FLAVOURS
TASTE : SUCCESS

In a world where time is at a premium, those instances where people come together deserve to be special. Whether celebrating achievement or planning future success, it is during these gatherings where the power of human connectivity is elevated. This same connectivity is what makes Flavours decidedly different.

Flavours is about more than great food. It’s about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceeds the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

Our team of catering professionals are specially trained to assist you with planning your event, focusing on every aspect to ensure quality and consistency. Our culinary team has created a variety of healthy and delicious menus to fit a wide range of budgets and tastes, including choices featuring organic and/or sustainable selections. They also take great pride in using the best possible local and seasonal ingredients, regional favorites and specialty items that will make your event a complete success.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs.

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

= Mindful
= Vegetarian
= Vegan
We can also accommodate Gluten Free requests.
### CONTINENTAL

**Seasonal Cubed Fresh Fruit (2 oz. | 25 cal)**

**Choose Two:**
- Assorted Breakfast Breads (1 slice | 130 cal)
- Coffee Cake (1 slice | 110-450 cal)
- Mini Scones (1 oz. | 370-400 cal)
- Danish (4 oz. | 380 cal)
- Cinnamon Rolls (1 each | 240 cal)
- Assorted Bagels (1 each | 290 cal)

Whipped Cream Cheese, Flavored Whipped Cream Cheese and Assorted Jellies

Chilled Bottles of Orange Juice (8 fluid oz. | 140 cal)
Chilled Bottles of Cranberry Juice (8 fluid oz. | 210 cal)
Chilled Bottles of Apple Juice (8 fluid oz. | 90 cal)
Chilled Bottles of V8® Low-Sodium 100% Tomato Juice (5.5 fluid oz | 140 cal)

### BREAKFAST BUFFET

**Seasonal Sliced Fresh Fruit (2 oz. | 25 cal)**

**Choose Two:**
- Mini Croissants (1 each | 80 cal)
- Assorted Muffins to Include Low-Fat (1 each | 160-450 cal)
- Assorted Breakfast Breads (1 slice | 130 cal)
- Coffee Cake (1 slice | 110-450 cal)
- Mini Scone (1 oz. | 370-400 cal)

Whipped Cream Cheese, Flavored Whipped Cream Cheese and Assorted Jellies

Hashbrowns (4 oz. | 130 cal) or Roasted Sweet Potatoes (4 oz. | 170 cal)

**Choose Two:**
- Crispy Bacon (2 slices | 110 cal)
- Turkey Link Sausage (2 links | 70 cal)
- Breakfast Ham Steak (1 half slice | 50 cal)

**Choose One:**
- Cage-Free Scramble Egg Whites (4 oz. | 60 cal)
- Grilled Zucchini, Bacon and Swiss Cheese Egg White Frittata (1 slice | 250 cal)
- Garden Vegetable Quiche (1 slice | 350 cal)

**Add On:**
- Apple Pancakes (2 each | 260 cal) or Traditional French Toast (3 halves | 200 cal) with Warm Maple Syrup and Melted Butter

Chilled Bottles of Orange Juice (8 fluid oz. | 140 cal)
Chilled Bottles of Cranberry Juice (8 fluid oz. | 210 cal)
Chilled Bottles of Apple Juice (8 fluid oz. | 90 cal)
Chilled Bottles of V8® Low-Sodium 100% Tomato Juice (5.5 fluid oz | 140 cal)

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A FRESH NEW START

HEALTHY START

Seasonal Cubed Fresh Fruit Tray (2 oz. | 25 cal)
Non-Fat Greek Yogurt Parfaits Made with Fresh Berries and Low-Fat Granola (1 each | 165 cal)
Multi-Grain Bars and Granola Bars (1 each | 90-160 cal)
Whole Wheat Bagels (1 each | 290 cal) Low-Fat Cream Cheese and Assorted Jellies
Chilled Bottles of Orange Juice (8 fluid oz. | 140 cal)
Chilled Bottles of Cranberry Juice (8 fluid oz. | 210 cal)
Chilled Bottles of Apple Juice (8 fluid oz. | 90 cal)
Chilled Bottles of V8® Low-Sodium 100% Tomato Juice (5.5 fluid oz | 140 cal)

OMELET STATION

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 15 or more.

