



2026 WEDDINGS

goodfood
EVENTS + CATERING



LET US HELP YOU *celebrate!*

Thank you for considering Good Food Events + Catering to provide great culinary memories and exceptional service for you and your guests on your wedding day. We consider great food to be an important factor in wedding reception success and one of the aspects most remembered by guests. That means we take it seriously!

We've put together this information packet to serve as a beginning point in the wedding planning process. It contains several sample menus, frequently asked questions with helpful answers and some fun wedding ideas to get your creative juices flowing. In addition to this packet, please visit our website at www.GoodFoodTampa.com to browse photos from recent events and weddings in the "Photos" section.

And last, keep in mind that we are here to help you with the task of finding the right caterer for your wedding reception or rehearsal dinner. Please reach out to one of our event specialists or give me a call personally at 813.241.9500 if we can be of any assistance.

Kevin Lacassin
President, Good Food Events + Catering



WHY GOOD FOOD?

Food That Doesn't Taste Like "Wedding Food"

We cook on-site, restaurant-style; because your guests deserve a meal worth talking about long after the last dance.

Menus Made Just for You

No cookie-cutter packages. No "choose A, B, or C." Tell us your vision, your favorites, your must-haves; we'll craft a menu that's unmistakably yours.

Fresh, Thoughtful, Chef-Driven Cuisine

We start with quality ingredients and let our chefs do what they do best: create bold, beautiful, unforgettable flavors.

Service That Feels Like Hospitality, Not Just Staffing

Our team is polished, professional, and genuinely loves taking care of people. Your guests will feel it in every interaction.

A Reputation Built on Rave Reviews

Your friends and family will ask, "Who made this?" We hear it at every event — and our couples tell us it's one of the most-complimented parts of their wedding.

Creative Ideas for Elevated Celebrations

From modern food stations to Champagne towers, raw bars, and late-night bites, we help you design an experience that feels fresh, fun, and uniquely you.

Clear, Transparent Pricing

No surprises. No hidden fees. Just honest, detailed proposals that make planning easier (and less stressful).



OUR PROCESS

Give us a call, or let us know when you can spend a few minutes on the phone

Through a 15-20 minute phone conversation (sometimes longer, sometimes shorter), we can find out your vision of your wedding day and the types of services you may want us to provide.

We'll put together a proposal.

We will send menu proposals to you via e-mail in PDF format. We'll follow up with a phone call to discuss any questions or revisions you may have regarding the menu.

References?

If you are unfamiliar with Good Food Events + Catering, we are happy to provide you with a list of some of our ecstatic newly married couples who chose to feed their guests great food.

To Secure Your Date.

Once you've decided to secure our services for your wedding, we can secure your date with a deposit equal to one-third to one-half of your estimated total.

Need a tasting to finalize your decision?

Speak with your Event Specialist about a custom tasting. Once a tentative menu has been selected, we'll set up a date and time for a private tasting at our office in Tampa Heights. Since each menu is custom designed, we do not hold monthly tastings open to the public (just you!). There may be a cost associated with a private tasting which will be determined based on the requirements of your wedding.

That's it!

Easy enough?

SERVICE STYLES

PLATED SIT DOWN SERVICE

- Guest choice or duet (two proteins married for a perfect plate), with a vegetarian option
- Elegant and formal
- Quick service style (average 20 minutes to serve the room)

BUFFET

- Guests have a variety of food options to choose from
- Buffet dinners do not have to be boring!
- Often times this is the longest service time

FAMILY STYLE

- We bring the buffet to every table!
- More casual service that allows guest interaction
- Proteins are on platters, paired with side dishes
- Quickest service style

INTERACTIVE STATIONS

- 3-4 stations are the best starting point
- Most casual service style that encourages guest interaction
- Unique and varying flavor profiles for each station; each station is a pre-composed theme
- Best for events without a strict timeline; service can be lengthy and is best when food is a focal point





COCKTAIL HOUR INSPIRATION

Here is a sneak peek at some of our favorite passed hors d'oeuvres and stationary displays. [Click here](#) to view our most current menus on our website.

Passed Hors D'oeuvres

GOOD FOOD FAVORITES

RUM RUNNER SHRIMP
jumbo shrimp, smoked bacon,
pineapple-rum glaze (gf)

**STEAK, GORGONZOLA +
CARAMELIZED RED ONION
QUESADILLA**
steak, creamy blue cheese,
sharp cheddar and caramelized
red onions

PORK BELLY "BÁNH MI" BUN
pork belly, pickled cucumber +
carrot, fresh herbs, sriracha
aioli, steamed bun

KFC BITE
karaage fried chicken, sriracha
kewpie, sesame (gf)

GOAT CHEESE TART
mascarpone, goat cheese and
sundried tomatoes (v)

ROASTED TOMATO "TARTARE"
oven roasted tomatoes, capers,
EVOO, fresh herbs, parmesan
crème fraiche, basil pesto
crostini (v)

CLASSIC BITES

BABY LAMB CHOP
roasted garlic oil, fresh herbs
and finishing salt (gf)

MINI BEEF WELLINGTON
tender beef, red wine
reduction, mushroom duxelles
wrapped in puff pastry

COCONUT FRIED CHICKEN BITE
pina colada honey mustard (gf)

ARTICHOKE FLATBREAD
marinated artichokes, roasted
garlic oil, vegan mozzarella,
teardrop peppers & fresh thyme
(vg)

BOOM BOOM CAULIFLOWER
sesame seeds, chili crisps,
scallions (v)

MINI LOBSTER ROLLS
new england style lobster
salad, split top roll

TAMPA BAY INSPIRED

MINI CUBAN SANDWICH
house mojo roast pork, ham,
salami, Swiss cheese, pickles,
yellow mustard aioli, pressed
on fresh baked La Segunda
Cuban bread

BEEF EMPANADA
Tampa style beef picadillo,
chimichurri crema

**CITRUS GRILLED + CHILLED
SHRIMP**
avocado crema, lime (gf)

MOJO PORK ARANCINI
plantain jam, chopped cilantro

CRAB + CORN FRITTER
key lime aioli, jalapeno chili
crisps

**CHICKEN + POBLANO
QUESADILLA**
banana leaf roasted chicken,
chipotle crema

ELOTE QUESADILLA
monterey jack, cotija, grilled
corn, cilantro, tajin crema (v)

gf - Gluten Free

v- Vegetarian

vg- Vegan

COCKTAIL HOUR

Stations + Enhancements

RAW BAR

FRESH SHUCKED OYSTERS

two selections of either local, east coast or west coast oysters

AHI TUNA POKE

sushi grade ahi tuna, soy marinade, cucumber, sesame, scallions

SHRIMP COCKTAIL

creole poached jumbo shrimp cocktail

ACCOUTREMENTS

saltine crackers, lemon wedges, tabasco, horseradish, traditional cocktail sauce, mignonette

CAVIAR BAR

CAVIAR

Two distinct varieties of curated caviar (fully customizable)

ACCOUTREMENTS

buttered toast points, potato chips, blinis, crème fraîche, chopped red onion, diced eggs, capers, snipped chives, lemon wedges

PIG & PICKLE STATION

CURATED BACON BAR

traditional hardwood smoked bacon, maple-chipotle bacon

SMOKED PORK BELLY

hot honey glaze

SLICED SMOKED PORK SAUSAGE AND ANDOUILLE SAUSAGE

MUSTARDS + HOUSE MADE PICKLES





COCKTAIL HOUR

Stations and Enhancements

THE ULTIMATE GRAZING TABLE

A bountiful display of artisan cheeses and our finest charcuteries along with gourmet breads and crackers, fresh and dried fruits, assorted olives, pepper shooters, cornichons, marinated and grilled vegetables, whole grain mustard, seasonal fruit jam, and local honey garnished with seasonal accompaniments.

MEDITERRANEAN MEZZE

A beautiful grazing display of classic hummus, baba ghanoush, muhammara, tzatziki, tirosalata, marinated + grilled vegetables, semidried tomatoes, pepperoncini, olives, toasted pita, artisan breads. (v)

CAPRESE BAR

TOMATOES

heirloom tomatoes, cherry tomatoes, heirloom tomato bruschetta

CHEESES + MEATS

fresh mozzarella slices, marinated mozzarella, shaved prosciutto

ACCOUTREMENTS

basil, arugula, EVOO, pesto, balsamic glazes, flavored sea salts



SAMPLE MENUS

Below are some sample menus to use for inspiration and as a starting point in the planning process. Scroll through them all, or click below to get right to your favorite style. We fully customize every menu, so look at these as a place to begin the fun. Feel free to view our latest menu selections on our website by [clicking here](#).

