



## Shower Planner 101

*Pinterest, Instagram, Facebook, Twitter, Etsy*, and the list goes on and on, has changed the face of planning parties, especially showers! Daily we work with men and women who are trying to plan a themed party and are so overwhelmed with the themes, decorations, and never ending ideas that it can start to feel like they will never get it all done!

At **29 Cooks**, we spend a great deal of time helping people bring ideas to life. Our expertise lies in the food, flavors, and quality, but we have a great expanse of knowledge on what it takes to pull a party together. In an effort to help you, the planner, have a place to start, we have put together a quick guide on how to look at a menu in a more general sense. While the pricing is a range, and whether you choose to make items yourself, or have us do part or all of the food, we hope it will help your approach to planning a menu.

### **Cold Lunch Buffet** – *Price range \$12-\$16 pp*

- 3 sandwich/wrap choices
- Two to three salads – whether green, grain or potato
- Two Dips
- Chips
- One or two hors d'oeuvres

### **Hot Lunch Buffet** – *Price range \$15-\$20 pp*

- One or two entrees
- A side that is a starch
- A side that is a vegetable
- One salad
- One or two hors d'oeuvres
- One dip

### **Brunch** *Price range \$15-20 pp*

- One egg dish
- One baked pastry dish (can be omitted)
- One hot or cold lunch entrée/sandwich
- One starch (can be breakfast or lunch)
- One green salad
- One pastry
- One fruit or yogurt bar

# Baby and Bridal Shower Menu



## Dips and Dippers

All dips are by the quart and can feed up to 15 people per quart.

### Cold Dips

- Caramelized Onion Dip \$32
- Sour Cream Dill Dip \$28
- Bacon Cheddar Cream Cheese Dip \$32
- Spinach Veggie Dip \$32
- Fresh Guacamole \$32
- Mango Black Bean Salsa \$20
- Fresh Garden Salsa \$18
- Roasted Garlic Lemon Dill Hummus \$28
- Red Pepper Hummus \$28
- Roasted Butternut Squash Hummus \$30

### Hot Dips

- Beer Cheese Buffalo Chicken Dip \$28
- Spinach Artichoke Parmesan Dip \$28

### Crispy and Crunchy Dippers

Feeds up to 10-15 ppl

- Sweet Maui Kettle Potato Chips \$10
- Key Largo Corn Tortilla Chips \$12
- Assorted Flour Tortilla Chips \$14
- Crostini Toasts \$15
- Torn Naan Dippers \$18
- Soft Pita Triangles \$20
- Bread Bowl with Extra Bread Cubes \$25

### \*\*Ordering Tip:

Please assume your guests will try a little of each item when ordering! Don't under-order if you are a very light eater, as most showers do go through a substantial amount of food! Ordering as if people are going to choose "either-or" is a great way to run out of food! 😊

## Wraps and Sandwiches

Let us know if you would like wrap or sandwich pieces, or a mixture. Up to 3 flavors per tray of 40 pieces.

- Applejack Turkey
- Cali Turkey Avo
- Cranberry Havarti Turkey
- Turkey Cucumber Cream Cheese
- Turkey Dijon Swiss Arugula
- Turkey Cooper American
- Nutty Berry Chicken Salad
- Grilled Pineapple Chicken Salad
- Chicken Caprese Pesto
- BBQ Chicken BLT
- Tuna Spinach Salad
- Tuna Avocado Salad
- Italian Tuna Pesto Salad
- Roast Beef Cheddar Horsey
- Roast Beef Cucumber Muenster
- Aloha Roast Beef
- Roast Beef Bleu Roast Red Pepper
- Roast Beef Havarti Arugula
- Roast Beef Swiss Dijon
- Hawaiian Ham Pineapple
- Country Ham Apple Dijon
- Ham and Cooper American
- Vegetarian Mozzarella Pesto
- Veggie Hummus Cheddar Sprout
- Vegan Black Bean Avo Butternut Squash

### Pricing/Ordering Options:

- Choose 3 different wraps/sandwich pieces on one tray- 40 pieces \$60
- Additional Wrap or sandwich Portions ala carte: Per 10 pieces-all one flavor \$15-\$20
- Mini Sandwiches/Ciabatta sandwiches by the dozen (all one flavor) \$36-\$40
- Mini Croissant Sandwiches by the dozen (all one flavor) \$40-\$45

## Breakfast/Brunch

Quiche Flavors

Pricing/Sizes

½ feeds up to 15 \$40

Full feeds up to 30 \$80

- Bacon Onion Cheddar
- Spinach Tomato Swiss
- Broccoli Three Cheese
- Ham Pineapple Mozz
- Farmer's Veggie

Crustless Egg Bakes (GF)