- Cage-Free Fluffy Eggs (2 eggs | 140 cal)
- Ham (2 tbsp. | 20 cal)
- Pork Sausage Links (2 tbsp | 15 cal)
- Turkey Bacon (2 tbsp. | 35 cal)
- Feta Cheese (1 oz. | 70 cal)
- Seasonal Garden Vegetables (varies by season)
- Scallions (1 oz. | 10 cal)
- Egg Whites (4 oz. | 60 cal)
- Bacon (2 tbsp. | 50 cal)
- Turkey Sausage (2 tbsp | 15 cal)
- Shredded Cheddar (1 oz. | 110 cal)
- Diced Tomatoes (1 oz. | 5 cal)
- Sweet Peppers (3 oz. | 20 cal)

All will be prepared by one of our talented culinarians.

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A LA CARTE SELECTIONS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. Add a toaster to your sunrise bakery event for an additional charge.

FROM THE BAKERY  per dozen

ASSORTED FRESHLY HOUSE-BAKED MUFFINS
- Cranberry Orange  (1 each | 330 cal)
- Lemon Poppy Seed  (1 each | 400 cal)
- Blueberry  (1 each | 390 cal)
- Cappuccino Chocolate Chunk  (1 each | 450 cal)
- Apple Cinnamon  (1 each | 380 cal)
- Banana Walnut  (1 each | 430 cal)
- Corn  (1 each | 350 cal)
- Honey Bran  (1 each | 330 cal)
- Low-Fat Banana  (1 each | 200 cal)
- Low-Fat Blueberry Streusel  (1 each | 160 cal)
- Low-Fat Carrot Raisin Bran  (1 each | 200 cal)
- Low-Fat Corn  (1 each | 215 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES
- Banana Nut Bread  (1 each | 370-400 cal)
- Lemon Poppy Seed Bread  (1 each | 240 cal)
- Blueberry Sour Cream Coffee Cake  (1 each | 310 cal)
- Blueberry Coffee Cake  (1 each | 110 cal)
- Apple Streusel Coffee Cake  (1 each | 260 cal)
- Chocolate Espresso Coffee Cake  (1 each | 450 cal)

ASSORTED DANISH
- (4 oz. | 270 cal)

ASSORTED BAGELS with Whipped Cream Cheese and Jellies
- (1 each | 210-310 cal)

HOUSE-BAKED COUNTRY BISCUITS with Whipped Butter, Honey and Jellies
- (1 each | 160-450 cal)

ASSORTED DOUGHNUTS
- (1 each | 280-310 cal)

ASSORTED MINI SCONES
- (1 each | 180-210 cal)

CINNAMON ROLLS
- (1 each | 110-450 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT ☀️
- (6 oz. | 90-180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS ☀️ with Low-Fat Granola
- (1 each | 200-360 cal)

SEASONAL SLICED FRESH FRUIT TRAY ☀️ ☀️
- Small 15-25
- Medium 25-50
- Large 50-75
- (2 oz. | 25 cal)

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FIRST THINGS FIRST

BREAKFAST SANDWICH

Choice of One:
- Toasted English Muffins (1 each | 110 cal)
- Biscuits (1 each | 290 cal)
- Bagels (1 each | 280 cal)
- Whole Grain Flatbread (1 each | 180 cal)
- Croissants (1 each | 280-310 cal)

Choice of One:
- Cage-Free Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Egg and Cheese (4 oz. | 240 cal)
- Scrambled Egg Whites (4 oz. | 60 cal)

Choice of One:
- Pork Sausage Patty (1 patty | 140 cal)
- Turkey Sausage Patty (1 patty | 30 cal)
- Ham (1 slice | 30 cal)
- Bacon (1 slice | 50 cal)
- Turkey Bacon (1 slice | 10 cal)

BREAKFAST TACO

Choice of One:
- Flour Tortilla (1 each | 210 cal)
- Wheat Tortilla (1 each | 180 cal)

