



5107 Kingston Pike • Knoxville, TN 37919 • (865) 330 0123 • events@gourmetsmarketandcafe.com

## Good Morning!

(minimum 10 per item)

### Gourmet's Breakfast

#### Classic Breakfast | 8

eggs, bacon, pork or turkey sausage and biscuit.  
hashbrown casserole (+2), fruit salad (+3)

#### Individual Quiche | 7

vegetarian option available

#### Smoked Salmon & Bagel Platter | 13

Everything & Plain Brooklyn Bagels with  
smoked salmon, tomatoes, cucumbers, red  
onion, capers & cream cheese

#### The Continental | 8

freshly baked breakfast breads, mini scones and  
pastries with fresh fruit

#### Biscuit Sandwiches | 5

butter milk biscuits with egg, cheese and your  
choice of bacon, sausage or ham

#### Breakfast Burrito | 7

flour tortilla filled with egg, sausage, ham,  
cheese, potatoes, peppers & onion served with  
sour cream & salsa

### Beverages

#### Freshly Brewed Vienna Coffee 96 oz. Carafe | 25

serves 10-12 people

#### Assorted Fruit Juices | 2.50

#### Hot Tea Selections | 2.25

### Breakfast Casseroles

#### Savory Breakfast Casserole serves 10 | 48

egg, sausage, ham, cheese, potatoes,  
peppers, onion

#### Croque Madame serves 10 | 48

eggs, ham, swiss, fresh herbs

#### Vegetarian serves 10 | 48

egg, cheese, fresh veggies, potatoes,  
peppers, onion

#### French Toast Casserole serves 10 | 48

seasonal fruit, served with Vermont  
maple syrup

### A La Carte

#### Buttermilk Biscuits with butter and preserves | 3

add sausage gravy (+2.50)

#### Bagels with cream cheese & preserves | 4

#### Applewood Smoked Bacon | 4

#### Country Sausage Patties | 4

#### Turkey Sausage Links | 4

#### Greek Yogurt Parfait | 6

homemade granola and fresh berries

#### Boursin Cheese Grits | 4

#### Hashbrown Casserole | 4

#### Fruit Salad | 4.50



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## Lunch Menu

(minimum of 10 guests)

### Sandwiches and Wraps

Available as boxed lunches or platters

choose three sandwiches, served with chips and a cookie | 12

add featured side or small garden salad | +2

- chicken salad, lettuce, tomato
- shwarma shroom, feta, hummus, lettuce, tomato
- pimiento cheese BLT
- pesto chicken, fresh mozzarella
- grilled chicken caesar wrap
- smoked turkey BLT, dill havarti
- ham and baby swiss, rye
- hippie thriller, seasonal vegetables, hummus
- southwestern steak or chicken, lettuce, tomato
- tuna salad, eggs, capers, lettuce, tomato
- Cuban, ham, pulled pork, swiss, pickle, mustard | +3

### Main Dish Salads

On Seasonal Mixed Greens | 13

- herbed chicken caesar
- chef salad: ham, turkey, bacon, cheddar, Swiss, tomato, buttermilk ranch dressing
- greek salad: olive, tomato, red pepper, cucumber, red onion, feta, red wine vinaigrette add chicken | +2
- trio salad, choose 3: chicken, tuna, egg, fruit, or chef's daily special salad

### Hot Lunch

Served with garden salad and rolls w/butter

- lemon rosemary chicken, | 12.50 tahini vinaigrette or chimichurri
- applewood smoked chicken, | 13 dijon cream sauce
- beef tips and mushrooms, | 13 egg noodles
- flank steak, tahini vinaigrette or | 14 chimichurri
- really good meatloaf | 12
- lemon pork loin, chermoula | 12
- blackened salmon, | 14 fennel horseradish cream or tarragon-lemon
- homemade lasagna, | 12.95 meat or vegetarian
- cannelloni, artichoke hearts, spinach, | 13 asparagus, tomato cream
- chicken cavatappi casserole | 11

### Add Side Dishes: | 2.50

- traditional mashed potatoes
- oven roasted potatoes with herbs
- herbed rice pilaf
- mac and cheese
- haricots vert
- baked potato, butter, sour cream
- scalloped potatoes, parmesan
- smoky green beans
- cauliflower gratin
- chef's selection of seasonal vegetables

Don't forget to ask about drinks and desserts!



