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# American Menu

## Appetizer

Mixed greens w/ juice veggies and a creamy curry dressing  
Pomegranate Salad w/ nuts, dried cranberries & cucumber strawberry  
Mixed Greens w/ with hummus, tomato, cucumber, onion & balsamic  
Dill sunflower spread w/ cucumbers  
Frittata muffins spinach, sweet potatoes & feta  
Sweet potato frittata with zucchini & roasted peppers  
Crudite platter w/ 2 cheeses, 2 crackers, olives, roasted peppers, artichoke  
Vegetable Platter w/ 2 choices: guacamole, hummus, ranch or sour cream  
Spinach-cheddar stuffed mushrooms

## Hot Mains

Baked Ziti with chicken sausage  
Black bean pasta with veggies & peanut sauce  
Lentil pasta w/ vegan cashew cream sauce  
Burgers: Turkey, Beef, Grain Free or Rice  
Broiled Cod w/ mango salsa  
Chicken Francese  
Turkey or beef Chili stuffed peppers  
Simply Grilled chicken  
Cilantro-Lemon infused baby lamb chops  
Lemon caper chicken w/ pancetta  
Moroccan cous cous w/ chicken or salmon  
Roast Chicken with carrots, celery & onions  
Salmon w/ dill-dijon sauce  
Spaghetti squash w/ basil tomato sauce & brussel sprouts  
Filet mignon w/ butter sauce  
Marinated NY Strip steak

## *American Menu Cont'd*

### **Soups**

Chicken noodle  
Pea with turkey bacon  
Pasta Fagiole  
Chicken noodle  
Traditional Lentil  
Carrot & zucchini  
Butternut Squash

### **Side Dish**

Fried or Steamed rice  
Steamed vegetables  
Vanilla infused sweet potatoes w/ pecans and coconut  
Mashed purple potatoes  
Mashed butternut squash  
Cinnamon or curried baked sweet potato fries  
Roasted & Seasoned Potato Wedges  
Roasted Brussel Sprouts  
Lemon Paprika Asparagus  
Kale with garlic & olive oil  
Quinoa with cruciferous veggies & 21 spice blend

# Asian Fusion Menu

## Appetizer

- Beef or Chicken satay with dipping sauces
- Edamame with sea salt
- Egg Drop soup
- Raw Sweet potato salad with sesame ginger dressing
- Traditional Thai Salad
- Veggie spring rolls with almond dipping sauce
- Veggie, chicken, port or shrimp dumplings - steamed or pan fried

## Entrée

- Green curry – chicken or veggie
- Fried Rice - chicken or veggie
- Teriyaki - chicken or salmon
- Quinoa Fried “Rice”
- Black bean pasta with veggies & peanut sauce
- Pad Thai w/ peanut sauce - chicken or veggie
- Raw Pad Thai w/ Almond Sauce

## Side Dish

- Fried or Steamed rice
- Steamed vegetables
- Roasted Eggplant in garlic sauce

# Italian Menu

## Appetizers

*Can also be served as side dishes*

Kale Salad with sundried tomatoes, walnuts capers & tahini  
Arugula Salad w/ tomato, cucumber, pistachio & lemon dressing  
Roasted peppers with garlic  
Pasta Salad with beans and veggies  
Beet salad w/ greens, Feta. Walnuts & orange dressing  
Cheese & olives  
White Bean Salad  
Tomato & Bean Salad  
Green bean & potato salad  
Classic Italian Stuffed mushrooms  
Mini crab cakes w/ dill Dijon sauce

## Soups

Traditional Lentil  
Pasta Fagiole  
Chicken noodle  
Grandpa soup with kidney beans & broccoli

## Main Course Entrée

Arancini Rice ball pie  
Grandmas chicken cutlets – baked not fried  
Chicken or Eggplant “Parm” with feta  
Traditional chicken or eggplant parm  
Classic meatballs w/ tomato sauce  
Broiled lemon salmon  
Roasted Chicken breasts  
Chicken Francese  
Stuffed Peppers with turkey or beef & tomato sauce  
Mushroom pea risotto  
Chili crusted codd

## *Italian Menu Cont'd*

### **Pastas**

*Pastas: Ziti, gnocci, rollatini, spaghetti, black bean, quinoa, lentil, zucchini noodles, bowtie, spaghetti squash*

*Add Chicken, chicken sausage, salmon or vegetables to any pasta dish*

### **Choice of pasta with:**

Basil tomato sauce

Garlic & olive oil

Classic Pesto

Cilantro pesto

Beef or Turkey Bolognese

Baked Ziti – traditional

Baked Ziti with chicken sausage

Manicotti with tomato sauce

Stuffed shells with tomato sauce

Pumpkin Ravioli (when available)

