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Healthy Gourmet
Buffet Lunch Menu Suggestions

*The following menus are only suggestions.
You may mix and match or design your own menu.
To determine an accurate estimate we need to
know the amount of people first and your location please.
Delivery fee will be based on location.
All hot lunches include chaffers and platters which we pick up later or if it is
and ongoing account we will leave chaffers at your location.
Minimum order of 6; although we can make arrangements for smaller orders.*

TO BE SERVED:

Option # 1

Grilled Chicken with Roasted Red Pepper and Tomato Relish

Steamed Spinach with Roasted Garlic

Wild Rice Pilaf with Mushrooms

Field Green Salad

Tomatoes, Carrots, Edamame Beans and Green Beans
Two Salad Dressings on the Side

Roll and Muffin Selection with Butter

Lemon Chiffon Tarts with Strawberries

Option # 2

Spanish Style Tomato Gazpacho
with Cucumber Relish

Two Frittatas

One Spinach, Sundried Tomato and Mushroom

Or

Chicken Sausage, Potato and Tomato served with Salsa

Fresh Cut Fruit

Basil Corn Potato Salad

Crusty Rolls and Butter

Orange Ice Box Cookies and Tiny Chocolate Cupcakes

Option # 3

House Salad of Field Greens, Radicchio, Grapes,
Caramelized Onion and Parmesan Cheese
in a Balsamic Vinaigrette

Grilled Salmon with Lemon

Beef Medallions with Fresh Mushroom and Red Wine Reduction

Grilled Seasonal Vegetables

Roasted New and Sweet Potatoes in Sea Salt and Pepper

Oatmeal Raisin and White Chocolate Chip Cookies

Option # 4

Cheese Filled Raviolini
with Grilled Chopped Mushrooms
in Cream Sauce
and

Penne Chicken Marinara
with Zucchini and Mushroom
sides of Parmesan and Red Chili Flakes

Cut Orange and Berry Salad

Traditional Caesar Salad with Homemade Croutons
with Red Pepper Caesar Dressing

Garlic Bread, Rolls and Butter

Little Shots of Tiramisu and Italian Cookies

Option # 5

Grilled Turkey Breast with Pesto
or
Tilapia with Mojo Sauce

Cumin Tomato Spaghetti Squash

Drunken Pinto Beans with Mild Chilies and Charred Onion

Chopped Salad of Avocado, Baby Spinach,
Romaine, Ice Berg, Tomato, Blue Cheese, and Carrot
Served with Cuban Vinaigrette
or a Light Ranch Dressing

Rolls and Butter

Kahlua Brownie Bites

Option # 6

Coriander and Black Pepper Sliced Pork with Apricot Chutney Sauce

Warm Stewed Curried Garbanzo Bean, Tomato and Cauliflower

Grilled Broccoli with Lemon

Warm Naan and Butter

Salad of Baby Spinach, Oranges, Almonds,
and Raisins with Blue Cheese Vinaigrette
or Orange Vinaigrette on the side

Fig and Chocolate Chip Cookies

Option # 7

Grilled Honey Lime and Black Pepper Chicken
Breasts Served With side of Peach Salsa

Rosemary Roasted Garlic Potatoes

Spinach Salad with
Chopped Candied Bacon, Dried Cranberries and Feta Cheese with
Balsamic Vinaigrette or Blue Cheese Dressing

Steamed Broccoli in Lemon Butter

Assorted Rolls and Biscuits
Served With Whipped Herb Butter

Cookie Assortment

Option #8

Make your Own Nicoise Salad
Mix of Field Greens, Romaine and Leaf Lettuce

Choose From:

Grilled Salmon, Tuna or Chicken
with

Potatoes, Parmesan,

Haricot Verts

Diced Eggs

Artichoke Hearts

Avocado, Olives and Choice of Balsamic Vinaigrette or
Ranch Dressing

Tri- Colored Orzo Pasta Salad with Matchstick Vegetables

Assorted Rolls and Muffins with Herb Butter

Assorted Bite-sized Signature Bars and Cookies

Option #9

Chicken Vegetable Lasagna

Chef's Choice
of Sautéed Fish with Lemon

Mushroom, Spinach and Red Pepper Risotto

Sautéed Italian Vegetables to include
Zucchini, Broccoli, Squash and Mushrooms

Mixed Green Salad with Roma Tomatoes
Herb Vinaigrette or Ranch on the side

Assorted Rolls and Herb Butter

Fresh Fruit Tray and Cookie Bites

Option #10

Warm Grilled Tilapia with Basil Black Olive Pesto Sauce

Warm Chicken Piccata with a Caper Lemon Sauce

Salad of Field Greens and Carrot Curls
Red Onion, Balsamic Vinaigrette,
and Feta Cheese Crumbles Available on The Side
Vinaigrette or Ranch Dressing

Sundried and Fresh Tomato Couscous Risotto

Fresh Fruit Salad

Assorted Rolls and Herbed Butter

Little Seasonal Fruit Trifle and Cookies

Option #11

Assorted Sandwiches

Grilled Beef Tenderloin Sandwich on Sourdough with Mozzarella Cheese

Grilled Chicken Salad Wraps

Pimento Cheese on Jalapeno Bread

Grilled Caper Tuna Sandwich on Whole Wheat

Turkey Club Sandwich with Monterey Jack Cheese on Croissant

All served with Dijon, Mayonnaise, Lettuce, Pickles and Sliced Tomatoes on the Side

Assorted Sides

Choose Two

Homemade Potato Chips

or

Fresh Fruit Salad

or

Five Vegetable Slaw

or

Pesto Orzo Pasta

or

Orange Wild Rice

or

Cheddar Bacon Potato Salad

or

Parsley, Cucumber, Tomato, Chick Peas
and Lemon Quinoa

Brownies and Cookies

Option #12

Seared Beef Tenderloin with Chimichurri Sauce
and
Grilled Curried Chicken Breast
with Saffron Rice
Raitas or Sides of Peanuts, Grapes, Raisins, Cashews,
Coconut and Mango Chutney

Crunchy Green Beans, Red Onion, and Tomato Salad

Sliced Pineapples and Strawberries

Assorted Rolls and Biscuits
with Herb Butter

Tiny Cupcake Sampler

Option #13

Asian Buffet

Thai Beef, Tomatoes, Carrots,
and Red Curry Rice Noodles

Ginger Chicken Breast Stir Fried
with Broccoli, Snow Peas, Bok Choy,
Onion, Fresh Corn, Red Peppers,
and Bamboo Shoots

Sweet Hot Chili Sauce and Peanuts on the Side

Steamed Brown Rice

Vietnamese Style Salad of Shredded Cabbage, Onion & Carrots
With Peanut Vinaigrette on the side

Mango Panna Cotta and Almond Cookies

Option #14

Baja Taco Bar

Chili Lime Grilled Chicken and Medium Rare Beef or
Cilantro Lime Tilapia
with Assorted Accompaniments
Papaya Pico de Gallo, Black Bean-Corn Relish,
Grilled Tomatillo Salsa, Lettuce,
and Mashed Avocado

Served with a Variety of Sauces
Mexican Chocolate Mole, House Roasted Tomato Salsa
Chipotle Crema

Warm Flour Tortillas, Corn Tortillas, and Tri-Color Tortilla Chips

Warm Savory Cumin Black Beans with Lime

Seasonal Fruit Salad

Mocha Fudge Pudding Shots
and Coconut Sandies

Option #15

Price will vary depending on selection

Silver Palatte's Lemon Chicken Breast
with Fresh Seasonal Fruit Salad
and Our Wild Rice Salad with Pecans and Oranges

or

Chopped Greek Salad
with Grilled Chicken

or

Pesto Chicken Salad
with Edamame, Haricot Verts, Yukon Gold Potato Salad
and Red Cabbage, Radicchio, and Carrot Salad

or

Seared Balsamic Salmon or 4 oz. Grilled Blackened Chicken Breast
on a Bed of Field Greens

with Grilled Artichoke Hearts, Tomatoes, Manchego Cheese
with Choice of Two Dressings:

