

Atomic Catering Heart Healthy Menu Sampler

Stationary Hors D Oeuvres

Roasted Garlic Hummus with Toasted Sesame Pita Chips
Vegetable Crudite with Roasted Red Pepper Dipping Sauce
Baskets of Blanched Asparagus and Endive with a Sun Dried Tomato Dip
Endive Spears Filled with Crabmeat Salad

Passed Hors D Oeuvres

Grilled Shrimp with Sesame Aioli on Olive Oiled Crostini
Ahi Tuna Tartar on a Wonton Crisp with Pickled Cucumber Garnish
Crostini with Mango topped with Crab Salad
Vegetable and Herb Olive Oil Crostini
Eggplant Caponata with Crostini
Skewered Lemon Chicken with a Ginger Sauce
Skewered Grilled Shrimp brushed with a Three Citrus Glaze
Cocktail Shrimp with Bloody Mary Cocktail Sauce
Seafood Stuffed Mushroom; Crab and Seasoned Bread Crumbs
Lemon Chicken Pillows
Triopes, Spinach, Kalamata Olives and Feta Cheese wrapped in Phyllo
California Rolls with Wasabi and Soy Dipping Sauce

Salads

Wild Baby Field Greens, Vegetable bouquet, Tomatoes, Cucumbers & Goat Cheese
Garden Salad with Iceberg Lettuce, Tomatoes, Cucumbers, slivered Red Onions, Black Olives
Spinach and Orange Salad with Citrus and Mustard Vinaigrette
Zucchini and Tomato Salad with Chili Vinaigrette
Orange and Fennel Salad
Kim Chee Cabbage Slaw with Asian Vegetables

Poultry

Lemon and Honey Glazed Grilled Breast of Chicken with garden herbs
Classic Chicken Chardonnay with shitake mushrooms and leeks
Orange Hoisin Lacquered Statler Breast of Chicken
Carved Grilled Lemon & Herb Marinated Chicken Breast w/ chipolte pepper aioli & mango salsa
Sage Tattooed Chicken Breast with chipolte mole and tomatillo salsa
Pan Seared Chicken Breast with tomato and garlic confit
Caribbean Barbequed Chicken Breast with black beans, poblano peppers
Almond Chicken with honey ginger sauce, slivered almonds with snow peas
Tomato and Cajun Spice Marinated Breast of Chicken with citrus mango salsa
Boneless Breast of Chicken, marsala demi-glaze w/ porcini & native mushrooms, shallots & rosemary
Grilled Breast of Chicken with a tomato tarragon compote
Balsamic Vinegar and Brown Sugar Glazed Breast of Chicken with sun dried tomatoes and capers
Cider Glazed Chicken with dried cranberries
Pan Seared Chicken Breast served over a woodland mushroom strudel
Herb Roasted Boneless Turkey Breasts fire grilled to perfection
Cilantro Lime Chicken Shish Kabob with summer vegetables
Chicken-Pineapple Shish Kabob with summer vegetables
Herb Chicken Kabob with fresh rosemary and thyme
Ginger Teriyaki Steak Shish Kabob with summer vegetables

Seafood

Grilled Sea Bass with dill lemon gremolada
Oven Roasted Sea Bass Fillet with a lemon butter drizzle and fresh herbs
Miso Lacquered Chilean Sea Bass Filet
Grilled Tuna with a mango citrus salsa
Swordfish Kabob brushed with lemon butter and cracked pepper

Salmon

Poached Salmon served with garlic-dill Yogurt sauce
Grilled Salmon with fresh herbs and lemon
Teriyaki Salmon and Grilled Peach Shish Kabobs with summer vegetables

Scallops

Sesame Sprinkled Scallops with Sweet Chili Sauce
Steamed Scallops with Ginger topped with a light soy, sesame & scallions sauce
Grilled Scallop Kabob with extra virgin olive oil drizzle

