



Betony Traveling Café

Personal/Private Chef Service

www.betonytravelingcafe.com

Appetizer, Salad & Main Course Menu

Appetizers	...1
Salads	...2
Vegetarian and Vegan Dishes	...3
Italian Vegetarian Specialties	...4
Chicken Dishes	...5
Beef & Pork Dishes	...6
Seafood Dishes	...7
Side Dishes	...8

Appetizers

Bruschetta

Crisp grilled bread topped with marinated tomatoes, sprinkled with mozzarella cheese, and baked in the oven

Eggplant Roulades

Grilled eggplant rounds stuffed with pork tasso and provolone cheese, baked in the oven, and drizzled with a balsamic maple reduction glaze

Potato Croquettes

Battered and deep-fried potato rounds served w/ a homemade garlic aioli

Stuffed Mushroom Caps

Baked mushroom caps filled with a sauté of freshly ground breadcrumbs, onion, garlic, mushroom stems, and a dash of white wine

Swedish Meatballs

Seasoned ground beef prepared in a traditional cream and beef stock reduction sauce and topped with a dollop of lingonberry jam

Zucchini Rollatini

Grilled zucchini rolled and filled with a savory ricotta cheese filling and baked with a light amount of homemade tomato sauce

Salads

Belgian Endive Salad

Belgian endive, pears, walnuts, and bleu cheese tossed in a sherry and lemon vinaigrette

Caprese Salad

Vine ripened tomatoes layered with garden basil and freshly sliced mozzarella, sprinkled with dried oregano, and drizzled with olive oil and a balsamic vinegar reduction

French-style Chicken Salad

Oven-roasted, seasoned and chilled sliced chicken breast tossed with celery, scallions, grapes, fresh tarragon, and an apple cider and stone-ground mustard vinaigrette

Mixed Baby Greens Salad

Mixed baby greens, strawberries, pecans, and goat cheese tossed with an apple cider and lemon vinaigrette

Italian Antipasto Salad

A platter of marinated roasted red peppers, artichoke hearts, and mixed olives served alongside a variety of cured meats and select cheeses

Salmon Salad

Oven-roasted salmon served atop a bed of mixed baby greens, strawberries, and avocado, and drizzled w/ a balsamic maple glaze

Vegetarian & Vegan Dishes

Buddha Bowls

Custom-made to order...up to four different side dishes per bowl

Grilled Field Roast Salad

Grilled apple & sage vegan-style sausage served atop a bed of mixed baby greens, strawberries, and avocado, and drizzled w/ a balsamic maple glaze

Grilled Field Roast w/ Vegetables & Cashew Coconut Cream Sauce

Grilled Italian-style vegan sausage served alongside oven-roasted broccoli and grilled asparagus and topped with a homemade cashew and coconut milk cream sauce

Grilled Vegetable Plate

Grilled seasonal vegetables served topped with a homemade marinara sauce

Mushroom Burger Plate

Grilled mushroom burgers served alongside oven-roasted sweet potato fries and homemade kale chips

Ratatouille

French-style country stew w/ seasonal vegetables, thyme, and plum tomatoes

Umbrian Vegetable Soup

Italian-style vegetable, potato, and cannellini bean soup

Italian Vegetarian Specialties

Baked Stuffed Shells

Pasta shells stuffed with a homemade ricotta cheese and spinach filling, covered in marinara sauce and mixed-blend Italian cheese, and baked in the oven

Eggplant Parmigiana

Breaded pan-seared eggplant layered with marinara sauce and mozzarella cheese and baked in the oven

Homemade Mac n' Cheese – Italian Style

Momma's classic homemade baked Macaroni and Cheese. Conchiglie (seashell-shaped pasta) prepared with a mix of fresh specialty cheeses in a homemade Béchamel sauce

Orecchiette w/ Marinated Vegetables

Orecchiette pasta tossed with roasted red peppers, artichoke hearts, sundried tomatoes and capers prepared in a lemon, garlic, white wine and vegetable stock reduction sauce

Orzo Pasta Salad

Orzo pasta, feta cheese, olives, red onion, bell pepper, Roma tomatoes, fresh parsley and dried oregano tossed in a red wine & olive oil vinaigrette

Chicken Dishes

BBQ Chicken

Oven-roasted bone-in chicken leg quarters brushed with a homemade spicy BBQ sauce

Chicken Fontina

Pan-seared chicken breast layered with prosciutto and fontina cheese. Baked in the oven, and covered in a lemon, garlic, white wine and butter reduction sauce with artichoke hearts, roasted peppers, sun dried tomatoes, and capers.