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## Main Dishes

(minimum of 10 guests)

Includes garden salad, rolls, and butter

### Poultry | MKT

**Mediterranean Chicken** with sundried tomatoes, spinach, artichoke hearts, pesto cream

**Lemon Rosemary Chicken Breast**, tahini vinaigrette or chimichurri

**Buttermilk Fried Chicken**, ranch, honey mustard

**Applewood Chicken**, dijon cream

**Tuscan Garlic Chicken**, tomato sauce

**Chicken Cannelloni**, artichoke hearts, spinach, asparagus, tomato cream

### Pasta Casseroles | MKT

(minimum of 10 guests)

Includes garden salad and cheesy garlic bread

- *Homemade Lasagna*
- *Vegetarian Lasagna*
- *Grilled Chicken Cavatappi pasta, fresh vegetables, pesto cream*
- *Vegetarian Cavatappi*
- *Penne chicken alfredo*
- *Penne meatball marinara*
- *Penne bolognese*

### Pork | MKT

**Herbed Rubbed Pork Loin**, pan juices

**Seared Pork Tenderloin**, chermoula

### Beef | MKT

**Really Good Meatloaf**

**Beef Tips and Mushrooms**, egg noodles

**Garlic Roasted Beef Tenderloin**, red wine demi

**Savory Braised Short Rib**

**Flank Steak**, chimichurri sauce

### Seafood | MKT

**Fresh Salmon Fillet**, tarragon-lemon sauce

**Blackened Salmon Fillet**, fennel horseradish cream

**Maryland Crab Cakes**, remoulade

**Jumbo Shrimp and Grits**, gumbo gravy

### Vegetarian | MKT

**Quinoa Filled Portobello**

**Wild Rice and Lentil Stuffed Peppers**

**Cannelloni**, with artichoke hearts, spinach, asparagus, tomato cream

*Don't forget to ask about drinks and desserts!*



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## Accompaniments - 3 Each

(minimum of 10 guests)

Homemade mashed potatoes  
Oven roasted rosemary potatoes  
Baked potato with butter and sour cream  
Scalloped potatoes with parmesan  
Herbed rice pilaf  
Mac and cheese  
Boursin cheese grits  
Smoky green beans

Roasted carrots with herbs  
Grilled zucchini, squash and haricots vert  
Green beans almondine  
Collard greens  
Fresh seasonal vegetables  
Cauliflower gratin  
Sesame green beans  
Roasted root vegetables

## Desserts

(minimum of 10 guests)

### Assorted Dessert Bars

Mini | 1.50 Full Size | 3

### Assorted Homebaked Cookies

Each | 1.50 6 Count | 8.50 1 dozen | 16

### Cakes, Cobblers, Pies

ask for our ever changing selections! | MKT

### Silver Springs Bakery

6 oz cookie each | 6 3 cookies | 15

## Beverages

(minimum of 10 guests)

### Iced Tea, Sweet or Unsweetened

with lemon wedges, sweeteners

#### Lemonade

8 per gallon

### Seasonal Lemonade

#### Fruit Teas

17 per gallon

### Vienna Coffee

with creamers, sweeteners

25 per carafe

3 per person

### Coca Cola Products

#### Bottled Water

#### Various Juices

2.50 each

### Assorted Hot Tea

2.25 each



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## Food Bars

(minimum of 10 guests)

### Chili and Baked Potato Bar | 14 pp

#### Texas Red Chili and baked potato

*with butter, sour cream, crumbled bacon, diced green onions, pickled jalapenos, shredded cheese, tortilla chips*

