

FROM TRIANGLE TO TRIAD

Southern Harvest

- HOSPITALITY GROUP -

CATERING & EVENTS *menu*



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Some items can be made gluten free upon request

Who We Are

Love & Nourish

Our mission is to love and nourish you, our guest, with gracious hospitality, wonderful food, and a listening ear for how we can turn your vision into a wonderful reality. From the initial planning stages to service, food, and beverage on your special day, we will be dedicated to providing you the very best service and hospitality. We promise to live up to our word and to your expectations.

Southern-Inspired Cuisine

Our menus are carefully curated and use fresh, seasonal ingredients inspired by traditional Southern cuisine. We offer a variety of items to suit every taste and style, with seasonal favorites available to spice up your menu. Mix-and-match hors d'oeuvres for a classy cocktail reception, choose your favorites for a full-service buffet, or add a touch of elegance with a hand-plated dinner. Whatever you have in mind, we have the perfect menu items for you.





Grazing

Individual Bites

Housemade Pimento Cheese on Toasted Baguette or Mini Biscuit
add Applewood Smoked Bacon or crispy country ham

Toasted Baguette Bites
with Goat Cheese, Honey, and Cracked Pepper on Toasted Baguette

OR
with Creamy Brie with Seasonal Fruit Compote and Balsamic Reduction

OR
with Balsamic Marinated Tomatoes with Pesto and Shaved Parmesan

Tapenade Toasts
Choice of tomato basil or fig

Smoked Salmon Rillettes
in Endive Cup

“Church Social” Deviled Eggs
with Smoked Paprika

Pimento Cheese Deviled Eggs
with Crisp Country Ham

“Diablo” Deviled Eggs
with Jalapeno Cilantro Relish

Roasted New Potato Boats
with Goat Cheese, Honey, and Caramelized Onions

Cucumber Cups
with Sesame Chicken Salad, Cilantro, and Sriracha

OR
with Tomato-Cucumber Salad and Balsamic Glaze

Fried Chicken Salad Mini Biscuit
with Bread and Butter Zucchini Pickles

Stuffed Mushroom Caps
with Spinach, Roasted Red Pepper, and Breadcrumbs

Shaved Brisket Crostini
with Gorgonzola Cream and Balsamic Glaze

Cheese Grits Cake
with Bourbon BBQ Pulled Chicken

Shrimp and Grits Boat
with Southern Harvest Trinity Sauce

Crab and Bay Shrimp “Walking Cocktail”
a portable classic

Ahi Tuna Lettuce Cup
with Avocado, Wasabi, and Sweet Soy

Bluefin Tuna
with Chimichurri, also offered with lemon butter or sweet soy sauce

Skewers

Grilled Marinated Chicken
with Pesto Ranch

Grilled Marinated Flank Steak
with Horseradish Aioli

Grilled Vegetables
with Balsamic Glaze

Caprese
with Balsamic Glaze

Jambalaya Skewer
with Creole Remoulade

Chicken and Waffles
with Hot Honey and Maple Syrup



Crowd Favorites

Shrimp Cocktail
with Horseradish Cocktail Sauce and Lemon

Warm Spinach and Artichoke Dip
with baguette toasts and tortilla chips

Hummus with Grilled Pita
with Balsamic Glaze

Roasted Brussels Sprouts Dip
with baguette toasts and crackers

Buffalo Chicken Dip
with tortilla chips and veggie sticks

Potato, Broccoli, and Sharp Cheddar Dip
with baguette toasts and tortilla chips

Shrimp Ceviche
with tortilla chips

Southern She-Crab Dip
with baguette toasts and crackers

Smoked Chicken Wings
with choice of sauces

Southern Harvest Cheese Platter
with seasonal fruit, baguette toasts, and crackers

Southern Harvest Charcuterie and Cheese Platter
with baguette toasts

Vegetable Crudite
with Hummus and Ranch Dip

Southern Harvest Pimento Cheese Dip
with grilled pita and veggie sticks



Seasonal Fruit Platter

Sliders & Such

Mini Angus Sliders
with American Cheese, Lettuce, Tomato, Onion

Meatloaf Sliders
*with Mashed Potatoes and Caramelized Onion Gravy *2 platter minimum*

Pit Smoked Turkey Sliders
with Cranberry-Jalapeno Relish

BBQ Pulled Chicken Sliders
with Knucklehead BBQ Sauce and Cole Slaw

BBQ Pulled Pork Sliders
with Carolina Vinegar Sauce and Cole Slaw

Pit Smoked Brisket Sliders
chopped and sauced with bread and butter zucchini pickles

