



GROOVIN' GOURMETS One-Click Meals

Designed seasonally by our Chef and kitchen team, our One-Click Meals are a well-rounded, delicious, and convenient option for celebrations, the office, or a weekend get-together. No substitutions but items can be left off.

Add an optional side Garden Salad with balsamic vinaigrette for **\$1.99 per order**.

Minimum order of 5 servings; plates, napkins, and cutlery kits included.

Home Style Meatloaf

Southern style meatloaf with fresh ground beef, peppers, onions, and mushroom gravy; served with southern-style green beans and mashed potatoes

per serving \$10.99

Slow Roasted Salmon

slow roasted salmon filet, cavatappi pasta with green beans, peas, and bacon in a Parmesan cream

per serving \$13.99

Lasagna Bolognese

(sold in servings of 10)

a savory blend of fresh ground beef and Italian sausage layered with marinara sauce and topped with mozzarella and Parmesan cheeses

-served with herbed breadsticks \$99.99

Roasted Vegetable Lasagna

(sold in servings of 10)

vegetarian lasagna made with grilled peppers, yellow squash, onions, mushrooms, zucchini, marinara, and a blend of ricotta, mozzarella, and Parmesan cheeses

-served with herbed breadsticks \$89.99

Braised Beef Short Ribs

slow braised beef short ribs in beef demi, served with roasted garlic smashed potatoes, and grilled asparagus

per serving \$15.99

House Chicken Parmesan

breaded chicken breasts topped with marinara and shaved Parmesan alongside our baked spaghetti with marinara, cheddar and mozzarella

- served with herbed breadsticks

per serving \$8.99

Beef and Ginger Stir Fry

ginger beef, green onion, peppers, and mushrooms, tossed with sweet and spicy sesame soba noodles

per serving \$12.99

For more information and staffing please call Groovin' Gourmets at **804-868-8900** or email **Info@GroovinGourmets.com**





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Authentic Taco Bar with Chicken, Ground Beef, or Steak
 ground beef, shredded grilled chicken, or sliced grilled flank steak with white corn tortillas - served with shredded lettuce, tomatoes, fresh chipotle lime crema, pico de gallo, lime wedges, and fresh cilantro
 chicken \$8.99 a serving
 ground beef \$8.99 a serving
 steak \$11.99 a serving

Pulled Pork BBQ
 slow roasted and hand-pulled pork with our House BBQ sauce - served with rolls, BBQ baked beans, and coleslaw
 per serving \$9.99

Black Rice & Vegetables
 sun-dried tomato, citrus-marinated kale, cucumber, and feta cheese
 per serving \$7.99

Fajita Bar with Chicken or Steak
 Make your own. Fajita style julienned chicken or steak, seasoned onions and peppers with cheddar cheese, sour cream, salsa, and flour tortillas
 chicken \$9.99 a serving
 steak \$12.99 a serving

Fried Chicken
 buttermilk-soaked fried chicken, served with our smoked gouda mac 'n' cheese, southern style green beans
 per serving \$8.99

Island Grilled Salmon
 avocado-mango salsa and coconut rice
 per serving \$13.99





GROOVIN' SANDWICHES GOURMETS and Box Lunches



CREATE YOUR OWN SANDWICH PLATTERS

Create your own sandwiches. Presented on our eco-friendly platters, with pickle spears and packets of mayo and mustard on the side; can be made gluten free. Plates and napkins included.

Bread Options

- white hoagie
- wheat hoagie
- ciabatta bread
- gluten-free bread \$1.99 extra

Meat Options

turkey, ham and roast beef

Cheese Options

American, cheddar and swiss

Veg Options

lettuce, tomato and onion

Small Build-Your-Own Platter
serves 10\$74.99

Large Build-Your-Own Platter
serves 20\$149.99

CLASSIC SANDWICHES AND WRAPS PLATTERS

Presented cut in half on our eco-friendly platters, with pickle spears and packets of mayo and mustard on the side. Choice of white or wheat sub roll or flour tortilla; can be made gluten free. Plates and napkins included.

Minimum order 5 servings.

