



GROOVIN' SANDWICHES GOURMETS and Box Lunches



SANDWICH BOX LUNCHES

Our Box Lunches include sandwiches made fresh daily with quality ingredients. Each box comes with a chocolate-chip cookie and your choice of side (or choice of 2 for 0.99 extra). Everything is packaged in an eco-friendly box. Napkins and cutlery kit included.

Bread Options

- white sub roll
- wheat sub roll
- gluten-free bread \$1.99

Side Options

- kettle chips, fresh fruit salad, potato salad, mediterranean couscous, southwest quinoa salad

Sandwich Box Lunch Options

Ham & Swiss

smoked pit ham, swiss cheese, lettuce, and tomato on a sub roll
each \$10.99

Turkey and Provolone

roast turkey, provolone, lettuce, and tomato on a sub roll
each \$10.99

Grilled Vegetable & Hummus Wrap

seasonal grilled vegetables and roasted garlic hummus with lettuce and tomato in a spinach wrap
each \$10.99

The Italian

capicola, genoa salami, ham, provolone, lettuce, tomato, and pepper relish on a sub roll
each \$11.99

Chicken Salad Croissant

signature chicken salad, shredded lettuce, and tomato on a fresh baked croissant
each \$10.99

Roast Beef & Cheddar

roast beef, cheddar, horseradish sauce, pickled red onions, lettuce, and tomato on a sub roll
each \$11.99

For more information and staffing please call Groovin' Gourmets at
804-868-8900 or email Info@GroovinGourmets.com





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SANDWICH BOX LUNCHES

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Chicken Caesar Wrap

grilled chicken breast, romaine lettuce, shaved parmesan, and caesar dressing in a spinach tortilla wrap

each \$11.99

The Veg Wrap

roasted broccoli, pickled red onion, feta, fried shallots, and pine nuts with lemon honey dressing in a spinach tortilla wrap

each \$11.99

Tuna Salad

white albacore tuna, swiss cheese, lettuce, and tomato on a sub roll

each \$10.99

Turkey Club

roast turkey, bacon, sharp cheddar, lettuce, and tomato on a sub roll

each \$11.99

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GROOVIN' GOURMETS Salads

SINGLE-SERVING SALADS

Fresh, crisp lettuces and flavorful ingredients for one. Top yours with shrimp, chicken, or beef and make it a meal. All dressings are served on the side. Napkins and cutlery kit included.

Added Protein Options

- grilled chicken \$2.99
- grilled steak \$3.99
- sautéed shrimp \$4.99

Caesar

- fresh romaine lettuce with shaved Parmesan, garlic croutons - served with Caesar dressing
- per serving..... \$7.99

Granny Apple

- granny smith apple, cashew, and shredded mozzarella tossed with chopped greens - served with poppy seed vinaigrette
- per serving \$7.99

Garden

- mixed greens, cucumber, tomato, carrot - served with tangy ranch
- per serving \$7.99

Spinach

- baby spinach, olive, feta cheese, cherry tomato, pine nut, ciabatta crouton, and a honey-garlic dressing
- per serving \$7.99

Tuscan Kale

- kale with shaved fennel, radish, ricotta salata, and a garlic bread crumb - served pre-dressed with lemon vinaigrette
- per serving \$8.99





GROOVIN' GOURMETS

Salads

GROUP SALADS

Fresh, crisp lettuces and flavorful ingredients are a great partner for other fare. Top yours with shrimp, chicken, or beef and make it even more satisfying. Served in a bowl with dressing on the side.

Plates, napkins, and cutlery kits included.

Small Bowl Protein Options

grilled chicken \$ 9.99
grilled steak \$14.99
sautéed shrimp \$19.99

Large Bowl Protein Options

grilled chicken \$19.99
grilled steak \$29.99
sautéed shrimp \$39.99

Caesar

fresh romaine lettuce with shaved Parmesan,
garlic croutons, and a Caesar dressing
sm/lrg \$24.99 / \$44.99

Granny Apple

granny smith apple, cashew, and shredded
mozzarella tossed with chopped greens, and
a poppy seed vinaigrette
sm/lrg \$24.99 / \$44.99

Garden

Mixed greens, cucumber, tomato, carrot,
and a tangy ranch
sm/lrg \$24.99 / \$44.99

Spinach

baby spinach, olive, feta cheese, cherry
tomato, pine nut, ciabatta crouton,
and a honey-garlic dressing
sm/lrg \$24.99 / \$44.99

Tuscan Kale

Kale with shaved fennel, radish, ricotta
salata, and a garlic bread crumb
- served pre-dressed with lemon vinaigrette
sm/lrg \$27.99 / \$54.99





GROOVIN' GOURMETS Platters
Dips & Snacks

Plates, napkins, and cutlery kit included.

