

# GOODLIFECATERING

## Dinner Buffet 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*



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# Dinner Buffet Menu

Buffets are a common and versatile menu style for events. Our buffet menu is designed to create an all-inclusive dining experience. Your guests will be able to enjoy a selection of proteins, sides, and salad.

To create your own menu and ensure you have a balanced selection for your guests, please choose a minimum of two entrées, two sides, one dessert, and one salad. All buffet menus include fresh rolls with butter.

Additional choices may be selected to enhance your menu.

Minimum of 25 guests for all buffet menus.

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

Needing beverage service?  
Please ask to see out beverage menu!

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

## ENTREES

*please choose a minimum of two*

### Poultry Options

#### **Chicken al Fresco**

*Grilled Chicken Breast with Tomato-Basil Salsa*

~~-\$7.00-~~

#### **Hawaiian Chicken**

*Grilled Chicken Breast with Pineapple Salsa*

~~-\$7.00-~~

#### **Chicken Picatta**

*Grilled Chicken Breast with Lemon-Caper Sauce*

~~-\$7.00-~~

#### **BBQ Chicken**

*Grilled Chicken Breast smothered in BBQ Sauce*

~~-\$7.00-~~

#### **Mediterranean Chicken**

*Stuffed Chicken Breast with Sun Dried Tomatoes, Feta Cheese, and Spinach, topped with Lemon-Thyme Cream Sauce*

~~-\$8.00-~~

#### **Florentine Chicken**

*Stuffed Chicken Breast with Goat Cheese, and Sun-Dried Tomatoes, then topped with a Spinach Cream Sauce*

~~-\$8.00-~~

## Poultry Options Continued

### **GLC Cordon Bleu**

*Stuffed Chicken Breast with Black Forest Ham, Dijon Mustard, Boursin and Swiss Cheeses, then topped with an Herbed-Cream Sauce*

~~-\$8.00-~~

### **Herb Roasted Chicken**

*Mixed White and Dark Meat Chicken Oven Roasted and topped with Natural Jus*

~~-\$7.00-~~

### **Southern Style Buttermilk Fried Chicken**

*Mixed White and Dark Meat Chicken Buttermilk Brined, and Fried Golden Brown*

~~-\$7.00-~~

### **Chicken Parmesan**

*Grilled Chicken Breast topped with House-Made Tomato Sauce and Mozzarella Cheese*

~~-\$7.00-~~

## **Beef Options**

### **Grilled Bistro Tender**

*Grilled and Sliced Bistro Tender served with Red Wine Demi Glace*

~~-\$8.00-~~

### **Argentinean Style Sirloin**

*Grilled and Sliced Tri-Tip Sirloin served with Chimichurri*

~~-\$8.00-~~

### **Italian Lasagna**

*Classic Layered Meat and 3-Cheese Lasagna with House-Made Tomato Sauce*

~~-\$7.00-~~

### **Chopped Steak**

*Grilled and topped with Caramelized Onions and Demi Glace*

~~-\$7.00-~~

### **Beef Burgundy**

*Traditional Braised Beef Stew with Bacon Lardons, Cremini Mushrooms, and Pearl Onions*