Guest Choice Plated Dinner

Sample Menu | Page 10

Surf + Turf Duet Plated Dinner

Sample Menu | Page 13

Family Style Dinner

Sample Menu | Page 16

Buffet Style Dinner

Sample Menu | Page 19

Unique + Innovative Station Reception

Sample Menu | Page 22

Grand Finale - Desserts

Page 25

Frequently Asked Questions

Page 28

GUEST CHOICE PLATED DINNER | SAMPLE MENU

Give your guests the ultimate in their dining experience where they can pre-select their choice of restaurant quality dishes. Below is a sample menu but feel free to view our latest menu selections on our website by [clicking here](#).

Passed Hors d'Oeuvres

Choose five of your favorite passed signature hors d'oeuvres from our full menu

Plated Salad Course

SIGNATURE ARTISAN SALAD

artisan greens, crumbled goat cheese, Cajun candied pecans, fresh seasonal berries, honey tarragon vinaigrette (gf)

ON EACH TABLE

chef selected artisan breads and butter prepared in house

gf - Gluten Free

v - Vegetarian

vg - Vegan



GUEST CHOICE PLATED DINNER | SAMPLE MENU

Plated Entree Course

BEEF ENTREE SELECTION

FRENCH ONION BRAISED SHORT RIB
caramelized onion-sherry gravy, crispy frizzled onions
GRUYERE MASHED POTATOES + SAUTEED HARICOT VERTS

SEAFOOD ENTREE SELECTION

“CHARLESTON STYLE” SHRIMP
andouille sausage, onions + peppers, in a white-wine cream sauce
served over WHITE CHEDDAR GRITS (GF)

PLANT BASED ENTREE SELECTION

MEDITERRANEAN GRILLED EGGPLANT
with Israeli Couscous and preserved lemon gremolata;
+ ROASTED BROCCOLINI (VG) (GF)

gf - Gluten Free

v - Vegetarian

vg - Vegan



GUEST CHOICE PLATED DINNER | SAMPLE MENU

ESTIMATED PRICING

For 50 guests, begins at approximately \$8,900

For 100 guests begins at approximately \$14,390

For 200 guests, begins at approximately \$26,400

This cost estimate includes food, china and service. It does not include facility fees, tax, linens/rentals or bar/beverage

GRATUITY IS NOT INCLUDED AND AT THE SOLE DISCRETION
OF THE CLIENT

DUET ENTREE PLATED DINNER | SAMPLE MENU

Keep it simple and give your guests the best of both worlds! A duet entree course pairs two proteins along with complimentary side dishes to tie it all together. These are perfect for “surf and turf” dinners or get creative with poultry and pork options to take it to a new level. Below is a sample menu but feel free to view our latest menu selections on our website by [clicking here](#).

Passed Hors d'Oeuvres

Choose five of your favorite passed signature hors d'oeuvres from our full menu

Plated Salad Course

HEIRLOOM TOMATO SALAD

baby heirloom tomatoes, arugula, mozzarella, basil leaves, olive oil, balsamic glaze, cracked pepper (gf)

ON EACH TABLE

chef selected artisan breads and butter prepared in house

gf - Gluten Free

v - Vegetarian

vg - Vegan



DUET ENTREE PLATED DINNER | SAMPLE MENU

Plated Entree Course

SURF + TURF ENTREE SELECTION

GRILLED FILET MIGNON
choice filet, classic bordelaise sauce (gf)
paired with

CHILEAN SEA BASS
lemon caper beurre blanc (gf)

served with

CARAMELIZED ONION MASHED POTATOES + ROASTED BROCCOLINI

PLANT BASED ENTREE SELECTION

STUFFED SWEET POTATO
with roasted romanesco, beans, blistered grape tomatoes, currants, caper,
pistachio, lemon, herbs, served with

HARISSA ROASTED TRI COLOR CARROTS (VG) (GF)

gf - Gluten Free

v - Vegetarian

vg - Vegan



DUET ENTREE PLATED DINNER | SAMPLE MENU

ESTIMATED PRICING

For 50 guests, begins at approximately \$9,100

For 100 guests begins at approximately \$15,100

For 200 guests, begins at approximately \$26,400

This cost estimate includes food, china and service. It does not include facility fees, tax, linens/rentals or bar/beverage

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FAMILY STYLE DINNER | SAMPLE MENU

Family style dining combines the variety of a buffet with the efficiency of a plated dinner. Entrees will typically be paired with appropriate side dishes on platters, and all of the platters will be served to the table simultaneously. This is our quickest form of service and it encourages sharing and socialization at the table. It works best when guests are in a social setting. Below is a sample menu but feel free to view our latest menu selections on our website by [clicking here](#).

Passed Hors d'Oeuvres

Choose five of your favorite passed signature hors d'oeuvres from our full menu

Family Style Salad Course

SIGNATURE ARTISAN SALAD

▫ artisan greens, crumbled goat cheese, Cajun candied pecans, fresh seasonal berries, honey tarragon vinaigrette (gf)

ON EACH TABLE

chef selected artisan breads and butter prepared in house

gf - Gluten Free

v - Vegetarian

vg - Vegan



FAMILY STYLE DINNER | SAMPLE MENU

Family Style Entree Course

PLATTER ONE

CABERNET BRAISED BEEF SHORT RIBS

slow braised in beef stock, red wine, porcini mushrooms, and root vegetables, boneless, finished with a porcini fig demi-glace (gf)

paired with

WHITE CHEDDAR GRITS (gf)

PLATTER TWO

TUSCAN CHICKEN

goat cheese, sundried tomato, lemon basil beurre blanc (gf)

paired with

HERB ROASTED FINGERLING POTATOES (gf)

PLATTER THREE

BUTTERNUT SQUASH GNOCCHI

kale, brown butter sauce, crispy sage, pine nuts (v)

PLATTER FOUR

GRILLED SEASONAL VEGETABLES

chef's choice of market fresh vegetables, tossed with olive oil and seasoned simply with kosher salt and fresh ground black pepper (gf) (vg)

gf - Gluten Free

v - Vegetarian

vg - Vegan



FAMILY STYLE DINNER | MENU

ESTIMATED PRICING

For 50 guests, begins at approximately \$8,590

For 100 guests begins at approximately \$12,190

For 200 guests, begins at approximately \$23,800

This cost estimate includes food, china and service. It does not include facility fees, tax, linens/rentals or bar/beverage

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BUFFET STYLE DINNER | SAMPLE MENU

Buffets don't have to be boring! This service style is ideal for crowds who want a great variety of food with little fuss over table numbers and meal selections. We can design a buffet to meet a wide number of dietary requirements and tailor your menu toward any number of styles: Classic French, Italian, Creole, Latin-American, Asian, Indian or a fusion of styles. Below is a sample menu but feel free to view our latest menu selections on our website by [clicking here](#).

Passed Hors d'Oeuvres

Choose five of your favorite passed signature hors d'oeuvres from our full menu

Pre-Set Plated Salad Course

YBOR SALAD

iceberg lettuce, julienne of baked ham and Swiss cheese, tomatoes, olives, Romano cheese, garlic vinaigrette (gf)

ON EACH TABLE

fresh sliced Cuban bread and salted butter

gf - Gluten Free

v - Vegetarian

vg - Vegan



BUFFET STYLE DINNER | SAMPLE MENU

Tampa Bay Inspired Buffet Style Dinner

CHURRASCO STEAK

24-hour marinated and grilled, hand carved and served with cilantro chimichurri (gf)

AJI AMARILLO CHICKEN

Peruvian style marinated boneless chicken thigh, aji verde sauce (gf)

ARROZ CONGRÍ

Cuban style rice cooked with black beans and house-made sofrito oil (gf)

HERB ROASTED FINGERLING POTATOES (gf) (vg)

LOBSTER MAC-N-CHEESE

cavatappi pasta, Atlantic lobster, gruyere, truffled breadcrumb topping

ROASTED ASPARAGUS

seasoned simply with Kosher salt and fresh ground black pepper (gf) (vg)

gf - Gluten Free

v - Vegetarian

vg - Vegan



BUFFET STYLE DINNER | SAMPLE MENU

ESTIMATED PRICING

For 50 guests, begins at approximately \$7,800

For 100 guests begins at approximately \$11,590

For 200 guests, begins at approximately \$20,800

This cost estimate includes food, china and service. It does not include facility fees, tax, linens/rentals or bar/beverage

