



Phone 203.269.1500 Fax 203.869.0005
 www.greenwichflavorbymyrnas.com
 greenwichflavor@gmail.com

Cocktail Parties (Sliders and Canapés)

Min. order: 20 people

Canapés require 48 hours

Choice of 8 canapés (\$25 per person)

Choice of 12 canapés (\$35 per person)

Homemade Hummus in Flour Filo	Crab Cakes
Lamb Gyro Pita Bites	Lobster Spread on Brioche
Chicken Kebab Pita Bites	Angus Burger on Sesame Brioche
Falafel Pita Bites	Filet Mignon and Caramelized Onion on Brioche
Guacamole in Thin Crust Biscuit	Mini Pizzas
Homemade Bruschetta on French Baguette	Smoked Salmon on Wheat Toast
Tzatziki on Sliced Cucumber	Spinach Pies with Cheese Spanakopita
Beef Kibbé Balls	Spinach Pie
Vegetarian Grape Leaves	Meat Pie
Prosciutto Melon on French Toast	Cheese Pie
Shrimp Avocado Dip	

Gourmet Sandwiches

<i>Small Platter Includes 5 Sandwiches/Wraps of Your Choice and Serves</i>	<i>5-7 people</i>	<i>\$ 65</i>
<i>Medium Platter Includes 8 Sandwiches/Wraps of Your Choice and Serves</i>	<i>8-10 people</i>	<i>\$ 104</i>
<i>Large Platter Includes 12 Sandwiches/Wraps of Your Choice and Serves</i>	<i>12-15 people</i>	<i>\$ 156</i>

Breads: Fat-Free Pita Wrap

Whole-Wheat Wrap or Gluten-Free Wrap Add \$1.00

- Veggie Pita Wrap** – Hummus, Lettuce, Tomato & Olives
- Egg Salad Sandwich** – Shredded Romaine
- Chicken Salad Sandwich** – Shredded Romaine
- Tuna Salad Sandwich** – Lettuce, Tomato, Onion
- Avocado Pita Wrap** – Hummus, Spinach, Tomato, Cucumber
- Falafel Pita Wrap** – Hummus, Lettuce, Tomato, Pickle, Tahini
- Falafel Deluxe Pita Wrap** – Hummus, Tabouli Salad, Tahini
- Falafel/Eggplant Pita Wrap** – Roasted Eggplant, Tabouli Salad, Tabouli Salad
- Lamb Gyro Pita Wrap** – Hummus, Lettuce, Tomato, Onion, Tzatziki
- Lamb Shawafel** – Lamb Gyro Meat, Falafel, Hummus, Lettuce, Tzatziki
- Kafta Kebab Pita Wrap** – Hummus, Lettuce, Tomato, Tzatziki
- Myrna's Chicken Pita Wrap** – Garlic, Pickles, and Homemade French Fries
- Chicken Gyro Pita Wrap** – Hummus, Lettuce, Tomato, Onion, Tzatziki
- Grilled Chicken Caesar Pita Wrap** – Lettuce, Parmesan Cheese, Caesar Dressing
- Grilled Chicken Avocado Pita Wrap** – Bacon, Lettuce, Tomato, Chipotle Mayo
- Grilled Chicken & Fresh Mozzarella Wrap** – Roasted Peppers, Lettuce, Tomato, Pesto
- Chicken Kebab Souvlaki Pita Wrap** – Hummus, Lettuce, Tomato, Tzatziki
- Chicken Kebab Deluxe Pita Wrap** – Hummus, Tabouli Salad, Tzatziki
- Chicken Falafel Pita Wrap** – Hummus, Tabouli Salad, Tahini Sauce
- Greek Chicken Pita Wrap** – Lettuce, Tomato, Onion, Feta, Olives, Balsamic Dressing

Popular Dip Platters

	Tray Serves	Half 5-8	Full 8-12
Myrna's Famous Dip Platter Hummus, guacamole, baba ghanouj, bruschetta, tzatziki and pita chips		\$50	\$95
Mediterranean Platter Hummus, baba ghanouj, tzatziki and pita chips		\$45	\$85
Trio Hummus Platter Hummus with garlic, hummus with roasted peppers, hummus with avocado served with Pita Chips.		\$45	\$85
Vegetable Platter		\$45	\$85

Fresh & Healthy Salads

* Requires 48 hours advance notice

	Tray Serves	Half 5-8	Full 8-12
Mediterranean Salad Romaine heart, cherry tomato, diced cucumber, shaved radish, red onion, lemon vinaigrette		\$35	\$70
Israeli Salad Cherry tomato, English cucumber, red onion, fresh parsley, fresh lemon-garlic dressing		\$40	\$80
Greek Salad Fresh-cut romaine heart, cherry tomato, red onion, cucumber, feta, kalamata olives, balsamic vinaigrette		\$40	\$80
French Salad Organic fresh mesclun salad, beet, sweet corn, scallion, goat cheese, balsamic vinaigrette		\$45	\$90
Tuscan Salad* Handmade fresh mozzarella, organic mixed greens, fire-roasted red peppers, cherry tomatoes, fresh basil-balsamic dressing		\$45	\$90
Avocado Salad Sliced Hass avocado, hickory wood fire-smoked bacon, fresh romaine heart, English cucumber, cherry tomato, red bell pepper, homemade cilantro vinaigrette		\$45	\$90
Kale Salad Fresh kale, radicchio, walnuts, cherry tomato, shallot, onion, cucumber, fresh herb-mustard vinaigrette		\$40	\$80
Apple Salad* Mesclun, Granny Smith apple, fennel, roasted almonds, blue cheese, cherry vinaigrette		\$45	\$90
Chickpea Salad Baby spinach, chickpeas, red beans, scallion, cherry tomato, cumin, apple cider vinaigrette		\$45	\$90
Moroccan Salad Pearl couscous, red cabbage, mixed diced fresh vegetables, roasted almonds, dried raisins, feta, fresh beets, house orange vinaigrette		\$40	\$80
Exotic Quinoa Salad Chopped mixed vegetables, scallion, avocado, pumpkin seeds, exotic dried fruits, organic gluten-free quinoa, bell peppers, green squash, extra virgin olive oil		\$45	\$80
Myrna's Quinoa Salad Organic baby spinach, cherry tomato, cucumber, red onion, feta, sundried cranberries, kalamata olives, raspberry vinaigrette		\$45	\$80
Roasted Carrots Avocado Salad * Artichoke, baby spinach, watercress, onion, almond, apricot, carrot-ginger dressing		\$50	\$100
Spicy Spinach Salad * Spinach, artichoke hearts, Brussel sprouts, avocado, radish, jalapeño, sundried tomato, spicy dressing		\$50	\$100
Tex-Mex Salad * Romaine hearts, avocado, black beans, corn, scallion, parsley, shallot, sundried tomato, garlic-lemon dressing		\$50	\$100

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Homemade Hot Platters

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*** Requires 5 days advance notice

	Tray Serves	Half 5-8	Full 8-12
Pasta Marinara Gluten-free Fresh tomato-basil sauce		\$35	\$70
Penne or Linguine Arrabiata		\$35	\$70
With chicken or meatballs		\$60	\$120
With shrimp		\$80	\$160
Penne or Linguini in Pesto Sauce		\$35	\$70
With chicken or meatballs		\$60	\$120
With shrimp		\$80	\$160
Fettuccini Alfredo with Chicken		\$65	\$130
Rigatoni Bolognese		\$65	\$130
Mediterranean Chicken* Baked with rosemary, thyme and oregano, served with garlic mashed potatoes		\$70	\$140
Chicken Kebab Souvlaki Served over rice and grilled vegetables		\$70	\$140
Chicken Kebab or Gyro Over vegetable pearl couscous		\$70	\$140
Greek Lemon Chicken* Marinated chicken tender and Idaho potatoes in fresh lemon-garlic sauce topped with fresh cilantro		\$70	\$140
French Chicken Pan-seared chicken tenders, fresh peeled tomatoes, onion, garlic and cilantro, served with rice		\$70	\$140
Oven-backed Kibbé***			\$200
Stuffed grape leaves with beef***			\$200
Stuffed squash (zucchini)***			\$200
Greek Keftados Ground Angus beef mixed with parsley and onions, baked with potatoes in tomato-pomegranate sauce		\$70	\$140
Beef Kafta Kebab Served with rice and grilled vegetables		\$70	\$140
Grilled Filet Mignon With roasted red bliss potatoes and grilled asparagus		\$125	\$250
Lamb Gyro Meat or Chicken Gyro Meat Over pearl vegetable couscous		\$70	\$140
Lamb Kebab Souvlaki Served with rice and grilled vegetable		\$90	\$180
Grilled Lamb Chops Marinated with Mediterranean herbs and grilled to perfection. Served with pearl couscous.		\$140	\$280
Branzino Mediterranean Pan-seared with fresh lemon and herbs, served over asparagus and haricot vert		\$140	\$280
Grilled Atlantic Salmon Served over vegetable pearl couscous and sautéed spinach		\$90	\$180
Teriyaki Alaskan Salmon Pan-seared diced sockeye salmon mixed with Peruvian vegetables quinoa and old-fashioned teriyaki sauce		\$90	\$180
Myrna's Salmon Baked stuffed sockeye salmon with crab meat, drizzled with tomato and dill in white wine		\$150	\$300
Shrimp Kebab Over pearl couscous or vegetable quinoa		\$80	\$160

