



Sample Catering Packages



Sample Seated Menus

Panamanian Plato Tipico

Appetizer

- Assorted baked cocktail empanadas (beef, chicken, vegetarian)
- Assorted fried cocktail carimanolas (beef, turkey, plant-based) accompanied with tamarind sauce
- Fish ceviche with plantain chips

Main Course

- Cucumber salad
- Rolls with butter rosettes
- Arroz con pollo (rice and chicken with peas & carrots and olives & capers)
- Vegan Arroz “sin” pollo (made with plant-based chick’n)
- Potato salad with beets (ensalada de feria)
- Cocktail assorted Tamal (chicken, vegetarian)
- Candied sweet plantains

Dessert

- Ron Abuelo rum cake

DC Elegance

Appetizer

- Miniature beef Wellington with pesto sauce
- Cucumber rounds topped with grilled salmon, cream cheese, and dill
- Bruschetta with roasted tomatoes and shaved asiago cheese

Main Course - Choose Two Proteins

- Greens salad and bell pepper gathered by cucumber ribbon w/ champagne vinaigrette
- Rolls with butter rosettes
- Tenderloin of beef medallions with cognac sauce
- Chicken breast with old bay beurre Blanc sauce
- Oven-roasted salmon with tarragon butter sauce
- Potatoes au gratin
- Sauteed asparagus

Dessert

- Lemon cake with raspberry coulis



Sample Seated Menus

Panamanian Delight

Appetizer

- Assorted baked empanadas (beef, turkey, plant-based)
- Assorted cocktail meatballs (beef, chicken, vegetarian) tossed in a sweet & sour sauce

Main course

- House salad with arugula, mixed greens, onions, cucumbers, carrots, tomatoes (ranch or balsamic vinaigrette)
- Rolls with butter rosettes
- Pigeon peas and rice cooked in coconut milk
- Saffron rice
- Pollo a la criolla (Spanish chicken in tomato-based sauce with olives and capers)
- Fish filet in lemon butter sauce
- Fried sweet plantains

Dessert

- Plantain tarts
- Fresh fruits in season

Caribbean Bliss

Appetizer

- Assorted baked empanadas (beef, turkey, plant-based)
- Spicy Caribbean fried codfish cakes with avocado aioli

Main Course

- Mixed field greens with tomatoes, cucumbers, and carrots, with ginger-soy dressing
- Rolls with butter rosettes
- Rice and peas cooked in coconut milk
- Baked macaroni & cheese
- Caribbean jerk chicken with mango relish
- V8 Oxtail
- Fried sweet plantains

Desserts

- Guava and cream cheese pastries
- Array of fresh Caribbean fruits in season



Sample Seated Menus

Southern Charm

Appetizer

- Mac & cheese wedges with marinara sauce
- Tomato bisque soup shooters
- Assorted veggies crudité cups with green goddess dip

Main Course

- ♦ Green salad with heirloom tomatoes with olive oil and balsamic vinegar
- ♦ Jalapeno cornbread with butter rosettes
- ♦ Fingerling roasted potatoes
- ♦ 4-cheeses Macaroni & Cheese
- ♦ Tender hanger steak with bourbon pan jus
- ♦ Roasted chicken paired with spinach and sun dried tomatoes
- ♦ Southern Style Green Beans OR Sautéed Kale in garlic butter sauce

Desserts

- ♦ Red velvet cake with cream cheese icing



Chef Yadira and the team at Esencias Panameñas truly stole the show at our most recent event. Their food was an absolute hit, and it's safe to say that everyone in attendance couldn't get enough! From the empanadas, ceviche, to the incredible tostones—everything was amazing. If you're looking to elevate your event or party with incredible food, Esencias Panameñas is the way to go.

