



2019 Sample Menu Items

The following are menu items we have custom created for our clients. Complete menus are specifically designed to individual client needs and budget. Blue Heron Catering strives to provide a sustainable Farm-to-Table experience. Menus are written with the season and supporting our local food-shed in mind.

We love to customize menus just for you to make your culinary dream come true!!
(Legend: Items that are or CAN BE made: V=Vegetarian, (V)= Vegan, GF=Gluten Free)

APPETIZERS

Classic appetizer platters

- *Artisan cheeses from near and far, dried and fresh fruit, crostini (V)
- *Smoked salmon, grilled bread, capers, shaved red onion, herbed cream cheese
- *Charcuterie of cured meats and salumi, cornichons, mustards and mini rolls
- *Seasonal vegetable antipasto; cooked and marinated vegetables ((V), GF)
- *Middle Eastern meze; falafel, hummus, baba ganouj, pita chips and dolmas ((V), GF)
- *Crudit  of the season; raw local vegetables with dips ((V), GF)
- *Crostini platter: white bean and swiss chard; fromage blanc, fava bean, meyer lemon; caramelized onion, roast garlic, shaved dry jack and fried sage ((V))

Premium plattered appetizers

- *Grilled beef tenderloin, wild mushroom duxelle, spring onions (GF)
- *Pan roasted California white seabass, lemon butter, fried artichoke relish (GF)
- *Seafood plateau; peel and eat prawns, steamed mussels, Dungeness crab legs and Tomales bay oysters on the half shell (GF)
- *Classic prawn cocktail (GF)

Crudos

- *Tartare trio tower; hamachi, maguro and sake with wonton chips, miso and wasabi crema
- *Assorted sushi and sashimi station including maki rolls and nigiri (GF)
- *Hamachi tartare, lemon, capers, garlic, parsley on crostini
- *Masala crusted salmon on a crispy potato chip with curry mayo (GF)
- *Ahi tuna poke, scallions, won ton chips

Sliders

- *Mini Cubans, roasted pork, apple wood smoked ham, swiss, mustard and pickles
- *Crispy pork belly, bacon onion “jam” and arugula
- *Lamb merguez sausage, mint yogurt, peppercress
- *Fresh dungeness crab cakes, spicy slaw, tarragon caper aioli
- *Grilled eggplant, goat cheese and basil pesto (V)
- *Grilled beef tenderloin, caramelized onions and horseradish mustard aioli
- *Memphis hot fried chicken, cole slaw, pickles, caper aioli
- *Mini Bahn mi of teriyaki chicken, pickled vegetables, cilantro and Sriracha aioli

Deviled eggs

- *Classic deviled eggs, lemon, caper, dill, cayenne (V, GF)
- *Chorizo and avocado deviled eggs (GF)
- *Dungeness crab and avocado deviled eggs (GF)
- *Candied bacon and scallion deviled eggs (GF)

Humberto’s famous empanadas

- *Sweet potato, leek and kale, tomatillo salsa (V)
- *Rock shrimp, lemon, garlic and tomato, herb mojo
- *Wild mushroom and caramelized onions, chipotle crema (V)
- *Jamón and Spanish manchego, mojo de ajo
- *Picadillo of beef, ranchero sauce

Fun finger foods

- *Cajun pigs in a blankie; spicy Cajun sausage in butterflake pastry, cheddar and mustard
- *Korean food truck “tacos”; scallion pancake, Sonoma Liberty duck confit, nappa cabbage and hoisin sauce
- *Lamb “lollipops” with herb mojo (GF)
- *Dungeness crab cakes with tarragon caper aioli
- *Amaretto roasted figs, goat cheese, peppercress on crostini (V)
- *Chinese “to-gos” of pan fried garlic noodles (V)
- *Gruyere and chive gougere (V)
- *Stuffed cremini mushroom, garlic butter, parmesan cheese, bread crumbs (V)
- *Griddled corn cakes with house cured salmon, crème fraiche and dill (GF)
- *Moroccan meatballs, chermoula

- *Fresh roasted tofu Spring rolls, sweet and spicy dipping sauce (Ⓟ, GF)
- *Shrimp Summer Rolls, peanut sauce (GF)

Mini pot pies

- * Short rib and root vegetables
- *Classic chicken, potato, peas and carrots
- *Wild mushroom, kale and garlic (V)
- *Ratatouille (V)
- *Lobster, potato, peas and carrots

Bounty Platters

Summer:

- *Heirloom tomatoes, “toybox” cherry tomatoes, extra virgin olive oil, aged balsamic vinegar and Maldon sea salt (Ⓟ, GF)
- *Roasted summer squashes, aromatic herbs, roasted garlic (Ⓟ, GF)
- *Corn cobbettes chive butter, maldon sea salt (V, GF)

Fall:

- *Roasted butternut, kabocha and delicata squash, brown sugar, maple butter (V, GF)
- *Roasted rainbow baby carrots, Meyer lemon, rosemary and chili flakes (VG==Ⓟ, GF)
- *Shaved and sautéed brussels sprouts, hazelnuts, sweet onion (Ⓟ, GF)