Grilled Vegetable & Hummus Wrap
seasonal grilled vegetables and roasted garlic hummus
with green leaf lettuce and tomato in a spinach wrap
each \$6.99

Ham and Swiss

sliced ham and Swiss cheese with green leaf
lettuce and tomato on your choice of bread
each \$6.99

Portobello

marinated portobello mushroom, roasted red
pepper, and provolone cheese with green leaf
lettuce and tomato on your choice of bread
each \$6.99

Chicken Salad Croissant
Groovin's signature red grape and ginger
chicken salad with green leaf lettuce and
tomato on a croissant
each \$6.99

Roast Beef & Cheddar
sliced roast beef and cheddar cheese with green
leaf lettuce and tomato on your choice of bread
each \$6.99

Turkey & Provolone
sliced turkey and provolone cheese with green leaf
lettuce and tomato on your choice of bread
each \$6.99

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GROOVIN' SANDWICHES GOURMETS and Box Lunches



CLASSIC BOX LUNCH

Our Groovin' Gourmets Box Lunches include the sandwiches you've come to love, as well as uniquely constructed seasonal offerings made fresh daily with quality ingredients. Comes with a chocolate-chip cookie and your choice of side (or choice of 2 for 0.99 extra). Everything is packaged in an eco-friendly box. Napkins and cutlery kit included.

Bread Options
 white sub roll
 wheat sub roll
 gluten-free bread \$1.99

Side Options
 kettle chips, fresh fruit salad, potato
 salad, mediterranean couscous,
 southwest quinoa salad

Classic Box Lunch Sandwich Options

Ham & Swiss
 sliced ham and Swiss cheese with green leaf
 lettuce and tomato on your choice of bread
 each \$10.49

Turkey and Provolone
 sliced turkey and provolone cheese with green leaf
 lettuce and tomato on your choice of bread
 each \$10.49

Grilled Vegetable & Hummus Wrap
 seasonal grilled vegetables and roasted garlic
 hummus with green leaf lettuce and tomato
 in a spinach wrap
 each \$10.49

Portobello
 marinated portobello mushroom, roasted red
 pepper and provolone cheese with green leaf
 lettuce and tomato on your choice of bread
 each \$10.49

Chicken Salad Croissant
 Groovin's signature red grape and ginger chicken salad
 with green leaf lettuce and tomato on a croissant
 each \$10.49

Roast Beef & Cheddar
 sliced roast beef and cheddar cheese with green
 leaf lettuce and tomato on your choice of bread
 each \$10.49

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GROOVIN' GOURMETS Sandwiches and Box Lunches



SPECIALTY BOX LUNCH

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Chicken Caesar Wrap

grilled chicken breast with romaine lettuce, bacon bits, arugula, shaved Parmesan, and Caesar dressing within a spinach wrap

each \$12.49

Roast Beef

sliced roast beef with pickled red onion, lettuce, tomato, white cheddar, and herbed cream cheese spread on a ciabatta roll

each \$12.49

Groovin' Tuna

Groovin' tuna salad, feta cheese, shaved-fennel orange salad, Thai basil, and garlic mayo on a hoagie roll

each \$12.49

The Veg

roasted broccoli, spiced pickled onion, shaved ricotta salata, and feta cheese, pine nuts, and fried shallot on a hoagie roll

each \$12.49

The Groovin' Club

sliced turkey, ham, bacon, cheddar cheese, mayo, lettuce, and tomato in a flour wrap

each \$12.49

Turkey & Black Bean Hummus

sliced turkey, avocado, provolone cheese, black bean hummus, arugula, and churri vinaigrette in a flour wrap

each \$12.49

Turkey & Smoked Gouda

sliced turkey with smoked Gouda, green leaf lettuce, tomato, and herbed mayo on a ciabatta roll

each \$12.49





GROOVIN' GOURMETS Salads

SINGLE-SERVING SALADS

Fresh, crisp lettuces and flavorful ingredients for one. Top yours with shrimp, chicken, or beef and make it a meal. All dressings are served on the side. Napkins and cutlery kit included.

Added Protein Options

- grilled chicken \$2.99
- grilled steak \$3.99
- sautéed shrimp \$4.99

Caesar

- fresh romaine lettuce with shaved Parmesan, garlic croutons - served with Caesar dressing
- per serving..... \$7.99

Granny Apple

- granny smith apple, cashew, and shredded mozzarella tossed with chopped greens - served with poppy seed vinaigrette
- per serving \$7.99

Garden

- mixed greens, cucumber, tomato, carrot - served with tangy ranch
- per serving \$7.99

Spinach

- baby spinach, olive, feta cheese, cherry tomato, pine nut, ciabatta crouton, and a honey-garlic dressing
- per serving \$7.99

Tuscan Kale

- kale with shaved fennel, radish, ricotta salata, and a garlic bread crumb - served pre-dressed with lemon vinaigrette
- per serving \$8.99





GROOVIN' GOURMETS

Salads

GROUP SALADS

Fresh, crisp lettuces and flavorful ingredients are a great partner for other fare. Top yours with shrimp, chicken, or beef and make it even more satisfying. Served in a bowl with dressing on the side.

Plates, napkins, and cutlery kits included.

Small Bowl Protein Options

grilled chicken	\$ 9.99
grilled steak	\$14.99
sautéed shrimp	\$19.99

Caesar

fresh romaine lettuce with shaved Parmesan, garlic croutons, and a Caesar dressing
sm/lrg \$24.99 / \$44.99

Granny Apple

granny smith apple, cashew, and shredded mozzarella tossed with chopped greens, and a poppy seed vinaigrette
sm/lrg \$24.99 / \$44.99

Large Bowl Protein Options

grilled chicken	\$19.99
grilled steak	\$29.99
sautéed shrimp	\$39.99

Garden

Mixed greens, cucumber, tomato, carrot, and a tangy ranch
sm/lrg \$24.99 / \$44.99

Spinach

baby spinach, olive, feta cheese, cherry tomato, pine nut, ciabatta crouton, and a honey-garlic dressing
sm/lrg \$24.99 / \$44.99

Tuscan Kale

Kale with shaved fennel, radish, ricotta salata, and a garlic bread crumb
- served pre-dressed with lemon vinaigrette
sm/lrg \$27.99 / \$54.99





GROOVIN' Platters GOURMETS Dips & Snacks

Plates, napkins, and cutlery kit included.

Assorted Cheese Tray
brie, smoked gouda, cheddar, chèvre, and boursin cheeses
- served with assorted crackers, grapes, and berries.
serves 15/25\$74.99 / \$124.99

Crisp Garden Vegetable Tray
fresh cut zucchini, yellow squash, carrot,
cucumber, celery, broccoli, and bell peppers
serves 15 / 25\$34.99 / \$54.99

Cubed Cheese Tray
cubed cheddar, Swiss, and pepper jack, served with
assorted crackers and grapes
serves 20 / 40\$57.99 / \$114.99

Roasted Red Pepper Hummus
red pepper hummus with sesame,
lemon, and garlic - served with pita chips
serves 25\$64.99

Spinach & Artichoke Dip
baked shredded spinach and marinated
artichokes mixed with cream cheese, Parmesan,
and herbs - served with pita chips
serves 25\$49.99

Fruit & Cheese
Combination Platter
brie, cheddar, and smoked gouda, served with
melon, oranges, pineapple, grapes and berries
- served with assorted crackers
serves 15 / 25\$47.99 / \$79.99

Rare Blackened Tuna Medallions
Platter with Remoulade
Ahi tuna lightly coated with blackening seasoning and
seared rare - served over a bed of tomato, cucumber,
and red onion salad with remoulade on the side
serves 25\$124.99

Seasonal Fresh Fruit Tray
fresh sliced seasonal fruit
- served with a cardamom yogurt dipping sauce
serves 15 / 25\$29.99 / \$49.99

Whole Fruit Bowl
fresh cut granny smith apples, oranges,
bananas, and strawberries
25 minimum\$1.99 piece

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GROOVIN' GOURMETS

Hors d'Oeuvres

If it's a cocktail party at the office or a special event with family and friends, our hors d'oeuvres selections offer a variety of flavors ranging from local favorites to globally inspired bites. Plates, napkins, and cutlery kit included.

*25 piece minimum.

