



3712 N. Croatan Highway
Kitty Hawk, NC 27949
(252) 480-2855

CUSTOM CATERING A SPECIALTY
AT THE GOOD LIFE GOURMET

The good life Gourmet has built a reputation for being one of the beach's premier caterers. They are known for delicious food and superior service. Steve Mace, owner and head of catering, takes great pride in treating each event with kid gloves. He is known for his attention to detail and creative and innovative ideas.

Custom catering sums it all up. There are no prepared lists to choose from. You simply tell Steve what kind of food you like, what your budget is, and he will help you build your menu. If you have a favorite family recipe, he will be more than happy to serve that at your event. Steve will expertly guide you with your food choices. He has tons of experience, and he knows what kinds of foods hold up well for a catering.

Catering options include buffet dining, sit-down dining, or stations. Service people and bartenders are provided. The catering staff work hand in hand with Steve to create an outstanding and memorable experience for all guests.

You can view photos of previous caterings by going to their website www.goodlifegourmet.com and clicking on the photo gallery. Consider the new Kitty Hawk location for your next event. There is seating for 60+ guests, an adjacent outside patio, and ample parking.

To discuss your upcoming event, call Steve or his wife, Susie at 252-480-2855. E-mail inquiries to obxsusiemace@gmail.com. Susie is in charge of all correspondence. She will promptly answer your e-mail inquiries and phone messages.

CATERING IDEAS—THE GOOD LIFE GOURMET

Appetizers

Quiche
Crab dip with crustini
Spanikopita
Crudite with dip
Mini crab cakes
Jumbo shrimp cocktail
Shrimp kabobs
Fruit kabob tree
Cheese stuffed cucumber rounds
Chicken satay with Oriental peanut sauce
Deluxe antipasto tray
Bruschetta
Stuffed mushrooms—can be stuffed with crab, sausage, vegetables, sun-dried tomato pesto, sweet basil pesto, etc.
Belgium endive petals stuffed with mahi-mahi
Baked brie in pastry
Chocolate covered strawberries & pineapple bites
Cheese & cracker array
Cheese spread with crustini
Steamed shrimp
Poached pears & cinnamon sticks
Picked assorted wraps
Roasted red pepper, garlic hummus, & pita points
Deviled eggs
Jerk roasted pork picked with pineapple, red pepper, & black bean paste
Picked grilled flank steak stuffed with cream cheese, asparagus, & roasted red pepper
Poached asparagus wrapped with smoked salmon
Grilled tuna bites with lemon-dill sauce
Caramelized onions, gorgonzola cheese, & bacon in puff pastry
Phyllo cups stuffed with feta cheese & sun-dried tomatoes
Beef satay with Oriental sauce
Chocolate fondue with pound cake, fresh strawberries, pineapple, & marshmallows for dipping
Mini quiche

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Appetizers cont'd

Salsa & corn chips

Baby garlic prawns in phyllo cups

Pita crisps with cranberry salsa

Marinara pizza/pita points

Mini meatballs with choice of sauce

Antipasto tray

Soups

Seafood bisque

Chicken rice

Cream of broccoli

Sweet potato crab

Potato corn chowder

Lobster bisque

Chicken corn noodle

Mulligatawny

Potato leek

Cream of grilled vegetable

Clam chowder

Tomato bisque

Cream of mushroom

Minestrone

Beef barley

Vegetable beef

Cream of chicken

Vegetarian vegetable

Salads

Fresh fruit salad

Fresh exotic fruit salad

Ambrosia

Mixed green salad with “all the fixins”

Classic Caesar

Baby spinach with fresh mozzarella

Broccoli salad

Pasta salad—many varieties

Organic mixed green salad

Arugula salad

Cumin lime coleslaw

Potato salad

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Salads cont'd.

