

# GOODLIFECATERING

## 2019 Action Stations Menu



*"I would highly*

*recommend Good Life Catering and their team to anyone in need of catering. These guys are all around fantastic. Everything was set up beautifully, the food itself fantastic, and I could never say enough good things about the staff. These guys are the sweetest and most accommodating! They did an out right amazing job!"*

*- Nicki W. June 2018*



goodlifecatering



goodlifecater

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# 2019 Action Stations Menu

Stations add decor, interest and action - something for guests to do. These menu items designed to be cooked fresh to order, right in front of you and your guests. Our action station menu selections offer the perfect variety for both casual and formal events.

We recommend choosing 2-3 stations for your menu, with a minimum of 50 guests per station.

All stations are priced per-person. Additional choices may be selected to enhance your menu.

All menu items subject to change due to availability and market prices.

Needing Beverage Service?  
Please ask to see our Beverage Menu!

**CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS  
MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS**

# 2019 Action Stations Menu

## CARVING STATION

*Served with fresh baked rolls and butter*

*Requires 1 Chef per 100 ppl. Please choose a minimum of 2*

### Grilled Bistro Tender

*Served with Horseradish Cream*

~~-\$6.00-~~

### Herb Marinated Grilled Chicken Breast

*Served with Tomato-Basil Salsa*

~~-\$5.00-~~

### Whole Roasted Turkey Breast

*Served with Apple-Cranberry Chutney*

~~-\$5.00-~~

### Argentine Grilled Tri Tip

*Served with Chimichurri and Horseradish Cream*

~~-\$6.00-~~

### Mustard BBQ and Herb Crusted Pork Loin

*Served with Apple-Cranberry Chutney*

~~-\$5.00-~~

### Whole Smoked Pit Ham

*Brown Sugar and Honey Dijon Glaze, served with Assorted BBQ Sauces*

~~-\$5.00-~~

### Low Country Pork Roulade

*Roasted Pork Loin with Tasso-Cornbread Stuffing, served with Creole Sauce*

~~-\$7.00-~~

### B&B Roulade

*Grilled Flank Steak stuffed with Applewood Smoked Bacon, Bleu Cheese, and Spinach, served with Herbed Demi-Glace*

~~-\$7.00-~~

### Mediterranean Steak

*Grilled Flank Steak stuffed with Sun-Dried Tomatoes, Spinach, and Feta Cheese, served with Rosemary Demi-Glace*

~~-\$7.00-~~

### Beef Brisket

*Smoked and served with Assorted BBQ Sauces*

~~-\$8.00-~~

### Creole Steak

*Grilled Flank Steak stuffed with Andouille Sausage, Spinach, Fontina Cheese, and Wild Mushrooms, served with Red Wine Demi-Glace*

~~-\$7.00-~~

### Pork aux Pomme

*Roasted and stuffed with Apples, Brie Cheese, and Sage, served with Lemon-Thyme Cream Sauce*

~~-\$7.00-~~

### Herb Crusted Prime Rib

*Slow Roasted and served with Horseradish Cream*

~~-\$9.00-~~

### Boursin Pork Loin

*Roasted and stuffed with Boursin Cheese, Cremini Mushrooms, and Spinach, served with Bordelaise Sauce*

