



SUMMER 2018

Let us plan your next event!
CATERING CATALOG
HAMPTONS & NEW YORK

www.insatiableeats.com

Relax.
PERIOD

Relax Period is excited to announce that we are expanding our services to the East End of Long Island for the 2018 season and beyond. Relax Period is an express service that stocks your home with all necessities and food needs while on vacation. From grocery fulfillment and pantry stocking to daily meals and private chefs, you can ask we do it all. With experience in the Connecticut and Dallas markets, Jenna Kate-Spence, the founder of Relax Period, seeks to anticipate your needs even before you do. You relax and let us take care of the rest. With her knowledge of hospitality, she understands that quality of food must be the best. To deliver this experience, Relax Period has selected celebrity chef Marco Barrila of Insatiable EATS Catering to create and provide personalized chef prepared meals to please any palate. Enjoy their catering packages exclusively offered through Relax Period. We anticipate an incredible season and look forward to serving you!

Call Jenna to coordinate your every need!

T: 203.800.5863
www.relaxperiod.com
jenna@relaxperiod.com



PLANNING AN EVENT ?

Insatiable EATS is a full service catering and events company that offers a menu of services from a-z. Our event specialist team can assist with any request to help make planning your party so much easier. We will work side by side with you to make sure that no details go unnoticed. Call or email us to get started! (203)800-5863

jenna@relaxperiod.com

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CATERING MENU OPTIONS

EVENT SERVICES

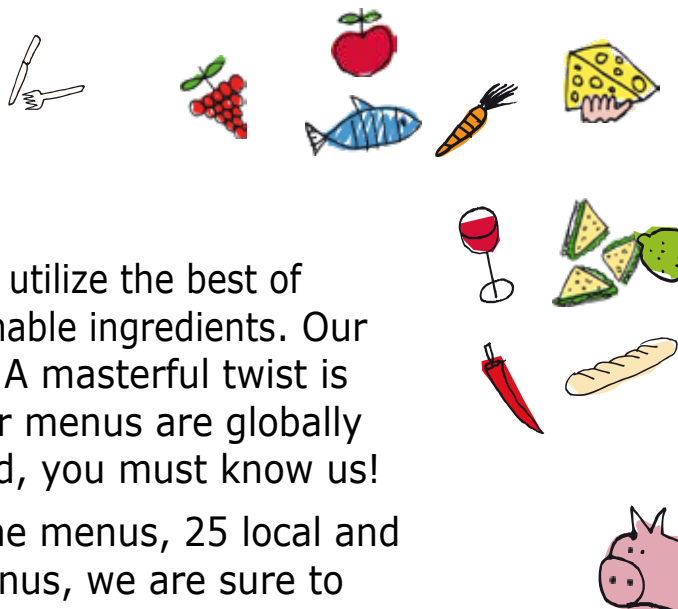
- 🍷 cocktail parties
- 🍷 summer bbqs
- 🍷 farm-to table
- 🍷 lobster bakes
- 🍷 mixed grill
- 🍷 private dinners
- 🍷 paella & tapas
- 🍷 pig roast & tacqueria
- 🍷 wedding receptions
- 🍷 brunch & luncheons
- 🍷 craft catering
- 🍷 fun days & kids
- 🍷 butler style/ displays
- 🍷 banquet/ buffet service
- 🍷 family/ French style
- 🍷 plated/ formal
- 🍷 carvery stations
- 🍷 live chef stations
- 🍷 grazing tables
- 🍷 afternoon/ late night snack bars
- 🍷 interactive dessert bars
- 🍷 food and beverage pairings
- 🍷 baskets, boxes, platters, trays
- 🍷 festival style displays & settings

OUR LOCATIONS

HAMPTONS & NEW YORK

We have bases in both the Hamptons & New York City, but also have experience with destination events.





OUR FOOD

Chef/ Owner Marco Barrila sources the world to utilize the best of imported products and local organic and sustainable ingredients. Our food is not your standard everyday catering. A masterful twist is added to even the most simple of dishes. Our menus are globally inspired by the best recipes. If you know food, you must know us!

With over 100 handcrafted canapes, 15 theme menus, 25 local and international menus and 50+ customized menus, we are sure to please the most discerning palates. You dream it, we create it!

