

Catering Menu



1039 Park Blvd.
Massapequa Park, NY 11762
www.TheGoodLifeNY.com



1025 Park Blvd.
Massapequa Park, NY 11762
www.JamOnPark.com

For all your catering needs please call
(516)500-3311



The Good Life is available Monday through Friday
11 am until 4 pm for Luncheons.
Perfect for Business Luncheons, Bereavement Luncheons &
Off-Premise Catering



Jam is available in the evenings after 5pm for Private Parties.
Jam is a great private space for gatherings of 20 to 50 guests.
Ideal for Rehearsal Dinners, Surprise Birthdays, Retirement Parties,
Anniversaries, Holiday Parties, Beer or Wine Paired Dinners
Or any of your catering needs. All Jam events are 4 hour affairs.

20% Service Charge & Tax will be added to all parties
20% Security Deposit, with final payment due 14 days prior to event



Luncheons

Plated Lunch \$18

Includes Coffee, Tea, Soda & the following:

❖ Choice of Soup or Salad

Caesar Salad, House Salad, Soup of the day or Onion Soup

❖ Choice of Lunch Item

Cobb Salad

Hard Boiled Egg, Bacon, Blue Cheese, Tomato, Avocado, Carrots, Turkey,
Mixed Greens, House Dressing

House Salad with Grilled Chicken

Mixed Greens, Feta, Walnuts, Golden Raisins, Honey Balsamic Dressing

Caesar Salad with Grilled Chicken

Romaine Lettuce, Croutons, Shaved Parmesan, Marinated Olives, Creamy Caesar

Classic Cheese Burger & Fries

Cheddar Cheese, Lettuce, Tomato

Pesto Chicken Sandwich & Fries

Grilled Chicken, Fresh Mozzarella, Roasted Red Peppers, Mixed Greens, Pesto Mayo

Grilled Cheese & Fries

Brie & Cheddar Cheese, Tomato Jam, Bacon

Pulled Pork & Fries

Pulled Pork, Root Beer BBQ Sauce, Cole Slaw

Fried Zucchini & Fries

Breaded Zucchini, Tomato Jam, Fresh Mozzarella, Mixed Greens, Balsamic Reduction

Turkey Melt & Fries

Oven Roasted Turkey, Gruyere Cheese, Tomato, Russian Dressing

Assorted Fruit & Cookies Included



Luncheons

Buffet Style \$20 per person
Includes Coffee, Tea, Soda & the following:

❖ Choice of Salad

Classic Caesar, Garden Salad or Good Life House Salad

❖ Choose 2 Cold Sides

Pasta Salad, Cole Slaw, Chickpea Salad, Tomato & Mozzarella, Potato Salad

Choose 2 Hot Sides

House Made Chips, Tater Tots, Mashed Potatoes, Steamed Broccoli & Carrots, Roasted Veggies, String Beans Almondine

❖ Choose 3 Assorted Sandwiches

- ❖ Pesto Chicken, Roasted Red Peppers, Fresh Mozzarella, Mixed Greens, Pesto Mayo
- ❖ Fried Zucchini, Tomato Jam, Fresh Mozzarella, Mixed Greens, Balsamic Reduction
 - ❖ Countryside Turkey, Brie Cheese, Cranberry Aioli, Stuffing, Mixed Greens
 - ❖ Prime Minister, Skirt Steak, Jalapeno Cheddar Sauce, BBQ, Onion Strings
 - ❖ Chicken Salad Wrap, Lemon Tarragon Dressing, Lettuce, Cucumbers
 - ❖ Tuna Salad Wrap, Lettuce, Herb Mayo, Peperoncini Relish
 - ❖ Grilled Cheese, Brie, Cheddar, Tomato Jam. Bacon

❖ Choice of Pasta Tray

Penne Ala Vodka, Cheese Raviolis, Baked Ziti, Stuffed Shells, Penne & Broccoli, Spaghetti Bolognese, Eggplant Rollatini, Mac & Cheese

Assorted Fruit & Cookies Included



Private Parties

Plated Dinners \$60

Your 4 Hour Event Includes
One Half Hour of Chef's Selection Passed Appetizers,
Complete Open Bar, Soft Drinks, Coffee & Tea
Fresh Baked Rolls & Butter

Starter Selection

Choose 1

- ❖ Caesar Salad
- ❖ Jam House Salad
(mixed greens, feta, walnuts, tomato basil vinaigrette)
- ❖ Lobster Bisque Soup
- ❖ Butternut Squash Soup
- ❖ Italian Wedding Soup

Entrée Selection

Choose 3

All Entrees come with Seasonal Vegetables

- ❖ Seared Tuna, Wasabi Mashed Potatoes, Soy Reduction, Spicy Mayo
- ❖ Walnut Crusted Salmon, Chickpea & Feta Orzo, Herbed Scented Hollandaise
- ❖ Lobster Mac & Cheese, Maine Lobster, Little Bell Pasta, 3 Cheese Sauce, Ritz Crust
 - ❖ Braised Short Rib, Goat Cheese Polenta, Braising Jus
 - ❖ Filet Mignon, Potato Gratin, Beef Demi-Glace
- ❖ Braised Pork Shanks, Jalapeno Cheddar Grits, Apple Bourbon Glaze
- ❖ 16oz Bone-In Pork Chop, Crisp Home Fries, Brown Sugar Glaze, Spicy Mayo
 - ❖ Herb Roasted Organic Chicken, Whipped Potatoes, White Pan Gravy
 - ❖ Long Island Duck Breast, Sweet Potato Hash, Port Wine Cherry Sauce
- ❖ Cheese Raviolis, Butternut Squash Beurre Blanc, Toasted Pumpkin Seeds

Dessert Selection

Choose 1

- ❖ Molten Lava Cake, Strawberry Merlot Sauce, White Chocolate Whipped
 - ❖ Warm Apple Blossom, Salted Caramel, White Chocolate Whipped
 - ❖ Crepes, Macerated Berries, Minted Whipped
 - ❖ Caramel & Chocolate Stuffed Churros, White Chocolate Whipped
 - ❖ Occasion Cake



Private Parties

Buffet Style \$55

Your 4 Hour Event Includes

One Half Hour of Chef's Selection Passed Appetizers,
Complete Open Bar, Soft Drinks, Coffee & Tea
Fresh Baked Rolls & Butter

Choice of Salad

Classic Caesar, Garden Salad or Jam House Salad

Choose 2 Cold Sides

Pasta Primavera Salad, Three Bean Salad, Tomato & Mozzarella, Potato Salad

Choose 1 Starch & 1 Vegetable

Whipped Potatoes, Roasted Potatoes, Mini Potato Gratins, Potato Croquettes,
Chickpea & Feta Orzo, Rice Pilaf, Goat Cheese Polenta, Simple Grits
Steamed or Sautéed Broccoli & Carrots, Roasted Veggies, String Beans Almondine,
Roasted Brussels Sprout, Creamed Corn, Creamed Spinach

Choose 2 Entrée Options

- ❖ Chicken Marsala, Chicken Francaise, Chicken Parmesan
- ❖ Chicken Diana, Stuffed Chicken Breast with Feta, Spinach & Artichokes
 - ❖ Coq Au Vin, Braised Chicken, Red Wine, Mushrooms & Onions
 - ❖ Turkey Meatloaf, Fig Gravy
- ❖ Stuffed Pork Tenderloin, Fig & Cornbread & Sausage Stuffing, Pan Gravy
 - ❖ Beef Tenderloin, Crumbled Blue, Red Wine Reduction
- ❖ Beef Bourguignon, Braised Beef, Burgundy Wine, Pearl Onions & Mushrooms
 - ❖ Braised Short Ribs, Brown Sugar Coffee Rub, Chipotle Honey
 - ❖ Stuffed Sole, Crab & Shrimp Stuffing, Lemon Butter Sauce
 - ❖ Walnut Crusted Salmon, Herb Scented Hollandaise

Choice of Pasta Option

Penne Ala Vodka, Cheese Raviolis, Baked Ziti, Stuffed Shells, Penne & Broccoli,
Penne Bolognese, Eggplant Rollatini, Tortellini Ala Fredo, Beet Raviolis with Goat Cheese
Crème, Cheese Raviolis with Butternut Squash Beurre Blanc, Baked Mac & Cheese

Occasion Cake Included



Private Parties

Cocktail Parties \$65

Chefs Selection of continuous passed handmade appetizers.
Includes classic and inventive little bites, sliders,
soup shooters & dessert finger foods.

