



ecOCATERS



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Celebrating 250 YEARS

of the American Table

How we gather, how we celebrate, and how food continues to connect us across generations.

“Food is our common ground, a universal experience.”
— **James Beard**

For 250 years, Americans have gathered around food to mark the moments that matter. From hearth-cooked meals in early settlements to the grand dining rooms of a growing nation, to the vibrant, globally influenced cuisine we celebrate today, food has always been central to how we come together. This collection of menus reflects that journey across distinct periods in American history.

Each menu draws inspiration from the ingredients, traditions, and cultural influences that defined its time, from the resourcefulness of early colonial cooking to the abundance and exchange of the turn of the century, to the diversity and innovation that shape modern American cuisine.

As a chef, I’ve always been drawn to the stories behind our food, the techniques passed down, the ingredients that traveled, and the communities that shaped what we eat today. At EcoCaters, we honor that history while bringing a modern perspective to the table. Seasonal sourcing, thoughtful preparation, and contemporary presentation allow these traditions to feel both rooted and relevant.

Because in the end, nothing brings people together quite like food. It’s the one thing that cuts across every culture, every community, and every moment of celebration.

These menus are designed not just to serve a meal, but to tell the story of where we’ve been, how we celebrate, and the shared table that continues to connect us all.

— **Chef Robert Wood**



Key

VN Vegan, **VG** Vegetarian, **DF** Dairy Free, **GF** Gluten Free, **SF** Shellfish, **FF** Finfish, **PN** Peanuts, **NT** Nuts (Tree), **SY** Soy, **SM** Sesame, *Premium



The Colonial Table

Early American Hearth Cooking • 1770s–1840s

Appetizers

Smoked Oysters with Lemon Garlic Confit & Fresh Herbs* DF, GF, SF

Johnnycake Corn Fritters VG, GF
Stone Ground Cornmeal, Maple Butter

Country Ham & Mustard Bites DF
Cured Ham, Whole Grain Mustard, Rustic Bread

Salad

Colonial Garden Salad VN, GF
Field Greens, Shaved Radish, Herbs, Cider Vinaigrette

Entrees

Pan Roasted Chesapeake Rockfish* GF, FF
with Brown Butter & Herbs

Cherrywood Smoked Brisket with Mustard Sauce DF, GF

Cast Iron Roasted Chicken with Thyme Jus DF, GF

Wild Rice & Woodland Mushroom Ragout VN, GF

Sides

Succotash VN, GF
Sweet Corn, Lima Beans, Herbs

Roasted New Potatoes with Garlic & Rosemary VN, GF

Braised Cabbage with Apple Cider VN, GF

Hearth Baked Cornbread with Whipped Butter VG

Desserts

Apple Brown Betty VG

Molasses Gingerbread Cake VG

Specialty: The American Picnic Table

Smoked Chicken & Apple Sandwich
Arugula, Sharp Cheddar, Apple Fennel Slaw, Whole Grain Mustard Aioli

Vegetable Dagwood Sandwich VG
Layered Seasonal Vegetables, Lettuce, Tomato, Goat Cheese Ricotta Spread

Crab Cake Sandwich* SF
House Crab Cake, Lettuce, Tomato, Herb Aioli

Three Sisters Summer Salad VN, GF
Corn, Beans, Squash, Cabbage, Sunflower Seeds, Cider Vinaigrette



The Industrial Midwest Table

Progressive Era Heartland Staples • 1890s–1910s



Appetizers

- Deviled Eggs with Smoked Trout Roe Mustard** GF, FF
Classic Preparation, Elevated with Smoked Trout Roe
- Mini Sausage & Sauerkraut Bites** DF, GF
Smoked Sausage, Braised Sauerkraut
- Crisp Potato Latkes** VG
Apple Compote, Herb Creme Fraiche

Salad

- Chicago Chopped Salad** VN, GF
Iceberg, Tomatoes, Cucumber, Herbs, Red Wine Vinaigrette

Entrees

- Herb Stuffed Trout with Preserved Lemon Butter** GF, FF
- Rosemary Garlic Prime Rib with Horseradish Creme*** GF
- Beer Braised Chicken Ragù** DF
Slow Braised Dark Meat, Rich Herb Sauce
- Wild Mushroom & Potato Pierogi** VG
Caramelized Onion, Whole Grain Mustard Sauce

Sides

- Saffron Creamed Corn** VG, GF
- Garlic & Herb Spaetzle** VG
- Roasted Summer Vegetables** VN, GF
- Braised Cabbage with Caraway** VN, GF

Desserts

- Chocolate Fudge Squares** VG, GF
- Seasonal Fruit Tart Bars** VG

Specialty: 1893 World's Fair Snacks

- House "Cracker Jack" Cones** VG, GF, PN
Caramel Corn, Roasted Peanuts
- Mini Corn Dogs**
Classic Fair Style, Mustard Dipping Sauce
- House Potato Chips & Onion Dip** VG, GF
- Mini Peach Hand Pies*** VG



The Modern American Table

Global Inspirations & Contemporary Fusion • 1980s–Present

Appetizers

Vietnamese Crab Toast* DF, SF, FF

Local Crab, Lemongrass, Ginger, Sourdough Crostini, Avocado Mousse, Nuoc Cham

Vegan 'Tuna' Poke Cups VN, GF, NT, SY, SM

Marinated Watermelon & Beet, Sesame Soy, Macadamia Cream, Wakame, Furikake

Filipino Chicken Skewers DF, GF, SY

Grilled Marinated Chicken, Sawsawan Dipping (Tamari Based) Sauce

Salad

Big Sur Harvest Salad VG, GF, NT

Baby Lettuces, Point Reyes Blue Cheese, Blenheim Apricots, Candied Walnuts, Watermelon Radish, Pomegranate, Meyer Lemon Vinaigrette

Entrees

Miso Glazed Black Cod* DF, GF, FF, SY

White Miso, Sake Glaze

Santa Maria Tri Tip with Blueberry Chimichurri DF, GF

Grass Fed Beef, Herbs, Aleppo, Blueberry

Peruvian Spiced Mary's Chicken DF, GF

Aji Verde, Pickled Pearl Onions

Farm Stand Vegetable Tagine VN, GF

Seasonal Vegetables, Preserved Lemon, Harissa Chickpeas

Sides

Elote Style Brussels Sprouts VG, GF

Cotija, Lime, Tajin

Japanese Sweet Potato with Miso Butter VG, GF, SY

Japchae with Farmers Market Vegetables VN, GF

Glass Noodles, Sesame, Herbs

Wild Mushroom & Kale Saute VN, GF

Foraged Mushrooms, Garlic, Shallots

Desserts

Mexican Hot Chocolate Pot de Creme VG, GF

Tcho Chocolate, Cinnamon, Chile, Fleur de Sel

Ube Cheesecake with Macapuno VG

Purple Yam, Coconut, Graham Crust

Specialty: La Street Tacos

Served with House Salsas, Lime Wedges & Fresh Herbs

Korean Short Rib Taco SY, SM

Gochujang Braised Short Rib, Kimchi Slaw, Cilantro Lime Crema

Pollo Asado Taco DF, GF

Citrus Marinated Chicken, Grilled Onions, Salsa Verde

Mojo Pork Taco DF, GF

Slow Roasted Pork, Pickled Onions, Cilantro

Crispy Avocado Taco VG, GF

Panko (GF Panko) Crusted Avocado, Cabbage Slaw, Chipotle Crema





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