Crab Cake Slider
with Chipotle Aioli

Mini Veggie Burger
with Roasted Red Peppers and Pesto Aioli



Grilled Mushroom
with Roasted Red Peppers, Fresh Mozzarella, and Chipotle Aioli

Mini Chili Dog
with Cole Slaw and Yellow Mustard



Salads

Year-Round Classics

Caesar Salad

with Romaine, Herbed Croutons, Parmesan Cheese, and Caesar Dressing

Chopped Salad

with Romaine, Bacon, Hard Boiled Eggs, Tomatoes, crumbled Gorgonzola, and Peppercorn-Ranch Dressing

Spinach Salad

with Baby Spinach, Crimini Mushrooms, Bacon, Hard Boiled Eggs, and Honey Mustard Dressing

Greek Salad

with Romaine, Kalamata Olives, Tomatoes, Cucumbers, Bell Peppers, Red Onion, Feta Cheese, and Red Wine-Oregano Vinaigrette

Arugula Salad

with Grilled Beets, Candied Pecans, Gorgonzola, and Honey Mustard Dressing

Spring & Summer

Summer Spinach Salad

with Baby Spinach, Strawberries, Toasted Almonds, Goat Cheese, and House-Made Strawberry Vinaigrette

Summer Bean Salad

with Tomatoes, Green Beans, White Beans, Corn, and White Balsamic Vinaigrette

Grilled Watermelon Salad

with Watermelon, Fresh Mint, Feta Cheese, and Balsamic Vinaigrette

Fall & Winter

Pear Salad

with Mixed Greens, Sliced Pear, Toasted Walnuts, crumbled Gorgonzola, and Balsamic Vinaigrette

Southern Kale Salad

with Baby Kale, Roasted Butternut Squash, Toasted Walnuts, Goat Cheese, and Balsamic Vinaigrette

Winter Salad

with Shaved Brussels Sprouts, Baby Kale, Candied Pecans, Dried Cranberries, crumbled Gorgonzola, and Balsamic Vinaigrette

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

Side Items

Year-Round Classics

Smoked Gouda Macaroni & Cheese

Velvety, elevated and indulgent

Brown Sugar-Glazed Carrots

tender and sweet with a glossy finish

Sweet Potato and Cranberry Bake

cozy and festive

Wild Rice Pilaf

rustic and nutty yet refined

Mashed New Potatoes

with butter and garlic

Roasted New Potatoes

with olive oil and herbs

Green Beans

with bacon and red onion or olive oil, tomato and pistachio

Grilled Seasonal Vegetables

with balsamic glaze

Spring & Summer

Dirty Rice

with Pork Sausage and Heirloom Tomatoes

Grilled Asparagus

with White Balsamic Butter

Creamed Corn

with Charred Leeks

Fall & Winter

Roasted NC Root Vegetables

with Rosemary Oil and Herbs

Sautéed Brussels Sprouts

with Country Ham and Honey

Candied Sweet Potatoes

nostalgic, sweet and savory

Oven-Roasted Baby Carrots and Parsnips

with rosemary oil

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Entrees

Poultry Selections

Grilled Chicken Breasts

with choice of sauce:

*Chimichurri, Dijon Cream Sauce,
Knucklehead BBQ Sauce,
Mushroom Cream*

Braised Chicken Thighs

with white wine and garlic

Pit Smoked Turkey Breast

*with cranberry-jalapeno relish
and traditional gravy*

Grilled and Roasted 8 cut Chicken (bone in)

*Choice of BBQ, Teriyaki, or
Lemon Herb*

Pork Selections

Pork Loin

*slow roasted or smoked, with our
Peach Bourbon Sauce*

Bacon Wrapped Pork Tenderloin

*grilled or smoked, with our
Peach Bourbon Sauce*

Beef Selections

Certified Angus Beef Prime Rib

*slow roasted or smoked, with
Red Wine Jus and Horseradish
Sauce*

Slow Braised Beef Short Ribs

*choice of red wine jus or
Knucklehead BBQ sauce*

Certified Angus Beef Tenderloin

*grilled, slow roasted, or smoked,
with choice of sauc*

Grilled Certified Angus Flank Steak

with choice of sauce

Beef Sauces

Chimichurri

Horseradish Sauce

Red Wine Jus

Bearnaise Aioli

Knucklehead BBQ
Sauce

Mushroom Cream

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Seafood Selections

Grilled Salmon Filet
with Lemon Dill Butter

Grilled Tuna Steak
with Chimichurri or Sweet Soy and Wasabi

Grilled Red Snapper
with Chimichurri

Shrimp and Grits
with Southern Harvest Trinity Sauce

Vegetarian Selections

Roasted Cauliflower & Mushroom Risotto
nutty sweetness meets umami

Impossible Tamale Pie
Corn, black beans and cornbread with seasoned meatless ground beef

