

SPECIAL EVENTS MENU

POULTRY

CHICKEN MARSALA

Lightly pan-fried chicken breast, onions, mushrooms, scallions, chicken stock, marsala wine

CHICKEN IN RED WINE SAUCE

Braised Chicken breast mushrooms, onions, chicken stock, red wine, parsley

SPINACH STUFFED CHICKEN BREAST

w/ PARMESAN CREAM SAUCE

Chicken breast stuffed w/ Italian style sautéed spinach, then slow cooked creamy parmesan, cream-cheese sauce

LEMONY CHICKEN PICATTA

Lightly pan-fried breast, lemon butter white wine sauce, capers, parsley

BAKED LEMON HERBED CHICKEN

Mixed chicken pieces, lemon-garlic pepper seasoning, capers, lemon juice.

ISLAND BBQ JERK CHICKEN

Mixed chicken pieces marinated for 24 hours in authentic Jamaican jerk spices, scallions, thyme, ginger, orange juice, rum, soy sauce, and honey.

PINEAPPLE SESAME CHICKEN

Mixed chicken pieces, sweet & tangy BBQ sauce made with pineapples, Chinese five spice, onions, toasted sesame



CREAMY CHICKEN ALFREDO

Savory baked breast pieces, heavy cream, cream cheese, parmesan cheese, chicken stock, garlic

INDIAN CHICKEN CURRY

Boneless chicken thighs marinated overnight in authentic Guyanese-Indian curry spices slow cooked. Garnished with scallions.

SAVORY ROASTED CHICKEN

Mixed chicken pieces marinated in a sweet and savory spice blend. Baked and then topped with sautéed bell peppers

CHICKEN PARMESAN

Lightly breaded and pan-fried chicken breast, smothered in red wine tomato sauce, topped with mozzarella cheese and baked to perfection

ORANGE GINGER CHICKEN

Sliced chicken breast in an oriental orange ginger sauce

BEEF & PORK

ROASTED BEEF w/ AU JUS

Sirloin beef marinated in house spice blend, seared then roasted to perfection

ROAST BEEF w/ MUSHROOM WINE SAUCE

Sirloin marinated w/ spice blend and fresh herbs, pan-seared then roasted in mushroom wine sauce. Mushrooms, red wine, beef broth, onions



BEEF BOURGUIGNON

Sirloin pieces marinated overnight in burgundy wine, garlic, and thyme. Slowly cooked in beef broth, burgundy, carrots, mushrooms, fingerling potatoes, celery, onions

ROAST BEEF w/ ORANGE GINGER RUM SAUCE

Sirloin marinated in oriental spices. Topped with orange ginger rum sauce

BRAISED SHORT BEEF RIBS

Slow cooked beef ribs in a rich tomato sauce with carrots, onions, celery and potatoes, garnished with fresh chives

CHIPOTLE PAN SEARED FLANK STEAK

Grilled juicy steak marinated with chipotle chili in adobo sauce, lemon juice, brown sugar and olive oil

BRAISED BEEF OXTAILS

Tender oxtails slow cooked with Jamaican allspice and Caribbean spices and red wine

CARIBBEAN BEEF STEW

Sirloin pieces slowly cooked in mild spicy tomato sauce, thyme, rosemary, carrots, potatoes, sweet corn

TROPICAL PORK LOIN

Sliced pork tenderloin with a tropical sauce of orange juice, ginger and teriyaki accented with mango chutney

ROASTED PORK TENDERLOIN w/ CARAMELIZED APPLES

Sliced pork tenderloin with caramelized granny smith apple served with Dijon mustard sauce

SEAFOOD

CURRIED SHRIMP

Jumbo shrimp marinated in authentic Indian spices, onions, bell peppers, coconut milk

FISH MORNAI

Tilapia or salmon roasted then baked in traditional mornay sauce – heavy cream, butter, parmesan cheese

BLACKENED FISH

Salmon or tilapia fillet, Cajun blackened spices, seared to perfection. Topped with maple lemon butter sauce

CARIBBEAN CURRIED FISH

Red Snapper fillet lightly pan fried and cooked in traditional curry with fresh thyme, garam masala, cumin, and green mango

LEMON HERB ROASTED SALMON

Salmon fillet, lemon juice, thyme, rosemary





HOISIN BBQ SALMON

Baked Salmon basted with Asian Hoisin BBQ Sauce

STUFFED TILAPIA w/ CRAB MEAT

Tilapia stuffed with savory lump crab then topped with smoky cream sauce

TILAPIA ESCOVITCH

Tilapia fillet pan fried, topped with pickled onions and bell peppers, accented w/ lemons and scallions

VEGETARIAN

ZUCCHINI LASAGNA

Thin ribbons of zucchini layered with mushrooms, peppers, onions, ricotta cheese, mozzarella, parmesan, marinara