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Homemade Platters

All appetizers served with pita on the side

	Shallow Tray	Half Tray		Shallow Tray	Half Tray
	5-8	8-12		5-8	8-12
Hummus Plain, garlic, or spicy	\$35	\$70	Grilled Halloumi Cheese	\$50	\$95
Hummus Roasted Peppers	\$35	\$70	Sujuk Beef Sausage	\$70	\$140
Hummus with Avocado	\$45	\$90	Moussaka	\$45	\$90
Baba Ghannouj Plain, garlic, or spicy	\$35	\$70	Myrna's Guacamole	\$50	\$95
Crispy Cauliflower florets with Tahini	\$35	\$70	Myrna's Bruschetta Dip	\$40	\$80
Lentils with Rice & Caramelized Onion	\$35	\$70	Greek Tzatziki	\$35	\$70
Fava Beans with Garlic, Lemon & EVOO	\$35	\$70	Greek Feta Shankleesh	\$45	\$90
Lima Beans W/Cilantro & Tomato sauce	\$35	\$70	Yogurt & Cucumber	\$35	\$70
Black Bean Dip with Corn & Avocado	\$45	\$90	Labne Strained Cheese	\$40	\$80
Quinoa Tabouli Salad	\$35	\$70	Tabouli Salad	\$35	\$70
	Per Dozen			Per Half Pound / Per Bag	
Vegetarian Grape Leaves	\$20	Tahini Dipping Sauce	\$6.00		
Vegetarian Falafel	\$20	Green Spicy Sauce	\$6.00		
Spinach Pie with Feta	\$24	Homemade Garlic Dip	\$6.00		
Spinach Pie (large)	\$30	Bruschetta Fall Dip	\$6.00		
Meat Pie (large)	\$30	Pita Bag (6 Loaves)	\$3.50		
Beef Kibbé Balls	\$30	Pita Chips	\$4.00		

Sides

	Half Tray		Half Tray
Brown Rice	\$30	Homemade French Fries	\$45
Broccoli Florets in garlic wine sauce	\$45	Organic Quinoa	\$50
Broccoli Rabe in garlic and olive oil	\$45	Rice with Vermicelli Noodles	\$30
Cauliflower Rice	\$45	Roasted Brussel Sprouts	\$55
Cauliflower Purée	\$45	Roasted Potatoes with herbs	\$40
Garlic Mashed Potatoes	\$40	Sautéed Spinach	\$45
Grilled Vegetables	\$45	Vegetable Pearl Couscous	\$45

Desserts & Sweet Canapés

Per Piece

Beverages

Assortment of Baklava <i>Walnut & pistachio</i>	\$2.50	Fresh Iced Tea	\$4.00
Assortment of French Pastries	\$2.50	Fresh Mint Lemonade	\$4.00
Chocolate Chip Cookies	\$2.00	Gatorade	\$4.00
Fresh Fruit Salad	\$5.00	Orange, Mango, Guava or Apple Juice	\$4.00
Macaron	\$3.00	Poland Spring	\$3.00
Pistachio Halva	\$4.00	Snapple	\$4.00
Triple Chocolate Mousse Cake	\$6.00	Soda Can	\$3.00
The Cheese Cake Factory	\$6.00	Vitamin Water	\$4.00

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