~~-\$7.00-~~

### **Southern Style Meatloaf**

*Traditional Ketchup Glaze and Tobacco Onions*

~~-\$7.00-~~

## Beef Options Continued

### **Beef Medallions**

*Grilled Bistro Tender served with Natural Jus and Horsey Sauce*

~~-\$8.00-~~

### **GLC Pot Roast**

*24hr Braised Chuck Roast with Glazed Carrots and Roasted Yukon Gold Potatoes*

~~-\$8.00-~~

### **Smoked Beef Brisket**

*Smoked and Cooked for 36hr, served with Assorted BBQ Sauces*

~~-\$10.00-~~

## Pork Options

### **Maple Glazed Center Cut Pork Loin Chops**

*Grilled and Glazed, then topped with Stewed Apples*

**-\$6.00-**

### **BBQ Pulled Pork**

*Smoked and Pulled, served with Assorted BBQ Sauces*

**-\$6.00-**

### **Grilled Pork Tenderloin au Poive**

*Grilled, served with Brandy-Peppercorn Sauce*

**-\$7.00-**

### **Low Country Pork Roulade**

*Roasted Pork Loin with Tasso-Cornbread Stuffing then topped with Creole Sauce*

**-\$7.00-**

### **Applewood Smoked Pork Loin**

*Smoked and Sliced, served with Assorted BBQ Sauces*

**-\$7.00-**

### **St. Louis Spare Ribs**

*Rubbed and Smoked, served with Assorted BBQ Sauces*

**-\$8.00-**

### **Italian Baked Ziti**

*Baked Ziti with Italian Sausage, 3-Cheese Ricotta Blend, and House made Tomato Sauce, topped with Mozzarella*