--Latino Economic Development Center



Sample Buffet Menus

All Hors D'oeuvres - Choose Six

Server-Passed - \$40/person OR Stationary Buffet - \$35/person

- Assorted baked cocktail empanadas (ground beef, ground chicken, vegetarian)
- Assorted fried cocktail carimanolas (yuca balls stuffed with ground beef, ground chicken, or plant-based crumbles) with tamarind sauce
- Assorted baked cocktail pastelitos (puff pastry stuffed with ground beef, ground chicken, plant-based crumbles)
- Yuca fries with culantro aioli
- Mini Panamanian corn tortillas with white cheese
- Crispy Mac & Cheese wedges with marinara sauce
- Mozzarella sticks with marinara sauce
- Patacones a.k.a. tostones (twice fried smashed green plantains) with mojo sauce
- Patacones a.k.a. tostones rellenos (stuffed twice fried smashed green plantains) with ropa vieja (shredded beef) marmalade or shredded chicken w/olives & capers
- Assorted cocktail meatballs (beef, chicken, plant-based) tossed in a sweet & sour sauce
- Crispy baked chicken wings tossed in a mango BBQ sauce
- Spicy Caribbean fried codfish cakes with avocado aioli
- Fish ceviche accompanied with plantain chips
- Assorted cheeses accompanied with gourmet crackers
- Assorted veggies crudité cups with green goddess dip
- Spinach and carrots dip accompanied with pita chips
- Chicken cranberry salad with mini naan bread
- Fried sweet plantains
- Seasonal fruits display



Sample Buffet Menus

Taco Bar

\$30/person

Taco Bar

- Soft tortillas
- Iceberg lettuce
- Rotisserie shredded chicken
- Ropa vieja (shredded beef)
- Green and black olives
- Saffron rice
- Black beans
- Guacamole
- Sour cream
- Pico de Gallo
- Sliced onions
- Julienne sweet green and red peppers
- Assorted shredded cheeses
- Scotch bonnet peppers
- Lime wedges

Dessert - Choose One

- Tres Leches Cake
- Cheese flan

Light Lunch

\$30/person

Appetizer - Choose Three

- Tossed salad with crisp lettuces, tomatoes, shredded carrots, cucumbers with choice of ranch or zesty Italian dressing
- Assorted baked cocktail empanadas (ground beef, ground chicken, plant-based crumbles)
- Chicken cranberry salad with mini naan bread
- Assorted cocktail meatballs (beef, chicken, plant-based) tossed in a sweet & sour sauce
- Crispy baked chicken wings tossed in a mango BBQ sauce
- Assorted veggies crudité cups with green goddess dip
- Assorted pinwheel sandwiches
- Assorted cheeses accompanied with gourmet crackers
- Spinach and carrots dip accompanied with pita chips

Dessert

- Seasonal fruits display



Sample Buffet Menus

A Night In Panama

Appetizer - Choose Two

- Assorted baked cocktail empanadas de harina (ground beef, turkey, or plant-based)
- Assorted fried cocktail carimanolas (yuca balls stuffed with ground beef, turkey, or plant-based) with tamarind sauce
- Yuca fries with culantro aioli
- Patacones a.k.a. tostones (twice fried smashed green plantains) with mojo sauce
- Assorted cocktail meatballs (beef, chicken, plant-based) tossed in a sweet & sour sauce
- Crispy baked chicken wings tossed in a mango BBQ sauce
- Fish ceviche accompanied with plantain chips
- Assorted veggies crudité cups with green goddess dip

Main course

- Tossed salad with crisp lettuce, tomatoes, shredded carrots, cucumbers with choice of ranch or zesty Italian dressing
- Dinner rolls with butter rosettes

Entrée - Choose One or Two

- Arroz con pollo (rice and chicken with peas & carrots and olives & capers)
- Vegan Arroz “sin” pollo (made with plant-based chick’n)
- Bistec Picao’ (beef strips) in tomato gravy
- Oxtail in V8 gravy
- Pollo a la Criolla (Spanish chicken with olive & capers in tomato sauce)
- Fish filet in garlic butter sauce

Starch - Choose Two

- Saffron Rice
- Rice and pigeon peas cooked in coconut milk
- 4-cheeses Mac & Cheese
- Rosemary roasted fingerling potatoes
- Fried sweet plantains

Vegetables - Choose One

- Sauteed Kale with onions and garlic
- Vegetable Medley in lemon butter sauce
- Green beans in garlic butter sauce

Dessert - Choose One

- Cocadas (caramel coconut)
- Plantain tarts
- Enyucado (yuca pone)