



# Mountain Harbor Resort and Spa Catering Menus

## Our Culinary Team



With the creation of the culinary team of Jennifer Brewer, our new Food and Beverage Director, and Chef Paul Capel, the Lodge Restaurant has now entered into an exciting new season with creative events, specials and custom catering.

Jennifer Brewer has worked in the food industry for the last 40 years. She has been an integral part of Harbor, has served on the Joplin Fire Department and is a beloved community member for twenty years!

Chef Paul Capel has been involved in cooking and the restaurant business for over 24 years - most of his life, starting his culinary journey at the age of 8. Trained at Le Cordon Bleu in Minneapolis, his culinary journey includes stops at Disney, Field Club of Omaha, and the Council Bluffs Country Club as well as at Central Park Fusion in Hot Springs before opening his own restaurants.

"I read once that people who enjoy serving great food are people who love to nurture other's mind, body and soul. We are committed to working personally with all our customers to serve the freshest foods, prepared with thoughtfulness and care."

Jennifer Brewer, F&B Director



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*Please add a 9.5% sales tax and an 20% gratuity to all catering orders. For catering arrangements, group reservations or any questions, please contact:*

**Paula Fuhrman**  
**Special Event Coordinator**

*Paula@mountainharborresort.com | 870-867-2191  
994 Mountain Harbor Road, Mt. Ida, AR 71957*



# Mountain Harbor Resort and Spa Harbor's Breakfast

## Breakfast Packages

All Breakfast packages are served with Coffee, Tea, and Assorted Juices. Buffets are set for a 2 hour time block. Prices listed are per person per day.

**Continental Breakfast:** Assorted scones, pastries, yogurt, chef's granola, fresh fruit and berries... \$13

**Light Morning:** oatmeal bar with assorted toppings, yogurt and granola, fresh fruit, bagels and English Muffins...\$14

**Harbor 5 Breakfast Buffet:** Scrambled eggs with cheese, home fries and grits, fresh fruit, bacon, sausage, or ham, assorted breads and bagels...\$16

**Grab and Go Breakfast:** Choice of biscuit sandwiches, breakfast burrito wraps, or Texas Toasters with home fries and fresh fruit cup boxed up and ready to go...\$16

**Harbor Full House Breakfast:** Blueberry Stuffed French Toast, Build Your Own Omelet Bar, grits or home fries, bacon and sausage, biscuits and gravy...\$24 Add \$50 Chef Fee

**Hearty Southern Breakfast:** Biscuits and Gravy, Denver Scramble, sausage patties, grits...\$15

**Chefs Breakfast:** Shrimp and Grits, Ham and Cheese Scramble, Blueberry Stuffed French Toast, bacon, and sausage, bagels and English Muffins...\$28

**Shower Brunch:** Choice of quiche, scones, fruit, yogurt and oatmeal bar, home fries or grits...\$18

## Morning Additions

Prices are per person added to buffet Package

Assorted Cereals ...\$3

French Toast...\$3

Eggs Benedict...\$5

Muffins or Scones...\$3

Yogurt or Oatmeal Station...\$4

Home fries or Grits...\$2

Add a Meat...\$3



## All Day Beverage Service

\$7 per person

Includes, Regular or decaf coffee

Bottled water

Assorted canned soft drinks

Tea, sweet and unsweet,

Lemonade

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# Mountain Harbor Resort Cold Party Platters & Appetizers

## SEASONAL FRUIT TRAY

Chef's blend of Melons, Strawberries, Grapes, and other Seasonal Berries. \$6



## VEGETABLE TRAY

Customize your own vegetable tray. Pick your favorite vegetables, and we will create a fresh and enticing display! \$6



## CHEESE TRAY

A spread of Domestic and Imported Cheeses. \$6

## MEAT TRAY

A blend of Imported and Domestic Specialty Meats: Capicola, Genoa Salami, Prosciutto, Speck Ham \$6



## COMBINATION TRAY

Mix & match any of the above and our Chef will design you a magnificent display. \$7



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# Mountain Harbor Resort and Spa Hot Party Platters and Appetizers

**Choose Five for \$15 (Inquire for pricing by the dozen.)**

Asparagus wrapped in Prosciutto with  
Lemon Thyme Aioli

Tuna Tartare with Cilantro Dressing on  
Cucumber Chip

Chips & Salsa

Homemade Deviled Eggs

Bruschetta on Crostini

Shrimp Cocktail

Peel & Eat Shrimp

Other Shellfish & Seafood Platters available  
(Please inquire for details) \*

Bourbon Beef or Bourbon Glazed Chicken  
Skewers

BBQ Beef or BBQ Pulled Pork Sliders

Black & Blue Chicken Wontons made with Bleu  
Cheese Mousse

Baked Brie with Apple and Walnut Caramel

Crab Cakes with House-Made Remoulade

Bleu Cheese au Poivre Meatballs

Artichoke Dip with Chips, Bread & Assorted  
Crackers

Bacon Wrapped Shrimp

Bacon Wrapped Scallop with Apricot Glaze\*

Bacon Wrapped Dates stuffed with Bleu Cheese

\*Indicates market pricing.



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**Ask us about appetizer parties!**

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# Mountain Harbor Resort and Spa

## Custom Buffets

**Custom Buffets starting at \$15.95 per person for lunch and \$19.95 per dinner. You may add an additional starter or accompaniment for \$3 per person.**

### **Starters Choice of One:**

**House Salad: Mixed Greens, Tomatoes, Red Onions, Carrots, Cucumbers & Choice of Two Dressings**

**Caesar Salad: Romaine, Parmesan Cheese and Freshly Baked Croutons**

**Cream of Tomato or Chef 's Soup du Jour  
Custom Specialty Soups (Please allow 48 hours notice)**

**Pasta Salad, Broccoli Salad, Cucumber Salad, or Potato Salad**

**Chips & Salsa or Seasonal Fresh Fruit**



### **Accompaniments Choice of Two:**

**Herb Roasted or Garlic Mashed Potatoes**

**Saffron Rice**

**Fresh Vegetable Medley**

**Green Bean Casserole**

**Corn on the Cob**

**Hashbrown Casserole**

**Penne Pasta**

**Grits**

**Cheese Tortellini**

**All prices subject to Change, Based Upon Market and Availability**

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# Mountain Harbor Resort and Spa

## Bread and Butter Buffet

Custom Buffets started at \$15.95 per person for lunch and \$19.95 per person for Dinner. You may add additional starters or accompaniments for \$3 per person. Comes with Rolls and Butter, Add Dessert for \$4 per person.

### Starters (choose 1)

**House Salad:** Mixed greens, tomatoes, red onion, cucumbers, croutons, 2 dressings

**Caser Salad:** Romaine, croutons, Parmesan, Caesar Dressing

**Greek Salad:** Mixed greens, tomatoes, cucumbers, Feta, pepperoncini, Kalamata olives, red onion, Greek Dressing

**Cream Of Tomato Soup**

**Custom Soups available with 48 hour Notice**

**Fresh Fruit Display**

### Accompaniments (Choose 2)

**Herb Roasted Or Garlic Mashed Potatoes**

**Saffron Rice**

**Fresh Roasted Vegetables**

**Garlic Green Beans**

**Bacon and Balsamic Brussel Sprouts**

**Corn on the Cob**

**Hashbrown Casserole**

**Penne Marinara**

**Grits**

**Cheese tortellini Alfredo**

## Entrees

### Chicken

**Asiago:** Italian Herb Crusted with Creamy Asiago Cream Sauce

**Marsala:** Pan Seared with Rich Mushroom Marsala Demi Glace

**Piccata:** A classic with Lemon Caper Butter Sauce  
Parmesan: Lightly Breaded topped with Marinara, Mozzarella and Parmesan

**Basil Artichoke:** Chefs Signature dish with Pesto Cream and Artichokes

**Vodka:** Grilled Chicken with Rosa Vodka Sauce, Sundried Tomatoes and Green Peas

**Al a King:** Chopped Chicken with Carrots, Peas, Corn in a savory Cream Sauce

### Beef

**London Broil:** Red wine marinated tri tip grilled and sliced topped with red wine demi glaze

**Marsala:** Tender sliced roast topped with Mushroom Marsala demi glaze

**Chefs Meatloaf:** Chef's take on a classic with a signature brown sugar glaze

**Meat Balls:** House made served with Marinara, BBQ or Swedish Sauce

### Other Selections

**Crab Stuffed Cod:** Flakey cod topped with house crab mix and baked to perfection

**Sage Turkey and Gravy:** Oven Roasted Turkey with sage poultry gravy

**Cognac Pork Tenderloin:** Cajun Seared Pork with Candied pears, and Cognac Tarragon Glaze

**Shrimp Scampi:** Classic Lemon Garlic Butter Shrimp

**Citrus Baked Salmon:** Lemon Pepper salmon with orange beurre blanc



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# Mountain Harbor Resort and Spa

## Custom Dining Experiences

### Low Country Boil

Boils start at **\$9.95 per person plus your seafood choices.**

Seasoned Cajun Broth with Corn on the Cobb, Andouille Sausage, Potatoes, finished off with your choice of seafood based on seasonal availability. Choose from the following to customize your guest's delight. Boils are available for groups of 10 or more. Pick up your pot to enjoy at home or have it delivered. Make it memorable and add a chef to come and prepare it for you.

