & cheese in
Spinach, tomato basil, salmon wrap
Gourmet: Salmon herb pin wheels,
Smoked marlin & herbs pin wheels
Tea Sandwich Tray – Egg & celery, cheese,
Roast beef, smoked ham, smoked Marlin
Kiddies Sandwich Tray – Peanut Butter,
Grilled cheese, mini club, grilled chicken

COCKTAILS - HOT

Samosas (vegetable or chicken)
Roasted Breadfruit Wrapped with Bacon
Plantain Bacon Rolls
Cajun Potato Wedges with Sweet Chili
Baked Stuffed Potato Skins
Baked Baby Potatoes Bacon Wrap
Water Chestnuts Wrapped with Bacon
Roasted Asparagus Bacon Wrap
Vegetable Brochette (Kebabs)
Vegetable Vol au Vents- Choices are:
Ackee, callaloo mushroom, spinach,
broccoli & leek, blue cheese & chives,
roasted asparagus, roasted peppers &
tomatoes with olives & pine nuts
Vegetable Tempura with Dipping Sauce
Indian Spiced Chick Pea & Carrot Fritters
With a yogurt mint dip or mango chutney
Eggplant Fritters with Tomato Salsa
Zucchini & Carrot Fritters with Chutney
Pumpkin Fritters with Chutney
Corn Fritters with Mango Salsa (optional)
Baked Stuffed Mushrooms
Mushroom Crowns (Spinach & Cheese)
Chinese Vegetable Spring Rolls/Chili Dip
Mini Quiche – choices: broccoli & leek,
Vegetable (Callaloo, mushroom, carrot

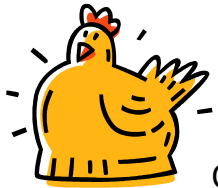
Corn), spinach & ricotta, pumpkin herb,
Eggplant & mushrooms with parmesan,
Roasted eggplant, bell peppers & sun-
Dried tomato, crab & dill, chicken/leek
Mini Fried Bammy /Mini Festival
Mini Meat Balls - Mango Glaze, Swedish,
Sesame Ginger, Sweet & Sour & Tomato
Rib-Eye Brochette (Beef Kebabs)
Chinese Barbequed Ribs
Codfish Balls with Mango Chutney
Stamp & Go with Dip
Mushroom Crab Crowns (stuffed)
Crab Cakes with Sweet Chili Dip
Crab Cakes with Pan Seared Scallops
Crab Cakes topped with Garlic Shrimp
Salmon Cakes with a Thai Chili Dip
Coconut Shrimp with Seafood Dip
Breaded Shrimp with Sweet Chili Dip
Shrimp Tempura with Cocktail Dip
Shrimp in Batter with Sweet & Sour Dip
Shrimp Brochette with Vegetables
Skewered Grilled Shrimp
Shrimp Spring Roll Wrap with Plum Sauce
Grilled Spicy Shrimp with Spinach Raita
(dip with spinach, yogurt, cumin, lemon)
Tangy Thai Skewered Shrimp
Lemon Chili Grilled Shrimp Sticks
Seafood Fritters with Sweet Chili Dip
Crab & Shitake Mushroom Spring Rolls
With a sweet chili plum dipping sauce
Fish in Batter with Tartar Sauce
Crispy Fried Fish Fillet with Dip
Cocktail Escoveitched Fish
Coconut Fish with Cocktail Dip
Red –Stripe Beer Battered Fish Fillet
With a Sweet & Sour Dipping Sauce
Breaded Fish Nuggets with Tartar Sauce
Chinese Lemon Panko Chicken Bites
Coconut Chicken Bites or Sticks
Thai Chicken Patties & Sweet Chili Sauce