~~-\$7.00-~~

### Beef Tenderloin

*Served with Horseradish Cream*

~~-\$14.00-~~

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## CREPE STATION

A selection of the following made to order crepes

Requires 2 Chefs

### Savory

*Smoked Pulled Pork, Mustard BBQ, Aged Cheddar Bechamel*

-

*Smoked Salmon, Herbed Boursin Cheese, Capers, Red Onion, Cucumber-Dill Cream*

-

*Blackened Chicken, Applewood Smoked Bacon, Wild Mushrooms, Mornay Sauce*

### Sweet

*Banana, Brown Sugar, Cinnamon, Rum*

-

*Sweet Cream, Mandarin Orange, Grand Marnier, Vanilla*

-

*Seasonal Fruit Selection, Sweet Cream, Chocolate Sauce*

~~-\$9.00-~~

## PASTA STATION

Requires 1 Chef per 100 ppl

*Penne, Bowtie, and Rotini Pastas*

*Marinara, Alfredo, and Pesto Sauces*

*Italian Sausage, Meatballs, Grilled Chicken, Shrimp,*

*Mixed Peppers and Onions, Mushroom Mélange, Spinach, Mixed Olives, Sundried*

*Tomatoes, Basil, and Assorted Italian Cheeses*

~~-\$9.00-~~

## ASIAN STYLE PASTA STATION

Requires 1 Chef

**Choice of 2 proteins, additional proteins are \$2.00 pp**

*Hoisin Glazed Steak, Sesame Chicken, Ginger Garlic Shrimp, Lemongrass Pork, Tofu*

*Lo Mein Noodles and Thai Rice Noodles*

*Drunken Noodle Sauce and General Tso Sauce*

*Thai Chiles, Fresh Basil, Tomato, Snow Peas, Fried Egg, Mixed Bell Peppers, Onions,*

*Scallions, Shredded Carrot, and Chopped Broccoli*

~~-\$9.00-~~

# 2019 Action Stations Menu

## A NIGHT IN CHARLESTON

Requires 2 Chefs

*Cajun Blackened Chicken, Grilled Shrimp, Seared Scallops  
Tasso and Tomato Gravy, Andouille and Pepper Jack Cream Sauce, Smoked Sausage  
and  
Okra Gumbo  
Cajun Red Rice and Aged Cheddar Yellow Grits  
Jalapeño-Cheddar Cornbread  
Assorted Hot Sauces*  
~~-\$12.00-~~

## LOW COUNTRY SHRIMP AND GRITS

Requires 1 Chef

*Grilled Shrimp served atop Aged Cheddar Yellow Grits, and a Low Country Tasso and  
Tomato Gravy  
Toppings: Cheddar Cheese, Smoked Gouda Cheese, Scallions, Applewood Smoked  
Bacon, Diced Ham, Pickled Jalapeños, and Sour Cream  
Assorted Hot Sauces*  
~~-\$9.00-~~

## GIVE 'EM SOMETHING TO TACO 'BOUT

Requires 1 Chef per 100 ppl

**Choice of 2 proteins, additional proteins are \$2.00 pp**

*Carne Asada Steak, Lager Braised Chicken, Pork Carnitas, Seared White Fish, or  
Blackened Shrimp  
Corn and Flour Tortillas, Pico de Gallo, Queso Fresco, Pickled Red Onion, Shaved  
Radish, Black Bean-Roasted Corn Salsa, Shaved Cabbage Slaw, Mixed Cheeses,  
Cilantro Crema, Pickled Jalapeños, Quartered Lime  
Assorted Hot Sauces*  
~~-\$8.00-~~

## QUESADILLAS

Requires 1 Chef per 100 ppl

*Carne Asada Steak and Lager Braised Chicken with Fire Roasted Peppers and Onions  
Tomato Salsa, Sour Cream, Guacamole, and Pickled Jalapeños  
Spanish Style Rice and Cuban Black Beans*  
~~-\$8.00-~~

# 2019 Action Stations Menu

## LOW COUNTRY BOIL

Requires 1 Chef

*Peel and Eat Shrimp, Crawfish, Smoked Sausage, Corn on the Cob, and New Potatoes*

*Old Bay-Beer Boil*

*Cocktail Sauce and Lemons*

*Jalapeño-Cheddar Cornbread*

*Assorted Hot Sauces*

~~-\$10.00-~~

## GRILLED CHEESES AND TOMATO BISQUE

Requires 1 Chef

*A selection of the following made to order grilled cheese sandwiches served with  
Tomato-Basil Bisque*

