

PASTRIES & DESSERTS

BREAKFAST PASTRY PLATTER (12 pieces) \$55

Plain croissants, chocolate croissants, blueberry muffins and corn muffins

CHOCOLATE BREAD PUDDING (serves 8 to 12) \$45

WALNUT TORTE *gluten free*

6" cake \$24

9" cake \$29

BURNT BASQUE CHEESECAKE *gluten free*

6" cake \$29

9" cake \$49

SEASONAL FRUIT BOWL serves 6 to 8 \$65

BEVERAGES

Ready to pour thermal containers

HOT COFFEE

choice of La Colombe or North Fork Roasting Company cream, milk & sugar

Half Gallon \$22 / One Gallon \$35

COLD BREW ICED COFFEE

Half Gallon \$28 / One Gallon \$38

HOUSE MADE UNSWEETENED ICED TEA

One Gallon \$28

HOUSE MADE LEMONADE

One Gallon \$35

ORDERING TERMS & SPECIFICATIONS

All of our catered food is prepared to-go and is ready to serve; reheating instructions are provided as needed.

A minimum of 5 day notice for all catering orders is required.

For less than 5 day notice, please call and we will do our best to accommodate you.

We deliver locally as far west as to Riverhead and as far east to Orient and Shelter Island. A flat delivery fee of \$35 will be charged. The delivery fee to Shelter Island is \$75 dollars. A 5 day notice is required when delivery is requested. For other locations please ask.

Payment in full is required when placing your order. Modifications to any placed orders are accepted up to 3 days prior to the pick up or delivery date. 8.625% sales tax will be added to the order.

To place your order please call, come in or email us at:

luchi@gfperiod.com

goodfood.
café & market

631-298-7599

535 PIKE STREET
(just off of love lane)
MATTITUCK, NY 11952

info@gfperiod.com

gfperiod.com

SUMMER 2023

goodfood.
café & market

MATTITUCK
NY

631-298-7599

CATERING TO-GO

PLATTERS

GULA GULA EMPANADAS PLATTER (3 dozen) \$125

with **CHIMICHURRI SAUCE** Choose a minimum of four types: bison, southwestern chicken, bbq pork & mango, ham & cheese, breakfast, spinach & feta, seasonal greens, black bean & corn

ASSORTED SANDWICHES & WRAPS PLATTER

Grilled Flank Steak: caramelized onions, goat cheese & arugula on toasted ciabatta; **Vegetarian:** avocado, manchego cheese, tomato, arugula & chipotle mayo on whole grain bread; **Chicken Milanese:** tomato, greens, lemon mayo on ciabatta; **Chicken Curried Salad Whole Wheat Wraps;** **Fresh Tuna Salad Wraps;** **Vegan:** hummus, arugula, radishes, cucumbers, carrots, arugula, tomato & avocado on whole grain bread; **Caprese on Baguette:** fresh mozzarella, tomatoes, basil, olive oil & balsamic glaze

Small (serves 8 to 10) \$145

Large (serves 12 to 14) \$195

CRUDITE PLATTER (serves 10 to 12) \$95

Fresh vegetables, house made white bean dip & hummus

GOURMET CHEESE PLATTER (serves 8 to 10) \$155

Local & imported cheeses, nuts, dried fruits, sliced baguette & crackers

CHARCUTERIE PLATTER (serves 8 to 10) \$155

Cured meats, hard cheese, olives, sliced baguette & crackers

LOBSTER ROLL PLATTER market price

Lemon mayo, celery, bibb lettuce, brioche split bun, served with North Fork potato chips

HORS D'OEUVRES

Minimum 1 dozen of each.

MINI CRAB CAKES

House made tartar sauce \$48

MINI SALMON CAKES

House made tartar sauce \$36

FALAFEL BITES

With tahini sauce \$21

CHICKEN SATAY SKEWERS \$38

CAPRESE SKEWERS \$32

SHRIMP COCKTAIL

wild shrimp, house made cocktail sauce, 30 pieces. \$45

SIDES

Sold by the pound (minimum 2 lbs each).

WILD RICE PILAF \$16 lb

ROASTED SEASONAL VEGETABLES \$16 lb

SAUTEED BOK CHOY \$16 lb

GRILLED FRUITS \$16 lb

SAUTEED FRESH SPINACH & GARLIC \$20 lb

GARLIC MASHED POTATOES \$12 lb

SPICED ROASTED SWEET POTATOES \$12 lb

ROASTED LOCAL POTATOES \$12 lb

MAC & CHEESE \$12 lb



SALADS

Sold by the pound (minimum 2 lbs each).

SUMMER COLE SLAW \$10 lb

Freshly sliced red and green cabbage, onions, carrots with a honey & lime vinaigrette

KALE SALAD \$16 lb

Roasted butternut squash, toasted almonds slivers, parmesan with lemon vinaigrette

ISRAELI COUSCOUS \$13 lb

Feta cheese, kalamata olives, cucumbers & red peppers with garlic lemon dressing

TABBOULEH \$13 lb

Gluten free option: substitute bulgur with kasha \$15 lb
Bulgur wheat, cucumbers, tomatoes, fresh mint & parsley

CURRIED CHICKEN SALAD \$18 lb

Roasted bell & Evans chicken breast with scallions, red pepper & celery, with lemon curry dressing

SHRIMP PROVENCAL \$28 lb

Poached shrimp tossed with fresh parsley, garlic, red pepper & celery in a citrus vinaigrette

FRESH TUNA SALAD \$24 lb

Poached fresh tuna with red onion, celery, lemon juice, olive oil & mayo

MOROCCAN CHICKPEA SALAD \$12 lb

Seasoned with onion, turmeric, curry & cilantro

FARRO SALAD \$13 lb

Perfectly cooked farro tossed with local greens & balsamic vinaigrette

FRESH LOBSTER SALAD

Seasonal / Market Price

PAELLA SALAD \$32 lb

Bomba saffron rice, chicken, shrimp, scallops, chorizo, tomato, onion, peas

CAESAR SALAD \$13 per person

House made dressing & croutons, fresh parmesan

LOCAL GREENS FARM SALAD \$9 per person

House made balsamic vinaigrette

ENTREES

GRILLED MAHI MAHI (4 person minimum) \$25/person

Fillet with grilled pineapple, red onions & shiitaki mushrooms

CRAB CAKES (2 crab cakes) \$24/portion

Summer cole slaw, house made tartar sauce

SALMON CAKES (2 salmon cakes) \$24/portion

Jicama slaw, fresh mango salsa

OVEN ROASTED SALMON FILLET (4 person minimum) \$16/person

With miso glaze

GRILLED LAMB SKEWERS (8 skewers minimum) serves 4 to 6 \$95

Boned leg of lamb marinated in olive oil, fresh rosemary & garlic

EGGPLANT PARMIGIANA (serve 6 to 8) \$75

Layers of thinly sliced eggplant, fresh mozzarella & house made tomato sauce

CHICKEN A LA PLANCHA (serve 6 to 8) \$85

Bell & Evans chicken breast marinated in olive oil, fresh parsley & garlic cooked on a cast iron griddle

TORTILLA ESPANOLA (serves 4 to 6) \$32

Traditional Spanish potato omelet - Gluten Free

QUICHES (serves 6) \$30

Leek & Bacon

Tomatoes & Fresh Basil

Butternut Squash & Sage Spinach

Mushroom & Goat Cheese

OVEN BAKED VEGETABLE FRITATTA (serves 6 to 8) \$45

Gluten Free

ALL OF OUR MEAT, SEAFOOD, DAIRY & EGGS
ARE SUSTAINABLY SOURCED, ORGANIC,
& LOCAL WHEN POSSIBLE.