SPINACH STUFFED TOMATOES

Roma tomatoes filled with a tasty sauté of spinach, onions, mozzarella, sunflower seeds, garlic and nutmeg

GARDEN PORTOBELLOS

Portobello mushrooms spinach, sundried tomato, goat cheese, squash, zucchini, fresh herbs sundried tomatoes

CAPRESE STUFFED PORTOBELLOS

Portobello mushrooms, mozzarella, roma tomatoes, basil, garlic butter, balsamic, parmesan

POLENTA w/ ROASTED VEGETABLES

Polenta slices topped with garlic roasted vegetables of eggplant, tomatoes, onions, red and yellow peppers served with sun-dried tomato sauce or pesto sauce. (Maximum of 50 persons)

QUINOA STUFFED POBLANO

Poblano Peppers stuffed with quinoa, wild rice, tomatoes, Onions, pepper jack, avocado crema

PASTA DISHES

CLASSIC ITALIAN LASAGNA

Lasagna noodles layered seasoned ground beef in marinara, ricotta, mozzarella, parmesan, fresh parsley

SPINACH LASAGNA

Lasagna noodles layered with tasty sautéed spinach, marinara, capers, ricotta, mozzarella, parmesan, fresh parsley and basil



JERK CHICKEN ALFREDO W/ PENNE

Jerk rubbed chicken breast cooked in creamy alfredo sauce of heavy cream, parmesan, garlic, cream cheese, nutmeg. Tossed with penne and fresh parsley

SHRIMP SCAMPI w/ LINGUINI

Linguini pasta tossed with wok sautéed shrimp, garlic, white wine, fresh lemon juice, red pepper flakes, parsley

BAKED ZITI

Italian sausage, marinara, black olives, onions, celery, capers, mozzarella, parmesan

EGGPLANT PARMESAN W/ RICOTTA

Classic Italian favorite, eggplant layered with our very own marinara sauce, ricotta and mozzarella cheese baked to perfection

MUSHROOM LASAGNA

Say hello flavors, flavorful take on Lasagna layered with a combination of Shitake, Oyster, Bella and Cremini mushrooms, our special Béchamel sauce and mozzarella cheese

ACCOMPANIMENTS

ROASTED NEW POTATOES

Red potatoes, thyme, rosemary, garlic, sautéed onions and bell peppers

LOUISIANA CORN MAQUE CHOUX

Corn, bell peppers, onions, garlic, and celery rendered with bacon then braised with tomatoes, heavy cream and chicken stock. Vegetarian option also available

GARLIC MASHED RED SKINNED

POTATOES

Potatoes, roasted garlic, milk, and butter. Garnished with chives

HERBED ORZO

Orzo pasta, parsley, tarragon, chives, thyme, basil, quinoa, and parmesan cheese

HERBED PASTA

Penne pasta, vegetable broth, garlic, scallions, and parmesan cheese

SEVEN CHEESE MAC & CHEESE

Macaroni baked in a seven-cheese sauce of white cheddar, yellow cheddar, smoked gouda, fontina, asiago, gruyere, and parmigiano-reggiano, heavy cream, and butter



SAUTEED GREEN BEANS w/ GARLIC

BUTTER SAUCE

Green beans lightly sautéed in butter and garlic



ZUCCHINI & SQUASH MEDLEY

Zucchini and yellow squash sautéed with bell peppers, onions, herbs de Provence

CITRUS GLAZED BABY CARROTS

Baby carrots, orange juice, spiced rum, nutmeg, and butter. Garnished with parsley

BROCCOLI w/ PINE NUTS AND CRANBERRIES

Roasted broccoli, cranberries, lemon juice, garlic, toasted pine nuts, and grated parmesan

VEGETABLE MEDLEY

Broccoli, cauliflower, and carrots lightly sautéed with onions, bell peppers, and Italian seasonings

CARIBBEAN VEGETABLE MEDLEY

White cabbage, carrots, and Chinese long bean (when available) or string beans sautéed with sesame oil, ginger, soy sauce, onions, and bell peppers. Garnished with cilantro

CHEESY BROCCOLI BAKE

Broccoli, white cheddar cheese sauce, smoked sweet Spanish paprika

MORROCAN CHICKPEA STEW

Chickpea, onions, carrots, bell peppers, vegetable broth, tomatoes, and Moroccan spices

DELECTABLE SCALLOPED POTATOES

Flavorful twist on traditional scalloped potatoes, layered with onion and spinach baked in a gruyere cheese cream sauce

CAULIFLOWER CHEESE

Delectable flavors of Cauliflower baked golden brown in a fontina and cheddar cheese sauce



Flavour
International LLC
CATERING