



# ISLAND FLAVORS AND 'TINGS

Tampa Bays' Premier  
Jamaican Restaurant and Caterer

## BREAKFAST

#1

Assorted Fresh Baked Muffins with Whipped  
butter  
Assorted Bagels with Flavored Cream  
Cheeses  
Orange Juice  
Freshly Brewed Gourmet Coffee, Cream and  
Sugar  
\$8.00

#2

Assorted Fruit Yogurt  
Assorted Gourmet Pastries  
Assorted Bagels with Flavored Cream Cheeses  
Choice of two (2) Juices  
Freshly Brewed Gourmet Coffee, Cream and Sugar  
\$10.00

#3

Scrambled Eggs  
Thick Sliced Bacon or Maple Sausage Links  
Breakfast Red Skin Potatoes  
Mini Croissants with Whipped Butter  
Seasonal Fruit Platter  
Orange Juice  
Freshly Brewed Gourmet Coffee,  
Cream and Sugar  
\$12.00

#4

Fluffy Pancakes with Maple Syrup  
Scrambled Eggs  
Mini Croissants with Whipped Butter  
Seasonal Fruit Platter  
Freshly Brewed Gourmet Coffee, Cream and Sugar Orange Juice  
\$8.00

#5

Assorted Fresh Baked Muffins  
Assorted Gourmet Pastries  
Miniature Apple and Blueberry Stuffed Pancake Rolls  
Seasonal Fruit Platter  
Orange Juice  
Freshly Brewed Gourmet Coffee, Cream and Sugar

## **Brunch Buffet Menu**

**\$19.99 per person**

Fresh Raw Vegetables of Carrots, Celery, Broccoli, Cauliflower and Cucumbers

Served with Ranch Dip

Colby, Baby Swiss, Pepper Jack and Mozzarella Cheeses

Served with Assorted Gourmet Crackers and Wafers,

Marinated Mushrooms

Fresh Fruit Spears of Cantaloupe, Honeydew and Pineapple Garnished with Strawberries, Kiwi and Grapes

Served with Kahlua Dip

Chef Carved Choice Roast Beef served with Mini Croissants, Silver Dollar Buns, Dijon and Yellow Mustard,

Ketchup, Hellmann's Mayonnaise, and Horseradish

Scrambled Eggs, Au gratin Potatoes

Waffle Bar with Cherries, Raspberries, Strawberries, Blueberries, Sliced Peaches Whipped Cream,

Powdered Sugar, Chocolate and Flavored Syrups, and Sprinkles

Assorted Danish and Bagels with Flavored Cream Cheeses

Above Price Includes Paper Service, Plastic Flatware and Paper Napkins.

## **Salad and Deli Lunch Buffet**

**\$15.00 per person**

### **Salads**

Tossed Mixed Greens with Assorted Toppings and Dressings

Old Fashion Potato Salad

Vegetable Pasta Salad

### **Deli**

Sliced Ham, Turkey and Beef,

American and Swiss Cheese Slices,

White, Wheat and Rye Bread

Condiments of Mustard, Ketchup, Mayonnaise,

Shredded Onion, Sliced Tomato, Leaf Lettuce

Variety of Pickles and Relishes

Potato Chips

Assorted Miniature Gourmet Pastries – Family Style

Colombian Regular and De-Caf Coffees with Cinnamon Sticks,

Chocolate Shavings, Flavored Syrups, Whipped Cream,

Cream and Sugar

Price Includes Deluxe Paper Service, White Linen Tablecloths for Food Tables, Paper Napkins and Linen

Table Skirting for Food Tables.

Minimum of 25 Guests Required.

## Portable Lunches - \$10.00 per person

#1

### **Roast Beef and Cheddar Bistro**

Oven Roasted Beef, Cheddar Cheese, Sliced Tomato, Red Onion and Leaf Lettuce all presented on thick slices of Wheat Bread With Horseradish Sauce.

#2

### **Italian Pesto**

A combination of Shaved Honey Ham and Smoked Turkey Breast, Mozzarella Cheese, Sliced Tomato, Red Onion and Leaf Lettuce all presented on thick slices of Sourdough Bread with Pesto Sauce

#3

### **Reuben Stacker**

Thin Sliced Corn Beef, Baby Swiss Cheese, Sliced Tomato, Red Onion and Leaf Lettuce all presented on thick slices of Dark Rye Bread With Thousand Island Sauce.