Grilled Chicken with Mango Papaya Glaze
Tandoori Chicken Bites or Skewers
Grilled Oriental Sesame Chicken Skewers
Chicken Satay (peanut sauce)
Skewered Jerked Chicken (boneless)
Traditional Jerked Chicken Bites
Japanese Chicken Yakitori Skewers
Teriyaki Chicken Skewers
Charcoal Bourbon Chicken Skewers
Charcoal Chicken spiked with Rum
Chicken Roulade with Spinach
Chicken Roulade & Roasted Bell Peppers
Crispy Fried Wing Dings with Sauce
Crispy Balled Drumsticks with Sauce
Barbeque or Jerk Balled Drumsticks
Honey Gingered Balled Drumsticks
Oriental Barbequed Chicken Wings
Sweet & Sour Chicken Wings
Jerked Chicken Wings
Buffalo wings with Blue Cheese Dip
Honey Glazed BBQ Wings/Shrimp/Ribs
Asian Peanut Wings (grilled or fried)
Mango Hoisin Barbequed Chicken Wings
Chicken Brochette (Kebabs)
Grilled Chicken & Bacon with Mustard
Cocktail Jerked Pork
Cocktail Roast Pork – Chinese, Japanese
Cocktail Bourbon Pork
Honey Glazed Sesame Sausages
Vol au Vents - Garlic Crab, Seafood, Ham
& Cheese Asian Chicken, Red Pepper,
Crab, Smoked Chicken & Black Olives

COCKTAIL SWEET DELIGHTS:

Squares of cheese cakes, assorted cakes,
sweet potato & bread puddings & tartlets

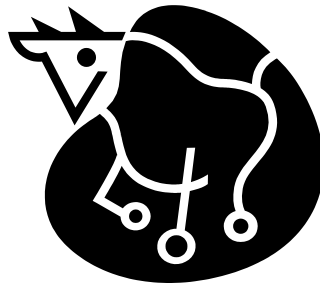
ENTREES



Chicken

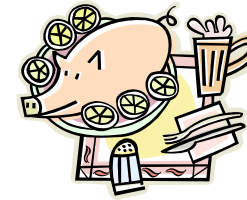
Panko Herb Encrusted Chicken Breast
With White Wine Cream Sauce
Pan-Roasted Chicken with Spinach Cheese
Stuffing White Wine Cream Sauce
Grilled Chicken with Mushroom Sauce
Grilled Oriental Sesame Chicken
Grilled De-boned Chicken with Jerk Sauce
Jamaican Pan- Style Jerk Chicken
Charcoal Bourbon Chicken
Grilled Chicken with Mango Papaya Glaze
Chicken Parmigiana (Breaded and topped
With cheese in a Marinara Sauce)
Cumin Encrusted Breast of Chicken with
With Roasted Bell Peppers & Asparagus
Served with a White Wine Cream Sauce
Carved Roast Chicken with Potato
Mushroom Stuffing
Cold Roast Chicken Platter
Honey Glazed Roast Chicken
Roast Chicken Infused with Garden Herbs
Roast Chicken with Tarragon Butter
Chinese Roast Chicken
Yakitori Chicken (Japanese Sake)
Honey Glazed Barbequed Chicken
Chicken & Pigs Tail in Oyster Sauce
Chicken in Batter (Sweet & Sour Sauce)
Chicken with Broccoli & Oyster Sauce
Chicken with Wild Mushrooms

Teriyaki Chicken
Chicken in Black Bean Sauce
Indian Curried Chicken
Chicken Lasagna
Fricassee Chicken with Stewed Tomatoes
Chicken Cordon Bleu
Chicken Kiev (stuffed with garlic butter)
Chicken Breasts Roma (stuffed with sun-
dried tomatoes, mushrooms & basil)
Chicken Breasts (stuffed with roasted bell
peppers & goat Cheese) *Pan-Roasted
Poulet Grille a la Moutarde (Grilled
Chicken & Bacon with Dijon Mustard)
Pan Fried Encrusted Chicken Breasts
(Breaded with parmesan cheese & herbs)



Beef

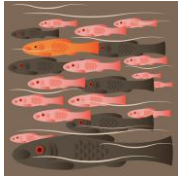
Chinese Beef & Broccoli Stir-Fry
Beef & Onion Braised in Beer
Beef Tenderloin with Caper Sauce (French
dish served as an entrée dish or salad)
Beef in Oyster Sauce
Szechuan Pimento Beef/Wild Mushrooms
Beef Lasagna
Beef Stroganoff
Beef Brochettes (Kebabs)
Roast Tenderloin with Herbs
Ox-tail & Beans
Peppered Steak
Cow Foot with Beans “gumption”



