

3 Girls Catering

SPRING & SUMMER 2024

3GIRLS CATERING

3210 E CHINDEN BLVD, STE 131

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3 girls catering



3 girls catering B R E A K F A S T

breakfast + brunch

the basic b; v \$12

choice of fresh baked pastries or bagels + cream cheese w individual yogurts, 3gs grown up granola + fresh fruit salad

burrito breakfast; (gf + vegan available) \$15

choice of scrambled eggs w ham + cheese or veggies + cheese inside a gourmet flour tortilla served w sour cream + house salsa on the side; breakfast papas w smoked paprika + fresh fruit salad

breakfast sandwich; (gf + vegan available) \$15

choice of egg, ham + cheese or egg + cheese sandwich served w rosemary breakfast potatoes + fresh fruit salad

denver quiche; (choose traditional pie crust or gf crustless) \$15

choice of ham or vegetarian w ballard cheese, mixed sweet peppers + green onions served w rosemary breakfast potatoes OR baguette w butter; fresh fruit salad OR 3gs signature salad w gorgonzola cheese, candied walnuts, fresh berries & honey-balsamic vinaigrette

french toast bake \$15

w fruit compote + maple syrup, rosemary breakfast potatoes + bacon

individual brunch boxes; \$16.50

4oz yogurt - granola parfait w berries; honey'ed chevre spread w house jam + toasted baguette; veggie egg bite + disco bacon

a la carte

breakfast burrito w salsa \$6.50

breakfast sandwich \$6.50

assorted quiche \$6.50

yogurt w 3gs grown up granola parfait \$4

vegetarian sausage \$4

coffee service w sweeteners + 1/2 & 1/2 \$3

hot tea service w sweeteners + lemon \$3

decanted juice; oj, cranberry + apple \$3

individual juices + water on ice \$3

minimum quantity 50 servings all items

gf = gluten free

v = vegetarian

vegan = vegan



3 girls catering GRAZING

pick up + delivery

single serve grazing cups; \$9.75 each

artisanal meat + cheese, pickled vegetables, fresh or dried fruit, house hummus w crackers or crisps + honey stick, packed neatly inside a 12oz craft paper cup; min 12 pick up / min 50 delivery

individual signature boxes; \$16.50 each

artisanal meats + cheeses w hand cut vegetables crudites + pickled vegetables, house hummus + seasonal jam w fresh baked bread, crackers +/- crisps, gorgonzola stuffed peppadews, marinated olives + fresh or dried fruit; includes cutlery packet; min qty 12 pick up / min 50 guests delivery

grazing platters; \$16.50 per person

artisanal meats + imported, domestic + local cheeses, hand cut grilled, pickled + raw vegetable crudites w house hummus + seasonal jam; fresh bread, crackers +/- crisps, savory pastry puffs, gorgonzola stuffed peppadews, filled cucumber cups, chocolate disco bacon pops, fresh or dried fruit + nuts, edible greenery, herbs + micro greens; assembled on disposable trays; min qty 12 pick up / min 50 guests delivery

3gs signature showstopper grazing table; \$18.50 per person + onsite chef for table design

artisanal meats incl salami flowers + imported, domestic + local cheeses, hand cut grilled, pickled + raw vegetable crudites w house hummus + seasonal jam or fruit compote; fresh baked focaccia, crackers + crisps, savory pastry puffs + other bite-sized goodies, gorgonzola stuffed peppadews, filled cucumber cups, chocolate disco bacon pops, grape clusters, fresh berries, dried fruit + mixed nuts, honey, edible greenery, herbs + micro greens; multi level, all vessels china, wood, metal, glass; min 50 guests

set up + go grazing tables; \$16.50 per person + onsite chef for table design

*see signature showstopper for details; no service provided; all vessels + serving utensils disposable / compostable; min 50 guests

cocktail hour grazing; \$12.50 per person (offered only when 3gs entrees are to follow)

3gs dip trio: chef's choice of 3 (french onion, creamy herb, house hummus, seasonal jams, bruschetta, etc), triple cream brie + fruit compote, fresh hand cut vegetable crudites, grape clusters, truffled potato chips, toasted baguette, crackers + crisps served on patterned cellophane; multi level; min 50 guests

minimum quantity 50 servings for delivery or service

all menu items are subject to change without notice; while

3gs strives to ensure accuracy, we reserve the right to correct any errors or changes in pricing or description as needed.

prices + ingredients subject to change without notice due to market conditions. with the current fluctuation in the food supply chain, menu substitutions may be required even after an order has been confirmed. when possible, 3gs will attempt to notify client when changes occur