#4

### **Ranch Style Smoked Turkey**

Oven Roasted Smoked Turkey Breast, Monterey Jack Cheese, Sliced Tomato, Red Onion and Leaf Lettuce all presented on thick slices of Sour Dough Bread with Ranch Sauce

#5

### **Dijon Style Honey Ham**

Shaved Honey Ham, Baby Swiss Cheese, Sliced Tomato, Red Onion and Leaf Lettuce all presented on thick slices of Wheat Bread With Honey Dijon Sauce.

#6

### **Jerk Chicken**

Oven Roasted Breast of Chicken Sprinkled lightly with jerk Seasoning, Cream Cheese, Sliced Tomato, Red Onion and Leaf Lettuce all presented on thick slices of Wheat bread with Cajun Sauce

#7

Vine Ripe Tomato Stuffed with Chicken or Tuna Salad Served with Red Skin Potato Salad or Vegetable Pasta Salad and Fresh Fruit Spears.

Above Menus Includes Choice of Red Skin Potato Salad or Vegetable Pasta Salad, Assorted Chips, Pickle and Chocolate Chip Cookie.

Above Menus Also Include Appropriate Plastic Ware, Napkins, Salt, Pepper, Wet Napkins, a Mint, and Individually Boxed.

Minimum of 25 per Category

## Signature Wraps - \$10.00

### **California Vegetarian Wrap**

A Spinach Herb Pillow Flatbread Stuffed and Rolled with Provolone, Julienne Carrots, Cucumbers, Tomato, Romaine Lettuce, Mushrooms, Red Peppers and Finished Off with a Peppercorn Dressing

#3

### **BLT Wrap**

Crumbled Bacon, Romaine Lettuce, Tomato and Mayonnaise all rolled into our Original Flat-out Bread.

#5

### **Roast Beef and Cheddar Wrap**

Sliced Roast Beef, Cheddar Cheese, Mild Pepper Rings, Red Onion, Romaine Lettuce and Horseradish French Dressing rolled tight in our Italian Herb Flat-out Bread.

#2

### **Chicken Caesar Wrap**

Tender Strips of Chicken Breast, Romaine Lettuce, Parmesan Cheese and Caesar Dressing all rolled up in Italian Herb Flat-out Wrap.

#4

### **San Helena Wrap**

Our Original Flat-out Bread Stuffed and Rolled with Thin Sliced Carved Beef, Baby Swiss Cheese, Black Olives, Red Onion, Tomato, Romaine Lettuce and Horseradish Sauce

#6

### **Caribbean Jerk Wrap**

It all starts with our Original Flatbread then filled with Jerk Chicken or pork, Provolone Cheese, Tomato, Red Onion, Romaine Lettuce and Jerk Mayo.

Above Menus Include Choice of Red Skin Potato Salad or Vegetable Pasta Salad, Assorted Chips, and Chocolate Chip Cookies.

Above Menus Also Include Appropriate Plastic Ware, Paper Napkins and Paper Service.

Minimum of 25 Guests per Wrap Choice.

## **“Just Something to Snack” Menu - \$11.00**

Fresh Raw Vegetables of Carrots, Celery, Broccoli,  
Cauliflower and Cucumbers, Served with Ranch Dip  
Cheddar, Baby Swiss, Pepper Jack and Mozzarella Cheeses  
Served with Assorted Gourmet Crackers and Wafers

Fresh Fruit Spears of Cantaloupe, Honeydew and Pineapple  
Garnished with Strawberries, Kiwi and Grapes Served with Kahlua Dip

Chips and Pretzels  
Oversized Chocolate Chip Cookies,  
Blondes and Brownies

Colombian Regular and De-Caf Coffee with Cinnamon Sticks,  
Chocolate Shavings, Flavored Syrups, Whipped Cream,  
Cream and Sugar  
Iced Tea

## **HOT STATIONS**

### **Chicken Menu**

Choose 1 entrée

Stuffed or Classic Chicken Marsala  
Rosemary & Thyme Bone-in Breast  
Chicken Cordon Bleu  
Cheddar Baked Chicken Breast w/ Smoked Bacon Morsels  
Chicken Portabella Santorini  
Feta-Stuffed Chicken  
Artichoke & Sundried Tomato Chicken Breast  
Jamaican jerk Chicken  
Coconut Curry Chicken with Potatoes

