



"TABLE READY" BUFFET MENUS

We have created a range of "table ready" appetizers, entrées, side dishes, salads & desserts for you to entertain your guests at home.

It's the perfect solution for a casual buffet served at a gathering of family & friends.

We can simply deliver the food, served on either disposable platters or on our white porcelain platters, which are available for loan. Or we can set up the buffet and provide staff to help out during the event.

We take care of the catering so that you can take care of your guests.

salads

GREEN SALADS

Medium (serves approx. 10ppl) \$34.50
Large (serves approx. 20ppl) \$69.00

GARDEN SALAD - Fresh greens, tomato, cucumber, grated carrots, peppers, house-made balsamic dressing

CLASSIC CAESAR SALAD - Romaine lettuce, shaved Parmesan cheese, croutons, house-made Caesar dressing

ETEN SIGNATURE SALAD BOWLS

Small (serves approx. 6ppl) \$29.70
Medium (serves approx. 10ppl) \$49.50

ARUGULA - Arugula, quinoa, avocado, cherry tomatoes, pumpkin seeds, lemon Dressing

KALE - Kale, fresh greens, quinoa, beets, sunflower seeds, feta cheese, red onion, lemon dressing

MEDITERRANEAN - Romaine, tomato, feta cheese, olives, red onion, cucumber, chickpea, tzatziki dressing

SOUTHWEST - Romaine, corn, black beans, cherry tomato, avocado, cheddar cheese, cilantro, chipotle dressing

SPECIALTY DELI SALAD BOWLS

Small (serves approx. 10/12ppl) \$29.95
Medium (serves approx. 18/22ppl) \$54.95

MEDITERRANEAN PASTA SALAD
CLASSIC POTATO SALAD

VINAIGRETTE POTATO SALAD

CLASSIC COLESLAW

CHICKPEA & VEGETABLE

CARROT & CRANBERRY

BROWN RICE & VEGETABLE SALAD

BROCCOLI & SWISS SLAW

CHOPPED FRUIT SALAD BOWL

CUCUMBER & TOMATO
(Add \$5 small bowl, \$10 medium bowl)

QUINOA & VEGETABLE
(Add \$5 small bowl, \$10 medium bowl)

COUSCOUS & GRILLED VEGETABLE
(Add \$5 small bowl, \$10 medium bowl)



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ENTREE SALAD PLATTERS

Medium Platter: (serves approx.5-6ppl)
\$52.00

Large Platter: (serves approx.8-10ppl)
\$85.00

GRILLED CHICKEN CAESAR – Grilled chicken breast, romaine lettuce, Parmesan cheese, croutons, house-made Caesar dressing

GRILLED CHICKEN COBB – Grilled chicken breast, romaine lettuce, hardboiled eggs, bacon, avocado, cucumber, house-made French dressing

GRILLED CHICKEN & KALE – Grilled chicken breast, kale tossed with peppers, grated carrots, parmesan cheese, breadcrumbs, house-made lemon dressing.

GRILLED CHICKEN GREEK SALAD – Grilled chicken, romaine lettuce, feta cheese, tomato, cucumber, olives, house-made balsamic dressing

GRILLED CHICKEN CAPRESE – Grilled Chicken, Buffalo Mozzarella, sliced tomatoes, basil, arugula, house-made balsamic dressing

GRILLED VEGETABLES & FETA – Grilled vegetables, feta cheese, garden greens, house-made balsamic dressing

CLASSIC DELI SALADS served with garden greens & bread rolls

Small Bowl (2lb of salad, 6 rolls): \$28.95

Medium Bowl (4lb of salad, 12 rolls): \$55.95

EGG SALAD, TUNA SALAD, HOUSE
CHICKEN SALAD, CHICKEN CURRY SALAD



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cold entree platters

GRILLED CHICKEN PLATTER

serves approx. 10ppl – grilled, sliced chicken breast or chicken skewers, Tarragon Sauce
\$58.95

GRILLED SALMON PLATTER

serves approx. 10ppl – grilled whole salmon pieces, lemon dill sauce
\$85.00

GRILLED FLANK STEAK PLATTER

serves approx. 10ppl – grilled, sliced flank steak, horseradish aioli
\$85.00

OVEN ROASTED TENDERLOIN OF BEEF

serves approx. 15ppl – sliced tenderloin of beef served cold, arugula, tomatoes, horseradish aioli
\$225.00

WHOLE POACHED SIDE OF SCOTTISH SALMON

serves approx. 12/15ppl – cucumber salad & lemon dill sauce
\$114.50



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hot entrees

entrees are individually priced per person. Minimum order per entree is 12ppl. Served in aluminum disposable trays, ready to reheat.