Lobster

Boiled Native Lobster
Baked Lobster with Crab Stuffing
Grilled Lobster Tail, Baby Field Greens, sliced red & yellow cherry tomatoes & lemon herb vinaigrette

Shrimp

Shrimp Kabob brushed with a three citrus glaze

Beef

Tenderloin

Carved Tenderloin of Beef with Gremolada
Grilled Tenderloin Brochettes with roasted garlic relish, horseradish cream and tomato salsa
Roasted Tenderloin of Beef with smoked tomato jam

Prime Rib

Roasted Prime Rib fresh rosemary, basil and cracked peppercorn rub

Sirloin

Blackened NY Strip with tobacco onions and grilled portabella mushrooms
14 ounce Fire Grilled New York Strip

Flank Steak

Santa Fe Grilled Flank Steak with smoked au jus
Shiraz-Balsamic Marinated Grilled Flank Steak
Grilled Southwest Flank Steak with five spice southwest rub
Grilled Mediterranean Flank Steak marinated with olives, caper and pepperoncini
Chipotle Honey Dijon Skirt Steak in a spicy chipotle, honey dijon sauce

Misc

Grilled Beef Sirloin Tips in a wild mushroom ragout

Kabobs

Tenderloin of Beef Kabob with balsamic drizzle
Spicy Beef Kabob with fresh cilantro and chipotle glaze

Pork

Maple Brined Pork Tenderloin with drizzled with a with port wine reduction
Wood Grilled Herb Pork Loin marinated with farm fresh herbs
Asian Marinated Pork-Loin served with a sweet soy drizzle
Roasted Crown Rack of Pork with macintosh apple mash and clove-merlot reduction
Baby Lamp Chops marinated in rosemary, sage and roasted garlic
Herb Crusted Pork Chop with roasted cherry cabernet reduction

Lamb

Roasted Rack of Lamb with chanterelle mushrooms
Grilled Butter Fried Leg of Lamb served sweet pepper vinaigrette
Mustard Rubbed New Zealand Grass Fed Lamb Chops served with spicy peach chutney

Vegetarian

Grilled Portabella Napoleon, Tomatoes, Squash, Zucchini, Fennel, Potatoes, Saffron Tomato-Nage

Vegetable Sides

Herb Roasted Seasonal Vegetables
Grilled Vegetables with Balsamic Splash
Braised Baby Vegetable Mélange
White Truffled Root Vegetable Ragout
Stirfry of Bok Choy, Bell Peppers and Carrots with Ginger Glaze
Florentine String Beans with Roasted Tomatoes
Steamed Green Beans and Roasted Red Peppers accented with Coriander
Haricot Verts with Lemon and Herbs
Haricot Vert with Caramelized Shallots and Pear Tomatoes
Peas and Mushrooms
Marinated Pencil Thin Asparagus
Chilled Asparagus with Lemon Shallot Vinaigrette
Fresh Asparagus, Lightly Grilled with Lemon Infused Olive Oil
Steamed Giant Broccoli
Sweet Corn and Red Pepper
Sweet Corn and Edamame Succotash
Sage scented Butternut Squash
Cardamom Spiced Roasted Butternut Squash
Braised Spaghetti Squash
Oregano, White Bean and Garlic slather
Tuscan Style Brussels Sprouts with Slivered Onions, Oregano and Romano
Cauliflower, Broccoli and Carrots with Fresh Dill

Starch Sides

Herb Roasted Red Potatoes
Dijon Spiked Roasted Potatoes
Grilled and Roasted Fingerling Potatoes
Yukon Potato Planks
Grilled Yukon Gold and Sweet potatoes with Cracked Black Pepper and EVO
Oven Roasted Potato Trio of Russet, Red and Sweet Potatoes
Roasted Native Fingerling Potatoes and Sweet Potatoes
Pecan Wild Rice
Saffron Rice Pilaf
Lemon Herb Rice Pilaf
Lemon Saffron Rice Pilaf
Wild Rice with Vegetable Confetti
Ginger Scallion Fried Rice
Seasoned White Rice