Choice of One:
- Cage-Free Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Egg and Cheese (4 oz. | 240 cal)
- Egg Whites (4 oz. | 60 cal)

Choice of One:
- Pork Sausage Patty (1 patty | 140 cal)
- Turkey Sausage Patty (1 patty | 30 cal)
- Ham (1 slice | 30 cal)
- Bacon (1 slice | 50 cal)
- Home Fried Potatoes (4 oz. | 150 cal)

Accompanied by:
- Shredded Cheddar Cheese (1 oz | 110 cal)
- Guacamole (2 oz. | 80 cal)
- Fresh Salsa (2 oz. | 15 cal)
- Low-Fat Cheddar Cheese (1 oz. | 90 cal)
- Pico de Gallo (2 oz. | 15 cal)
- Sour Cream (1 T. | 30 cal)

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FIRST
THINGS FIRST
A LA CARTE SELECTIONS

ADD ONS
The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 15 or more.

HOME FRIES WITH CARAMELIZED ONIONS & RED PEPPERS
(4 oz. | 150 cal)

ROASTED SWEET POTATOES
(4 oz. | 170 cal)

RODEO EGGS
(1 egg cup | 340 cal)

INDIVIDUAL BISCUIT QUICHES
Quiche Lorraine
(1 quiche | 370 cal)
Western Quiche
(1 quiche | 370 cal)
Sausage and Cheddar Quiche
(1 quiche | 410 cal)
Garden Vegetable Quiche
(1 quiche | 330 cal)
Broccoli Cheddar Quiche
(1 quiche | 310 cal)

BREAD PUDDINGS
Bacon and Cheddar
(1 square | 560 cal)
Ham, Mushroom and Swiss
(1 square | 400 cal)
Apple Raisin French Toast
(1 square | 600 cal)
Garden Vegetable
(1 square | 210 cal)
Asparagus, Feta and Egg White Frittata
(1 square | 250 cal)

WHEAT BERRY PECAN CRUNCH FRENCH TOAST  
(3 halves | 380 cal)

OATMEAL BAR
Steel Cut Oatmeal  
(4 oz. | 90 cal)

Served with a Choice of Four:
Creamy Peanut Butter
(1 oz. | 160 cal)
Blueberries
(2 oz. | 30 cal)
Strawberries
(2 oz. | 15 cal)
Sliced Bananas
(1 banana | 90 cal)
Ground Cinnamon
(1 oz. | 0 cal)
Dark or Light Brown Sugar
(1 oz. | 110 cal)
Raisins
(1 oz. | 80 cal)
Golden Raisins
(1 oz. | 90 cal)
Dried Cranberries
(1 oz. | 90 cal)
Walnut Pieces
(1 oz. | 190 cal)
Honey
(1 oz. | 90 cal)
Chocolate Chips
(1 oz. | 150 cal)

Choice of Milk:
Whole
(3 oz. | 60 cal)
2%
(3 oz. | 45 cal)
Non-Fat
(3 oz. | 30 cal)
Soy
(3 oz. | 40 cal)

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REFRESH AND REJUVENATE
COFFEE AND TEA SERVICE
Coffee Service includes Freshly Brewed Fair Trade aspretto Coffee, Decaffeinated Coffee and aspretto Numi Herbal and Non-Herbal Teas to include Decaffeinated Tea with Hot Water (8 oz | 0 cal)

HOT BEVERAGES
16 servings per gallon
Freshly Brewed Fair Trade aspretto Coffee and Decaffeinated Coffee (8 oz | 0 cal)
Freshly Brewed Fair Trade Flavoured aspretto Coffee and Decaffeinated Coffee (8 oz | 0 cal)
aspretto Numi Herbal and Non Herbal Teas to include Decaffeinated Tea with Hot Water (8 oz | 0 cal)
Hot Chocolate (8 oz | 50-250 cal)
Seasonal Hot or Cold Cider (8 oz | 110 cal)