Zucchini and Mushroom Ragout
over Cheese Grits



Asparagus Pasta
charred Asparagus and Kale tossed with Penne Pasta and Lemony Cannellini Beans

Spiced Chickpea Stew
with Coconut and Turmeric, served with Grilled Pita Bread

Pasta Primavera
Penne Pasta and Lightly Sautéed Seasonal Vegetables in a Lemon Herb Cream Sauce

Individual Mushroom Pot Pies
with roasted vegetables and Red Wine Sauce

Grilled Cauliflower Steaks
with Chimichurri

Grilled Marinated Tofu
with Knucklehead BBQ Sauce and Chimichurri



Stations & Bars

Carving Stations

Seasoned Grilled Flank Steak
with choice of sauce

Prime Rib
slow roasted or smoked

Roasted Pork Loin
slow roasted or smoked

Beef Tenderloin
slow roasted, grilled, or smoked

Bone in Rack of Pork
slow roasted or smoked

Pit Smoked Turkey Breast
over local hickory wood

Sliders

Angus Beef

Meatloaf

BBQ Pulled Pork

BBQ Pulled Chicken

Mini Veggie Burger

Pit Smoked Turkey

Pit Smoked Brisket

Grilled Mushroom

Mini Chili Dog



Pasta Station

INCLUDES 1 PASTA, 2 SAUCES, 2 MEATS AND 3 VEGGIES OR CHEESES

Pastas

Penne, Fettuccine, Spaghetti, Rotini or Gnocchi

Sauces

Marinara, Alfredo, Basil Pesto, Butternut Cream or Gorgonzola Cream

Meats

Ground Beef, Turkey, Chicken, Italian Sausage or Shrimp

Cheeses

Parmesan, Romano, Cheddar, Mozzarella or Asiago

Vegetables

Black Olives, Grilled Eggplant, Sun-dried Tomato, Hot Peppers, Sweet Peppers, Sautéed Mushrooms, Sautéed Red Onion, Roasted Garlic, Spinach, Grilled Zucchini, Grilled Yellow Squash, Baked Sweet Potato

Cheeses

Parmesan, Romano, Cheddar, Mozzarella or Asiago

Fajita Bar

INCLUDES CORN AND FLOUR TORTILLAS

Includes

Seasoned Grilled Chicken Breast, Seasoned Flank Steak and Grilled Vegetables

Toppings

Lettuce, Pico de Gallo, Cheddar OR Cotija Cheese, Sautéed Onions, Seasoned Rice, Black Beans, Sour Cream and Salsa

Mac & Cheese Bar

CHOOSE 5 TOPPINGS

Toppings

*Roasted Red Red Peppers, Caramelized Onions, Crispy Onions, Cheddar Cheese, Roasted Garlic, Jalapenos, Mild Salsa, Bacon Pieces, Bleu Cheese, Sautéed Mushrooms, Seasoned Breadcrumbs, Smoked Gorgonzola, Diced Country Ham, Diced Grilled Chicken, Flank Steak**, Shredded Pork Shank**, Sour Cream, Diced Tomatoes, Crab**, Sautéed Shrimp***

Mashed Potato Bar

CHOOSE 5 TOPPINGS

Toppings

Roasted Red Peppers, Caramelized Onions, Crispy Onions, Cheddar Cheese, Roasted Garlic, Jalapenos, Mild Salsa, Bacon Pieces, Bleu Cheese, Sautéed Mushrooms, Seasoned Breadcrumbs, Smoked Gorgonzola, Diced Country Ham, Diced Grilled Chicken, Flank Steak**, Shredded Pork Shank**, Sour Cream, Diced Tomatoes, Crab**, Sautéed Shrimp**

Make Your Own Salad Bar

WITH CHOICE OF ROMAINE, MIXED GREENS OR NC KALE WITH UP TO FIVE TOPPINGS AND TWO DRESSINGS

Toppings

Grape Tomato, Cucumber, Shredded Carrots, Red Onions, Black Olives, Kalamata Olives,

Mushrooms, Spinach, Zucchini, Yellow Squash, Sun-dried Tomato, Hot Peppers, Sweet Peppers, Grilled Beets, Roasted Garlic, Shredded Cheese, Feta, Blue Cheese Crumbles, Goat Cheese, Parmesan, Croutons, Toasted Walnuts, Candied Pecans

Dressings

Peppercorn-Ranch, Honey Mustard, Gorgonzola Blue Cheese, Balsamic Vinaigrette, Greek Vinaigrette, Caesar, Strawberry Vinaigrette, Citrus Vinaigrette