### Protein Choices:

- Shrimp (8) add \$24
- Lobster 7-8oz \$32 per each
- Snow Crab \$26 per pound
- Alaskan King Crab \$54 per pound
- Catfish 7-8 oz \$16 per filet
- Crawfish \$22 per pound
- Boudin Sausage \$16 per pound



*See our side options on the following page*

### Harbor Mixed Grill

Served with choice of salad, starch and vegetables, served with array of sauces based off of meat selection.

Mixed grill is minimum of 15 guest. Each guest can pick their own protein. Sides and salad are served family style. This can be picked up or delivered.

### Protein Choices:

- Choice Filet mignon \$46 per each (8oz center cut)
- Choice Ribeye \$44 per each (14oz cut)
- Prime Sirloin \$28 per each (8oz Cut)
- Airline Chicken \$24 per each (10-12oz)
- Shrimp (8) \$26 per each (13/15 count)
- Cold Water Lobster - market price
- Alaskan King Crab - market price
- Salmon \$32 per each (8oz Fillet)
- Catfish \$24 per each (7-8oz Fillet)



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# Mountain Harbor Resort and Spa Custom Dining Experiences

## Side Options:

**Parmesan Risotto**  
**Cheddar Mashed Potatoes**  
**Wild Rice**  
**Creamy Polenta**  
**Grits**  
**Asparagus**  
**Broccoli Casserole**  
**Primavera Roasted Vegetables**



## Salad Options

**Our House Caesar**

**Greek: Tomatoes, Cucumber, Red Onion, Kalamata Olives, Feta Cheese**  
**Italian Salad: Sundried Tomatoes, Parmesan, Red Onions,**  
**Red Wine Vinaigrette**

**Wedge Salad: Blue Cheese, Bacon, Tomatoes, Scallions**



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# Mountain Harbor Resort and Spa Custom Dining Experiences

## Prime Rib Dinner

**\$41 per person plus tax. Minimum 5 guests.**

Served with mashed potato bar, Greek or Caesar salad, roasted vegetables, Au Jus, and horseradish cream.

Cooked to your groups liking, this can be picked up ready to serve or delivered and plated by one of our chefs on site.

## Harbor's Cook Out - from our family to yours!

Served with assorted mustards, Sauerkraut, Onions, Tomatoes, ketchup, mayo, Artesian buns, Assorted Cheeses, Choice of family style sides and Meats: **\$18 per person includes 2 sides and 2 meats. Additional sides can be added by the pint. Minimum 25 people.**

### Sides

Cole Slaw  
Baked Beans  
Watermelon Tray  
Caprese Skewers  
Italian Tossed Salad  
Corn on the Cob

### Meats

All Beef Hot Dogs  
Andouille Sausage  
Boudin  
Marinated Chicken  
Polish Sausage  
Kielbasa



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# Mountain Harbor Resort and Spa Family Lake Experiences

## Family Fry \$24 per person

Choose 2 family style sides and enjoy your choice of fried chicken, catfish, shrimp or chicken fried steak.

Pick up at lodge or have delivered for groups of 10 or more. For larger groups ask about our onsite fry where we bring the total experience to you. Also available in the lodge courtyard for gatherings.

### Sides:

Cole Slaw

Baked Beans

Mashed potatoes

Baked Potatoes

Watermelon tray

Italian Tossed Salad

Corn On the cob



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# Mountain Harbor Resort and Spa

## Large Dinner Party Tier Menus

Tiers Include Soup or Salad and can be served plated or buffet style.

Pre-order plated or buffet Style. Can be served in locations at Harbor or in the Lodge Restaurant. With Harbor catering and events, the menu is just an example of ideas. If there is something you do not see but have the urge to splurge for, please inquire and we are sure our trained chefs can meet your desires.

### Tier One \$23

#### Crab Crusted Cod

Served with Béarnaise, Lemon Thyme Risotto & Chef's Vegetables

Chef's Meatloaf with Truffle Mashed Potatoes or Saffron Rice and Chef's Vegetables

#### Chicken Parmesan

Italian breaded chicken topped with marinara, mozzarella and Parmesan. Baked and served over spaghetti and topped with heirloom tomato relish

### Tier Two \$28

Blackened Mahi Mahi with Sauce Newburg, Saffron Rice & Chef's Vegetables

Bourbon Portobello Sirloin with Roasted Potatoes and Chef's Vegetables

Chicken Marsala with Truffle Mashed Potatoes and Chef's Vegetables

#### Additions

Add Cheesecake or Crème Brûlée for \$4 Kids Menu priced at \$8 for parties of 20 or more.