Winter:

- *Mushrooms, fresh herbs and bread crumbs (Ⓟ)
- *Celery root, parsnips, turnips, rutabagas, herbs, olive oil (Ⓟ, GF)

Spring:

- *Delta asparagus, pistachio dill pesto (V, GF)
- *Artichokes, lemon, garlic aioli, seasoned bread crumbs (V)

Action Stations

- *Gourmet taco bar with accompaniments; carne asada, carnitas, al pastor, crispy shrimp, grilled seasonal vegetables or Chef Humberto’s birria (Ⓟ, GF)
- *Build your own crepe station (V)
- *Mashed potato bar with all the fixins (V)
- *Build your own risotto bar (V, GF)
- *Asian noodle bar (Ⓟ, GF)

Premium Action Station

- *Oyster party, Tomales bay oysters, mignonette, cocktail sauce and lemons (GF)

LUNCH OR DINNER

Seasonal Salads

Summer:

- *Arugula salad, Cowgirl Creamery's Mt. Tam, grilled white nectarines, toasted hazelnuts, lemon chive vinaigrette (V, GF)
- *Heirloom tomatoes, fresh mozzarella, basil, olives, arugula, grilled bread, caper garlic dressing (V, GF)

Autumn:

- *Little gem lettuces, persimmon, bleu cheese, toasted organic walnuts, champagne vinaigrette (V, GF)
- *Roasted butternut squash salad, spiced pecans, arugula, avocado, balsamic red onion and a creamy citrus dressing (Ⓟ, GF)

Winter:

- *Baby mixed lettuces, blood oranges, jicama, avocado, queso fresco and citrus chive vinaigrette (Ⓟ, GF)
- *Balsamic roasted figs, escarole, endive, apple wood bacon bits, feta cheese and white balsamic vinaigrette (Ⓟ, GF)

Spring:

- *Shaved delta asparagus salad, chicories, shaved dry jack cheese, toasted pine nuts, meyer lemon vinaigrette (Ⓟ, GF)
- *Fresh strawberries, wild arugula, goat cheese, glazed walnuts and balsamic vinaigrette (Ⓟ, GF)

Any season:

- *Jeff's famous caesar salad, garlicky bread crumbs and shaved grana padano
- *Organic savoy spinach, mushrooms, balsamic red onions, sheep's milk feta and roasted garlic vinaigrette (Ⓟ, GF)

****For entrée salads, add grilled Mary's chicken breast or Marinated Hodo Tofu for \$3.00 per person***

Signature Entrees

From the Sea:

- *Grilled salmon, citrus, capers and pine nut relish (GF)
- *Pan roasted Pacific rock cod, Tuscan salsa verde (GF)
- *Rock shrimp "puttanesca", penne pasta, capers, olives, tomatoes, anchovies
- *Pan roasted California white seabass, lemon butter, fried artichoke relish (GF)
- *Sea of Cortez diver sea scallops, fava bean pesto (GF)
- *Seared rare tuna, roasted garlic and castelvetro olive tapenade (GF)
- *Grilled spot prawns, lobster essence and "frazzled" leeks (GF)

From the Field:

- *Maple cured pork loin, apple, pear calvados sauce (GF)
- *Sweet, spicy, sticky St. Louis style pork ribs (GF)
- *Buttermilk fried chicken, country gravy
- *Bronzed chicken breast stuffed with chevre, swiss chard and applewood smoked bacon. Served with pan sauce (GF)
- *Fresh pappardelle pasta with grilled chicken, artichokes, tomatoes and pistachio pesto
- *Coq au vin, bacon lardons, pearl onions, mushrooms
- *Pan roasted chicken breast, English pea and corn “nage” (GF)
- *Braised lamb shanks, golden raisin and whole grain mustard reduction (GF)
- *Roasted rack of lamb, mint pesto and onion marmalade (GF)
- *Grilled NY steak, cabernet demi-glace and crispy shallots
- *Pan roasted beef tenderloin, bleu cheese, roasted garlic, chives (GF)
- *Grilled tri-tip, wild mushrooms and caramelized onion jus (GF)
- *Pan Roasted hanging tender steak “Ajillo” (GF)
- *Grilled flatiron steak, creamy cognac and green peppercorn sauce (GF)
- *Seared rare duck breast, brandy jus, persimmons, shaved fennel and cress (GF)
- *Cassoulet of leg of duck confit, andouille sausage, white beans, mirepoix

From the Garden: (vegetarian entrees)

- *Butternut squash gratin, braised mustard greens and swiss chard
- *Broccoli, carrot and cauliflower mac n’ cheese
- *Eggplant ala “puttanesca” (V, GF)
- *Spinach tortellini, basil infused evoo, arugula, roasted beets, walnuts and goat cheese
- *Local wild nettle risotto, romanesco, meyer lemon, roasted garlic and crispy sun chokes (GF)
- *Sweet potato-apple cakes, queso fresco and chipotle-mango salsa
- *Farro, organic walnuts, roquefort and roasted Blossom Bluff plums
- *Portobella mushroom gratin, garlic, spinach and artichoke hearts
- *Crispy eggplant stack; creamy pistachio pesto, spinach, grilled zucchini and wild mushrooms