Seasonal Salad Display

CHOOSE 3 WITHIN SEASON

Year Round

Caesar Salad, Chopped Salad, Spinach Salad, Greek Salad or Arugula

Spring & Summer

Seasonal Spinach Salad, Grilled Watermelon Salad, Summer Bean Salad

Fall & Winter

Pear Salad, Southern Kale Salad or Winter Salad



Nacho Bar

Meat

Seasoned Ground Beef OR Grilled Chicken

Toppings

Fresh Tortilla Chips, Queso, Shredded Cheddar, Pico de Gallo, Guacamole, Diced Onion, Jalapeños, and Sour Cream

Soft Pretzel Bar

Warm, soft pretzels with a variety of toppings and dips

kosher salt, beer cheese, mustard, cinnamon-sugar, and hummus

Street Taco Bar

Mini tacos stuffed with your choice of meat

Ground Beef, Shredded Chicken, or Pulled Pork

And Toppings

Onion, Cilantro, Cheese, and Salsa

Tater Tot Station

(REQUIRES FRYER ON SITE)
CHOOSE 5 TOPPINGS

Toppings

Roasted Red Peppers, Caramelized Onions, Crispy Onions, Cheddar Cheese, Queso, Roasted Garlic, Jalapenos, Mild Salsa, Bacon Pieces, Bleu Cheese, Sautéed Mushrooms, Gorgonzola, Diced Country Ham, Diced Grilled Chicken, Flank Steak**, Shredded Pork Shank**, Sour Cream, Diced Tomatoes, Crab**, Sautéed Shrimp**



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Southern Harvest

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Pit-Smoked Meats

Beef Brisket

Certified Angus Beef Brisket rubbed with only salt and pepper, slow smoked for 14 hours, and served sliced or chopped & sauced in our Knucklehead BBQ sauce, also available whole for carving (DF, GF, NF)

Pulled Chicken

Hickory-smoked for 4 hours (DF), hand-pulled and tossed with our house-made Knucklehead BBQ sauce (DF, VG, V)

Burnt Ends Sausage

Uncured all-beef sausage made with brisket burnt ends

Turkey

Juicy and tender smoked turkey breast (GF, DF, NF), pre-sliced or hand-carved on site

Pulled Pork

Cooked low and slow for 12 hours over local Hickory wood. (GF, DF, NF)

Pork Ribs

Dry-rubbed St. Louis cut pork ribs, smoked for 3.5 hours. Served by the full rack. (GF, DF, NF)

Wings

Jumbo wings, rubbed and smoked over hickory

Southern Fixins

Baked Beans

Sweet baked beans in a tangy sauce with Brown Sugar, Certified Angus Beef Brisket and spices (DF, VG, V)

Mac-n-cheese

Elbow macaroni tossed with house-made cheese sauce and covered with shredded cheddar (VG, NF)

Potato Salad

Creamy Diced Red Potatoes with Chopped Green Onion, Crispy Bacon, and Diced Hard-Boiled Eggs (GF, DF)



Mashed Sweet Potatoes

Mashed sweet potatoes with cream, butter (GF, VG), and cinnamon

Handcut Slaw

Crisp green cabbage, red onion, and carrots dressed in our sweet and tangy dressing (GF, DF, VG)

Greens

Simmered collard greens with garlic, sweet white onion, and local chopped bacon. (GF, DF, NF)

Succotash

Lima beans, corn, zucchini and stewed tomatoes (Fall) (V, GF, NF)

Hoppin' John

Black-eyed peas simmered with diced tomatoes, peppers, BBQ spices, onions, and bacon pieces

Desserts

Cornbread Muffins

Mini cornbread muffins, perfectly sweet with bits of corn. (V, NF)

Banana Pudding

Made from scratch Southern Classic

Fruit Cobblers

Peach, Blackberry, Cherry or Apple

Breads & Desserts

Breads, Butters & Oils

Yeast Rolls

with choice of butter

Sliced Brioche Rolls

Jalapeno Cornbread

Butter Balls

Herbed Butter

Herbed Olive Oil

served per table, requires bowl rental

Desserts

Knucklehead Banana Pudding

Assorted Mini Cheesecakes

Chocolate Charcuterie

Seasonal Fruit Crisp

Flourless Chocolate Torte

with Whipped Cream and Macerated Berries

Chocolate Bread Pudding

with Amarena Cherries

Classic Bread Pudding

Cobblers

Apple, Peach, Cherry, Blackberry

Pies

Apple, Pumpkin, Pecan, Sweet Potato, Strawberry Rhubarb Crumble

Cakes

Chocolate, Red Velvet, Carrot, Tiramisu, Limoncello

Shooters

Includes Chocolate Cream, Lemon, Raspberry, Tiramisu

Cookies, Brownies

inquire for flavors

Fresh Berries & Cream

Pound Cake with Berries & Cream

Chocolate Covered Strawberries

Assorted Cupcakes

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LOCALLY SOURCED.
Southern-Inspired

Request A Quote

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