



Better Food for a Better Life

Sample Catering Menus



Providing personalized catering services with a spotlight on creativity, presentation and using the freshest ingredients possible

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Cocktail Reception & Appetizer Suggestions

Asian Chicken Salad Pastry Cup with plum dressing

Asparagus wrapped Chicken with capers and lemon

Baked Brie en Croute with almonds & brown sugar on a bed of raspberry jam • sun-dried tomatoes, pine nuts and pesto

Balsamic Beef Skewers with a cool cucumber dip

Beef Teriyaki Brochette with chili sauce

Black Sea Salt and Pepper Lavash Toasts with Lemon Hummus

served with calamata olives & lemon wedges

Boneless Buffalo Bites with blue cheese, celery & carrot sticks

Bruchetta with goat cheese, warm tomatoes & basil • figs, Emmental, scallions & Dijon

• fresh pesto, tomatoes & parmesan

Buffalo Chicken Rollettes spicy chicken rolled up in a flour tortilla with blue cheese, shredded carrots and rice

Cheese Basket Irish Cheddar, Gouda, Havarti and gorgonzola served with fresh fruits and a selection of crackers

Cocktail Calzones chicken & roasted pepper chorizo, manchego & tomato • roasted eggplant

• roasted vegetables • chicken & broccoli

Crab and Ricotta Tart crabmeat, scallions and ricotta cheese baked in mini pastry shells

Fritters (zucchini • corn • clam) served with a red pepper aioli

Goat Cheese and Olivada served with slices of fresh baguettes and toasted parmesan pita toasts

Handmade Gruyere Crackers with a leek dip

Lamb and Eggplant Skewers with cucumber dipping sauce

Mini NE Crab Cakes with remoulade

Mini Quiche red pepper & broccoli • bacon & Swiss • spinach & ricotta • pancetta & asiago

Mushrooms stuffed with fresh herbs & challah • crabmeat • boursin & broccoli

Pita Triangles with slow roasted tomatoes, pine nuts & basil • roasted potatoes, cheddar & chives

• roasted vegetables & fresh mozzarella

Quesadillas with salsa & guacamole • shredded chicken and manchego • sweet pepper and jack cheese

Sate with peanut sauce chicken • pork • beef

Savory Chicken Meatballs with poultry seasonings in white wine sauce

Scallion and Potato Patties served with applesauce and sour cream

Seasoned Cucumber Slices topped with fresh mozzarella, basil and balsamic vinegar

Snow Pea wrapped Beef with Asian spices

Snow Pea wrapped Chicken Tenders with Asian spices

Spinach Bites with parmesan or feta

Sweet and Sour Meatballs served with slices of fresh baguettes

Vegetables & Pita Chips served with spicy eggplant spread and roasted red pepper dips

• artichoke-parmesan and spinach-cucumber dips



Vegetarian Cocktail Reception & Appetizer Selections

Asian Asparagus Salad Pastry Cup with plum dressing

Baked Brie en Croute with almonds & brown sugar on a bed of raspberry jam • sun-dried tomatoes, pine nuts and pesto

Potato and Mushroom Tartlets with gruyere cheese

Black Sea Salt and Pepper Lavash Toasts with Lemon Hummus

served with calamata olives & lemon wedges

Bruchetta with goat cheese, warm tomatoes & basil • figs, emmental, scallions & Dijon • fresh pesto, tomatoes & parmesan

Buffalo Tempe Rollettes spicy tempe rolled up in a flour tortilla with blue cheese, shredded carrots and brown rice

Cheese Basket Irish Cheddar, Gouda, Havarti with dill and gorgonzola served with fresh fruits and a selection of crackers

Cocktail Calzones roasted eggplant • roasted vegetable • spinach & broccoli

Risotto Cakes creamy risotto, scallions and ricotta cheese

Fritters (zucchini • corn • clam) served with a red pepper aioli

Goat Cheese and Olivada served with slices of fresh baguettes and toasted parmesan pita toasts

Handmade Gruyere Crackers with a leek dip

Mini Scallop Cakes with remoulade

Mini Quiche red pepper & broccoli • scallion & Swiss • spinach & ricotta

Mushrooms stuffed with fresh herbs & challah • boursin & broccoli

Pita Triangles with slow roasted tomatoes, pine nuts & basil • roasted potatoes, cheddar & chives • roasted vegetables & fresh mozzarella

Quesadillas with salsa & guacamole • black bean and manchego • sweet pepper and jack cheese

Scallion and Potato Patties served with applesauce and sour cream

Seasoned Cucumber Slices topped with fresh mozzarella, basil and balsamic vinegar

Spinach Bites with parmesan or feta

Vegetables & Pita Chips served with spicy eggplant spread and roasted red pepper dips • artichoke-parmesan and spinach-cucumber dips

Potato Pizza Squares slices of roasted new potatoes baked on pizza dough with cheddar and chives



Vegan Cocktail Reception & Appetizer Selections

Sweet Pepper and Broccoli Asian Lettuce Wraps with sesame and hoisin sauce

Sweet Pepper Wrapped Asparagus with capers and lemon

Balsamic Cauliflower Skewers with slow roasted tomato dip

Basil and Oregano Tempe Meatballs with marinara

Teriyaki Veggie Brochettes with chili sauce

Bruchetta with basil pesto, warm tomatoes & herb'd tofu cheese

Snow Pea Wrapped Carrots with peanut sauce or pineapple-hoisin sauce

Risotto Cakes* sweet pea, butternut squash or mushroom

Boursin & Olivada Crostini*

Eggplant & Olive Skewers with cucumber dipping sauce

Scallion and Potato Pancakes served with applesauce

Seasoned Cucumber Slices with vine ripe tomatoes, basil and balsamic vinegar

Sweet and Sour Tempe Meatballs

Tomato-Cilantro Salsa with corn chips

Black Ban and Corn Salsa with pita bread

Crudites & Lavash Toasts with eggplant, hummus or roasted red pepper dip

Roasted Root Vegetable Skewers with balsamic glaze

Spinach Bites*

Roasted Corn and Tomato Flat Breads*

Calcannon Cakes* with kale, onion, potato

Eggplant Caponata Pastry Cups

Slow Roasted Tomato, Corn, Black Bean & Cilantro Pastry Cups

**made with vegan cheese replacement*



Gluten & Dairy Free Cocktail Reception & Appetizer Selections

Asian Chicken Salad Lettuce Wraps with plum dressing

Sweet Pepper Wrapped Asparagus with capers and lemon

Balsamic Beef Skewers with slow roasted tomato dip

Basil and Oregano Meatballs with marinara

Beef Teriyaki Brochettes with chili sauce

Bruchetta* with mozzarella, warm tomatoes & basil or figs, cheddar, scallions & Dijon

Chicken, Pork or Beef Sate with peanut sauce

Cornmeal Crusted Boneless Buffalo Bites* with ranch dressing, celery and carrot sticks

Crab and Arborio Rice Cakes with crabmeat, scallions and risotto

Curried Lamb Meatballs

Boursin & Olivada* on rice crackers

Lamb and Eggplant Skewers with cucumber dipping sauce

Savory Chicken Meatballs with poultry seasoning in a white wine sauce

Scallion and Potato Pancakes served with applesauce and sour cream

Seasoned Cucumber Slices with topped with vine ripe tomatoes, basil and balsamic vinegar

Sesame Beef Skewers with pineapple-hoisin sauce

Snow Pea Wrapped Beef with asian spices

Sweet and Sour Meatballs

Sweet Pea and Pancetta Risotto Cakes

Tomato-Cilantro Salsa with corn chips

Vegetables & Corn Chips served with spicy eggplant spread and roasted red pepper dips

**made with vegan cheese replacement*



Salad Ideas

Moroccan Style Couscous Salad tiny couscous tossed with cinnamon, scallions, raisins and toasted almonds

Lemony Italian Couscous Salad large rough cut couscous style pasta tossed baby spinach, lemon and parmesan (published in "Raising the Salad Bar" by Catherine Walthers, Isle Press © 2007)

Greek Tortellini Salad cheese filled tortellini tossed with Greek dressing and sweet peppers, topped with feta cheese and calamata olives

Linguini Salad linguini tossed with walnut pesto, fresh basil, pine nuts, roasted tomatoes and parmesan cheese

Black Bean and Corn Salad black beans and corn tossed with sweet green chili peppers, spring onions, garlic and parsley

Mediterranean Salad garbanzo beans, feta cheese, sweet peppers, cucumbers, red onion, kalamata olives and parsley tossed with olive oil, balsamic vinegar and Mediterranean spices

Fresh Mozzarella Salad lightly seasoned mozzarella, plum tomatoes, fresh basil, aged balsamic vinaigrette and mixed greens

Asian Noodle Salad whole wheat linguini tossed with a soy-sesame dressing, julienne snow peas, sweet red and yellow peppers, carrots, scallions and bok choy

Traditional Greek Salad with kalamata olives, feta, tomatoes, green peppers, red onions and Greek dressing

Caesar Salad romaine, shaved parmesan, homemade croutons and traditional Caesar dressing

Maple Chicken Caesar Salad sliced maple marinated chicken, romaine parmesan cheese, toasted pita strips and traditional Caesar dressing

Bev's Broccoli Salad lightly blanched broccoli tossed with shredded carrots, sunflower seeds, raisins, apple-wood smoked bacon dressing and a creamy cider dressing

Spinach Salad with Chevré baby spinach, goat cheese, sweet and salty walnuts, dried cranberries, roasted red onions and a buttermilk dressing

Roasted Potato Salad roasted red bliss potatoes tossed with extra virgin olive oil, sweet red peppers, celery, red onions, parsley and cider vinegar

Picnic Potato Salad red bliss potatoes tossed with a creamy Dijon dressing, celery seed, green peppers, celery, red onions and chopped egg

Roasted or Grilled Vegetable Platter an assortment of seasonal vegetables roasted or grilled with a balsamic whip or tomato coulis

Sesame Chicken Salad sesame marinated chicken tossed with a soy-ginger dressing, and toasted sesame seeds

Grilled Salmon and Lemon-Thyme Tomato Salad lemon spiked salmon, seasoned tomatoes, sliced English cucumbers and frisée



Dinner Suggestions

Salads

Classic Caesar with croutons and parmesan

Mixed Baby Greens with Balsamic Vinaigrette

Fresh Garden with fresh seasonal vegetables with a simple vinaigrette

Baby Spinach with chevre, sun-dried cranberries and toasted pecans

Traditional Greek Salad with feta and kalamata olives

Accompaniments

Potato Frittata

Red Rice Pilaf with Orzo

Yukon Gold Mashed Potatoes

Colcannon - Irish style with kale and onion

Roasted New Potatoes with Parsley

Italian Couscous with baby spinach

Orange Glazed Baby Carrots

Honey Baked Carrots

Roasted Broccoli and Sweet Peppers

Sautéed Zucchini and Summer Squash

Roasted Seasonal Vegetables

Sautéed Asparagus

Haricort Verts

Entrees

Chicken Marsala with button mushrooms

Sautéed Lemon Soaked Chicken with an artichoke and shallot Sauce

Tarragon Roasted Turkey with Apple Cornbread Stuffing

Roasted Pork Loin with a light sage sauce and pear-cranberry chutney

Roasted Sirloin Strip encrusted in fresh herbs

Seafood Hearthside - fresh New England seafood simmered in a white wine sauce

White Fish en Papillote – salmon filet baked in parchment paper with a sweet corn relish

Desserts

Strawberry Trifle

Brownie Pudding with custard sauce

Apple Crisp with caramel

Bread Pudding with Velvet Sauce

Please note: the suggestions listed here are just a sampling of our full repertoire



Private Dinner Catering

Menu Suggestions

SALMON

First Course

Balsamic Chicken Skewers served with a cucumber dip

Second Course

Classic Caesar Salad with pesto crostinis

Dinner

Roasted Salmon with tarragon butter

Roasted Sweet Potatoes

Sautéed Baby Spinach & Roasted Mushrooms

Dessert

Brownie Trifle with fresh berries, custard & whipped cream

DUCK

First Course

Black Bean, Sweet Pepper and Manchego Quesadillas

with salsa, guacamole and sour cream

Second Course

Spinach Salad with chevre, strawberries, sliced red onions and a balsamic dressing

Dinner

Roasted Duck Breast with cranberry orange glaze

Roasted Vegetables Buttered

Spatzle with parsley

Dessert

Crème Brulee with fresh berries

BEEF

First Course

Vegetables and Pita chips with eggplant spread and roasted red pepper dip

Second Course

Fresh Mozzarella, Basil and Balsamic on shredded romaine

Dinner

Roasted Sirloin Strip with a red wine mushroom sauce

Yukon Gold Mashed Potatoes

Sautéed Haricot Verts

Dessert

Individual Molten Chocolate Cakes with fresh whipped cream



The Details

While private catering may sound extravagant, it's simply a little luxury you give yourself to truly enjoy your own party.

Chef Service is charged at \$50 per hour,
Butler Service and Wait Staff are charged at \$35,
with a suggested minimum of 4 hours for each.

~ We do our best to use only the finest local ingredients.

~ Menu items and prices may depend on market fluctuations and seasonality of the menu selections.

~ We use stylish serving pieces with fresh herb, fruit and vegetable garnish.

~ China, linens and glassware are according to your requirements and are charged separately.

~ All menu selections can be prepared for your own self-catered event and may be picked up from our kitchen in Newton Upper Falls, or delivery is available upon request.

~ Travel time may incur for unusually long distances.

~ 5% MA meals tax applies to all food costs.

~ While appreciated, gratuity is at the discretion of the client.

~ Please make checks payable to: Christopher E. Osborn DBA Better Life Food



About **Better Life Food** (so far)

INTRODUCTION

My lifelong passion for cooking was put into action at a small gourmet bakery and café in the tiny village of Newton Upper Falls, Massachusetts. While still attending Newbury College for Culinary Arts I began my culinary career at the Depot Coffee Shoppe in 1987. Over the next fourteen years, my destiny to be an enthusiastic entrepreneur focused on creativity, service and taste was fulfilled with the generous support of family and great staff. Together, we built a brand.

With a spotlight on quality, presentation and innovation, our services extended to a restaurant and satellite cafés, as well as, corporate and personalized catering service. Our catering venues have included historic mansions, colleges, government buildings and even back yards. Our clients included the Consulate General of Spain, Educators, Homemakers, Business Owners, Corporations, Politicians, Communities and Brides.

In 2002, I sold The Depot to join a nationally growing service enterprise in order to hone my marketing and business skills. All the while my love of cooking, devotion to the art of food preparation and entertaining never left my heart, which is why I threw caution (and a reliable paycheck) to the wind and started Better Life Food in 2008.

I am incredibly grateful and deliriously happy that my vision of sustainable, seasonal and *personal* food services has been embraced so wholeheartedly by so many companies, organizations and individuals. Or maybe they just think it tastes great.

I would love the opportunity to share my skills while entertaining you in a personalized setting.

Please call us for your catering and culinary needs.

Christopher E. Osborn
(Owner/Chef)