COLD BEVERAGES
16 servings per gallon
Orange Juice (8 oz | 140 cal)
Cranberry Juice (8 oz | 210 cal)
Apple Juice (8 oz | 90 cal)
V8® Low-Sodium 100% Tomato Juice (8 oz | 90 cal)
Freshly Brewed Unsweetened Iced Tea (8 oz | 0 cal)
Freshly Brewed Iced Sweet Tea (8 oz | 20 cal)
Lemonade (8 oz | 130 cal)
Mango Lemonade (8 oz | 100 cal)
Raspberry Lemonade (8 oz | 130 cal)
Strawberry Lemonade (8 oz | 100 cal)
Orange Blossom Punch (8 oz | 110 cal)
Sparkling White Grape Punch (8 oz | 100 cal)
Iced Water Service with Fresh Quartered Oranges, Lemons and Limes (8 oz | 0-60 cal)
Yogurt Smoothies (8 oz | 90-170 cal)

Choice of Two: Strawberry Banana, Mint Peach, Grape Blueberry Banana, Orange Strawberry

Bottled Water (20 oz | 0 cal)
Infused Bottled Water (8 oz | 0 cal)
Sparkling Waters (8 oz | 0 cal)
Bottled Fruit Juice (8 oz | 35-170 cal)
Orange, Cranberry, Apple, V8® Low-Sodium 100% Tomato Juice (1 serving | 0-270 cal)
Assorted Bottled Soft Drinks, Regular and Diet (1 serving | 0-270 cal)

High quality plastic serviceware is included; both eco-friendly serviceware and china are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

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GREENS
TO GO
PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll (1 roll | 100 cal) and Butter, Pita Wedges (2 oz | 190 cal) or Toasted Flatbread (1/4 flatbread | 70 cal), Large Cookie (1 cookie | 160-220 cal), Brownie (1 brownie | 190-220 cal), Bar (1 bar | 80-380 cal), Specialty Bar (1 bar | 80-380 cal) or Seasonal Fresh Fruit Cup (3 oz | 35 cal). Canned or Bottled Coca-Cola/Pepsi Soft Drinks, Regular and Diet (1 serving | 0-270 cal), or Bottled Water (1 bottle | 0 cal) included. High quality plastic serviceware is provided. China is also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 3, 5, 7 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490-740 cal)
Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
Add Grilled Breast of Chicken
Add Grilled Shrimp
Add Grilled Marinated Steak
Add Grilled Salmon
Add Grilled Portobello Mushroom

COBB SALAD (1 salad | 770 cal)
Mounds of Smoked Turkey, Avocado, Cage-Free Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

GREEK SALAD (1 salad | 190 cal)
Classic Greek Salad of Firm Tomatoes, Cucumbers, Red Onion, Kalamata Olives and Feta Drizzled with a Light Vinaigrette

TRIO-SALAD COMBO (1 salad | 410 cal)
Select Your Favorite Trio of Hummus or Chef'S Own Tuna, Chicken, Cage-Free Egg or Ham Salads on a Bed of Fresh Field Greens

NAPA VALLEY CHICKEN SALAD (1 salad | 290 cal)
Creamy Chicken Salad Laced with Tarragon on Field Greens, Red Grapes, Carrots, Granny Smith Apples and Toasted Walnuts

EDAMAME NUT SALAD (1 salad | 230 cal)
Shelled Edamame, Almonds, Sunflower Seeds, Diced Apples and Dried Cranberries on Crisp Lettuce with a Creamy Poppy Seed Dressing

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PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips (1 bag | 130-320 cal) and a Choice of one: Potato Salad (4 oz. | 45 cal), Country-Style Potato Salad (3 oz. | 140 cal) Cole Slaw (3 oz. | 90 cal), Pasta Salad (3 oz. | 120 cal), Apple Fennel Slaw (4 oz. | 90 cal), Italian Cucumber Salad (4 oz. | 90 cal), Artichoke Hearts with Italian Parsley (3 oz. | 45 cal), BLT Pasta Salad (3 oz. | 170 cal), Broccoli and Cavatelli Salad (4 oz. | 120 cal), Minted Cucumber Salad (3 oz. | 15 cal), Orzo and Pepper Salad (3 oz. | 170 cal), Large Cookie (1 each | 160-170 cal), Bar (1 cut | 60-380 cal), Specialty Bar (1 cut | 80-380 cal) or Seasonal Fresh Fruit Cup (4 oz. | 45 cal). Canned or Bottled Coca-Cola/Pepsi Soft Drinks, Regular and Diet (1 serving | 0-270 cal), or Bottled Water (1 bottle | 0 cal) included. High quality plastic serviceware is provided. China is also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 3, 5, 7 guest minimum per menu selection.

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)
Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef’s Hot Pepper Mayonnaise

TWISTED TURKEY WRAP (1 wrap | 300 cal)
Roast Turkey, Cranberry Sauce, Bistro Sauce, Spinach and Tomato Rolled in a Flax Seed and Herb Encrusted Whole Grain Tortilla

ROAST BEEF AND CHEDDAR (1 sandwich | 500 cal)
Medium Rare Roast Beef and Mild Cheddar, Leaf Lettuce and Tomato on a Ciabatta Topped with a Tangy Horseradish Cream Spread

TUSCAN GRILLED CHICKEN SANDWICH (1 sandwich | 530 cal)
Balsamic Coated Chicken Grilled, Paired with Fat-Free Hummus, Bistro Sauce, Roasted Onions and Peppers on a Multigrain Roll

SOUTHWESTERN BBQ (1 sandwich | 630 cal)
Southwest BBQ Pork Roast Piled on a Ciabatta with Pepper Jack Cheese, Caramelized Onions and Savory Molasses BBQ Sauce

BUFFALO CHICKEN WRAP (1 wrap | 370 cal)
Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Fat-Free Ranch in a Carb-Friendly Whole Wheat Wrap

HUMMUS, AVOCADO AND ROASTED VEGETABLE WRAP (1 wrap | 340 cal)
Balsamic Roasted Eggplant, Zucchini, Red Peppers and Onions Finished with Lettuce, Avocado and Hummus Spread on a Tortilla

ROASTED VEGETABLE MULTIGRAIN SANDWICH (1 sandwich | 410 cal)
Roasted Squash, Peppers, Red Onion Complimented by Hand-Mixed Herbed Goat Cheese with Field Greens on a Multigrain Roll

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AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter (2 chips | 110 cal), choice of Dessert, Freshly Brewed Fair Trade aspretto Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal), Herbal and Non-Herbal aspretto Numi Teas (8 oz. | 0 cal) with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal) and Sweet Tea (8 oz. | 0 cal). China service is also available. Services include delivery, linen on guest tables, set up and clean up.

CHICKEN

SESAME CHICKEN BREAST (1 plate | 340 cal)
Chicken Breast in a Marinade of Soy, Fresh Garlic and Ginger, Cilantro and Scallions Grilled and Finished with Sesame Seeds

SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST (1 plate | 680 cal)
Panko-Encrusted Chicken Breast Served with a Sautéed Garlic Cream Sauce and Sun-Dried Tomato Strips

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)
Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

APRICOT AND GOAT CHEESE CHICKEN BREAST (1 plate | 910 cal)
Chicken Roulades Brimming with Diced Apricots and Fresh Goat Cheese Placed over a Light Warm Sauce with Tarragon

CRANBERRY DIJON CHICKEN & SWEET POTATOES (1 plate | 250 cal)
Sweet and Savory, Cranberry Dijon Basted Chicken Breast Plated with Spiced Sweet Potato Mash and Zesty Garlic Green Beans

BEEF AND PORK

BRAISED SHORT RIBS (1 plate | 390 cal)
Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks and a Splash of Orange Juice Braised to Perfection

BEEF TENDERLOIN STUFFED WITH SPINACH (1 plate | 560 cal)
Beef Tenderloin Roulades Brimming with Baby Spinach, Red Peppers and Tangy Asiago Cheese, Slow Roasted, Served Au Jus

FLANK STEAK ROULADE (1 plate | 430 cal)
Tender Spinach and Sweet Bell Peppers Cradled by Seasoned Flank Steak Laced with a Rich Demi-Glace Sauce