*Granny Smith Apples, French Brie, and Cranberry Chutney on Sourdough*

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*Black Forest Ham, Bacon-Jalapeño Pimento Cheese, and Grilled Onions on Whole Grain*

-

*Tomato, Applewood Smoked Bacon, and Aged Cheddar on Hearty Wheat*

~~-\$8.00-~~

## MAC AND CHEESE STATION

Requires 1 Chef per 100 ppl

*Penne, Cavatappi, and Traditional Elbow Pastas*

*Aged Cheddar Béchamel, and Pepper Jack Cream*

*Applewood Smoked Bacon, Chili, Pulled Pork, Smoked Chicken*

*Green Peas, Sundried Tomatoes, Roasted Red Peppers, Mushrooms, Pickled Jalapeños,*

*Aged Cheddar, Mozzarella, Pepper Jack, Bleu Cheese Crumbles, Parmesan*

*Doritos, Cheetos, Fritos, Cheez-Its, Scallions, Fried Onions*

~~-\$8.00-~~

## LIQUID NITROGEN ICE CREAM SUNDAE BAR

Requires 1 Chef per 100 ppl

*Vanilla and Chocolate Crème Anglaise*

*Chocolate Sauce, Caramel Sauce, M&M's, Snickers, Reese's Cups, Butterfinger,*

*Strawberry Syrup, Sprinkles, Whipped Cream, Maraschino Cherries, Cocoa Crispies,*

*Fruity Pebbles, and Oreos*

~~-\$5.00-~~

# 2019 Action Stations Menu

## DESIGN YOUR OWN SMALL PLATES

Requires 2 Chefs

*Pick 3 of the following small plates to create your own station.*

*(No Substitutions)*

*Blackened Chicken – Smoked Sausage and Okra Gumbo – Cajun Red Rice - Chive*

*-\$5.00-*

*Seared Scallop – Andouille-Pepperjack Cream Sauce – Cajun Red Rice – Chive*

*-\$6.00-*

*Grilled Shrimp – Tasso and Tomato Gravy – Aged Cheddar Yellow Grits – Scallion*

*-\$5.00-*

*Coriander Seared Tuna – Wasabi Mashed Potatoes – Ginger-Hoisin Glaze – Wakame*

*-\$6.00-*

*Grilled Octopus – Yukon Gold Mashed Potatoes – Chimichurri – Chorizo*

*-\$8.00-*

*Grilled Lamb Chop – Roasted Garlic Mashed Potatoes – Bordelaise – Mint*

*-\$8.00-*

*St Louis Spare Ribs – Herbed Potato Salad – 5 Bean Baked Beans – Scallion*

*-\$6.00-*

*Grilled Chicken – Roasted Garlic Mashed Potatoes – Marsala Sauce – Basil*

*-\$5.00-*

*Crab Cake – Applewood Bacon and Sweet Corn Puree – Lemon-Thyme Cream Sauce - Chive*

*-\$5.00-*

*Herb Falafel – Roasted Garlic Hummus – Tabouli Salad – Tzatziki Sauce – Parsley*

*-\$4.00-*

*Crispy Black Bean Fritter – Sweet Potato Puree – Cilantro Crema – Parsley*

*-\$4.00-*

*Beef Medallions – Broccolini – Garlic Mashed Potatoes – Borderlaise*

*-\$6.00-*

## MIXED PAELLA STATION

Requires 1 Chef

*Cooked onsite in a traditional paella pan.*

*Grilled Chicken, Spanish Style Chorizo, and Shrimp*

*Saffron Calasparra Rice, Onions, Bell Peppers, and Green Peas*

*-\$12.00*

# 2019 Action Stations Menu

## Action Station Menu Worksheet

*Please choose a minimum of 2 stations to create your tasting menu. You can combine one action station with one display station (see Display Station Menu) also, to fulfill your 2-station requirement.*

*If you have any questions, please let us know!*

STATION 1.
STATION 2.
NOTES: