



lite fare: baby shower

GLUTEN-FRIENDLY SAMPLE MENU

SANDWICH/WRAP TRIO

CREAMY CHICKEN WITH CHOPPED APPLES, TOASTED WALNUTS, SPINACH, AND TARRAGON | SLICED TURKEY, BRIE, AND SUN-DRIED TOMATO AND HERB PESTO SPREAD | BALSAMIC-ROASTED VEGETABLES WITH PROVOLONE CHEESE

SWEET GREEN SALAD

SPINACH SALAD WITH SLICED RED ONION, GOAT CHEESE CRUMBLES, SLICED PEARS, TOASTED WALNUTS, AND A SWEET POMEGRANATE VINAIGRETTE

FRUIT SKEWERS

MEDLEY OF CANTALOUPE CHUNKS, STRAWBERRIES, BLUEBERRIES, AND CHERRIES WITH A GINGER-LIME GREEK YOGURT DIP

“TACO” QUINOA LETTUCE WRAPS

TACO-SEASONED QUINOA, FRESH TOMATO SALSA, CHEDDAR AND CILANTRO CREAM

CAPRESE PASTA SALAD

GLUTEN-FREE PASTA, FRESH MOZZARELLA, GRAPE TOMATOES, CHOPPED BASIL LEAVES, LEMON-BALSAMIC VINAIGRETTE

ANTIPASTO PLATTERS

PROVOLONE, FRESH MOZZARELLA, ITALIAN MEATS, ROASTED RED PEPPERS, AND MARINATED ARTICHOKE HEARTS