

GOODLIFECATERING

2020 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 2019



goodlifecatering



goodlifecater

2020 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**

2020 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-~~

2020 Action Stations Menu

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-~~

2020 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-~~

2020 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-

2020 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

2020 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: