

Forks & Flames Latin Catering

1. FULL-SERVICE CATERING MENU

CHEF'S RECEPTION STARTERS

(Choose 2+)

Plantain Cups al Forno (Chicken or Shrimp)

Crisp plantain cups filled with sofrito-braised chicken or garlic-lime shrimp, topped with parmesan and fresh cilantro.

Bolitas De Mofongo

Bite-sized mofongo balls made with mashed fried plantains, garlic, and bacon bits, lightly crisp on the outside and soft on the inside; served with a garlicky herb aioli.

Ceviche De Camarones

Chilled shrimp marinated in citrus with red onion, cilantro, tomato, and peppers; served in elegant tasting cups or spoons.

Tostones alla Caprese

Fried green plantain rounds topped with fresh mozzarella, tomato, basil, and cilantro-pesto drizzle.

Beef & Mozzarella Empanadas

Hand-folded pastries filled with Latin-spiced beef, onions, and Italian herbs; served with roasted tomato arrabbiata sauce.

Shrimp Ceviche Bruschetta

Citrus-marinated shrimp with red onion, cilantro, and tomato, served over toasted Italian crostini brushed with garlic oil.

Garden Insalata Boricua

Mixed greens, tomato, cucumber, red onion, olives, and shaved parmesan with oregano-lime vinaigrette.

SIGNATURE ENTRÉES

Recommended for full-service events. Build your menu by pairing Chef's Reception starters with 2–3 signature entrées for a plated or buffet-style experience.

Creamy Chicken Marsala

Pan-seared chicken in a silky Marsala wine and mushroom cream sauce, finished with roasted garlic, fresh herbs, and a subtle sofrito-style base for a Latin-Italian twist.

Pan-Seared Chicken

Herb-marinated chicken thighs seared golden in olive oil, finished with a drizzle of citrus-garlic pan jus and fresh parsley.

Oven-Baked Chicken

Bone-in or boneless chicken slow-baked with garlic, oregano, and our house adobo blend, creating juicy, family-style comfort with a refined presentation.

Stewed Chicken

Tender chicken simmered low and slow in a tomato, sofrito, and herb broth with hints of Italian aromatics—perfect over rice or alongside classic sides.

Roasted Pork Shoulder (Pernil-Style)

Slow-roasted pork shoulder marinated in garlic, citrus, and herbs, cooked until fall-apart tender with crispy edges and rich pan juices.

Stewed Pork Chops

Bone-in pork chops braised in a savory tomato and pepper sauce with onions, bay leaf, and a touch of red wine for depth.

Smothered Pork Chops

Seared pork chops finished in a creamy onion and mushroom gravy with hints of garlic, paprika, and white wine—soulful and satisfying.

Beef Pot Roast

Slow-braised beef with onions, carrots, and aromatics in a rich red wine and tomato broth, combining Latin comfort and Italian rustic flavors.

Stewed Steak & Onions

Thin steak strips stewed with sweet onions, peppers, and garlic in a savory jus—classic home-style flavors elevated for events.

Stewed Beef Cubes

Bite-size beef simmered until tender in a tomato, sofrito, and herb sauce with a touch of red wine, ideal for ladling over rice or pasta.

Steak Medallions

Seared medallions of beef cooked to medium or as requested, served with a demi-glace accented by herbs, roasted garlic, and a hint of balsamic.

Pan-Seared Salmon

Fresh salmon fillets seared with olive oil, citrus, and herbs, finished with a light white wine butter sauce and a touch of capers.

Fish Fillet in Coconut Cream

Delicate white fish gently simmered in a coconut cream sauce with garlic, cilantro, and a whisper of lime—creamy, fragrant, and island-inspired.

REFINED SIDES & ACCOMPANIMENTS

Select your favorite sides to complete the plate. Final pairing and quantities are customized to your guest count and event style.

White Rice

Fluffy long-grain white rice, lightly seasoned and served as a versatile base for our stews and sauced entrées.

Rice with Gandules

Traditional Puerto Rican-style rice with gandules (pigeon peas), sofrito, and spices—festive, savory, and full of flavor.

Cilantro-Lime Rice

Fragrant white rice tossed with fresh cilantro, lime juice, and a hint of garlic for a bright, modern side.

Roasted Garlic Mashed Potatoes

Creamy mashed potatoes whipped with roasted garlic, butter, and a touch of cream—classic comfort with a refined finish.

Seasoned Mixed Vegetables

A colorful blend of seasonal vegetables sautéed or roasted with olive oil, herbs, and a touch of garlic.

Seasoned Corn

Sweet corn sautéed with butter, herbs, and a hint of smoked paprika for gentle warmth.

Macaroni Salad

Chilled macaroni tossed in a creamy dressing with peppers, onions, and herbs—perfect for casual gatherings and buffet tables.

Garden Salad

Crisp greens with tomatoes, cucumbers, and seasonal vegetables, served with a selection of house dressings.

Fried Plantains

Golden fried sweet plantains, caramelized on the edges and irresistibly tender inside—a guest favorite.

Penne alla Vodka

Al dente penne pasta in a rich tomato-vodka cream sauce with Parmesan and a touch of crushed red pepper.

Fettuccine Alfredo

Fettuccine tossed in a velvety Parmesan cream sauce with butter and garlic—classic Italian comfort.

Spaghetti in Marinara Sauce

Spaghetti served with a slow-simmered tomato marinara featuring garlic, basil, and olive oil.

(All other Full-Service sections – Signature Entrées, Refined Sides, Dessert Add-Ons – stay the same.)