3 girls catering A P P E T I Z E R S

a la carte appetizers

cotija street corn cups; gf, v \$3.75ea
roasted corn + cotija finished w cilantro, tajin & lime

caprese skewers; gf, v \$3.35ea
fresh bocconcini mozzarella w cherry tomato, basil & balsamic reduction

melon ball bites; gf, v \$4ea
juicy melon balls stacked w fresh mozzarella + mint, doused in lemon-mint vinaigrette

sweet potato spoons; gf, vegan \$3.50ea
sweet potato puree, roasted red peppers, vegan chorizo + micro herbs served on a tasting spoon

maple mustard brussels sprouts; gf, vegan \$4ea
four half moons bathed in sweet whole grain mustard

creamy risotto mushrooms; gf, v \$2.25ea
finished w ballard danish pearl + pink peppercorns

harvest fresh spring rolls; gf, vegan \$5ea
tender rice paper wrapped around crisp seasonal veggies & herbs served w citrus soy sauce

tortellini bowtie bites; \$3.50ea
cheese tortellini skewered w a genoa salami bow finished w sun dried tomato vinaigrette

tipsy tequila shrimp cocktail; gf \$5.50ea
w cilantro, lime + mescal salt

smoked salmon cucumber cups; gf \$3.75ea
dill, cream cheese + micro herbs

mama's meatballs; \$4 for 2
house made w beef + pork w choice of 3gs bbq or sweet-spicy jalapeno glaze

citrus marinated chicken satay; 2.5oz, gf \$3.50ea
grilled chicken breast w spicy chili-peanut sauce

marinated steak bites; 2oz, gf \$4ea
w gorgonzola + pepita dust

shared spreads

3 girls in the garden; gf, vegan \$4.25pp
fresh cut veggie crudites w house hummus + vegan creamy dill dip

fresh fruit platter; gf, vegan \$4.50pp
asst melon, berries, pineapple + grapes

triple cream brie; v \$4.25pp
topped w seasonal fruit compote or house jam served w toasted baguette

street taco spread; gf, 2ea \$7.50pp
pork carnitas OR spicy chicken + corn tortillas, shredded cheese & cabbage, pickled jalapenos, diced onions + house made salsa

beer cheese board; v \$5pp
w hand cut veggies, potato chips, tortilla chips + cubed house focaccia

mac 'n cheese bar; (gf + vegan available) \$7pp
toppings: bbq pulled pork, gorgonzola, jalapenos + scallions

gourmet slider bar; 2ea \$8pp
beef burger patties + fresh baked slider buns, sliced & crumbled cheese, chipotle mayo, whole grain mustard, spicy ketchup + pickles

idaho baked potato board; gf (v sans bacon) \$6.75pp
whole tender russets w butter, sour cream, bacon, gorgonzola, cheddar, scallions + roasted broccoli

chef's choice mini desserts; 1.5 - 2", 2ea \$5.50pp
a mix of fresh baked cookies, bars, pies, tarts, cupcakes, bundts + cake pops

minimum quantity 50 servings all items; some a la carte items suggest 1.5 servings per person depending on menu size + quantities

gf = gluten free
v = vegetarian
vegan = vegan



3 girls catering LUNCHES

all lunches include

choice of 1 main dish, 1 side + fresh baked bread or cookies w choice of decanted lemonade, iced tea, spa water or assorted canned & bottled beverages on ice; **\$20 per person** + delivery, service & sales tax

main dishes

chicken + artichokes; gf

grilled chicken breasts bathed in savory white wine sauce w blistered cherry tomatoes, herbs + roasted artichokes

italian pasta bake; v (gf+ vegan available)

choice of italian sausage bolognese or veggie ragu w garlic, herbs + shaved ballard farm parmerano

street taco lunch; gf (vegan available)

choice of grilled chicken or ground beef w cheese, jalapenos, diced onions, shredded cabbage + house salsa; served w 4' corn tortillas, 2pp

mac 'n cheese lunch; (gf + vegan available)

toppings: bbq pulled pork, gorgonzola, jalapenos + scallions

idaho baked potato board; gf (v sans bacon)

whole tender russets w butter, sour cream, bacon, gorgonzola, cheddar, scallions + roasted broccoli

sesame steak or veggie rice noodle salad; gf

choice of grilled tri tip or edamame w julienned carrots, sweet peppers, green onions, purple cabbage + cilantro in tangy citrus-sesame dressing

waldorf chicken salad; gf

grilled chicken breast + grapes, dried cranberries, walnuts, red onions & celery + lemon-oregano vinaigrette

sides

3gs signature salad; gf, v

gorgonzola cheese, candied walnuts, fresh berries & honey-balsamic vinaigrette

classic caesar salad

shaved parmerano, cracked pepper, focaccia croutons w creamy caesar dressing

tuscan kale salad; gf, v

blistered tomatoes, italian olives, red onion, cucumbers, ballard feta & lemon-oregano vinaigrette

