

DANCING BEAR



LODGE & APPALACHIAN BISTRO



Executive Chef

Shelly Cooper

Chef Shelly Cooper was born in Memphis, Tennessee.

Born to a family that revolved around bountiful table, always filled with Farm Fresh Southern Cuisine.

Chef Shelly's maternal family hails from the Mississippi Delta and her father from the Blue Ridge Mountains of North Carolina. She credits this combination in providing her southern culinary roots. Both families placed a high regard for fresh, seasonal, and "made from scratch" foods, as well as instilling the appreciation of pure simple ingredients.

Shelly could not help but to be positively affected but such inherent passion.

Thank you for Choosing Dancing Bear Lodge & Appalachian Bistro. Spectacular presentation, elegant selection and farm-to-table food are the base from which each event is planned and executed for your Special Day

No two catered events are the same. The hallmark of our service is menu and event customization. Each event and menu is created especially for you so that it reflects the tastes of you and your guests. Chef Shelly will provide you and your every culinary wish and desire and make your event as special as you imagine!

Because each event is customized especially for each client, we have created this Client Assessment Form to easily obtain important information we sue to create your custom menu and quote. We will ask you questions about your event, personal food likes and dislikes.

Client Assessment Form

Here is your opportunity to let Chef Shelly know what you prefer in customized Wedding Menu

Names: _____ & _____

Age Range:

	Bride/Groom	Groom/Bride
18-24 years old	<input type="checkbox"/>	<input type="checkbox"/>
25-34 years old	<input type="checkbox"/>	<input type="checkbox"/>
35-44 years old	<input type="checkbox"/>	<input type="checkbox"/>
45-54 years old	<input type="checkbox"/>	<input type="checkbox"/>
55-64 years old	<input type="checkbox"/>	<input type="checkbox"/>

Current Address: _____
City State Zip Code

Wedding Date: _____ Approximately Event Starts: _____

Approximately How many Guest: _____ Price Range/Budget per person: \$39- \$51 | \$45-\$59 | \$60-\$75

Reception Space:

Indoor	Outdoor
The Event Center	The Landing
Bistro/Restaurant	Outdoor Patio
Covered Patio	The Event Lawn

Wedding Theme (Circle that applies):

Romantic	Alternative	Vintage	Whimsical	Modern	Rustic
Garden Party/Casual	Bohemian	Southern-Inspired	Formal/Traditional	Music	Travel
Art-Deco	Nautical	Eco-Friendly/Natural	Celestial	Tropical	Preppy
Christmas/Holiday					

Reception Meal Style Preference

Buffet

At a buffet, guests select their food from either one long table or stations strategically placed throughout the room. (Think: pasta station or carving station.) An advantage is that you can serve a varied menu from which guests can choose what they like.

Family Style Dinner

Family style simply means that servers bring out large bowls and platters of food, which are then placed on the tables for guests to pass and self-serve. It often feels like the holidays and creates a fun, family-oriented. It also helps guests get to know each other since they often help serve one another and chat while doing so.

Plated Meal

At a plated meal, guests are seated and served by a waitstaff at tables pre-assigned by you. This style is the most traditional and typically the most formal. Servers often first bring out a plated salad, followed by a full plated meal.

Strolling Reception

It's also called a cocktail buffet or simply a heavy hors d'oeuvres reception. The menu usually consists of a variety of passed hors d'oeuvres combined with several food stations or displays.

Client Assessment Form

Do you or any of your Guests have any know food allergies or sensitives, medical conditions or situation that need to be addressed? (IE: Ingredients such as wheat/gluten, specific food such as nuts and selfish). If yes, please specify Person's Name and list of foods that must be avoided:

What cuisine do you enjoy?

Mexican	Thai/Asian	French	Italian	Mediterranean	Greek	Cajun	Indian
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Please Circle your desired spice index of foods:

Extra Mild	Mild	Mild-Medium	Hot
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Do you have any dishes, foods, or ingredients that you absolutely love?