Assorted Cheese Tray
brie, smoked gouda, cheddar, chèvre, and boursin cheeses
- served with assorted crackers, grapes, and berries.
serves 15/25\$74.99 / \$124.99

Crisp Garden Vegetable Tray
fresh cut zucchini, yellow squash, carrot,
cucumber, celery, broccoli, and bell peppers
serves 15 / 25\$34.99 / \$54.99

Cubed Cheese Tray
cubed cheddar, Swiss, and pepper jack, served with
assorted crackers and grapes
serves 20 / 40\$57.99 / \$114.99

Roasted Red Pepper Hummus
red pepper hummus with sesame,
lemon, and garlic - served with pita chips
serves 25\$64.99

Spinach & Artichoke Dip
baked shredded spinach and marinated
artichokes mixed with cream cheese, Parmesan,
and herbs - served with pita chips
serves 25\$49.99

Fruit & Cheese
Combination Platter
brie, cheddar, and smoked gouda, served with
melon, oranges, pineapple, grapes and berries
- served with assorted crackers
serves 15 / 25\$47.99 / \$79.99

Rare Blackened Tuna Medallions
Platter with Remoulade
Ahi tuna lightly coated with blackening seasoning and
seared rare - served over a bed of tomato, cucumber,
and red onion salad with remoulade on the side
serves 25\$124.99

Seasonal Fresh Fruit Tray
fresh sliced seasonal fruit
- served with a cardamom yogurt dipping sauce
serves 15 / 25\$29.99 / \$49.99


Whole Fruit Bowl
fresh cut granny smith apples, oranges,
bananas, and strawberries
25 minimum\$1.99 piece





GROOVIN' GOURMETS

Hors d'Oeuvres



If it's a cocktail party at the office or a special event with family and friends, our hors d'oeuvres selections offer a variety of flavors ranging from local favorites to globally inspired bites. Plates, napkins, and cutlery kit included.
*25 piece minimum.

Pimento Cheese Deviled Eggs
25 minimum\$1.99 piece

Vegetable Samosas
25 minimum\$1.99 piece

Wasabi Deviled Eggs
25 minimum\$1.99 piece

Fried Chicken Sliders
mayo and pickle
25 minimum\$2.99 per order

Cheeseburger Sliders with
Ketchup & Dill Pickle
25 minimum\$2.99 piece

Bacon-Wrapped Scallops
25 minimum\$2.99 piece

Coconut Shrimp
- served with a mango dipping sauce
25 minimum\$2.99 piece

Petite Chesapeake Crab Cakes
with red pepper aioli
25 minimum\$2.99 piece

Roasted Tomato & Mozzarella
Caprese Skewers
25 minimum\$1.99 piece

Spanakopitas
mini pies of feta and spinach in a crispy filo
25 minimum\$1.99 piece

Vegetable Spring Rolls
- served with a sweet Thai chili sauce
25 minimum\$1.99 piece

Thai Chicken Skewers
with sesame-soy peanut sauce
25 minimum\$1.99 piece

Italian Meatballs
- served with a fresh basil marinara sauce
25 minimum\$1.99 piece

Marinated Beef Tenderloin Satays
with soy, garlic, and lime
25 minimum\$2.99 piece

Sweet Potato Biscuits
with roasted ham and apple butter
25 minimum\$1.99 piece

Old Bay Cocktail Shrimp
three pieces per order
- served with a traditional cocktail sauce
25 minimum\$4.49 per order

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GROOVIN' GOURMETS

Desserts

Plates, napkins, and cutlery kits included.

Assorted Cookies
chocolate chunk, peanut butter, oatmeal raisin,
chocolate chip, and white chocolate macadamia nut
small box (10) \$18.99
large box (25) \$34.99
tray (50) \$59.95

Assorted Mini-Desserts
Oreo Blondies, lemon squares, and s'more bars
box (30) \$22.99
tray (60) \$42.99

Brown Butter Rice
Crispy Treats
modern take on the classic
rice crispy treat
box (25) \$32.99

Brownies & Blondies
our rich chocolate brownies and
Oreo blondies
box (15) \$24.99

Brownies
rich chocolate house-made brownies
box (15) \$24.99
tray (35) \$46.99

Cookies and Brownies
mixture of cookies and
our house-made brownies
box (15 cookies, 7 brownies) \$28.99
tray (30 cookies, 15 brownies) ... \$59.99

Chocolate Cupcakes
rich chocolate cupcakes with chocolate buttercream
box (12) \$24.99
tray (24) \$47.99

Vanilla Cupcakes
vanilla cupcakes with vanilla buttercream
box (12) \$24.99
tray (24) \$47.99

Assorted Cupcakes
12 rich chocolate cupcakes with chocolate buttercream
and 12 vanilla cupcakes with vanilla buttercream
box (24) \$47.99

Lemon Bars
house-made citrus lemon bars
box (18) \$31.99
tray (36) \$53.99

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GROOVIN' GOURMETS

Beverages

Individual Beverages

Cups and ice included.

Bottled Water
16.9 oz bottle \$1.50 each

Apple Juice
10 oz bottle \$1.50 each

Coca-Cola Classic
12 oz can \$1.50 each

Ginger Ale
12 oz can \$1.50 each

Diet Coke
12 oz can \$1.50 each

Sprite
12 oz can \$1.50 each

Assorted Soda Sampler
assortment of above sodas (minimum of 10)
12 oz can \$1.50 each

Group Beverages

Cups and ice included.

Sweet Iced Tea
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Unsweet Iced Tea
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Fresh Lemonade
serves 10 (gallon) \$14.99 each
serves 5 (½ gallon) \$7.49 each

Fresh Orange Juice
serves 10 (gallon) \$14.99 each

Hot Beverages

Cups included.

Assorted Teas
hot water served in a disposable traveler and
a selection of teas - sweeteners included
serves 9 (small) \$14.99 each
serves 16 (large) \$24.99 each

Coffee
regular or decaf, served in a disposable traveler
with creamers and sweeteners on the side
serves 9 (small) \$14.99 each
serves 16 (large) \$24.99 each