MEAT

BONE-IN CHICKEN BREAST stuffed with mushrooms & leeks, mushroom sauce
\$9.50 per person

STUFFED CHICKEN BREAST - Choice of Fillings: goat cheese, roasted peppers & spinach; classic cordon bleu; portobello, feta, spinach & tomato; pesto, provolone & tomato)
\$8.95 per person

GRILLED CHICKEN BREAST - Choice of Sauce: mushroom, light herb, madeira or marinara
\$7.95 per person

ALMOND CRUSTED CHICKEN BREAST
\$8.50 per person

THAI CHICKEN PATTIE
\$6.95 per person

ROASTED PORK TENDERLOIN, mustard wine sauce
\$9.50 per person (4 slices per person)

OVEN ROASTED WHOLE TENDERLOIN OF BEEF, red wine sauce
\$225 per whole tenderloin, serves approx. 15ppl

LAMB KOFTA SKEWERS, Tzatziki Sauce
\$8.50 per person

LAMB CHOPS, mint garlic aioli or tzatziki
\$18.95 per person (4 chops per person)

MEATLOAF, classic gravy
\$8.95 per person

FISH

CRAB CAKES, remoulade sauce
\$8.50 per person

GRILLED SCOTTISH SALMON, white wine sauce
\$10.95 per person

BREADED MAHI, tartar sauce
\$11.50 per person

VEGETARIAN

VEGGIE BURGERS
\$5.50 per person

STUFFED PEPPERS with brown rice vegetable pilaf
\$7.95 per person

PORTOBELLO MUSHROOMS with sweet potatoes & spinach
\$7.95 per person



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one dish meals

served by the ½ sheet tray, ready to reheat, serves approx 8-10 ppl

PAELLA WITH CHICKEN & CHORIZO \$54.95
LASAGNA - \$59.95
PASTA WITH SHRIMP - \$76.50

LOBSTER MAC N CHEESE - market price
TAGIATELLE WITH CHICKEN, PESTO,
MUSHROOMS, PEAS - \$54.95

EGGPLANT PARMIGIANO - \$52.95

SHEPHERD'S PIE with mashed potato
topping - \$54.95

CHICKEN PIE with mashed potato
topping - \$54.95

BEEF STROGANOFF, includes ½ noodles
\$89.50

CHICKEN STIR FRY, includes ½ tray rice
\$76.50

BEEF STIR FRY, includes ½ tray rice -
\$89.50

CHICKEN & MUSHROOM MADEIRA,
includes ½ tray mashed potatoes -
\$78.50

MEATBALLS, includes ½ spaghetti or
penne - \$78.50

SWEDISH MEATBALLS, includes ½ tray
mashed potatoes - \$78.50

ASIAN CHICKEN MEATBALLS, includes ½
tray rice - \$78.50

sides

served by the ½ sheet tray

PROASTED FINGERLING POTATOES \$34.95

CREAMY MASHED POTATOES \$29.95

GRATIN POTATOES \$38.95

HERB ROASTED POTATOES \$32.95

ROASTED SWEET POTATOES \$29.95

CREAMY RICE & VEGETABLES \$36.50

BROWN RICE \$23.95

BASMATI RICE PILAF \$23.95

PASTA PRIMAVERA \$36.50

PENNE MARINARA \$32.50

QUINOA & GRILLED VEGETABLES \$42.95

COUSCOUS & GRILLED VEGETABLES \$42.95

GREEN BEANS ALMONDINE - \$44.95

ROASTED RED BEETS - \$39.95

BRUSSEL SPROUTS - \$39.95

GRILLED MEDITERRANEAN VEGETABLES
\$42.95

SAUTEED SEASONAL VEGETABLES - \$42.95



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house-made desserts

Please inquire about our current dessert selections. We have a range of delicious house-made offerings such as Carrot Cake, Belgian Chocolate Tart, Apple & Almond Tart, Profiteroles, Crème Brulee & Belgian Chocolate Mousse.

We also offer Petit Four Platters with Mini Cookies, Chocolate Truffles, Macarons & Dessert Bars.

* All pricing subject to change due to market conditions.



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ordering & policies

At Eten Catering, we're here to help.

For ordering & inquiries, please email info@etenfood.com or contact one of our team members at 954 383 4460.

To accommodate all requests, please place your order 48 hours in advance of delivery. Of course, we will do our best to accommodate any last minute orders subject to availability. Minimums apply to all items ordered.

To confirm orders, a 50% non-refundable deposit is required. All orders require full payment upon delivery.

Orders are available for in-store pick up or delivery, Monday to Friday between 10am & 5pm. For orders outside of these hours, please inquire about special delivery options. Delivery is only available on orders with a \$200 minimum. On Saturday & Sunday, minimum order requirements apply. Please inquire with one of our catering team.

Delivery Charges:

Downtown Fort Lauderdale (within 2 miles):
\$10.00

Delivery fees outside of 2 mile radius: from
\$15.00