Balsamic Vinaigrette or Creamy Tomato
with

Muffins and Assorted Rolls with Herb Butter
and a dessert choice of either

Trifle of Lemon Curd, Lemon Corn Meal Cake, and Fresh Berries

or

Coconut Banana Cream Crunch Trifle
with Chocolate Sauce

or

Dark Chocolate Mousse with Whipped Cream and Fresh Berries
with Oatmeal Golden Raisin and Chocolate Chip Cookie

Option #16

Buffet

Grilled Pork Chops
with Black Olive Tapenade and Tomatoes

Sea Salt and Black Pepper Roasted
Sweet Potato Steak Fries

Creamy Spinach Couscous with Bacon

Chilled Green Bean Salad with Fresh Tomato and Bermuda Onion

Chocolate Mousse and Chocolate Dried Cherry Cookie

Option #17

Pimento Cheese Stuffed Turkey Meatloaf
with Roasted Red Pepper Demi Glace

Roasted Three Cheese Tricolor Macaroni

Grilled Asparagus and Tomatoes

Chopped Iceberg, Nicoise Olive and Pancetta Salad
Served with Vinaigrette and Creamy Blue Cheese Dressings

Mexican Pecan Chocolate Squares and Cookies

Option #18

Sundried Tomato Marinated Grilled Cornish Hen
and
Grilled Chicken Sausage

Salad of Red Grapes, Feta Cheese,
Field Greens, and Balsamic Vinaigrette

Tomato Cheese Grits

Broccolini with Roasted Garlic and Olive Oil

Crusty Rolls with Herb Butter

Powdered Sugar Dusted Cracked Chocolate Cake
with Sides of Sweetened Sour Cream and Berries

Option #19

Vegetarian Enchiladas filled with Spinach and served with Tomatillo Salsa

Mexican Rice

Black Beans

Chips and Hot Sauce

Lemon Bars

Option #20

Asian Buffet

Carved Beef Teriyaki Tenderloin with Sesame
Chili Sauce, Plum Chutney and Garlic Mustard
Served with Cilantro Glazed Yeast Rolls

Thai Salmon Noodle Salad
Cello Noodles Tossed Grilled Salmon,
Julienne Vegetables and Fresh Cilantro

Vegetable Fried Rice

Sliced Dallas Mozzarella, Shiitake Mushrooms, Field Greens
and Currant Tomatoes with a Chili Olive Oil Vinaigrette

Chocolate Ginger Decadence served with Fresh Berries

Option #21

Meatloaf Buffet Luncheon

Turkey Meat Loaf With a Jack Daniel's Sauce

Garlic Mashed Potatoes

Grilled Seasonal Vegetables

Assorted Rolls and Biscuits

Assorted Dessert Miniatures

Option # 22

Indian Lunch Buffet

Warm Curried Chicken Breast in a Peanut Sauce
Served with Bowls of Chutney, Coconut and
Peanuts on the Side

Warm Mango Couscous

Grilled Asparagus

Salad of Tomato, Lettuce, Carrots and Cashews
with Spicy Peanut and Vinegar

Assorted Rolls and Butter

Brownies and Lemon Bars

Option #23

Salmon Luncheon

Grilled Orange Habanero Salmon on a Bed of Grilled Vegetable Couscous

Grilled Orange, Caramelized Onion, Grilled Pineapple
and Baby Spinach Salad with Orange Vinaigrette and Blue Cheese

Summer Grill of Vegetables to Include Corn, Squash, Carrots, and Asparagus

Dark Chocolate Banana Pudding Trifle with Chocolate Cookie

Option #24

Salad Composed of Radicchio, Roasted Onions,
Red Grapes, Pancetta, Fresh Parmesan and a
Balsamic Mustard Dressing

Chicken Pot Pie Made From
Chicken Breasts, Potatoes, Mushrooms,
Carrots in a Whole Wheat Crust