In addition to the passed fare, a station with
Chilled Shrimp Cocktail, Vegetable Crudités, Dips & Chips & Cheese Board
will be available for your guests to nibble on.

Have a theme for your cocktail party?
Let us come up with a signature Cocktail, Punch
or maybe Mulled Wine or Sangria perfect for your event.

Sample Appetizers Menu

Edamame Potstickers with Soy Ginger Sauce
3 Cheese Baked Puffs
Beef Wellington with Horseradish Crème
Lobster Mac & Cheese
Split Pea Shooter with Bacon Lardon
Butternut Squash Shooter, Toasted Pumpkin Seed, Chipotle Honey
Truffle Risotto Cakes
Brie, Blueberry Ginger Jam, Candied Walnut Focaccia
Vegetarian Samosa
Beef Satay with Cilantro Pesto
Cajun Sausage, Roasted Apples, Spicy Mayo
Spicy Tuna, Cucumber Canapés, Soy Reduction
Mini Pupusa (corn masa cake filled with roasted pork & cheese)
Baby Lamb Chops, Parsley Sauce
Chocolate & Caramel Stuffed Churros
Fresh Baked Cookies
Mini Trifle



Private Parties

4 Course Beer or Wine Pairing \$50

A great idea for a social gathering, company mixer or just a fun night with a group of friends. Choose either a Beer or Wine themed dinner. We will then create 4 thoughtfully prepared courses with a paired beverage for each plate.

Menu can be customized depending on the level of adventurous eaters in your group.

Let us know of any dietary restrictions in advance.

Sample Beer Dinner Menu

~1st Course~

Boulevard Ginger-Lemon Radler 4.1%

Fried Chicken Skin

Apple Jicama Slaw

~2nd Course~

Boulevard The Calling IPA 8.5%

Pan Seared Scallops

Tropical Fruit Salsa, Burnt Rosemary Crème

~Palate Cleanser~

Granita - Tea Shooter

~3rd Course~

Boulevard Dark Truth Stout 9.7%

Wild Boar Ribs

St. Louis style glazed in Nutella BBQ Sauce. Goat Cheese Grits

~4th Course~

Boulevard Long Strange Tripel 9.2%

Sugar Cookie

Coconut Custard, Malibu Whipped Cream, Coconut & Almond Brittle



Off Premise Trays

Appetizers

Wings

50pc \$50/100pc \$85

Any flavor - Buffalo, Buffalo Blue, Garlic Chile, Coconut Curry, BBQ, Spicy Stori, Pina Mostarda, Parmesan Truffle

Chicken Cordon Bleu Balls per dozen \$10

Fried Mac & Jack with side Cajun Ranch per dozen \$16

Lettuce Wraps (Cold) per dozen \$10

Mini Pupusa per dozen \$16

Mashed Potato Wonton per dozen \$8

Chicken Fingers per dozen \$10

Potato Coins with Jalapeno Cheddar Sauce ½ Tray \$25/Full Tray \$40

Mediterranean Platter, Hummus, Feta, Olives, Red Peppers, Pita ½ Tray \$30/Full Tray \$55

Spinach & Artichoke Dip with Chips ½ Tray \$35/Full Tray \$60

Eggrolls

\$36 Per Dozen (Cut in ½)

Chicken Parmesan, Marinara & Parmesan

Philly Cheese Steak, Mushrooms Onions & American

Buffalo Chicken, Sautéed Carrots & Celery

Pulled Pork, Shredded Cabbage

Sausage, Onion & Peppers

Reuben, Corned Beef, Russian, Kraut, Swiss



Off Premise Trays

Salads

Good Life House Salad

½ Tray \$20/Full Tray \$35

Crumbled Feta, Golden Raisins, Walnuts, Mixed Greens,
Honey Balsamic Vinaigrette

Caesar Salad

½ Tray \$20/Full Tray \$35

Shaved Parmesan, Croutons, Marinated Olives, Romaine Lettuce,
Caesar Dressing

Wedge Salad

½ Tray \$20/Full Tray \$35

Iceberg Wedges, Crumbled Blue Cheese, Cherry Tomatoes, Crumbled Bacon,
Blue Cheese Dressing