Sesame thai noodles

Vegetable crudite

Wild rice salad

Tuna salad

Shrimp salad

Mahi-mahi salad

Baby spinach with roasted red peppers, toasted almonds, tomatoes, cucumbers, onions, & bacon

Ham salad

Sweet potato salad

Children's menu

Boneless chicken breast strips with fresh lemon

Pigs in a blanket

Crustless peanut butter & jelly

Hot dogs

Macaroni & cheese

Penne pasta with marinara

Fresh fruit (kid friendly like grapes, apple & orange slices, bananas)

Grilled cheese

Pita pizza

Carving station

Whole beef tenderloin served with whole garlic cloves

Boneless rib eye

Whole NY strip

Steam ship round

Slow roasted boneless turkey breast

Pit smoked ham

Whole grilled tuna loin

Jerk roasted whole boneless pork loins

Meat & Seafood

Boneless stuffed chicken breast (stuffed with spinach, sun-dried tomatoes, feta cheese, garlic, shallots, bacon, & mushrooms) in a light cream sauce

Grilled tuna with lemon-dill sauce

Crab stuffed flounder

Grilled salmon

Jerk roasted pork loin with mango chutney & fresh mango salsa

Pork tenderloin medallions with grilled onions, basil, & garlic

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Meat & Seafood cont'd.

BBQ chicken pieces

NC pulled pork BBQ

Baked chicken

Chicken parmesan

Turkey BBQ

Whole marinated grilled tuna with seaweed salad (served cold)

Seafood primavera

Clams

Mussels

Lobster

Crab legs

Chicken kabobs

Beef kabobs

Pork kabobs

Hot dogs

Hamburgers

Low country boil ---shrimp, crayfish, clams, mussels

Meatballs with marinara, sweet & sour, or Swedish

Crab cakes

Crab stuffed shrimp

Grilled chicken breast with lemon & rosemary

Apricot chicken—boneless breasts in a light cream sauce with dried apricots

Sauteed shrimp & scallops in a white wine, garlic, & spring onion sauce

Grilled steak of choice---filet mignon, NY strip, or Delmonico

Cornish game hens

Chicken wings

BBQ pork ribs

Italian sausage

Starches & pasta

White rice

Rice pilaf

Caribbean rice

Red beans & rice

Wild rice & toasted almonds

Garlic smashed potatoes

Roasted baby red potatoes with garlic & rosemary

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Starches & pasta cont'd.

Pasta Bolognese

Penne with marinara

Lasagna

Stuffed shells

Pasta primavera

Pasta Alfredo

Seafood pasta primavera

Macaroni & cheese

Wild mushroom lasagna

Vegetable lasagna

Penne pasta with grilled vegetables & olive oil

Cinnamon smashed sweet potatoes

Spinach & cheese lasagna

Mashed potatoes, carrots, & turnips

Au Gratin potatoes

Scalloped potatoes

Yukon gold mashed potatoes

Horseradish mashed potatoes

Potini bar---Yukon gold mashed with toppings: caramelized onions, broccoli florets, chives, sour cream, parsley, butter, mushrooms, shredded cheese

Baked potato bar with “all the fixins”

Twice baked potatoes

Vegetables

Buttered carrots

Carrots & pineapple medley

Grilled mixed vegetables with choice of sauce

Vegetable stuffed zucchini

Green beans with toasted almonds

Buttered string beans

Baked cabbage with carrots & parmesan

Fresh asparagus with lemon butter

Grilled asparagus

Corn on the cob

Sauteed sliced mushrooms

Baby bella whole mushrooms & garlic

Roasted garlic cloves

Cauliflower with cheese

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Vegetables cont'd.

Caramelized onions

Traditional salsa

Grilled & sliced portabella mushrooms

Baked beans

Baked lima beans

Lima beans

Grilled eggplant with basil & olive oil

Sugar snap peas with red onions

Corn pudding

Roasted root vegetables with tarragon & butter

Broccoli rabe with red onions

Green & yellow squash medley