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)
Pan-Seared Pork Tenderloin Covered in a Savory Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg

CRANBERRY PORK WITH BRAISED CABBAGE (1 plate | 600 cal)
Cranberry Glazed and Sage Pork Pan-Fried Cutlet with Braised Red Cabbage and Tart Apples

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AT YOUR SERVICE
## SERVED LUNCHEONS AND DINNERS

### LAMB

**ROASTED LAMB WITH RISOTTO** *(1 plate | 840 cal)*
Rosemary and Achiote Roasted Lamb Rack Plated with a Classic Risotto Prepared Using White Wine, Parmesan and Heavy Cream

### COMBINATION PLATE

**BEEF AND SALMON FILETS** *(1 plate | 340 cal)*
Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

### SEAFOOD

**SEAFOOD AND SPINACH LASAGNA WITH ROASTED RED PEPPER COULIS** *(1 plate | 340 cal)*
Lasagna Layered with a Medley of Seafood, Fresh Spinach, Tomatoes, Squash and Our Chef-Made Roasted Red Pepper Coulis

**BLACKENED COD WITH SALSA VERDE** *(1 plate | 280 cal)*
Blackened Cod Drizzled with Green Tomatillo Sauce, Paired with a Colorful Watercress Salad and Fresh Cilantro

**BROILED SALMON WITH TWO SALSAS** *(1 plate | 310 cal)*
Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives

**GRILLED TILAPIA WITH MANGO JICAMA RELISH** *(1 plate | 440 cal)*
Grilled Tilapia with Peppery Mango Jicama Relish, Garnished with Shredded Coconut and Lime Zest

**GARLIC SHRIMP SKEWERS** *(1 plate | 350 cal)*
Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

### VEGETARIAN

**CHÈVRE, ORZO AND BASIL STUFFED PORTOBELLO** *(1 plate | 660 cal)*
Two Portobello Mushroom Caps Brimming with Tri-Colored Orzo in a Pesto Cream Sauce, Goat Cheese and Fresh Sweet Basil

**SPAGHETTI SQUASH** *(1 plate | 340 cal)*
Spaghetti Squash with a Spanish- Inspired Sofrito of Peppers, Onion, Garlic and Select Herbs Served with Vegan Pinto Beans

**TERIYAKI TOFU, QUINOA AND PINEAPPLE** *(1 plate | 290 cal)*
White Quinoa, Celery, Onions and Tomatoes Tossed in Ponzu Sauce and Served with Teriyaki Tofu and Grilled Pineapple Salsa

**VEGETARIAN PAELLA WITH EDAMAME** *(1 plate | 250 cal)*
Saffron Rice Baked with Tomatoes, Carrots, and Edamame and Black Olives

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SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette (1 salad | 110 cal)
Iceberg Wedge with Maytag Bleu Cheese (1 salad | 130 cal)
Caesar Salad with Anchovies and Homemade Croutons (4 oz. | 160 cal)
Fresh Mozzarella and Tomato Stack with Fresh Basil (1 plate | 430 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing (1 plate | 740 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette (1 salad | 190 cal)
Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze (1 plate | 350 cal)

SIDES

Choice of One:
Fresh Carrots with Dill (4 oz. | 40 cal)
Fresh Green Beans and Carrot Medley (4 oz. | 40 cal)
Fresh Green Beans (4 oz. | 40 cal)
Grilled Balsamic Zucchini (4 oz. | 60 cal)
Sautéed Broccoli Rabe or Zucchini (4 oz. | 130 cal)
Broccoli with Sautéed Carrots (4 oz. | 50 cal)
Herb Crusted Broiled Tomato (1 half | 60 cal)
Roasted Root Vegetables (4 oz. | 35 cal)
Sautéed Mushrooms (4 oz. | 60 cal)
Fresh Spinach and Garlic Sautéé (4 oz. | 130 cal)
Julienne of Carrots and Fennel with Pearl Onions (4 oz. | 45 cal)
Roasted Fresh Seasonal Asparagus (4 oz. | 60 cal)
Oven-Roasted Butternut Squash (4 oz. | 30 cal)
Sautéed Fennel and Brussels Sprouts (4 oz. | 50 cal)
Red Cabbage Braised (4 oz. | 70 cal)
Chef’s Choice of Seasonal Vegetable (varies per vegetable)

