



## **ENTREES- A LA CARTE**

Below are a few of our current menu favorites. All entrees come with your choice of 2 Seasonal Side Dishes, listed at the end of the menu. Due to our commitment to serving seasonal cuisine, some options may not be available for your specific date. This is only a small list of wonderful creations our Chefs are capable of designing. Catering Consciously would love to custom write a menu specifically for you.

### **CHICKEN-FREE RANGE**

- ~Rosemary Grilled Boneless Whole Chicken, Garlic Glace \$20
- ~Pan Seared Crispy Boneless 1/2 Chicken, Natural Pan Jus \$20
- ~Sun Dried Tomato Pesto Stuffed Chicken Breast, Goat Cheese Cream \$22
- ~Sage and Prosciutto Seared Chicken Breast, Parmesan Alfredo Sauce \$22
- ~Pineapple and Soy Glazed Grilled Chicken, Red Pepper Salsa \$18
- ~Herb Crusted Chicken Cordon Blue, Smoked Ham, Swiss Cheese, Dijon Honey Sauce \$20
- ~Catering Consciously BBQ Grilled Chicken, Homemade Sauce of Choice \$18
- ~Massaman Curry, Coconut, and Lemongrass Braised Chicken, Toasted Peanuts \$18
- ~Grilled Chicken Parmesan, Melted Provolone, Basil Marinara \$20
- ~Cumin Lime Salt Rubbed Smoked Chicken, Charred Tomato Jalapeno Jam \$18

### **BEEF-100% ORGANIC**

- ~BBQ Braised Meyer Ranch Chuck Roast, Smoked Tomato BBQ Sauce \$24
- ~Char Grilled Black Angus Flat Iron Steak, Roasted Peppers and Onion Relish \$26
- ~Cabernet Braised Boneless Beef Short ribs, Whole Grain Mustard Demi \$25
- ~Grilled Horseradish Marinated Flank Steak, Homemade Worcestershire Butter \$26
- ~Sliced Prime Rib, Horseradish Aioli, Natural Beef Jus (chef required for carving station) \$28
- ~Grilled Meyer Ranch New York Strip Steak, Whole Grain Mustard Demi \$32
- ~Pan Seared Sirloin Baseball Steak, Roasted Garlic Glace \$28
- ~Seared Filet Mignon, Smoked Bacon, Balsamic Glaze \$36

## **ALL NATURAL PORK**

- ~Maple Glazed Roasted Pork Loin, Creamy Dijon Leeks \$24
- ~Curry Spiced Slow Braised Pork Roast, Coconut and Madras Sauce \$22
- ~Coffee BBQ Glazed Grilled All-Natural Pork Chops \$24
- ~Soy and Ginger "Red" Cooked Pork Loin, Pineapple Glaze \$22
- ~Colorado Wildflower Honey Glazed Smoked Ham \$22
- ~Herb and Dijon Roasted Whole Pork Tenderloin, Caramelized Apples \$25
- ~Mango and Chipotle BBQ Pulled Pork, Goat Cheese Cornbread \$20

## **ENTREES-A LA CARTE, (cont'd.)**

## **SUSTAINABLE SEAFOOD SELECTIONS**

- ~Lemon and Parsley Crusted Colorado Trout, Charred Tomato and Chorizo Broth \$24
- ~Coriander Dusted Seared Wild Salmon Filet, Warm Dashi Broth \$28
- ~Crab Stuffed Rainbow Trout Roulade, Preserved Lemon Butter \$28
- ~Herb Seared Hawaiian Ahi, Kalamata Olive Vinaigrette \$MKT
- ~Lemongrass Skewered Grilled Pink Gulf Shrimp, Garlic Ginger Marinade \$28
- ~Grilled Farm-Raised Trout Filet, Warm Bacon, Shrimp and Tomato Vinaigrette \$25
- ~Chive and Crab Crusted Striped Bass "Rockfish" Filet, Lemon Caper Beurre Blanc \$30
- ~Fresh Only-Pan Seared Maryland Blue Crab Cakes, Old Bay Remoulade \$30
- ~Pan Seared Sea Scallops, Caper and Pine Nut Brown Butter (chef required) \$32
- ~Prosciutto, Basil, and Roasted Red Pepper Wrapped Prawns, Goat Cheese Coulis \$29
- ~Saffron Paella- Fresh Clams, Mussels, Shrimp, Chorizo, Baked Basmati Rice \$32
- ~Butter Poached Maine Lobster Tail, Meyer Lemon Sauce \$MKT
- ~MANY OTHER SEASONAL SEAFOOD SELECTIONS AVAILABLE, PLEASE ASK.

## **VEGETARIAN FAVORITES** (Vegans happily accommodated!)

Prices vary depending on season and availability. Average \$18-\$22.

- ~Late Summer/Fall Squash, Eggplant, and Roasted Red Pepper Lasagna, Roasted Garlic Alfredo
- ~Haystack Goat Cheese and Ricotta Cannelloni, Charred Tomato Basil Marinara
- ~Fresh Papardelle Pasta, Fava Beans, Fresh Peas, Hazel Dell Chanterelles, Wilted Baby Arugula
- ~Copoco Honey and Soy Glazed Grilled Tofu, Warm Soba Noodle Salad, Gingered Snap Peas
- ~Fall/Spring Ratatouille and Pearl Barley Risotto, Grilled Cipollini, Basil Pesto, Crispy Leeks
- ~San Luis Valley Potato Gnocchi, Oyster Mushrooms, Baby Arugula, Olathe Corn and Truffle Butter

## **PASTA ENTREES**

- ~Fettuccine with Bay Shrimp, Grilled Lemon Butter, Roasted Garlic, Basil Pesto - \$24
- ~Spaghetti Bolognese, Organic Veal, Colorado Beef and Italian Sausage, Fresh Herbs - \$22
- ~Linguini with Fresh Clams, White Wine, Garlic, Chopped Tomatoes, and Parsley - \$22
- ~Roasted Pepper & Caramelized Onion Lasagna, Meat/ Veg., Homemade Marinara or Alfredo - \$21
- ~Warm Bowtie Pasta with Bacon, Arugula, Tomatoes, Olives, and Parmesan Cheese, Balsamic - \$21
- ~Baked Ziti with Creole Chicken, Shrimp, Andouille Sausage, Peppers, Onions, Light Tomato Cream Sauce - \$24

## **SIDE DISH SELECTIONS**

### **COLORADO GROWN POTATOES**

- ~Herb Roasted Baby Red Potatoes
- ~Traditional, Parmesan Crusted, Smoked Cheddar, Horseradish, OR Blue Cheese Potato Gratin
- ~Crispy Smashed Fingerling Potatoes
- ~Warm Bacon and Chive Potato Salad
- ~Crispy Twice Baked Potato Medallions, with Bacon, Cheddar, and Sour Cream
- ~Creamy Mashed Potatoes, Traditional, Caramelized Garlic, Roasted Tomato, Goat Cheese

### **OTHER STARCH OPTIONS/SUBSTITUTES**

- ~Colorado White (or Black) Quinoa, with Roasted Hazel Dell Mushrooms, Baby Arugula
- ~Creamy Goat Cheese and Roasted Red Pepper Polenta, or Crispy Polenta Cakes
- ~Wild Rice with Raisins, Walnuts, and Pomegranate Seeds
- ~Cinnamon Roasted Butternut, Acorn, or Kabocha Squash Puree, Caramelized Apples
- ~Caramelized Root Vegetable Puree, Parsnip, Turnip, Carrot or Celery Root, Braised Fennel
- ~Lemongrass and Kaffir Lime Scented Jasmine Rice, Shaved Scallions
- ~Ragu of White Beans, Hazel Dell Mushrooms, and Braised Cipollinis
- ~Creamy Lentils, Roasted Winter Vegetables, Melted Leeks
- ~Sun-Dried Tomato and Basil Israeli Couscous, Kalamata Olive Tapenade

### **FRESH VEGETABLES**

- ~Grilled Seasonal Vegetable Display
- ~Balsamic Grilled Asparagus
- ~Oberle Buttered Green Beans
- ~Maple Cinnamon Glazed Baby Carrots
- ~Sauteed Baby Spinach
- ~Braised Baby Fennel
- ~Seasonal Roasted Zucchini, Squash, Eggplant, Peppers, Onions, Mushrooms...

THESE PRICES DO NOT INCLUDE SERVICE. WE WILL GLADLY STAFF SERVERS, BARTENDERS, CHEFS, AND CULINARY ASSISTANTS FOR YOUR EVENT.

