



Earth, Wind & Fuego

CATERING MENU

ON-SITE AND OFF-SITE CATERING FOR EVERY OCCASION

8 North Cherry St, Poughkeepsie

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www.earthwindfuego.com

We believe our physical and mental health and nutrition are intrinsically inked. We use the highest-quality ingredients. Our produce is local and organic as much as a possible. We use grass-fed beef and organic chicken. No hormones or antibiotics. Our local maple bacon and turkey bacon are always nitrate-free.

We are gluten-free, soy-free, refined sugar-free, and offer vegan options. Catering menus can be customized to meet your personal taste and specific needs.



~GIFT CERTIFICATES AVAILABLE~

20% GRATUITY FOR PARTIES OF 10 OR MORE.
PRICES & AVAILABILITY SUBJECT TO CHANGE.

PLATTERS

FRUIT PLATTER (V)

Sliced and arranged honeydew, cantaloupe, pineapple, berries and grapes.

CHEESE PLATTER

Bite-size cubes of New York State Cheddar, Vermont Cheddar, Pepper Jack, Havarti, with fruit and kale garnish.

CHEESE & FRUIT PLATTER

Bite-size cubes of New York State Cheddar, Vermont Cheddar and Pepper, dates, strawberries, grapes with kale garnish.

VEGGIE & HUMMUS PLATTER(V)

Celery, carrots, green peppers, cherry tomatoes & hummus (garlic, red pepper hummus).

TUSCAN PLATTER

Pesto, mozzarella, roasted red peppers, olives and sliced toasted rosemary & thyme foccacia.

APPETIZERS

	HALF TRAY	FULL TRAY
HOUSE-MADE SALSA (V)	45.00	70.00
HOUSE-MADE GUACAMOLE (V)	70.00	120.00
CHICKEN WINGS (MILD/SPICY)	65.00	85.00
CHICKEN POPPERS (BUFFALO/RANCH)	50.00	80.00
COCONUT CHICKEN STRIPS	60.00	100.00
BUFFALO CHICKEN DIP	60.00	100.00



APPETIZERS

	HALF TRAY	FULL TRAY
BACON WRAPPED SCALLOPS	75.00	130.00
BACON WRAPPED BEEF	65.00	90.00
SHRIMP COCKTAIL	75.00	130.00
SWEET PLAINTAIN EMPANADAS (20/40)	60.00	120.00
CHICKEN SKEWERS W/ AVOCADO- CILANTRO SAUCE	70.00	140.00



SALADS



GARDEN SALAD (V)	35.00
GREEK SALAD	50.00
TUNA MAC SALAD	70.00
RED QUINOA SALAD (V)	55.00
DOMINICAN POTATO SALAD	60.00
CHICKEN SALAD	70.00

SOUPS & HEARTY FOODS

TOMATO SOUP (V)

BUTTERNUT SQUASH SOUP (V)

RED LENTIL COCONUT SOUP (V)

GRASS-FED CHILI

BROCCOLI SOUP (V)

ASOPAO DE POLLO (CHICKEN & RICE GUMBO)



SIDES

	HALF TRAY	FULL TRAY
GARLIC SAUTEED SPINACH (V)	60.00	120.00
OVEN ROASTED VEGETABLES (V)	50.00	85.00
MASHED POTATOES	50.00	85.00
MASHED SWEET POTATOES	60.00	120.00
ROASTED RED POTATOES (V)	60.00	85.00
SWEET POTATO & WHITE ONION HASH (V)	65.00	115.00
STEAMED BROCOLLI (V)	50.00	85.00
STEAMED GREEN BEANS (V)	50.00	85.00
RICE (LONG GRAIN, BASMATI) (V)	30.00	60.00
SPAGHETTI SQUASH (V)	60.00	115.00
SAUTEED BEETS & CILANTRO (V)	60.00	115.00
ZUCCHINI SAUTE (V)	50.00	85.00

ENTREES

	HALF TRAY	FULL TRAY
CHICKEN PARMIGIANA	75.00	130.00
SAUSAGE & PEPPERS	65.00	115.00
GRASS-FED BEEF & CHEESE LASAGNA	80.00	150.00
STUFFED SHELLS	90.00	160.00
PASTELON (LATIN-SAGNA)	75.00	130.00
OVEN ROASTED CHICKEN	65.00	115.00
BAKED SALMON	80.00	160.00
COCONUT CURRY CHICKEN	75.00	130.00