Choice of One:
Horseradish Mashed Yukon Potatoes (4 oz. | 120 cal)
Caramelized Onion Mashed Yukon Potatoes (4 oz. | 110 cal)
Mashed Sweet Potatoes (4 oz. | 210 cal)
Oven-Herbed Roasted Red Potatoes (4 oz. | 130 cal)
Oven-Roasted Sweet Potatoes (4 oz. | 100 cal)
Potatoes O’Gratin (4 oz. | 400 cal)
Roasted Potatoes O’Brien (4 oz. | 190 cal)
Roasted Fingerling Potatoes (4 oz. | 180 cal)
Israeli Couscous (4 oz. | 180 cal)
Basil Orzo (4 oz. | 110 cal)
Ginger Jasmine Rice (4 oz. | 190 cal)
Lemon Rice (4 oz. | 180 cal)
Fontina Risotto Cake
Black Beans and Rice
Vegetable Risotto (4 oz. | 180 cal)
Chef’s Choice of Side Pairing (varies per pairing)

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DESSERTS

Chocolate Fudge Cake [1 slice | 590 cal]
Chocolate Fudge Cake with Chocolate Ganache [1 slice | 760 cal]
New York Cheesecake [1 slice | 450 cal]
Honey Fig Pastry [1 each | 70 cal]
Chocolate Tamales [1 tamale | 560 cal]
Chocolate Molten Cake with Bittersweet Ganache [1 cake | 560 cal]
Lemon Coconut Snowball Cupcakes [1 each | 600 cal]
Cora’s Red Velvet Cake [1 slice | 760 cal]
Cranberry-Apple Strudel [1 slice | 240 cal]
Dutch Apple Pie [1 slice | 450 cal]
Lattice Top Blueberry Pie [1 slice | 320 cal]
Lemon Meringue Pie [1 slice | 300 cal]

ADDITIONAL OPTIONS:

Apple Caramel Bread Pudding [1 each | 210 cal]
White Chocolate Bread Pudding [1 each | 850 cal]
White Chocolate Raspberry Crème Brûlée [1 dish | 840 cal]
Bananas Foster Crème Brûlée [1 each | 540 cal]
Chocolate Almond Ganache Cake [1 slice | 360 cal]
Tropical Fruit Napoleon [1 napoleon | 1750 cal]
Authentic Mexican Fruit Cake [1 slice | 390 cal]
Designer Key Lime Pie [1 slice | 1000 cal]
Cookies and Cream Cheesecake [1 slice | 520 cal]
German Chocolate Pecan Tart [1 each | 2260 cal]

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BOUNTIFUL BUFFETS

Design your platters from these menus that are presented buffet style. Assorted Bottled Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea (8 fluid oz. | 0 cal). Services include delivery, linen on service tables and guest tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Add Soup du Jour with Crackers for an additional charge. These menus are available for groups of 15 or more. Waited service is available upon request.

SIGNATURE SALADS

These Delicious Salad Creations Have Proven to be Most Popular with Our Customers and Come Complete with:

- Fresh-Baked Crusty Rolls (1 roll | 100 cal)
- Crispy Pita Wedges (2 oz. | 190 cal)
- Flatbreads (1/4 flatbread | 70 cal)
- Assorted Crackers (1 package | 25 cal)
- Butter (2 chips | 110 cal)
- A Selection of Oversized Cookies (1 cookie | 160-180 cal)
- Scrumptious Brownies (1 bar | 190-510 cal)
- Assorted Bars (1 bar | 60-380 cal)