3gs simple salad; gf, v

tomato, carrots + cucumbers w choice of creamy herb dressing or honey-balsamic vinaigrette

orzo pasta salad; vegan

sun dried tomatoes, roasted corn + sweet peppers, cranberries, broccoli in chipotle-orange dressing

homestyle potato salad; gf, vegan

diced dill pickles, celery, red onions, fresh dill + whole grain mustard vinaigrette

minimum quantity 25 servings on all items; no mix & match unless over 25 each

gf = gluten free

v = vegetarian

vegan = vegan



3 girls catering SPECIAL EVENTS

entree selections accompanied by

3gs fresh baked breads + herbed olive oil bottle, assorted hand cut grilled & roasted vegetables + choice of 1 starch. additional costs for delivery, service & sales tax will be added

main dishes

chicken + artichokes; gf \$22

grilled chicken breasts bathed in savory white wine sauce w blistered cherry tomatoes, herbs + roasted artichokes

creamy summer chicken; gf \$22

grilled chicken breasts + roasted corn, caramelized onions, roasted red peppers, basil + cream

stuffed pork loin; gf \$24

filled w chevre-cream cheese + bitter greens, caramelized onions glazed in peach-balsamic sauce

slow roasted pulled pork; gf \$22

w 3gs sweet 'n tangy bbq sauce w fresh baked rolls in place of breads; + vegan jack fruit available

espresso rubbed tri tip; gf \$26

+ argentinian chimichurri

wild salmon; gf \$34

w blood orange compote

vegan paella; gf, vegan \$20

turmeric tinted rice w mushrooms, peas, artichokes, italian olives + tomatoes w preserved lemon + herbs

minimum quantity 25 servings on all items; no mix & match unless over 25 each (no minimum must be met for vegan accommodations)

gf = gluten free

v = vegetarian

vegan = vegan

starch (included)

orzo pasta salad; vegan

sun dried tomatoes, roasted corn, sweet peppers, cranberries + broccoli in chipotle-orange vinaigrette

homestyle potato salad; gf, vegan

diced dill pickles, celery, red onions, fresh dill + whole grain mustard vinaigrette

mediterranean rice; gf, vegan

lemon, dill, diced onions, garlic + parsley

sweet 'n savory quinoa; gf, vegan

grapes, shredded carrots, celery + red onions w orange-chipotle vinaigrette

add a salad (\$4.50)

3gs signature salad; gf, v

gorgonzola cheese, candied walnuts, fresh berries + honey-balsamic vinaigrette

classic caesar salad

shaved parmerano, cracked pepper, focaccia croutons + creamy caesar dressing

tuscan kale salad; gf, v

blistered tomatoes, italian olives, red onion, cucumbers, ballard feta + lemon-oregano vinaigrette

3gs simple salad; gf, v

tomato, carrots + cucumbers w choice of creamy herb dressing or honey-balsamic vinaigrette



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DESSERTS

assorted minis; 1.5-2", 2pp \$5.50

full size a la carte \$6

cookies

chocolate chip
sugar
snickerdoodle
pink lemonade
french macarons; gf
italian wedding

dessert bars

lemon
7 layer
marshmallow krispy; gf

pies + tarts

peach
apple
lemon
chocolate
cherry

frosted cupcakes, glazed bundts + cake pops

peach
vanilla
chocolate
red velvet
carrot cake

minis: minimum quantity 50 guests

cups + shooters; 3.5-4oz

seasonal cheesecakes; gf available
tiramisu + cocoa powder
assorted trifles + cream
key lime + graham cracker dust
assorted mousse w fresh fruit or whipped cream; gf

frosted cupcakes

peach
vanilla
chocolate
red velvet
carrot cake

seasonal bread pudding; 3x3" square

apple
berry
stone fruit
all served w caramel drizzle or whipped cream

seasonal creme brulee + caramelized sugar; gf, 4oz

vanilla bean panna cotta + fresh fruit topping; gf, 4oz

full size: minimum quantity 1 dozen each selection for 50 guests or more

gf = gluten free



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PRICE DETAIL

showstopper grazing table

base menu price \$18.50pp / qty 100 guests / \$1850

delivery + grazing table equipment \$462.50

onsite chef \$150

servers (2) \$300

guest disposables \$185

idaho state sales tax \$140.10

total cost for 100 guests \$3087.60 / \$30.88pp

main courses (without starters)

base menu price \$22pp / qty 100 guests / \$2200

delivery + buffet table equipment \$550

servers (3) \$450

guest disposables \$185

idaho state sales tax \$170.10

total cost for 100 guests \$3550.10 / \$35.50pp

base menu price \$26pp / \$2600

delivery + buffet table equipment \$650

servers (3) \$450

guest disposables \$185

idaho state sales tax \$194.10

total cost for 100 guests \$4079.10 / \$40.79pp

pricing details are examples only, every event is tailored to our client's requests!

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