GRATUITY IS NOT INCLUDED AND AT THE SOLE DISCRETION
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STATION STYLE DINNER | SAMPLE MENU

If you want fun and creative, but delicious, this is your style. Our culinary-focused dinner stations have set the trends in the Tampa Bay market for almost two decades, and we are constantly creating memorable events. Station style dinners are great for open-format receptions with either limited or open seating, and those that do not adhere to strict timelines. We can utilize your vision to create a fun mixture of culturally and culinarily diverse options and have something for just about everyone! Below is a sample menu but feel free to view our latest menu selections on our website by [clicking here](#).

Passed Hors d'Oeuvres

Choose five of your favorite passed signature hors d'oeuvres from our full menu

Pre-Set Plated Salad Course

SIGNATURE ARTISAN SALAD

artisan greens, crumbled goat cheese, Cajun candied pecans, fresh seasonal berries, honey tarragon vinaigrette (gf)

ON EACH TABLE

chef selected artisan breads and butter prepared in house

gf - Gluten Free

v - Vegetarian

vg - Vegan



STATION STYLE DINNER | SAMPLE MENU

Culinary Dinner Stations

BISTRO STEAKHOUSE EXPERIENCE

GRILLED BISTRO STEAK

24-hour marinated beef shoulder tender, house seasoned, hand carved by chef, choice of sauce: classic bordelaise, brandy peppercorn cream sauce, cilantro chimichurri, caramelized leek, gorgonzola fondue, black garlic sherry jus, morel dijon cream sauce (gf)

HERB ROASTED POTATO WEDGES (gf) (vg) + CREAMED SPINACH (v)

PASTA CREATION STATION

This attended station gives your guests a choice of signature composed pasta dishes, cooked continuously by our chef

DUCK CONFIT CAVATELLI

oyster mushrooms, spring peas, roasted garlic cream sauce

SHRIMP ROBAN

shell pasta, spicy cajun cream sauce, chopped green onion

BUTTERNUT SQUASH GNOCCHI

kale, brown butter sauce, crispy sage, pine nuts (v)

gf - Gluten Free

v - Vegetarian

vg - Vegan



STATION STYLE DINNER | SAMPLE MENU

KEY WEST SEAFOOD SHACK

Allow your guests to make their way to the southernmost point in the continental United States. This station presents distinct selections of dishes from this unique and fun travel destination!

MARGARITAVILLE GRILLED + CHILLED SHRIMP
avocado crema, lime (gf)

SESAME CRUSTED SEARED AHI TUNA
cucumber wasabi sauce and soy sauce (gf)

FRESH SHUCKED OYSTERS
two selections of local and east coast oysters

ACCOUTREMENTS
saltine crackers, lemon wedges, tabasco, horseradish
traditional cocktail sauce, mignonette

gf - Gluten Free

v - Vegetarian

vg - Vegan

ESTIMATED PRICING

For 50 guests, begins at approximately \$8,800

For 100 guests begins at approximately \$15,590

For 200 guests, begins at approximately \$29,390

This cost estimate includes food, china and service. It does not include facility fees, tax, linens/rentals or bar/beverage

GRATUITY IS NOT INCLUDED AND AT THE SOLE DISCRETION
OF THE CLIENT



DESSERT

If you are looking for a fun and exciting end to your event or reception, we've got you covered. Here are some dessert ideas that "aren't cake."

DONUT HOLE FLAMBE

Our chefs begin with mini glazed donuts and toss them with a flambéed caramel sauce of rum, vanilla vodka, and brandy, then serve them over vanilla ice cream!

NITRO ICE CREAM BAR

Signature ice cream blends instantly frozen using liquid nitrogen!

Take your guests' experience to the next level by bringing molecular gastronomy to your event. Our chefs will take your choice of 2 ice cream bases, then add liquid nitrogen and mix to create a smooth and creamy dessert, complete with nitrogen fog and flair!