Pasta with tomatoes, broccoli & mushrooms

Pasta with basil sauce, grilled chicken, eggplant & feta

### **Side Dish**

Grilled Zucchini or eggplant

Breaded zucchini or eggplant

Sauteed Kale with garlic & olive oil

Roasted Butternut Squash

Mashed potatoes

String beans with garlic & almonds

Lemon-paprika Asparagus

# **Mediterranean Menu**

## **Tapas**

Three Bean Salad  
Beet Salad w/ feta or goat cheese  
Basil Cous Cous with veggies  
Fattoush Salad  
Feta & Kalamata Olives  
Homemade hummus – garlic or cilantro  
Lemon Potatoes  
Roasted Peppers with garlic  
Sunflower seed dill spread w/ cucumbers  
Sweet Potato Frittata with spinach, olives & feta

## **Entrée**

Chicken bowl with rice, cilantro sauce & brocolli  
Lentil Soup  
Lemon Chicken Rice Soup  
Moroccan Cous Cous with veggies  
Roasted Lemon Chicken  
Broiled lemon Salmon  
Spinach feta pie

# **Mexican Menu**

## **Appetizer**

Guacamole w/ tortilla chips  
Corn & black bean salad  
Salad with beans, corn, rice, avocado and lime dressing  
BBQ Bean, corn & pasta salad  
Quesadillas – Veggie or chicken

## **Entrée**

Burrito Bar  
Taco Bar  
Roast chicken w/ black bean sauce  
Red Pepper Salmon  
Chili crusted cod

## **Side Dish**

Garlic Plantains  
Black, Kidney or Pinto beans  
Lime-Cilantro infused rice or quinoa





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## **Dessert Menu**

Almond butter cups  
Banana Ice cream w/ cinnamon, chocolate chips & coconut  
Berry crumble  
Black Rice Pudding  
Blueberry Corn Muffins  
Chocolate chip cookies  
Chocolate Mint Mousse  
Chocolate Hazelnut spread w/ strawberry & banana skewers  
Coconut Parfait  
Coconut Protein balls  
Crumb Cake  
Ginger cookies  
Lemon Poppy banana bread  
Orange banana oat bread  
Pumpkin pie  
Pumpkin oat muffins  
Tiramisu

**Most Desserts can be made gluten & dairy free**

# **Themed Menus**

## **Aphrodisiac**

Salad w/ strawberries & pumpkin seeds, chili ginger salmon, artichoke hearts, almond butter cups

## **Energy Boosting**

Homemade Hummus, Massaged Kale salad w/ tahini dressing, Curried Chicken salad on veggie paleo wrap, Raw Mint Chocolate Mousse

## **Fall Flavors**

Salad, brussel sprouts, turkey chilli, sweet potatoes, pumpkin muffins

## **Winter Detox**

Berry Smoothie, Raw Sweet Potato Salad, Veggie Wraps w/ dipping sauce, Salmon, Vegan protein balls

## **Romantic Italian**

Arugula Salad, Chicken Parm, Mushroom Pea Risotto, Hemp chocolate spread

## **Spring Detox**

60 Second Salad, Zucchini noodles w/ cilantro pesto, Salmon w/ dill sauce, Coconut Energy Balls

## **Summer Picnic & BBQ Eats**

Dill Sunflower Seed Spread, Homemade BBQ Sauce w/ grilled chicken, Cilantro Corn Quinoa, Blueberry Corn Muffins

If there is something you would like made, and do not see it on the menu, please don't hesitate to ask!



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## **Brunch / Lunch Menu Items**

### **Small Bites**

Dill sunflower spread w/ cucumbers  
Frittata muffins spinach, sweet potatoes & feta  
Sweet potato frittata with zucchini & roasted peppers  
Lemon-Garlic Shrimp  
Stuffed Mushrooms – spinach / Cheddar or classic Italian  
Beef or Chicken satay with dipping sauces  
Edamame with sea salt  
Veggie or shrimp dumplings - steamed or pan fried  
Vegetable Platter  
Crudite Platter w/ 3 cheeses, 3 crackers  
Roasted Peppers, 2 olives & marinated artichoke hearts

### **Salads**

Curried salad w/ greens  
Pomegranate Salad w/ nuts, cranberries & chick peas  
Salad with hummus, tomato, cucumber, red onion & balsamic  
Kale Salad with sundried tomatoes, walnuts capers & tahini  
Mexican salad w/ beans, corn, rice, avocado and lime dressing  
Mixed Greens w/ Roasted Beets w/ Feta, Walnuts & orange dressing

