



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.