Sides

- *Creamy polenta, sautéed leeks and wild mushrooms (V, GF)
- *Butternut squash risotto (V, GF)
- *Asparagus and lemon risotto (V, GF)
- *Roasted garlic and EVOO mashed parsnips (V, GF)
- *Garlic smashed potatoes (V, GF)
- *Confit of yukon gold potatoes (V, GF)
- *Herb butter spaetzli (V, GF)
- *Corn spoon pudding (V)
- *Buttered egg noodles, parsley (V)

- *Savory wild mushroom, herb and roasted garlic bread pudding (V)
- *Fava bean, sweet onion, corn and purple potato succotash (Ⓟ, GF)
- *Marbled mashed potatoes (GF)
- *Baked polenta, sundried tomato and kale terrine (V, GF)
- *Herb roasted summer squashes (Ⓟ, GF)
- *Alsatian cabbage “chou croute” (Ⓟ, GF)
- *Roasted baby rainbow carrots, rosemary, meyer lemon and chili flakes (Ⓟ, GF)
- *Shaved brussels sprouts, toasted hazelnut and sweet onions (V, GF)
- *Herb roasted delta asparagus (Ⓟ, GF)
- *Roasted kabocha squash (Ⓟ, GF)
- *Herb roasted winter root vegetables (Ⓟ, GF)

Dessert

- *Seasonal fruit shortcake, whipped cream, sweet biscuit
- *Mini or full size cupcakes: red velvet, double chocolate, meyer lemon, carrot cake, tequila lime, rum raisin and many more.
- *Warm gingerbread cake, salted caramel and crème chantilly
- *Molten chocolate cake, berry puree and crème chantilly
- *Mini banana and white chocolate cream pies, praline sauce
- *Apple, pecan and brown sugar cake
- *House made cookie platters; chocolate chip, snicker doodles, Mexican wedding
- *Brownies and bars
- *Chocolate pecan ganache torte with salted caramel

Dessert bars

- *Fondue bar: chocolate, strawberries, bananas, doughnut holes, cookies and more!
- *Old fashioned candy “bar” with vintage candies and chocolates
- *Make your own ice cream sundae bar with all the fixins
- *Pie Bar: apple, cherry and mixed berry pies, whipped cream, caramel sauce

Signature offerings from Blue Heron Catering; Please inquire for pricing

Whole Roasted Beast and BBQ – From the Oakland Smoker

- *For a spectacular action station please inquire about whole roasted pigs, lambs or goats for your next event. We also smoke whole briskets, ribs and sides of salmon

Chefs table events: From small dinner parties and wine pairing dinners to large affairs, have a chef create a menu just for your occasion, cook for you and interact with your guests.

Tanya Holland Events: Inquire about our BSC packages and our new partnership with acclaimed Oakland chef Tanya Holland.

DINNER AND LUNCH PACKAGES WITH COCKTAIL HOUR APPETIZERS

The following menu packages are estimates and may vary depending on venue, market fluctuation and client needs. These prices are for menu only and do not include table top rentals and staff.

PLATED

***Grand Lake Package – Menu price: \$32 per person**

- 2 stationary and/or passed appetizers
- 2 courses: salad and choice of two entrees
- Choose 2 sides
- Table bread with creamery butter

***Jack London Package – Menu price: \$40 per person**

- 3 stationary and/or passed appetizers
- 2 courses: salad and choice of two entrée
- Choose 2 sides
- Table bread with creamery butter

BUFFET OR STATIONS

***Laurel Package – Menu price: \$38 per person**

- 2 passed appetizers
- 2 protein based buffet items or stations
- 2 side dishes or bounty platters
- Salad
- Table bread with creamery butter

***Skyline Package – Menu price: \$46 per person**

- 3 passed appetizers
- 3 protein based buffet items or stations
- 2 side dishes or bounty platters
- 1 Salad
- Table bread with creamery butter
-

****Vegetarian entrees available – please inquire**

****Add coffee / tea service to any package for \$3.50 per person**

We are proud to partner with these awesome local farmers, growers, ranchers and artisans:

Schmitz Ranch
Fiscalini Cheese
The Pasta Shop
Jayleaf Farms
Capay Organics
Blossom Bluff
Riverdog Farms
Full Belly Farms
Drake's Brewing
Firestone Brewing
Rock Wall Winery

Marin Sun Farms
Diestel Turkey
Acme Bread Co
Mary's Chicken
Tennyson High School Farms
Babe Farms
Dirty Girl Farms
Pie Ranch
Coke Farms
CaliCraft Brewing
Urban Legend Winery
Tomales Bay Foods

**Menus will vary based on seasonality and customization by the client based on individual client requirements. All pricing is subject to change at any time. Once a contract is signed and deposit made, pricing is secure and you are placed on our calendar. Price is for menu items only and may vary based on staffing and rental requirements. Please contact us for a custom menu proposal and quote based on your individual budget and needs!*



Blue Heron Catering * 3303 San Pablo Ave, Oakland CA 94608 * (510) 533 - 0781