FLAVORS

Choose 2 ice cream bases; examples include:

CHOCOLATE | MINT CHOCOLATE CHIP |
COOKIES N' CREAM | CHOCOLATE PEANUT
BUTTER | BUTTER PECAN

PEACH BUTTERMILK | STRAWBERRIES +
CREAM | SMORES | BLUEBERRY
CHEESECAKE

VANILLA BEAN | CHEF SELECTED FRUIT
SORBET (VG)



DESSERT

DESSERT BITES DISPLAY

An elegant selection of grab n go dessert varieties!

Selections may include:

MINI CANNOLI | PARISIAN FRUIT TARTS
CREAM PUFFS | PETIT FOURS
MACARONS | DESSERT BARS
DECADENT DESSERT SHOOTERS



DESSERT TART STATION

START WITH A TART

chocolate and traditional tart shells

FILLINGS

chocolate mousse, lemon curd, vanilla pastry cream

TOPPINGS

fresh berries, kiwi, white and dark chocolate shavings, sliced almonds, toasted coconut





DESSERT

Plated Desserts

ESPRESSO CHEESECAKE

NY style cheesecake, espresso dark chocolate ganache, crushed biscotti pieces, chocolate covered espresso beans (v)

S'MORES CHEESECAKE

graham cracker crust, toasted marshmallows and marshmallow fluff, chocolate accents (v)

STRAWBERRY CHEESECAKE

ny style cheesecake, strawberry pie filling, whipped cream, strawberry & mint garnish (v)

CHOCOLATE POT DE CREME

with fresh seasonal berries (gf) (v)

RASPBERRY CHOCOLATE BUDINO

white chocolate custard, dark chocolate ganache, raspberry gelee (gf) (v)

COFFEE CRÈME BRULÉE

coffee custard, vanilla bean whipped cream, chocolate shavings, chocolate covered espresso beans (gf) (v)

COCONUT PANNA COTTA

coconut milk, toasted coconut and fresh berries (gf) (vg)

FREQUENTLY ASKED QUESTIONS

Most caterers have set prices and menu packages. Where are yours?

Each of our menus is custom designed and priced for the occasion. For this reason, we feel that our unique touch allows us to work with your vision to design a menu that is perfect for your special day. Since your occasion is unique, your pricing will also be unique. Therefore, we do not have “one size fits all” package pricing. You are only paying for services that you need and not those that will go wasted.

What services can you provide?

Through our trusted event partners, we are able to provide basic rentals such as tables, chairs, linens and china. We are able to source additional specialty items from some of the top companies in the industry.

What china patterns and styles do you own? Can we provide our own china?

Because we work on many uniquely styled events, we choose to source our china from some of the area's best rental companies. This gives us the option to provide the most sought-after items and giving each of our clients a unique experience. If you have seen it, we can source it! China, glassware and flatware are an integral part of the food and beverage experience, so we prefer to provide it for each of our full-service events. In certain instances, we will allow an outside event planner to order the china and we simply charge a handling fee to cover the labor on our side.

Do you do tastings?

We do tastings on a personal basis with those who are ready to hire a caterer for their special event. We've found that many of the companies in Tampa Bay hold monthly "mass tastings", but we believe that a private tasting helps you to get a feel for the real people who will cater your event, as well as a tasting menu based specifically on your custom proposal.

FREQUENTLY ASKED QUESTIONS

When should we book Good Food to cater our event or wedding?

Since we are a boutique caterer and only cater a limited number of events on any given day, your best bet is to get your date reserved with us as soon as you decide on a venue.

Ok, everything sounds great, so how do we secure your services?

You can reserve your date with a first payment equal to 1/3 to 1/2 of the estimated final balance. Of this first payment, \$2,000 is a non-refundable booking fee.

When are guest counts and payments due?

The final guest count is due 14 days prior to your event date and the final balance is due in full 10 days prior to your event date.

What forms of payment do you accept?

Our pricing is based on check or cash payments; Visa, MasterCard and Amex are also welcome but subject to a 4% fee.

Are you licensed and insured?

Yes. We are licensed with the Florida Department of Hotels and Restaurants (lic # CAT3913145) and personally own our commercial kitchen where all food is held and prepared. For liquor, we are licensed to provide full liquor bar services through our license with the Florida Department of Alcoholic Beverages and Tobacco (lic # BEV3910893)