Pork, Lamb, Goat

Traditional Roast Pork
Japanese Roast Pork in Sake
Charcoal Bourbon Roast Pork
Chinese Roast Pork
Chinese Pork Tenderloin with Red Plums
Sweet & Sour Pork
Succulent Barbequed Pork Ribs
Pork Loin with Wild Mushroom &
Spinach Stuffing served with Pork Au Jus
Pork Loin with Apple Prune Stuffing
Jerk Pork with Onion Sautee
Apricot Glazed Pork Chops
Honey Mustard Glazed Pork Chops
Honey Glazed Baked Ham with Pineapple
Roasted Leg of Lamb with Mint Sauce
Apricot Glazed Lamb Chops
Roasted Boneless Lamb with Mint Pesto
Lamb Kebabs
Jerk Lamb with Guava Sauce
Curried Goat

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Seafood

SEAFOOD:

Seafood Casserole
Seafood in White Wine Cream Sauce
Seafood in Tomato-Basil Infused Sauce
Fish Fillet Stuffed with Scallops & Shrimp
Elevated on a crab cake in lobster sauce
Seafood Linguine in Tomato Basil Sauce
Seafood Lasagna

SALMON:

Grilled Salmon with Dill or Parsley Butter
Grilled Salmon / Sweet Bourbon Teriyaki
Baked Salmon Fillet with Dill Butter

SHRIMP:

Shrimp Scampi (garlic, lemon, white wine)
Garlic Shrimp in Wine Cream Sauce
Grilled Shrimp & Scallops (marinated in
Chardonnay, shallots & thyme)
Spicy Grilled Shrimp on Skewers
Shrimp in Tomato-Basil Infused Sauce
Shrimp Sauté with Broccoli/Bell Peppers
Stir Fried Shrimp with Snow Peas
Shrimp Brochette (Kebabs)
Shrimp in Batter with Sweet & Sour Sauce
Cantonese Shrimp with Pork
Shrimp & Scallops in Ginger Sauce
Shrimp Fettucine with Alfredo Sauce
Shrimp Curry Pasta (shrimp in a rich island
Curry sauce, pineapple & green mango)
Shrimp in Curry Coconut Sauce
Shrimp Tempura
Shrimp with Chinese Noodles

FISH:

Grilled Fish Fillet with Lemon Butter
Wine Sauce or Coconut Cream Sauce
Fish Fillet in Lemon Caper Sauce
Oven Baked, Grilled or Pan Fried
Pan Fried Encrusted Snapper Fillet
With Mango/Papaya Salsa
Herb Encrusted Fillet of Snapper
Sesame Grilled Fish (Black Sesame Seeds)
Baked Fish Curry Coconut Cream Sauce
Fillet of Snapper in Tomato Basil Sauce
Baked Stuffed Fish with Spinach
Baked Fish Fillet with Leeks
(Cream sauce infused with tarragon)
Red Stripe Beer Battered Fillet of Snapper
Oriental Battered Fillet of Snapper with
Sweet & Sour Sauce
Lemon Panko Encrusted Fish Fillet
Breaded Fish with Tartar Sauce
Chinese Steamed Fish with Ginger
Szechuan White Fish Fillet
Roasted Fish in Foil
Grilled Fish with Jerk Butter
Escoveitched Fish, Fillet or Cutlets
Fish Rundown (in coconut cream sauce)
Mackerel Rundown
Steamed Fish with Pumpkin & Okras
Steamed Fish infused with Lemon Grass
& Coconut cream
Fish Lasagna in Lemon Pepper Cream
Baked Snapper in Tomatoes & Fennel

CRAB:

Crab Cakes with Sweet Chili Sauce
Crab Cakes with Pan Seared Scallops
Garlic Crab
Garlic Crab Meat with Pasta
Crab Vol au Vent (crab in garlic cream
sauce in puff pastry)