Chicken & Enchilada-stuffed Spaghetti Squash

Slow-cooked chicken breast sautéed together with oven-roasted spaghetti squash, onion, pasilla peppers, tomatillos, black beans, corn, cilantro, lime, and a homemade enchilada sauce. Placed inside the squash shell, topped with a Mexican cheese blend, and finished in the oven.

Chicken Marsala

Pan-seared chicken breast served in a Marsala wine sauce with mushrooms, spinach, rosemary, and cubed Italian ham

Chicken Monte Cristo

Oven-roasted chicken breast rolled and stuffed w/ black forest ham and Gruyere cheese

Chicken & Sweet Potato Sliders

Slow-cooked chicken tossed w/ a basil and walnut pesto sauce and served 'slider style' layered within oven-roasted sweet potato rounds

Beef & Pork Dishes

Beef Wellington

Seasoned and seared beef tenderloin, served atop a mushroom duxelles and black forest ham-filled puff pastry, and drizzled w/ an au poivre steak sauce

Braciolo

Pan-seared, rolled flank steak stuffed with prosciutto, provolone cheese, spinach, mushrooms, and slices of hard-boiled egg. Baked in the oven, sliced into rounds, and layered with a homemade marinara sauce.

Filet Oscar

Seasoned and grilled ribeye steak topped with seared jumbo lump crabmeat, grilled asparagus, and a Béarnaise sauce

Shepherd's Pie

Ground beef sautéed together with onion, garlic, carrots, beef stock, tomato paste, and herbs. Topped with a layer of creamy mashed potatoes, and baked in the oven.

Pork Chops

Seasoned, bone-in pan-seared rosemary and garlic pork rib chop with sautéed Brussels sprouts, pancetta, and caramelized onions. Served alongside herb-roasted potatoes.

Pork Tenderloin

Grilled pork tenderloin rolled and stuffed with broccolini, prosciutto, rosemary, garlic, and a blend of Italian cheeses.

Seafood Dishes

Baked Cod

Baked cod prepared in a lemon, butter, white wine sauce and topped with buttery baked Ritz crackers

Diver Scallops Sugo Rosso

Pan-seared jumbo Diver scallops lightly covered in a tomato cream sauce

Filet of Sole

Fillet of sole rolled and filled with a shrimp and fresh crabmeat stuffing, then baked with lemon, butter, and a dash of white wine

Octopus Fra Diavolo

Whole octopus slowly cooked to tender perfection, then minced, covered in a spicy marinara sauce, and tossed with campanelle pasta

Oven-roasted Filet of Fish

Choice of the following filet of fish – seasoned, oven-roasted, and served with a wedge of lemon: Nordic Salmon, Opah, Rainbow Trout, Red Snapper, Swordfish **(grilled or oven-roasted)*

Seared Tuna

Seasoned and flash-seared filet of tuna served with a wedge of lemon

Shrimp Alfredo

Shrimp, jumbo asparagus, and marinated tomatoes prepared in a creamy Alfredo sauce with a splash of vodka

Side Dishes

Baked Jalapeno & Bell Pepper Hush Puppies

Boston-style Baked Beans

Broccoli Rabe w/ Garlic and Lemon

Brussels Sprout & Caramelized Onion sauté (optional: sautéed Pancetta)

Cauliflower Mash

Creamy Polenta

Green Beans Amandine

Grilled Seasonal Vegetables (choice of: Asparagus, Eggplant, Portabella Mushroom, Red Onion, Summer Squash, Zucchini, Fennel, Plum Tomatoes)

Herbed Amaranth

Israeli Pearl Couscous

Kale Chips

Mango, Red Onion, Red Pepper & Lime Salsa

Maple-glazed carrots

Oven-roasted Butternut Squash

Oven-roasted Herbed Potatoes

Roasted Garlic Mashed Potatoes

Sautéed lemon and garlic Red Russian Kale or Swiss Chard

Sweet Potato Fries

Sweet Potato Mash