Served with  
Choose any 3  
Sour Cream Dill Potatoes,  
Assorted roasted vegetables  
Green Bean Amandine,  
Caesar Salad w/ Creamy Caesar Dressing,  
Italian salad with herbed Italian dressing  
Spanish garden salad  
Island Tossed salad  
Bakery Fresh Dinner Rolls with Butter

## **Italian Menu**

### **Choose 1**

Chicken Parmesan Linguini w/ White Clam Sauce  
Lasagna with Italian Sausage  
Chicken Frances with a Pink Sauce Sausage  
Stuffed Chicken Breast with Alfredo  
Chicken w/ Artichokes in Feta Cheese Sauce  
Seafood Pasta Primavera (add \$2.00 p.p.)

Served with  
Penne or Bowtie Pasta)  
Assorted Roasted Vegetables  
Italian Salad w/ Herbed Italian Dressing  
Italian Bread with Butter

## **Spanish Menu**

Spanish style roasted chicken (bone in)  
Mojo Pork Loin  
Parmesan crusted chicken breast

Served with  
Black beans  
Yellow rice or white rice  
Spanish garden salad  
Cuban bread

## **Barbeque Menu**

### **Choose 1**

Pulled Pork Butt  
Hickory Smoked Barbeque Chicken  
Guava/tamarind Barbecue Chicken  
Barbecue spare ribs (add 1.50 extra per person)

Served with  
Red baby potato salad, Dark Molasses Baked Beans  
Garden fresh cole slaw. Fresh corn on the cob  
Texas style garlic bread

## **Luau Menu**

Choose 1

Herb crusted Pork loin  
Hawaiian chicken with grilled pineapples  
Raspberry glazed pork loin  
Island grilled chicken skewers with pineapples and green peppers  
Pork loin with spicy plum sauce

Served with

Wild rice pilaf  
Stir fry vegetables  
Spinach salad with raspberries, feta cheese and raspberry walnut dressing  
Fresh dinner rolls with butter

## **Jamaican**

Choose 1

Jamaican jerk chicken  
Coconut curry chicken  
Jamaican jerk pork  
Island fried chicken  
Island chicken skewers  
Mango meatballs

Served with

Rice and peas  
Sweet plantains  
Island tossed salad with creamy paradise dressing

## **Vegetarian Menu**

Choose 1

Roasted vegetable lasagna  
Penne with zucchini, feta cheese and grilled portabella  
Portabella and eggplant parmesan with bowtie pasta  
Ricotta stuffed shells

Served with

Bleu cheese and walnut salad with raspberry walnut dressing  
Multigrain bread



## **Desserts**

Chocolate chip cookies  
Tropical carrot cake  
Coconut cake  
Chocolate cake  
Bread pudding  
Apple pie  
Brownie tray

\$2.00 per person for 75 people or more  
2.50 Per person for 50 to 74 people  
3.00 Per person for 25-49 people

## **HOT STATIONS**

12.50 Per person for 25 – 49 people  
11.50 Per person for 50 - 74 people  
10.50 Per person for 75 - 99 people  
9.50 Per person for 100 people

Includes all paper goods and set up  
An assortment of sodas bottled water and tea, add 2.50 per person  
Iced tea and coffee, add \$2.00 per person

These are just a few suggestions. Please feel free to mix and match any item. We will be happy to customize any menu to fit your budget and needs.

# Guidelines and Suggestions

## Equipment

Equipment includes items such as tables, Chairs, bar and dinner glassware, china, service ware, coffee Service etc. There are several options to consider when it comes to choosing equipment for your Event – full seating/partial seating, buffet/plated, standard equipment/premium equipment etc. At Island Flavors Catering, your Event Coordinator will guide you in choosing what is best for your Event and your budget.

## Linens

The options are endless when it comes to linens for your Event. From Satin, organza and silk, to taffeta and twill, we will help you to select the best option to accommodate your tastes, desires and budgets. Speak to your Island Flavors Event consultant to discuss your options for the seating tables, cocktail tables, buffet, bar, service tables, cake table, gift table, guest book table and escort card tables.

## Beverages

Island Flavors can accommodate all of your beverage needs including soft beverages, mixers, bar fruit and coffee service.

## Staffing

At Island Flavors, we understand the importance of flawless execution of your Event. We will take care of all the details during your special day so that you don't have to worry about a thing. Talk to your Event Coordinator regarding a desired staffing level.