Assorted Wheat and Old Fashioned Biscuits
and Tiny Blueberry Muffins

Chocolate Decadence Cake Served
with Raspberry Puree and Whipped Cream

Option #25

all served room temperature

Grilled Honey Lime and Black Pepper Chicken
Breasts Served with Peach Salsa

Sliced Beef Tenderloin with Basil Mustard and Horseradish Sauce

Mandarin Orange Rice Salad with
Tricolor Peppers, Oranges and Pecans

Marinated Vegetables in a Basil Vinaigrette

Fresh Fruit

Bread Sticks and Butter

Individual Chocolate Pecan Pies and Lemon Bars

Option #26

Mixed Green Salad with Roma Tomatoes, Carrots
Served with an Herb Vinaigrette

Black Pan Fried Chicken Breasts Served with
Honey Mustard Sauce

Parmesan, Dill Yogurt and New Potato Salad

Country Biscuits, Corn Muffins and
Assorted Rolls Served with Sweet Butter

Chocolate Pecan Brownies

Option #27

Traditional Club Sandwiches with
Marinated Tomatoes, Smoked Bacon, Turkey,
Mixed Greens and Herbed Mayonnaise

Antipasto Salad with Assorted Chopped Grilled Vegetables,
Shredded Manchego Cheese and Chopped Iceberg Lettuce

Sundried Tomato and Basil Pasta Salad in Pesto Aioli

Tropical Fruit Salad

White Chocolate Chunk Brownies and
Chocolate Dipped Strawberries

Option #28

Chilled Spiced Shrimp Served with
Sundried Tomato Cocktail Sauce
and Toasted Baguettes
4 Per Person

Carving Board of Beef Tenderloin with Sauces
of Mieux Mustard and Horseradish Sauce

Rolls and Butter

Salad of Marinated Asparagus, Artichoke Hearts and Haricot Verts

Green Onion, Egg Potato Salad

Assorted Flavored Cheesecakes with Berries

Option #29

Beef Lasagna

Layered Beef Lasagna with Spinach,
Portobello Mushrooms and Sundried Tomatoes with

Shrimp and Pesto Creamy Penne Pasta with Matchstick Vegetables

Sautéed Green Beans in Herb Olive Oil

Mixed Green Salad with Roma Tomatoes with
an Herb Vinaigrette or Ranch

White and Wheat Parker House Rolls with
Herb Butter

White Chocolate Raspberry Bites
and Snickers Cookie Bites

Option # 30

Grilled Salmon
and
Grilled Chicken Breast
with Basil Aioli on the Side

Spinach Portobello Risotto

Shredded Mozzarella,
Baby Spinach and Tomato Salad with Tomato
Vinaigrette

Fresh Seasonal Fruit Salad

Rolls and Herb Butter

Assorted Cookies

Option # 31

Teriyaki Chicken with Grilled Pineapple,
Edamame Bacon Potato Salad and
Matchstick Vegetable Salad

Served with Focaccia Bread, Rolls and Muffins with Herb Butter

Rum Banana Cake and
Assorted Cookies

Option #32

Our House Salad of Field Greens, Radicchio, Grapes,
Bacon, Caramelized Onion and Parmesan Cheese with
a Balsamic Vinaigrette or Ranch Dressing

Grilled Orange, Sage and Garlic Marinated Chicken Breast

Grilled Seasonal Vegetables

Creamy Cheese Polenta

Assorted Rolls, Biscuits and Muffins
With Herbed Butter

Fresh Sliced Seasonal Fruit

Individual Lemon Tarts with Whipped Cream

Option # 33

Grilled Marinated Beef Loin
and Fresh Grilled Salmon Filet
Offered With a Lemon Caper Mustard

Assorted Rolls and Garlic Bread and Biscuits With Herb Butter

Grilled Seasonal Squash and Tricolor Peppers

Spinach and Portobello Mushroom Risotto

Salad of Baby Spinach Topped With
Mozzarella and Red and Yellow Tomato
with a Pesto Vinaigrette or Italian Cream Dressing