*served with a garden salad and assorted cookies*

### Garden Salad Bar | 13 pp

*lemon rosemary chicken, crumbled bacon, fresh artisan lettuce, grape tomatoes, shredded carrots, red onion, artichoke hearts, shredded cheese, english cucumbers, cruze farm ranch, red wine vinaigrette*

*served with featured side and assorted cookies*

### Slider Bar | 14 pp

#### Pick 2 from below:

- *lemon rosemary smoked chicken, come-back sauce*
- *buttermilk fried chicken, ranch, honey mustard*
- *angus beef burger +2 pp*
- *pulled pork, homemade bbq sauce*
- *jack fruit, homemade bbq sauce*

*served with buns and condiments such as: comeback sauce, sliced onions, chow chow, pimiento cheese, b&b pickles*

*served with kettle chips, creamy cole slaw and assorted cookies*

### Taco/Fajita Bar | 14 pp

#### Pick 2 from below:

- *pork carnitas*
- *southwestern chicken*
- *picadillo beef*
- *fajita steak +2 pp*
- *cilantro lime shrimp +3 pp*
- *grilled portobello mushrooms or tofu +2 pp*

*shredded lettuce, diced tomatoes, shredded cheese, fajita peppers and onions, salsa roja and verde, sour cream, tortilla chips, flour and corn tortillas*

*served with spanish rice or charro beans, and assorted cookies*

*\*all orders come with plates, cutlery, and utensils.  
don't forget your drinks and desserts!*

**disposable cater kit - 12 (sterno, water pan, chafer)**



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## Grazing Boards (minimum of 10 guests)

### The Get Fit | 6

*bountiful display of crudites & dips featuring baby carrots, broccoli, peppers, english cucumbers, celery with ranch dip, cauliflower hummus, roasted corn salsa and tortilla chips.*

### New York Deli Dip Board | 10

*pastrami reuben dip, smoked trout dip, herbed spinach and artichoke heart dip with crackers, rye crostini, pretzel rods, and assorted vegetables.*

### Fresh Fruit Board | 8

*Chef's selection of seasonal fresh fruits, dips and wafers.*

### Charcuterie Board | 12

*lovely assortment of imported and domestic cheeses and cured meats, pickled vegetables, selection of fresh and dried fruits, nuts and bolts, assorted crackers and crostini.*

### Taste of the South | 8

*red pepper cream cheese ball, pickled peaches, assorted sweetwater valley farm cheeses, candied pecans, smoked gouda pimiento cheese, TN's best pickled beets and okra, flat bread and assorted crackers.*

## Hors d'oeuvre

- spinach and feta triangles, tzatziki
- mini assorted quiche bites
- assorted pissaladiere - chef's inspired flavors
- lasagna stuffed mushroom
- spinach and artichoke stuffed mushrooms with parmesan
- tiny stuffed potato, sour cream, chive
- caprese skewer, pesto drizzle
- deviled eggs: traditional; BLT; pimiento cheese
- shrimp, 3 ways: traditional cocktail, parsley and parm, sweet honey lime chili
- famous candied bacon
- lemon rosemary chicken skewer, tahini vinaigrette or chimichurri
- buttermilk fried chicken skewer, ranch and honey mustard
- Indonesian chicken skewer, chili sauce
- garlicky chicken meatball, spicy peanut or tomato basil sauce
- mediterranean beef skewer, feta, lemon basil vinaigrette
- pork satay, spicy peanut sauce
- bacon wrapped shrimp, pesto
- smoked salmon, dill pinwheel, cucumber coin
- Maryland style crab cakes, caper lemon remoulade
- garlic roast beef tenderloin, sister shubert rolls, traditional horseradish sauce
- blackeyed pea cake, pickled okra remoulade
- buttermilk fried chicken & waffle skewer, maple glaze
- pulled pork slider, BBQ sauce
- cocktail lamb lollipop, tzatziki