Cobb Salad

½ Tray \$30/Full Tray \$45

Crumbled Blue Cheese, Hard Boiled Eggs, Carrots, Avocado, Cherry Tomatoes,
Crumbled Bacon, Mixed Greens, Diced Turkey, House Dressing

Bruschetta Salad

½ Tray \$25/Full Tray \$40

Fresh Mozzarella, Grape Tomatoes, Red Onion, Mixed Greens, Roasted Red Peppers,
Olive Oil, Balsamic Reduction

Garden Salad

½ Tray \$20/Full Tray \$35

Cucumber, Tomatoes, Carrots, Croutons, Shredded Cheddar, Iceberg & Romaine Lettuce,
House Dressing

Strawberry Fields

½ Tray \$25/Full Tray \$40

Sliced Strawberries, Candied Walnuts, Crumbled Goat Cheese, Mixed Greens,
Citrus Vinaigrette Dressing



Off Premise Trays

Cold Sandwiches

Pesto Chicken ½ Dozen \$36

Grilled Chicken, Fresh Mozzarella, Roasted Red Peppers, Pesto Mayo, Ciabatta

Mozzarella Caprese ½ Dozen \$36

Fresh Mozzarella, Roasted Red Peppers, Mixed Greens, Tomatoes, Balsamic Glaze, Pesto Mayo, Ciabatta

Turkey Bistro ½ Dozen \$36

Roasted Turkey, Brie, Apples, Cranberry Aioli, Croissant

Flank Steak ½ Dozen \$42

Grilled Marinated Flank Steak, Spicy Mayo, Charred Red Onion, Ciabatta

Roasted Veggies ½ Dozen \$36

Zucchini, Carrots, Tomatoes, Roasted Red Peppers, Crumbled Goat Cheese, Balsamic Glaze, Ciabatta

Chicken Salad ½ Dozen \$36

Lemon Tarragon Chicken Salad, Whole Grain Dijonnaise, Green Leaf Lettuce, Cucumbers, Whole Wheat Wraps

Tuna Salad ½ Dozen \$36

Herb Marinated Tuna, Herb Mayo, Green Leaf Lettuce, Peperoncini Relish, Whole Wheat Wraps

Turkey Wrap ½ Dozen \$36

Roasted Turkey, Avocado, Tomato Jam, Cheddar, Mixed Greens, Whole Wheat Wrap

The Godfather ½ Dozen \$36

Prosciutto, Salami, Capicola, Roasted Red Peppers, Provolone Cheese, Olive Oil, Green Leaf Lettuce, Balsamic Glaze, Ciabatta



Off Premise Trays

Entrees

Poultry

½ Tray \$50/Full Tray \$90

- ❖ Chicken Marsala
- ❖ Chicken Francaise
- ❖ Chicken Parmesan
- ❖ Chicken Tikka Masala
- ❖ Coq Au Vin
- ❖ Turkey Meatloaf, Fig Gravy

Beef

½ Tray \$65/Full Tray \$120

- ❖ Shepherd's Pie
- ❖ Beer Stroganoff
- ❖ Stuffed Pork Tenderloin, Fig & Cornbread & Sausage Stuffing, Pan Gravy
- ❖ Sliced Beef, Crumbled Blue Cheese, Red Wine Reduction
- ❖ Beef Bourguignon, Braised Beef, Burgundy Wine, Pearl Onions & Mushrooms
- ❖ Braised Short Ribs, Brown Sugar Coffee Rub, Chipotle Honey

Pasta

½ Tray \$35/Full Tray \$65

- ❖ Penne Ala Vodka
- ❖ Cheese Raviolis
- ❖ Baked Ziti
- ❖ Stuffed Shells
- ❖ Penne & Broccoli
- ❖ Penne Bolognese
- ❖ Eggplant Rollatini
- ❖ Tortellini Alfredo
- ❖ Beet Raviolis with Goat Cheese Crème
- ❖ Cheese Raviolis with Butternut Squash Beurre Blanc
- ❖ Baked Mac & Cheese