Please feel free to add appetizers from our menu to have on your table or passed while you and your guests arrive. See our appetizer menu for pricing.

### Tier Three \$39

Crab Stuffed Shrimp Rockefeller with Truffle Risotto & Chef's Vegetables

Chicken Oscar with Saffron Rice and Asparagus, topped with Béarnaise

Filet with Roasted Potatoes and Chef's Vegetables. *Add Oscar \$8*



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## Composed Buffet for Large Parties

### Italian Buffet \$15

- Salad
- Bread
- 2 Pastas
- 3 Sauces
- 3 Meats
- Roasted Vegetables

### Homestyle Buffet \$18

- Chef's Meatloaf
- Chicken Alfredo
- Tortellini Salad
- Mashed Potatoes
- Roasted Vegetables

### Tex-Mex Display \$16

- Chicken
- Seasoned Beef
- Beans
- Rice
- Cheese
- Sour Cream
- Hard & Soft Tortillas
- Tomatoes, Onions, Limes, Cilantro
- Add Guacamole \$1 per person

Additional Items Available upon Request  
(Minimum of 25 persons for all Custom Buffets)



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# Mountain Harbor Resort and Spa

## Boxed Lunches and Snacks

### Intermissions and Snacks

**Assorted yogurts and toppings:** Chef's granola, nuts and berries with assorted Greek yogurt flavors \$10

**Dip Station:** Artichoke Dip, Hummus, and Crab Dip with assorted vegetables, pita chips, and crackers \$10

**Afternoon Cheese:** Assorted Chef selected cheeses, dried fruits, nuts and granola \$10

**Mid Day Break:** House Made Chips, Pretzel Bites, and assorted cookies \$10

**App Snacks:** Classic Bruschetta, Artichoke Dip, Bacon Wrapped Dates, assorted cheese and crackers \$12

**Movie Time:** Assorted popcorn, assorted candy boxes, popcorn seasonings \$10

### Boxed Lunches \$16.95

**All boxed lunches come with fruit cup, chef's dessert and house made chips. Sweet, unsweet tea and lemonade included.**

**Italian BLT:** Crisp Bacon, Italian tomatoes, bibb lettuce, garlic aioli on sourdough bread

**Chicken Salad Croissant:** Savory Chicken salad on a butter croissant with bibb lettuce and Italian tomatoes

**Hummus Wrap:** Garlic Tortilla, hummus, spring greens, avocado, roasted red pepper, tomatoes and red onion finished with red wine vinaigrette

**Honey Mustard Club Wrap:** Shaved turkey and ham with crisp bacon, spring greens, tomatoes, cheddar and jack cheese with sweet and savory honey mustard in a garlic tortilla

**Horseradish Roast Beef:** Shaved Roast Beef, horseradish cream, lettuce, tomato, and pickled red onion on pretzel roll

**Ham Pubwich:** Sliced Black Forest Ham, pickled red onion, Swiss, deli mustard on pretzel roll

**Roasted Pepper Turkey:** Shaved Turkey, roasted pepper mayo, lettuce, Parmesan, crushed croutons, wrapped in garlic tortilla

**Chicken Bacon Ranch Wrap:** Grilled Chicken, crisp bacon, Bibb lettuce, pickled red onions, tomatoes, Pepper Jack cheese with homemade ranch dressing wrapped in garlic tortilla

**Italian Pretzel:** Shaved Ham, pepperoni, salami, pepperoncini, pickled red onion, red wine greens, cheddar cheese, on pretzel roll

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# Mountain Harbor Resort and Spa Harbor's All-Day Meal Package

## Harbor's "As You Like It" Plan Budget Friendly and Lighter Meals

Mid - Morning Break

Buffet or Plated Lunch

Mid - Afternoon Break

Dinner (Buffet or plated) \$45- \$96 per person per day



## Harbor's VIP Plan

Add a touch of gourmet cuisine to your event  
\$52 - \$115 per person per day



## Welcome Reception with Hors D'oeuvres and Beverages

Dinner (Buffet or Plated)

Breakfast (Continental or Buffet)

Mid - Morning Break

Lunch (dine in or to go)

Farewell Snack



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