Pricing/Sizes

1/2 feeds up to 15 \$45

Full Feeds up to 30 \$90

- Meat Lover's 3 Cheese
- Sausage Apple Cheddar
- Bacon Onion Mozz
- Garden Veggie Swiss
- Roasted Tomato Basil

French Toast Bakes

Pricing/Sizes

/12 feeds up to 15 \$45

Full Feeds up to 30 \$90

- Maple Cinnamon
- Apple Pie
- Blueberry Cream Cheese
- Bacon Maple
- Bananas Foster Rum
- Cinnamon Bun
- Chocolate Chunk

Brunch Sides

1/2 feeds up to 15 \$50

Full Feeds up to 30 \$100

- Cheesy Hash Brown Bake GF
- Bacon Onion Home Fries GF
- Farmer Pepper Onion Home Fries (GF)

Fresh Cut Melon Pineapple

Berry Bowl GF

\$45 feeds up to 15

## Hot Entrees

**\*To add Grilled Chicken Entrees, please see the selection on our ala carte catering menu for minimums and pricing.**

### **½ Pan – Feeds up to 15**

- 7 Cheese Mac and Cheese \$55
- Vegetarian Baked Rigatoni Ricotta \$50
- Pulled Pork \$55
- Italian Meatballs in Marinara \$50
- Hamburger BBQ \$50
- Shaved Hot Country Ham \$50
- Bourbon BBQ Meatballs \$55

*Club rolls: \$8 per dozen (may request these to be cut in half)*

*Slider Rolls: \$7 per dozen*

### **\*\*Ordering Tip:**

**Portion size is based on average sized appetites of a traditional all female shower crowd. If you have heavy eaters, or a co-ed crowd, you may want to increase quantities.**

### **Crowd Favorite Add Ons:**

- Heirloom Tomato Crostini – 50 pieces \$70*
- Beef & Blue Crostini – 50 Pieces \$75*
- Mini Spinach Feta Filo Puffs – 50 Pieces \$85*
- Mediterranean Flat Bread Bites – 50 Pieces \$70*

**5402 Chestnut Street ~ Emmaus ~ PA ~**

**18049 ~ [29cooks@gmail.com](mailto:29cooks@gmail.com)**

**~ 484-951-0442 ~ [www.29cooks.com](http://www.29cooks.com) ~**

**“Like” us on Facebook ~ Follow us on  
Twitter and Instagram!**

## Specialty Green Salads

**Small \$30 feeds up to 15 ~ Medium \$60 feeds up to 30**

### **Harvest**

*mixed greens, apples, cranberries, bacon, cheddar, or blue cheese, candied walnuts, citrus dressing.*

### **Power Up**

*mixed greens, broccoli, carrots, apples, edamame, sunflower seeds, pumpkin seeds, dried edamame, toasted pecans, apple cider vinaigrette*

### **Strawberry Spinach Crunch**

*baby spinach, apples, strawberries, sunflower seeds, toasted almonds, goat cheese. meyer lemon poppy dressing*

### **Blueberry Citrus**

*mixed greens, blueberries, dried blueberries, mandarin oranges, goat cheese, toasted almond, key lime poppy dressing*

### **Apple Feta Crunch Spinach Salad**

*baby spinach, apples, red onion, sunflower seeds, dried cranberries, feta, honey mustard dressing.*

### **Avo Caesar Salad**

*romaine hearts, black pepper, roasted red pepper, avocado, grape tomatoes, red onion, shaved parmesan, avocado yogurt Caesar dressing.*

### **Italian House Salad**

*Romaine hearts, baby spinach, red onion, pepperoncini, roma tomatoes, shredded parmesan, croutons, Italian dressing*

### **Spinach Arugula Caprese Salad**

*baby spinach, baby arugula, roasted tomatoes, fresh tomatoes, artichoke hearts, fresh mozzarella, shaved parmesan, balsamic glaze, lemon balsamic dressing*

## Side Salads

*Minimum purchase: 5 lbs feeds 20-25 people  
(after the first 5 lbs- you can add on in 16 oz increments)*

*Italian Bruschetta Pasta Salad \$45*

*Sundried Tomato Feta Orzo \$45*

*Roasted Veggie Lemon Balsamic Ditalini \$50*

*Bacon Peppercorn Parm Ranch Pasta \$45*

*Garden Italian Pasta Salad \$40*

*Macaroni Salad \$40*

*Albacore Tuna Macaroni Salad \$45*

*Broccoli Cheddar Bacon Cranberry \$48*

*Red Skin Sour Cream Dill Potato \$45*

*Loaded Baked Potato Bacon Cheddar \$50*

*Egg Potato Salad \$40*

**\*\*Have a dish or a platter you want us to use? Let us know and drop it off 48 hours prior to the event and we will be happy to display your items on it!**