Are there any flavors, textures, or particular foods you just plain dislikes?: (IE, Curry, Peanut Oil, Liver/Gizzards, Squishy Foods such as squid, Slimy Food such as Okra etc.)

Are you interested in trying dished you have never has before? _____

What are some of your favorite Restaurants? _____

Please circle all cheese enjoyed:

American	Asadero	Asiago	Blue	Brie	Camembert	Cheddar
Colby-Jack	Cotija	Cottage	Edam	Feta	Fontina	Gorgonzola
Gouda	Gruyere	Jarlsberg	Monterey	Mozzarella	Muenster	Oaxaca
Panela	Parmesan	Provolone	Ricotta	Romano	Queso Blanco	Queso Fresco
Swiss	Queso Quesadilla					

Which of the following do you enjoy? (Circle all that apply)

Poultry	Beef	Pork	Lamb	Veal	Fish	Shellfish
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Please circle how you prefer the red meat cooked:

Rare	Medium-Rare	Medium Done	Well-Done
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Please circle all types of meat preferred:

Roasts	Shanks	Chops	Steaks	Ribs	Ground	Cheeks
Liver	Tongue	Tripe	Cubed	Bone-In	Boneless	

Please circle all types of poultry preferred:

Chicken	Turkey	Duck	Cornish-Hen	Quail	Goose	Pheasant	Roaster Hen
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Please circle your preference:

White	Dark	Both	Whole Bird	Ground	Skin Bone-In	Skinless/Bone-In
Skinless/Boneless	Hearts	Liver	Gizzards			

Please circle types of shellfish preferred:

Shrimp	Scallops	Mussels	Oysters	Crab	Lobster	Crawfish
Clams	Prawns	Snails	Squid	Octopus		

Please circle types of fish preferred:

Salmon	Tuna	Orange-Roughy	Cod	Shark	Sea Bass	Halibut
Pollock	Haddock	Flounder	Grouper	Snapper	Sword	Bass
Redfish	Flounder	Mahi Mahi	Mako	Monk	Sole	Skate
Ahi	Sturgeon	Speckled Trout	Sea Trout	King Fish	Rock Fish	Perch
Rainbow Trout	Trout	Catfish	Tilapia	Basa	Walleye	Pike
Whitefish	Sun Fish					

Please circle how you like foods to be prepared (Circle as many as apply):

Fried	Sautéed	Broiled	Pan-Seared	Grilled	Roasted	Smoked
Baked	Steamed	Braised	Stewed	Boiled		

Salads:

Fresh Greens (Iceberg Lettuces, Romaine, Red Leaf, Mixtures, Spinach)	Fruit	Pasta	Salad as a Main Dish
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Salad Dressing:

Ranch	Vinaigrette	French	Oil/Vinegar	Red Wine/Vinegar	Thousand Island	Other
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Tennessee Growing Seasons for Fruits & Vegetables

Please check preference and CROSS OUT anything that you DO NOT LIKE

SUMMER	FALL	WINTER	SPRING
Apricots	Apples	Beets	Asparagus
Apples	Beets	Carrots	Broccoli
Bell Peppers	Bell Peppers	Sweet Potatoes	Cabbage
Blackberries	Cabbage	Winter Squash	Carrots
Blueberries	Carrots		Cauliflower
Cabbage	Green Beans		Greens
Cantaloupe	Greens		Honeydew Melons
Cherries	Hot Peppers		Kale
Corn (Sweet)	Kale		Lettuce
Cucumbers	Lettuce		Onions
Eggplant	Okra		Snow Peas
Grapes	Pears		Raspberries
Green Beans	Peas		Spinach
Honeydew Melon	Potatoes		Strawberries
Hot Peppers	Pumpkins		
Nectarines	Spinach		
Okra	Summer Squash		
Peaches	Sweet Potatoes		
Peas	Turnips		
Plums	Winter Squash		
Potatoes			
Raspberries			
Strawberries			
Summer Squash			
Tomatoes			
Watermelon			