Chefs Dessert

Option # 34

Medallion Beef Tenderloin in a
Bourbon, Blue Cheese Demi Sauce

Herb Rolls With Herb Butter

Creamed Spinach With Bacon

Grilled Seasonal Vegetables of
Acorn Squash, Blanched Asparagus and Baby Carrot

Cranberry, Pecan, Orange, Feta Cheese and
Field Greens served with
Balsamic Vinaigrette

Chefs Dessert

Option #35

Carving Board Presentation of
Medium Rare Beef Tenderloin
Grilled Chicken Curry Sausage
With a Mint Tomato Relish

Assorted Rolls and Biscuits With Herb Butter

Onion, Roasted Red Pepper and Mushroom Couscous

Salad of Artichoke Hearts, Yellow Tomato,
Fresh Grated Parmesan Cheese
Baby Spinach and Radicchio
in an Orange Herbal Vinaigrette

Sautéed Lentils With Tomato and Cumin

Chefs Dessert

Option # 36

Chicken Breast Stuffed With Sundried Tomato
and Goat Cheese in a Sundried Cream Tomato Sauce

Assorted Rolls With Herb Butter

Caesar Salad with
Homemade Crackers and
Roasted Red Pepper Caesar Dressing or Basil Ranch

Creamy Spinach and Portobello Orzo Pasta

Grilled Seasonal Vegetables

Option # 37

Medium Rare Beef Tenderloin
and Fresh Grilled Salmon Filet

Assorted Rolls and Biscuits With Herb Butter

Mashed, Roasted Garlic Yukon Gold Potatoes with Sour Cream on the Side

Salad of Baby Spinach Topped With Mozzarella and
Red Tomato with a Pesto Vinaigrette or Creamy Italian Dressing

Grilled Asparagus, Sweet Potato and Red Pepper

Warm Chocolate Glob and Peppermint Whipped Cream with Chocolate Sauce

Option #38

Carving Presentation of
Pancetta Wrapped Pork Tenderloin
Stuffed With Manchego Cheese and Green Onion

Chef's Choice Fish

Crusty Rolls With Herb Butter

Three Mushroom Risotto
or
Pumpkin Polenta

Grilled Seasonal Vegetables

Salad of Field Greens, Grapes,
Caramelized Onion and Parmesan Cheese
with a Balsamic Vinaigrette or Ranch Dressing

Raspberry Crème Brulee

Option #39

Three Salad Plate

Choose from Grilled Apricot and Chicken Salad or
Grilled Salmon or Grilled Tuna Salad
Then Choose any Two Sides
Add \$2.00 for each additional chicken and tuna side

Choose Two Side Orders

House Salad

Seasonal Vegetables

House made Chips

Tricolor Orzo Pasta Salad

Cucumber, Tomato, Nicoise Olive Quinoa

House Five Vegetables Slaw

Mandarin Orange Wild Rice Salad

Homemade Potato Salad

Fresh Seasonal Fruit Salad
Served With a Ginger Yogurt Sauce

Bread Assortment to Feature
Biscuits, Muffins and White and Wheat Rolls
Served With Herb Butter

Chef's Dessert Tray

Option #40

Mexican Lunch Buffet

Make your own Tortilla Soup with Sides of Avocado,
Chopped Chicken Breast, Shredded Cheddar Cheese
and Tortilla Strips

Build your own Salad with:

Grilled Turkey Breast, Sliced Seasoned Mexican Beef, Sweet and Spicy Bacon and
Creamy Mexican Chicken Salad with Iceberg, Field Greens and Romaine Lettuce,

Chopped Onion, Pico de Gallo, Guacamole, Corn Salsa, Grilled Red Peppers, Black Beans
Shredded Caciotta Cheese and Tortilla Strips with
Choice of Lime Vinaigrette or Spicy Ranch Dressing

Seasonal Cubed Fruit

Bread Assortment to Include Fresh Focaccia,
Cheddar Corn Sticks, Zucchini Muffins and Wheat Rolls
with Chili Butter and Sweet Butter

Dessert

Mexican Wedding Cookies, Pecan Pralines and Kahlua Brownies