## **Grains, Noodles & Pastas**

\*Chicken, shrimp or tofu can be added for an extra \$5/person

Cilantro-Lime infused quinoa salad w/ zucchini, beans, corn

Quinoa w/ tomato, cucumber, chick pea, fresh parsley

Moroccan cous cous w/ chickpeas & apricots

Pasta w/ sesame ginger dressing, broccoli, red peppers

Pasta w/ vegan basil or cilantro pesto

Pad Thai w/ peanut sauce, bean sprouts, carrots, peanuts

Quinoa Fried "Rice"

Spaghetti squash w/ tomato sauce & brussel sprouts

Zoodles (Zucchini noodles) w/ cilantro or basil pesto

## **Between The Bread**

Avocado Toasts

Dill or Curried chicken salad

Mini Salmon w/ cream cheese & roasted pepper hummus

Avocado-Egg Salad

Hummus-Egg Salad

Egg potato salad

Burgers: Turkey, Beef, Veggie

Build your own burrito or taco bar

Mini turkey-cheese wraps w/ dill dijon sauce or red pepper hummus

Mini vegetable wraps w/ dill Dijon sauce or red pepper hummus

\*Egg, chicken & tofu salads can come on choice of 2 breads & /or wraps.

These can also be served as a dish so guests can build their own sandwich.

\*\*All green salads can come pre made or staged as a "make your own salad bar"

## **Side Veggies**

Vanilla infused mashed sweet potatoes w/ pecans & coconut flakes

Maple-Butter Mashed butternut squash

Cinnamon or curried baked sweet potatoe fries

Baked Garlic Plantains

Roasted Brussel Sprouts

Lemon Paprika Asparagus

## **On the sweeter side**

Fruit platter  
Melon fruit salad w/ a honey-lime dressing  
Blueberry corn muffins  
Raspberry Corn Muffins  
Homemade Almond butter cups  
Black bean brownies  
Energy balls: Apple, Orange, Pumpkin, Chocolate or Vanilla  
Banana Ice cream w/ cinnamon, chocolate chips & coconut  
Apple-Mixed Berry cobbler  
Black Rice Pudding  
Blueberry Corn Muffins  
Orange pumpkin-oat muffins  
Chocolate chip cookies  
Chocolate Mint Mousse  
Chocolate Hazelnut spread w/ strawberry & banana skewers  
Coconut Parfait w/ pecans, cinnamon & honey  
Coconut Protein balls  
Crumb Cake  
Ginger cookies  
Lemon Poppy banana bread  
Orange banana oat bread  
Pumpkin pie  
Tiramisu

**Most Desserts can be made gluten & dairy free**



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## **Cocktail Catering Menu**

### **Appetizer - Platters**

Vegetable crudité platter w/ hummus & ranch & chips  
Assorted Olive & Cheese Platter w/ crackers  
Mix: Chicken & vegetable dumplings w/ almond dipping sauce  
Cheese or mushroom ravioli w/ choice of sauce: Pesto or tomato  
Cilantro corn salsa quinoa  
BBQ Bean corn pasta salad  
Pomegranate Salad w/ mixed nuts, vegetables & cranberries  
Arugula Salad w/ lemon dressing & pistachio

### **Passed Cocktail Apps - Cold**

Mini Olive & cheese skewers Frittata muffins – sweet potato & broccoli  
or spinach feta  
Tomato, basil & Mozzarella skewers  
Devilled Eggs  
Prociutto wrapped asparagus  
Mashed Vanilla Sweet potatoes w/ pecans & coconut  
Brushetta toasts  
Cucumber rounds w/ Dill sunflower tapenade  
Shrimp cocktail  
Mini wraps or sandwiches  
Cilantro-lime infused Quinoa w/ beans & corn  
BBQ Bean corn & pasta salad  
Hummus cups w/ sliced veggies  
Mini 3 layer Mexican dip w/ tortilla chip  
Sushi – salmon, tuna, or and/or vegetarian

## **Passed Cocktail Apps – Hot**

Mini meatballs

Chicken or vegetable dumplings w/ peanut dipping sauce

Chicken or beef satay w/ plum dipping sauce

Cheese or mushroom ravioli w/ choice of sauce: Pesto or tomato

Mac n cheese mini muffins

Moroccan Cous Cous w/ apricot & chick peas

Crabcakes w/ dill Dijon sauce

## **Traditional Hot Fare**

Pigs in a blanket

Mini quiche

Mini emenadas

Mexican Taquitos

## **Sweets**

Assorted Fruit Platter

Assorted chocolate chip cookies

Blueberry Corn Muffins

Homemade Nutella w/ raspberries

Orange Pumpkin-Oat Muffins

Ginger Chocolate Chip cookies

Dessert Balls – Coconut, Vanilla, Chocolate or pumpkin

Cheesecake

Tiramisu

Berry Cobbler