**-\$7.00-**

**Pork Options Continued**

**Bourbon and Brown Sugar Glazed Pork Tenderloin**

*Grilled and Glazed, served with Grilled Peach Salsa*

~~-\$7.00-~~



## Seafood Options

### **Low Country Shrimp and Grits**

*Sautéed Shrimp served in a Tasso-Tomato Gravy with Aged Cheddar Grits*

~~-\$8.00-~~

### **Asian Salmon**

*Teriyaki Glazed, served with Sweet Chile Slaw*

~~-\$8.00-~~

### **Blackened Mahi Mahi**

*Blackened and Grilled, served with Pineapple Salsa*

~~-\$8.00-~~

### **Maryland Style Crab Cake**

*Seared Crab Cakes served with Caper Remoulade and Roasted Corn Salsa*

~~-\$8.00-~~

### **Bourbon and Brown Sugar Glazed Salmon**

*Grilled and Glazed, served with Grilled Peach Salsa*

~~-\$8.00-~~

### **Shrimp and Sausage Etouffee**

*Hearty Seafood Stew with Shrimp and Andouille*

~~-\$8.00-~~

## Seafood Options Continued

### **Red Snapper**

*Blackened, then topped with Sauce Vera Cruz Sauce*

~~-\$8.00-~~

### **Lemon Pepper Salmon**

*Lemon Pepper Grilled Salmon served with a Cajun Tartar Sauce*

~~-\$8.00-~~

### **Crab Stuffed Flounder**

*Baked and served with Green Onion Hollandaise*

~~-\$9.00-~~

### **Grilled Shrimp Skewers**

*Grilled Shrimp Skewers (2) served with Caper Remoulade*

~~-\$9.00-~~

### **Mixed Seafood Gumbo**

*Traditional Gumbo stewed with Crabmeat, Fish, and Shrimp*

~~-\$8.00-~~

## SIDE OPTIONS

*Please choose a minimum of three total*

### Side Options - Vegetables

#### **Italian Style Green Beans**

*Onion-Garlic-White Wine- Tomato*

**-\$3.50-**

#### **Grilled or Roasted Asparagus**

*Lemon-Garlic-White Wine*

**-\$4.00-**

#### **Garden Roasted Vegetables**

*Seasonal Selection*

**-\$3.50-**

#### **Braised Collard Greens**

*Bacon-Onion-Vinegar*

**-\$3.50-**

#### **Glazed Carrots**

*Butter-Local Honey-Tarragon*

**-\$3.50-**

#### **Roasted Ratatouille**

*Eggplant-Onion-Bell Pepper-Tomato-  
Zucchini*

**-\$4.00-**

#### **Roasted Broccoli and Cauliflower**

*Brown Butter-Garlic-Basil*

**-\$3.50-**

#### **Southern Green Beans**

*Bacon-Onion-Ham Stock*

**-\$3.50-**

#### **Sautéed Petite Vegetables**

*Seasonal Selection*

**-\$4.00-**

#### **Broccoli Casserole**

*Broccoli-Mushroom-Cheddar*

**-\$3.00-**

#### **Squash Casserole**

*Seasonal Squash-Mushroom-Cheddar*

**-\$4.00-**

#### **Green Bean Almondine**

*French Bean-Brown Butter-Almond*

**-\$4.00-**

## Side Options - Starches

### **Red Skin Mashed Potatoes**

*Roasted Garlic-Butter-Cream*

**-\$3.50-**

### **Herbed Rice Pilaf**

*Butter-Onion-Herbs*

**-\$3.50-**

### **Roasted Fingerling Potatoes**

*Garlic & Herbs*

**-\$4.00-**

### **Maque Choux**

*Cream Corn-Bell Pepper-Onion*

**-\$3.50-**

### **Truffle "Mac" and Cheese**

*Penne-Caramelized Onion-Truffle*

**-\$4.00-**

### **Yukon Gold Gratin**

*Thyme Béchamel-Gruyere*

**-\$4.00-**

### **3-Cheese Macaroni and Cheese**

*Cheese-Cheese-More Cheese*

**-\$3.50-**

### **Stone Ground Grits**

*Aged Cheddar-Butter-Cream*

**-\$3.50-**

### **Loaded Twice Baked Potatoes**

*Bacon-Cheddar-Scallion*

**-\$4.00-**

### **Lyonnaise Red Skin Potatoes**

*Caramelized Onion-Herbs*

**-\$3.50-**

### **Sweet Potato Casserole**

*Brown Sugar-Pecan Streusel*

**-\$4.00-**

### **Truffle Whipped Potatoes**

*Yukon Gold-Butter-Cream-Truffle*

**-\$4.00-**

## **SALADS**

*please choose a minimum of one*

### **Mixed Greens**

*Cucumber-Cheddar-Crouton-Grape Tomato*

~~-\$3.50-~~

### **GLC House**

*Spring Mix-Dried Cranberry-Mandarin Orange-Bleu Cheese-Candied Nuts-Balsamic Vinaigrette*

~~-\$4.00-~~

### **GLC Caesar**

*Crisp Romaine-Grape Tomato-Crouton-Parmesan-Caesar Dressing*

~~-\$4.00-~~

### **Baby Spinach**

*Caramelized Onion-Grape Tomato-Bacon-Chopped Egg-Herbed Vinaigrette*

~~-\$4.00-~~

### **Cucumber, Tomato, and Red Onion**

*Creamy Dill Dressing*

~~-\$3.50-~~

### **“Chopped” Wedge**

*Crisp Iceberg-Bacon-Grape Tomato-Bleu Cheese-Ranch*

~~-\$3.50-~~

### **Greek**

*Spring Mix-Grape Tomato-Cucumber-Feta-Red Onion-Kalamata Olive-Red Wine Vinaigrette*

~~-\$4.00-~~

743 Congaree Road Suite 7 Greenville SC 29607 864.605.0130

goodlifecateringonline.com

goodlifecateringonline@gmail.com

## **Salad Options Continued**

### **Caprese**

*Spring Mix-Grape Tomato-Fresh Mozzarella-Pesto-Balsamic Vinaigrette*

~~-\$4.00-~~

### **Seasonal Fruits**

*Chef's Selection-Local Honey-Mint*

~~-\$4.00-~~

### **Grilled & Chilled Vegetable Mélange**

*Mixed Greens-Seasonal Vegetables-Parmesan-Red Wine Vinaigrette*

~~-\$5.00-~~

### **Roasted Beets**

*Spring Mix-Arugula-Roasted Beet-Goat Cheese-Walnuts-Shaved Radish-Red Wine Vinaigrette*

~~-\$4.00-~~

## DESSERTS

*please choose a minimum of one  
(Assortments available for events over 50 people)*

### **Double Chocolate Cake**

*Strawberries-Whipped Cream*

~~-\$4.00-~~

### **Red Velvet Cake**

*Strawberries – Whipped Cream*

~~-\$4.00-~~

### **Banana Pudding**

*Bananas – Vanilla Custard - Pound Cake – Whipped Cream*

~~-\$3.50-~~

### **Strawberry Shortcake**

*Strawberries – Pound Cake – Whipped Cream*

~~-\$3.50-~~

### **Seasonal Cobbler**

*Ask About Our Seasonal Options*

~~-\$3.50-~~

### **Carrot Cake**

*Cream Cheese Icing – Whipped Cream*

~~-\$4.00-~~