



**Gourmet in a Pinch**  
**Home of the Heat 'n Eat Foods To Go**  
**312 Mayville Road**  
**Bethel, Maine 04217**  
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**E-Mail: [Gourmetinapinch@roadrunner.com](mailto:Gourmetinapinch@roadrunner.com)**  
**Website: [www.Gourmetinapinch.net](http://www.Gourmetinapinch.net)**

**Gourmet in a Pinch Retail Store Selections:**

**Breakfast n Coffee on the Go: (Fast & Easy Drive thru – Fri thru Sun)**

Ham, Bacon, Sausage n Cheese Sandwich w Coffee  
Blueberry, Cinnamon, & Bran Muffins w Coffee  
Apple Turnovers

**Appetizers:** Spinach & Feta Phyllo Cups

Savory Cocktail Meatballs  
Bacon Wrapped Chicken Bites  
Chicken Kiev Phyllo Triangles  
Cheese Puff Gruyeres  
Fresh Wheat or White Bread

**Lunch:**

Meat Lovers Bread  
Fuzzy Chicken Fingers  
Spicy Chicken Wings  
Cod Cakes w/ Garlic Aioli  
Mini Spinach Calzones  
Meatball Calzones  
Panini Sandwiches (Eggplant, Meatloaf, Chicken Parm, Chicken Picatta, Ham  
n' Cheese Pesto, or create your own...)  
Sophisticated Mac & Cheese  
Twice Baked Potatoes (3)  
"River Ready" Lunch Box (Advance Order)

**Soups:**

Spicy Garden Tomato Soup  
Potato Leek Soup  
Chicken Noodle Soup  
Creamy Cheddar Cheese & Broccoli Soup  
Butternut Squash & Apple Soup  
Kickin' Confetti Corn Chowder  
Mouth Watering Steak & Bean Chili

**Salads:**

Garden Fresh Salad  
Greek Spinach Salad  
Tortellini Salad  
Tarragon Chicken Salad  
Chicken Caesar Salad

**Entrees: (Serves 2 +)**

Shrimp, Feta and Tomato Frittata w/ Orzo  
Grandma B's Meatloaf  
Chicken Piccata w/ Artichokes

Home Style Stuffed Shells  
Mini Beef Wellingtons  
Belgian Beer & Beef Stew  
Coq Au Vin (aka Drunk'n Chicken)  
Duck with Cranberry Mostaza  
Lamb & Beef Shepherd's Pie  
Chicken Cordon Bleu  
Spinach Stuffed Lasagne  
Eggplant Parmigiana  
Black Pepper Chicken Curry

**Sides:**

Smashed Potatoes w/ Garlic & Chives  
Sweet & White Gratin Potatoes  
Mac & Cheese Muffins  
Dilled or Parslied Carrots  
Jumpin' Jasmine Rice  
Garlic Green Beans  
Buttery Zucchini w/ Chives  
Sweet & White Potato Gratin  
Spanish Tortilla

**Desserts:**

Chocolate Chip Walnut Brownies  
Festive Cupcakes (Chocolate & Vanilla)  
Italian Heirloom Cookies  
Lemon Poppy Biscotti  
Chocolate Almond Biscotti  
Chocolate Raspberry Truffles  
Cranberry Almond White Chocolate Biscotti  
Tiramisu  
Heavenly Chocolate Mousse  
Preordered Specialty Cakes & Pies

**Marinated Grill Meats:**

Sirloin Tips, Chicken Terriyaki, Flank Steak, ...

**Dinner for Two Special** (Mon thru Thu only) \$19.99

**All American Clambake** (Chowder, Steamers, Mussels, Lobster, Ribs, Corn, Cole Slaw)

**Top Selling Specialty Beers:**

Dogfish, Rogue, Allagash, Tuckerman's, Maudite,...

**PREMIUM ICE CREAM** Cones, Cups, Cakes, Specialty Pies

**Gift Certificates, Delivery and Catering for all occasions available !**

Stop by our new 900 sq foot kitchen and/or check out our Daily Specials on the Gourmet in a Pinch Facebook Fan Page ([tinyurl.com/gourmetinapinchfacebook](http://tinyurl.com/gourmetinapinchfacebook))

## **Gourmet in a Pinch Catering Options:**

### **Hors d'Oeuvres Options:**

**The total number of pieces will vary based on your individual event; customized items also available - please call Chef Charisa for consultation.**

**On-site Personal Chef Service available for an additional cost.**

**Please add 7% tax and 18% service fee, if applicable.**

**Menu and pricing subject to change without notice.**

### **Chef Selection of Assorted Canapes**

Assorted creations made specially by Chef Charisa customized to your guest palette  
Per 25 pieces - \$65

### **Domestic Cheese, Crackers and Fruit Display**

Selection includes cheddar, provolone, swiss and goat cheeses, assorted crackers, grapes and strawberries  
Serves 30 - \$55  
Serves 75 - \$90  
Serves 100 - \$145

### **Fresh Fruit Display**

Includes an assortment of seasonal fruits  
Serves 30 - \$50  
Serves 75 - \$85  
Serves 100 - \$125

### **International Cheese, Crackers and Fruit Display**

Selection includes brie, blue, and gouda cheeses, assorted crackers, grapes and strawberries  
Serves 30 - \$75  
Serves 75 - \$155  
Serves 100 - \$195

### **Raw Bar**

Freshly shucked oysters and littlenecks, and jumbo shrimp accompanied by horseradish sauce, cocktail sauce, calamari salad and fresh lemon wedges  
Market price

### **Vegetable Crudites and Herb Dip Display**

Fresh broccoli, carrots, red pepper, cucumber, celery and grape tomatoes, served with a spinach herb dip  
Serves 30 - \$50  
Serves 75 - \$85  
Serves 100- \$125

### **Baby Bruschetta**

Toasted sliced baguette topped with chopped tomato, artichoke, garlic, basil, minced scallion and shredded parmesan cheese  
Per 25 pieces - \$30

### **Baked Stuffed Mushrooms**

Large mushroom caps stuffed with a savory blend of crabmeat, mushroom and parmesan cheese, then baked until golden  
Per 25 pieces - \$30

**Blue Cheese and Candied Walnuts in Belgian Endive**

Crumbled blue cheese and candied walnuts nested in fresh belgian endive

Per 25 pieces - \$35

**Brie and Sundried Tomato Crustini**

Fresh sliced baquette topped with melted brie cheese, sundried tomatoe and black olive

Per 25 pieces - \$35

**Chicken Saltimbocca**

Scallopine of chicken breast lightly seasoned and sauteed, topped with prosciutto, smoked mozzarella and fresh sage in a white wine and chicken stock reduction.

Per 25 pieces - \$45

**Crab and Shrimp Puff Pastry**

Sauteed baby shrimp blended with crabmeat mousse and fresh herbs, baked in flaky pastry

Per 25 pieces - \$35

**Grandmanier Scallops**

Native bay scallops marinated in grandmanier, grilled to perfection and served with fresh lime

Per 25 pieces - \$45

**Grilled Marinated Shrimp**

Jumbo shrimp marinated and grilled, served with Chef Charisa's spectacular wine and cilantro sauce

Per 25 pieces - \$65

**Jumbo Shrimp Cocktail**

Jumbo shrimp simmered in Chef Charisa's own blend of spices and lemon, chilled, and served with a zesty cocktail sauce

Per 25 pieces - \$60

**Melon Wrapped Prosciutto**

Sliced cantalope wrapped with delicately sliced prosciutto

Per 25 pieces - \$30

**Mini Crab Cakes**

Maine Blue crabmeat blended with spices, pan-seared and served with our signature creamy horseradish sauce and lemon wedge

Per 25 pieces - \$40

**Pan-Seared Trout**

Boneless rainbow trout coated with corn bread, pan-seared, and served with a lemon caper sauce.

Per 25 pieces - \$40

**Pesto Scallops**

Native sea scallops encrusted with pesto, pan-seared and served atop sliced tomato and buffalo mozzarella

Per 25 pieces - \$65

**Potato Latke**

Crisp shredded potato nest, topped with our apple ginger chutney

Per 25 pieces - \$35

**Scallops Wrapped in Bacon**

Tender sea scallops lightly breaded, wrapped in bacon and broiled

Per 25 pieces - \$45

**Sesame Chicken Skewers**

Skewered tender chicken breast coated with toasted sesame seeds , pan-seared and served with Chef Charisa's signature scallion sauce

Per 25 pieces - \$45

### **Spanikopita**

Spinach layered with feta cheese wrapped in phyllo dough, baked until flaky

Per 25 pieces - \$35

### **Strawberries in Chocolate**

Fresh juicy strawberries dipped in dark chocolate, drizzled with ribbons of white chocolate

Per 25 pieces - \$50

### **Tenderloin of Beef Canapes**

Petite tenderloin of beef, roasted to perfection, thinly sliced and served atop crustini with our avocado aioli.

Per 25 pieces - \$50

### **Teriyaki Skewers**

Your choice of beef or chicken skewers, marinated in ginger, soy and fruit juices, grilled, and served with teriyaki dipping sauce

Per 25 pieces - \$35

### **Brie & Cranberry Phyllo Triangles**

Creamy brie and tart cranberry are folded and baked in delicate phyllo.

### **Spanish Tapas:**

#### **Smoked Salmon with Cream Cheese Tapas**

Slices of a crusty baguette, topped with cream or fresh cheese and a thin slice of smoked salmon and a drop of lemon juice combine to make a special treat.

#### **Goat Cheese with Paprika, Garlic, Sun-Dried Tomatoes and Capers Tapas**

Roasted garlic and paprika are mixed with fresh, soft goat cheese, then spread over rustic bread and topped with sun-dried tomatoes and capers.

#### **Red Peppers Stuffed with Tuna Tapas**

Tuna is mixed with a bit of green onion and olives, then stuffed into roasted red peppers to make a delicious *tapa*.

#### **Ham, Cheese and Chorizo with Bread Tapas**

The sliced bread topped with Spanish cheese and *chorizo* are sure to disappear as fast as they are served.

### **Spanish Omelet**

No doubt about it, the Spanish omelet is the most commonly served dish in Spain and is also known as a potato omelet. This national dish of Spain is made of three simple ingredients: eggs, potatoes and onions.

### **Clams a la Pescadora Tapas**

Simple dish made with fresh clams, cooking in a white wine and garlic sauce. Served with a fresh baguette to soak up the sauce.

## **Garlic Shrimp Tapas**

One of the most common "tapas" of Spain, "gambas al ajillo" is FULL of garlic flavor. Your guests will be asking for the recipe after the first bite.

## **Murcian Style Clams Tapas**

Small clams are prepared in a wonderful sauce made of white wine, sweet paprika, garlic, onion and has a slight bite from the red pepper flakes. Fresh crusty bread is a must to soak up the sauce!

## **Avocado-Cheese-Shrimp Spread Tapas**

This colorful and mouth watering appetizer is a combination of some typically Spanish ingredients with avocados to make a smooth and tasty spread on crackers or bread topped with pieces of shrimp.

## **Ham Croquetas Tapas**

Small, lightly breaded and fried sort of fritter. They are creamy and smooth and very tasty.

## **Cod with Caramelized Leek and Orange Tapas**

Salty flavor of the cod combines with the sweet and sour flavor of the caramelized leek with vinegar to create a unique and tasty appetizer.

## **Brie Cheese with Roasted Garlic-Paprika Tapas**

This "tapa" combines roasted garlic, dry sherry and paprika with baked Brie cheese to make a soft, rich appetizer that could almost make a main dish itself.

## **Bravas Potatoes**

The sauce has a slight bite from the Tabasco, hence the name *bravas*, which means "fierce."

## **Deviled Eggs with Shrimp Recipe Tapas**

## **Red Peppers with Anchovies Tapas**

## **Galician Turnovers Tapas**

## **Spanish Stuffed Mussel Tapas "Tigres" Tapas**

## **Eggplant with Chicken and Peppers Tapas**

## **Grilled Eggplant in Tomato Vinaigrette Tapas**

## **Olives a la Madriline Tapas**

## **Tomato Bread Tapas**

## **Mussels in Tomato Vinaigrette Tapas**

## **Red Peppers Stuffed with Tuna Tapas**

## **Fried Eggplant with Molasses Tapas**

**And more....**

**ALL AMERICAN CLAMBAKE** (Market Prices )

New England Clam Chowder  
Steamed Clams with drawn butter & clam broth  
and Steamed Mussels in garlic & wine  
1¼ lb. Hot Boiled Lobster (larger lobsters available)  
**and** ¼ Rack Baby Back Ribs slow cooked  
Sweet Corn on the Cob  
Corn Muffins  
Fresh Homemade Cole Slaw

**HAMBURGER & HOT DOG MENU**

4 oz. Hamburger with roll  
Hot Dog with roll  
Sweet Corn on the Cob  
Pickles & Chips  
Chilled Watermelon

**Salmon and Sirloin Surf and Turf**

Wild caught salmon fillet grilled to perfection  
Char-grilled Sirloin Steak  
Garden Fresh Salad  
Rosemary Focaccia Bread  
Baked Maine Potato with sour cream and chives

**Southern Style Barbecue (Pick what you want?)**

Slow Roasted Baby Back Ribs  
St Louis Spareribs  
Marinated Herb Shrimp  
Barbecue Chicken  
Pulled Pork  
Beef Brisket  
Hot Links  
Smoked Sausage  
Grilled Vegetables  
Red Cabbage Cole Slaw  
Garden Salad  
Potato Salad  
Buttered Corn  
Macaroni Salad  
Classic Cole Slaw  
Corn Bread

**Mexican Fiesta Options:****Fajita Taco Salad**

Your choice of fajita meat with spring lettuce mix, shredded cheese, guacamole and sour cream served in a crispy tortilla shell. Complete with your choice of garlic vinaigrette and/or Southwest Ranch dressing.

**Taco Salad**

Refried or black beans, spring lettuce mix, choice of beef and/or chicken, shredded cheese, sour cream, guacamole, pico de gallo and salsa roja served in a crispy tortilla shell.

### **Side Salad**

Spring lettuce mix, shredded cheese and pico de gallo. Served with your choice of garlic vinaigrette and/or Southwest Ranch dressing.

### **Fajitas**

Steak or chicken fajita tacos, flour tortillas, Spanish rice, beans (choice of borracho, refried or black), chips and queso, guacamole, sour cream, shredded cheese, salsa roja, pico de gallo, and lettuce.

### **Tacos**

Beef or chicken tacos (crispy or soft), Spanish rice, beans (choice of borracho, refried or black), chips and queso, lettuce, tomato, shredded cheese, salsa roja, and pico de gallo.

### **Cheese Enchiladas**

Traditional cheese enchiladas, flour tortillas, Spanish rice, beans (choice of borracho, refried or black), chips and queso, lettuce, tomatoes, pico de gallo, and salsa roja.

### **Chicken Flamingo**

Citrus marinated rotisserie chicken, flour tortillas, Spanish rice, beans (choice of borracho, refried or black), chips and queso, pico de gallo, lime wedges, and salsa roja.

### **Cabana Bowls**

Build your own. Includes your choice of beef taco meat or stewed chicken, refried beans, Spanish rice, shredded cheese, sour cream, guacamole, pico de gallo and salsa roja served in a crispy tortilla shell.

### **Super Nachos**

Includes tortilla chips, seasoned ground beef, refried beans, queso, pico de gallo, and salsa roja.

### **Seven Layer Dip**

Classic dip is sure to get your party started off right!

Hearty layers of refried beans, guacamole, sour cream, onions, tomatoes, cilantro and shredded cheese.

### **Mini Flautas**

Chicken flautas made to serve the whole group. Cut down to 3" so they're bite-size, they're perfect paired with sour cream, guacamole or queso.

### **Other Mexican Fiesta substitutes:**

Chipotle Pork Wraps

Steak, Chicken, Ground Beef Quesadilla

Spicy Pork Empanadas

Steak, Chicken, Ground Beef Burritos

### **Buñuelos**

Crispy flour tortillas fried and sprinkled with cinnamon sugar.

### **Sopapillas**

Flour tortillas gently fried and puffed then sprinkled with cinnamon sugar. Served with honey for the ultimate sweet treat.

### **Apple Cinnamon Mini Chimis**

Delicious apple cinnamon filling wrapped in a flour tortilla, then gently fried to a golden brown and sprinkled with cinnamon sugar.

### **Dessert Options:**



**Chocolate Torte**

Almost flour-less, dark, and delicious chocolate cake.

**Chocolate Pots de crème**

Dense and delicious version of the classic. Served in individual chocolate cups.

**Red Velvet Truffles**

Moist red cake & cream cheese frosting rolled into a bite size serving and dipped in white chocolate or dark and decorated to suit the occasion.

**Gourmet In a Pinch Buffet Menu Options:**

**Buffet includes your choice of salad or soup, entree, rice or potato, seasonal vegetables, and fresh-baked rolls and butter. Dessert options are available at an extra cost.**

**Please add 7% tax and 18% gratuity plus on-site chef service fee, if applicable.**

**Menu and pricing subject to change without notice****Soup or Salad (choice of one)**

Crisp romaine lettuce, grapes, candied walnuts, crumbled blue cheese with a citrus vinaigrette

Field greens, grape tomatoes, red onion, carrots, cucumber, herb croutons with a balsamic dressing

Baby spinach with strawberries and sliced almonds with a dijon vinaigrette

Classic Caesar salad

Grape tomatoes and fresh mozzarella tossed with field greens with a lemon basil vinaigrette

Chilled or Hot Soup Du Jour

**Dinner Event Options:****Dinner Event Option 1 (choice of three)**

Cranberry Apple Chicken - boneless breast of chicken filled with a flavorful stuffing of sauteed apples with cranberries, topped with a savory supreme sauce

**Chicken and Spinach Cakes**

Savory cakes made with a combination of chopped chicken breast and smoke flavored bacon with healthy spinach for a dash of color topped with luscious mushroom sauce.

Baked Stuffed Haddock - stuffed with a crabmeat and panko stuffing, served with a sherry lobster sauce

Baked Stuffed Sole - fresh filet of sole stuffed with a delicate blend of crackers crumbs, herbs and almonds, served with a lemon shallot sauce

Roast Beef Carving - top round of beef slow roasted, served au jus

Balsamic Bistro Tenders - Black Angus sirloin tips served with savory balsamic glaze

Vegetarian- customized by Chef Charisa, according to your needs

**Dinner Option 2 (choice of three)**

Chicken Madeira - medallions of chicken pan-seared with wild mushrooms, artichokes and sun-dried tomatoes in a Madeira wine sauce

Basil and Brie Chicken - boneless breast of chicken stuffed with brie, slow roasted and basted with pesto sauce.

Duck with Cranberry Mostaza – duck breast slowly seared and complemented by the sweet-tart sauce of cranberry, dry mustard, and red wine.

Baked Stuffed Shrimp - four jumbo shrimp fan tailed and filled with crab meat and chive stuffing

Grilled Salmon- fresh Atlantic salmon filet lightly grilled and served with a citrus salsa and a lemon dill sauce

Beef and Blue En Croute - petite filet of beef topped with wild mushrooms and Gorgonzola cheese encased in puff pastry, served with a Cabernet wine sauce

Prime Rib of Beef - roasted to perfection, served au jus

Vegetarian - customized by Chef Charisa, according to your needs

### **Dinner Option 3 (choice of three)**

Chicken Extravaganza- parsley, sage, rosemary and thyme encrusted on a boneless chicken breast and stuffed with wild rice and apricots in a champagne cream sauce

Chicken Chardonnay- breast of chicken with a artichoke, mushroom and white wine cream sauce

Surf and Turf - tender 7 oz filet mignon charbroiled to perfection served beneath three jumbo shrimp sauteed in garlic butter

Beef Wellington - petite tenders with mushroom duxelle encased in pastry and served with roasted garlic cabernet sauce

Roast Tenderloin of Beef - served with a roasted garlic Cabernet sauce

Vegetarian - customized by Chef Charisa, according to your needs

## **Helpful Guidance for Planning your Wedding Event**

### **Thought Provoking Questions to ask your caterer to ensure qualification:**

**Attention to Detail/Cleanliness?** – Don't hesitate to ask the caterer to view their kitchen to ensure sanitary conditions for your valued guests are met.

**Catering Team Qualification?** - How many chefs with culinary education and background preparing your gourmet food for that special day? Consistency and standardization is a key ingredient to success in any business.

**Staff Attire/Dress Code for Waitstaff?**– Is the professional team wearing Chef Regalia and White Toques for distinction.

**Catering Licenses/Beer & Wine License?** – Ask to see your caterer's license?

**Availability?** - How many weddings or other events will the caterer be providing service for on your special day?

**Wedding Timeline?** Is the caterer willing to prepare a wedding time line for ease of communication amongst disparate functions.

**Risk Mitigation Efforts?** Is the caterer willing to mitigate any potential risk with proactive planning techniques that may cost you nothing additional?

**Customized Menu?** Is the caterer willing to customize the menu with special dishes to meet your wedding party needs or desires?

**Food Arrangement and Garnishing** – Does the caterer have a retail store with displayed selections to validate their culinary professionalism.