Pimento Cheese Deviled Eggs
25 minimum\$1.99 piece

Vegetable Samosas
25 minimum\$1.99 piece

Wasabi Deviled Eggs
25 minimum\$1.99 piece

Smoked Chicken Wings
two pieces per order, served with BBQ and
ranch dipping sauces on the side
25 minimum\$2.99 per order

Fried Chicken Sliders
mayo and pickle
25 minimum\$2.99 per order

Cheeseburger Sliders with
Ketchup & Dill Pickle
25 minimum\$2.99 piece

Bacon-Wrapped Scallops
with lemon-maple emulsion
25 minimum\$2.99 piece

Coconut Shrimp
- served with a mango dipping sauce
25 minimum\$2.99 piece

Petite Chesapeake Crab Cakes
with red pepper aioli
25 minimum\$2.99 piece

Roasted Tomato & Mozzarella
Caprese Skewers
25 minimum\$1.99 piece

Spanakopitas
mini pies of feta and spinach in a crispy filo
25 minimum\$1.99 piece

Vegetable Spring Rolls
- served with a sweet Thai chili sauce
25 minimum\$1.99 piece

Thai Chicken Skewers
with sesame-soy peanut sauce
25 minimum\$1.99 piece

Italian Meatballs
- served with a fresh basil marinara sauce
25 minimum\$1.99 piece

Marinated Beef Tenderloin Satays
with soy, garlic, and lime
25 minimum\$2.99 piece

Sweet Potato Biscuits
with roasted ham and apple butter
25 minimum\$1.99 piece

Old Bay Cocktail Shrimp
three pieces per order
- served with a traditional cocktail sauce
25 minimum\$4.49 per order

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GROOVIN' GOURMETS

Desserts

Plates, napkins, and cutlery kits included.

Assorted Cookies
chocolate chunk, peanut butter, oatmeal raisin,
chocolate chip, and white chocolate macadamia nut
small box (10) \$18.99
large box (25) \$34.99
tray (50) \$59.95

Assorted Mini-Desserts
Oreo Blondies, lemon squares, and s'more bars
box (30) \$22.99
tray (60) \$42.99

Brown Butter Rice
Crispy Treats
modern take on the classic
rice crispy treat
box (25) \$32.99

Brownies & Blondies
our rich chocolate brownies and
Oreo blondies
box (15) \$24.99

Brownies
rich chocolate house-made brownies
box (15) \$24.99
tray (35) \$46.99

Cookies and Brownies
mixture of cookies and
our house-made brownies
box (15 cookies, 7 brownies) \$28.99
tray (30 cookies, 15 brownies) ... \$59.99

Chocolate Cupcakes
rich chocolate cupcakes with chocolate buttercream
box (12) \$24.99
tray (24) \$47.99

Vanilla Cupcakes
vanilla cupcakes with vanilla buttercream
box (12) \$24.99
tray (24) \$47.99

Assorted Cupcakes
12 rich chocolate cupcakes with chocolate buttercream
and 12 vanilla cupcakes with vanilla buttercream
box (24) \$47.99

Lemon Bars
house-made citrus lemon bars
box (18) \$31.99
tray (36) \$53.99

Caramel Apple Bars
Granny Smith apples and custard in a granola-
shortbread crust drizzled with caramel
box (18) \$35.99

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GROOVIN' GOURMETS

Beverages

Individual Beverages

Cups and ice included.

Bottled Water
16.9 oz bottle \$1.50 each

Apple Juice
10 oz bottle \$1.50 each

Coca-Cola Classic
12 oz can \$1.50 each

Ginger Ale
12 oz can \$1.50 each

Diet Coke
12 oz can \$1.50 each

Sprite
12 oz can \$1.50 each

Assorted Soda Sampler
assortment of above sodas (minimum of 10)
12 oz can \$1.50 each

Group Beverages

Cups and ice included.

Sweet Iced Tea
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Unsweet Iced Tea
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Fresh Lemonade
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Fresh Orange Juice
serves 10 (gallon) \$14.99 each

Hot Beverages

Cups included.

Assorted Teas
hot water served in a disposable traveler and
a selection of teas - sweeteners included
serves 9 (small) \$14.99 each
serves 16 (large) \$24.99 each

Coffee
regular or decaf, served in a disposable traveler
with creamers and sweeteners on the side
serves 9 (small) \$14.99 each
serves 16 (large) \$24.99 each