OUR SERVICE

- LICENSED BARS basic (beer/wine)\$25/p, full \$45/p, premium \$60/p
Our bars come complete with non-alcoholic drinks and mixers.
- VENDORS flowers, flowers, lighting, rentals, tents, musicians, performers
We source the best of local vendors so you don't have to. We will guide you to the vendors that best fit within your budget, preferences and style
- VENUES event space, lawn, pool, ocean beach, estate, vineyard
we can accommodate catering in any indoor our outdoor location and have a crew to assist with the set-up as simple or elaborate as you like

Our all -inclusive summer packages are based on 30 guests priced per person. Menus can be customized to meet any dietary requests, food preferences or themes. Staffing is included and based on four hours. Additional hours are charged at \$50/ea/hr/pp. Taxes not included. Gratuity at client's discretion.

OUR TEAM

Our passion is food. We can't wait to serve you!

Book a private chef and enjoy an interactive food experience that allows your guests to entertain while watching a chef make masterful dishes.

Try our cooking classes programs from basic to advanced levels for corporate to kids to private groups.

Whatever your occasion, explore our insatiableworld dish by dish!





BBQ SUMMER.

Our Texas style barbeque offers a modern twist on classic favorites.

\$95

food

(from our grill man)

- 1 appetizer
- 1 poultry
- 1 seafood
- 1 slider
- 3 sides
- 1 dessert

bar

1 specialty drink

(frozen and iced)

- capriinha
- daquiri
- margarita
- mohito
- pina colada
- sangria
- spiked lemonade

staffing

- 1 grill man
- 1 chef assist
- 3 floor/wait





COCKTAIL PARTY.

Impress your guests with over 100 handcrafted canapes paired with signature cocktails.

\$95

food

(8-10 canapes per person)

- 2 meat
- 2 poultry
- 2 seafood
- 2 vegetable

bar

1 specialty drink

(prosecco cocktails)

- aperol
- hibiscus
- negroni
- pear drop
- pomegranate
- rose - ecco
- royale

staffing

- 1 chef
- 1 chef assist
- 3 floor/wait





FARM TO TABLE.

Enjoy the best dishes from our local farms and fisheries in a rustic setting at your place or ours.

\$120

food
(buffet style)
1 starter
1 salad
2 entrees
1 pasta
2 sides
1 dessert

bar
1 specialty drink
arnold palmer
pimm cups
sangria
spiked lemonade

staffing
1 chef
1 chef assist
3 floor/wait





LOBSTER BAKE.

Summer is not complete without a clam or Lobsterbake!

\$125

food

(from our lobster man)

- 1 starter
- 1 chicken
- 1 lobster (steamed/grilled)
- 3 sides
- 1 dessert
- watermelon

bar

- 1 specialty drink (frozen or regular)
- capriinha
- daquiri
- margarita
- mohito
- pina colada
- sangria
- spiked lemonade

staffing

- (from our lobster man)
- **ocean crew is additional
- 1 lobster man
- 1 chef assist
- 3 floor/wait





MIXED GRILL.

Everything you need to host the ultimate grilling get-together.

\$105

food

- 3 starters
- 1 poultry
- 1 steak
- 1 seafood
- 3 sides
- 1 dessert

bar

- 1 specialty drink
(frozen and iced)
- capriinha
- daquiri
- margarita
- mohito
- pimm cups
- pina colada
- sangria
- spiked lemonade

staffing

- 1 grill man
- 1 chef assist
- 3 floor/wait





PAELLA TAPAS.

Mediterranean food is perfect for summer entertaining. Our traditional paella is paired with one-two bite tapas to satisfy every palate.

\$95

food

- 3 tapas
- 1 paella (chicken, sausage, clams, mussels, shrimp)
- 3 sides
- 1 dessert

bar

- 1 specialty drink (frozen or regular)
- caprihinha
- daquiri
- margarita
- mohito
- pimm cups
- pina colada
- sangria

staffing

- 1 paellera man
- 1 chef assist
- 3 floor/wait





PIG ROAST.

A Hawaiian style succulent pig that hosts a tacqueria station that allows guests to build their own meat and taco plates.

\$90

food

- 1 suckling pig
- 1 taco station
- 3 sides
- 1 dessert

bar

- 1 specialty drink
(frozen and iced)
- caprihina
- daquiri
- margarita
- mohito
- pimm cups
- pina colada
- sangria

staffing

- 1 pig man
- 1 chef assist
- 3 floor/wait





DINNER PLATED.

Impress your guests with a myriad of customized menu options. Whether casual or formal, our masterful dishes will leave a most memorable impression.

\$175

food

- 3 canapes
- 1 starter
- 2 entrée choice (dual)
- 1 vegan or vegetarian
- 1 dessert

bar

- 1 aperitif
- aperol
- campari
- lillit
- prosecco

staffing

- (if formal a captain may be required)
- 1 chef
- 2 chef assists
- 5 floor/wait





WEDDING RECEPTION.

We offer guests a culinary experience to last a lifetime.

Based on 75 guests or more.

\$145

food

(buffet style)

- 5 canapes (passed)
- 1 starter
- 2 entrees
- 1 vegan or vegetarian
- 1 dessert

bar

- 1 specialty drink (prosecco cocktails)

- aperol
- hibiscus
- negroni
- pear drop
- pomegranate
- rose – ecco
- royale

staffing

(plated requires additional staffing)

- 1 chef
- 2 chef assists
- 8 floor/wait

Customized Menus

Our menus are fully customized and inspired by both local and exotic ingredients. Each menu can be paired with local or imported wines or specialty drinks and cocktails.

Ask about our comprehensive catering packages that make planning your wedding effortless and within your budget.

Dedicated Event Team

Our dedicated team of specialized chefs, bartenders and waitstaff are carefully screened, selected and trained.

We know that their performance is vital to the success of your wedding so we hold each to a standard of excellence to ensure that no detail goes unnoticed.

For themed weddings we go above and beyond to match our staff to your style.

First-Class Service

Our first-class service standard starts with our event specialists team and extends to our vendors. No matter what your special request we will cater to your every whim. We have carefully sourced our vendors over time so you don't have to.

With this we are confident to provide you with the best products and services at prices to match your budget. It is our experience that makes your experience - nobody does it better!





BRUNCH BUFFET.

Life is beautiful when celebrating during the day. This wonderful weekend favorite will leave your guests wishing for an endless summer.



\$95

food

(buffet or stations)
2 appetizers
2 salads
2 main dishes
3 side dishes
1 dessert

bar

1 specialty drink
(prosecco cocktails)
aperol
hibiscus
negroni
pear drop
pomegranate
rose - ecco
royale

staffing

(plated requires additional staffing)
1 chef
1 chef assist
3 floor/wait





CRAFT CATERING.

Craft catering provides the easiest form of entertaining. Select from a wide variety of grazing stations or simply order party platters and trays. No matter the occasion, give your guests insatiable eats that they will love!

\$75

food

(all day service)

- 1 breakfast
- 1 lunch
- 1 afternoon snacks
- 3 sides/each
- 2 desserts

bar

non-alcoholic drink

- 1 coffee/tea
- 1 flavored/ soft drinks
- 1 water

staffing

(drop-off/ set-up service)

2 team staff





FUN DAYS & KIDS.

Enjoy the best of favorite finger foods that are not just for kids! Create a eye catching buffet or order as individualized boxes for the beach, lawn, pool or picnic. Whether light or comfort, we have it all!

\$60

food

- 2 appetizers
- 2 main items
- 3 sides
- 2 desserts

bar

- non-alcoholic drink
- infused water
- lemonade
- virgin drink

staffing

- 1 chef
- 1 chef assist
- 3 floor/wait



GRAZIE

DANKE

MERCI

HVALA

MHGOI

MAHALO

TAKK

DANK U

XIEXIE

GRACIAS

DOMO

TERIMA
KASIH

DANKIE

DO JEH

TODAH

DEKUGI

KIITOS

DZIEKUJE

TACK

ARIGATO

EUXAPIOTW

TANON

CNACNOO

THANK
YOU!



Book your orders and catering packages exclusively through
relaxperiod.com

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