**CHOOSE ONE SALAD:**

- Classique Niçoise Salad (1 salad | 200 cal)
- Greek Salad (1 salad | 190 cal)
- Napa Valley Chicken Salad (1 salad | 290 cal)
- Grilled Chicken Tabbouleh Salad (1 salad | 240 cal)
- Cobb Salad (1 salad | 770 cal)
- Italian House Wedge Salad (1 wedge | 180 cal)
- Caesar Salad (1 salad | 180 cal)
  - with Grilled Chicken (3 oz. | 110 cal)
  - with Shrimp (4 shrimp | 110 cal)
  - with Salmon (1 filet | 250 cal)
  - with Portobello Mushroom (4 oz. | 60 cal)

**CHOOSE TWO ADDITIONAL SALADS:**

- Market Salad with Balsamic Vinaigrette (1 salad | 110 cal)
- Italian Cucumber Salad (4 oz. | 90 cal)
- Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
- Apple Fennel Slaw (4 oz. | 90 cal)
- Minted Cucumber Salad (4 oz. | 20 cal)
- Orzo and Pepper Salad (4 oz. | 170 cal)
- Artichoke Hearts with Italian Parsley (4 oz. | 60 cal)
- Broccoli & Cavatelli Salad (4 oz. | 120 cal)
- Farmhouse Potato Salad (4 oz. | 220 cal)
- Antipasto Platter (1 serving | 340 cal)
- Vegetarian Antipasto Platter (1 serving | 190 cal)
- Seasonal Crudité (4 oz. | 45 cal)
  - with Hummus (2 oz. | 15 cal)
  - with Ranch Dip (2 oz. | 110-190 cal)

**ADD A PLATTER OF:**

- Grilled Chicken (3 oz. | 110 cal)
- Grilled Shrimp (4 shrimp | 110 cal)
- Portobello Mushroom (4 oz. | 60 cal)

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**HANDCRAFTED SANDWICHES**

Your Choice of Three Delicious Sandwich Creations are Skillfully Arranged and Accompanied by:

- Two Salads
- Assorted Bags of Chips (1 bag | 130-320 cal)
- Oversized Cookies (1 cookie | 160-180 cal)
- Scrumptious Brownies (1 bar | 190-510 cal)
- Assorted Bars (1 bar | 60-380 cal)
- Fresh In-Season Fruit Cups (4 oz. | 45 cal)

Sandwiches are Cut Diagonally Enabling Guests to Mix & Match their Choices.

**CHOOSE THREE HANDCRAFTED SANDWICHES:**

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey and Sharp Cheddar on Kaiser</td>
<td>180 cal</td>
</tr>
<tr>
<td>Roast Beef and Cheddar on Ciabatta</td>
<td>1000 cal</td>
</tr>
<tr>
<td>Twisted Beef &amp; Horseradish wrapped in Whole Grain</td>
<td>160 cal</td>
</tr>
<tr>
<td>Tuscan Grilled Chicken Breast on Multigrain Roll</td>
<td>260 cal</td>
</tr>
<tr>
<td>Picnic Grilled Chicken Sandwich on Parisian Roll</td>
<td>220 cal</td>
</tr>
<tr>
<td>Southwestern BBQ on Ciabatta</td>
<td>310 cal</td>
</tr>
<tr>
<td>Roasted Vegetables on Multigrain Roll</td>
<td>200 cal</td>
</tr>
<tr>
<td>Tabbouleh Hummus Pita</td>
<td>280 cal</td>
</tr>
<tr>
<td>Dijon Cage-Free Egg Salad on Pumpernickel Bread</td>
<td>180 cal</td>
</tr>
</tbody>
</table>

**CHOOSE TWO SIDE SALADS:**

<table>
<thead>
<tr>
<th>Salad</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Market Salad with Balsamic Vinaigrette</td>
<td>110 cal</td>
</tr>
<tr>
<td>Seasonal Fresh Fruit Salad</td>
<td>45 cal</td>
</tr>
<tr>
<td>Apple Fennel Slaw</td>
<td>90 cal</td>
</tr>
<tr>
<td>Minted Cucumber Salad</td>
<td>15 cal</td>
</tr>
<tr>
<td>Orzo and Pepper Salad</td>
<td>130 cal</td>
</tr>
<tr>
<td>Artichoke Hearts with Italian Parsley</td>
<td>60 cal</td>
</tr>
<tr>
<td>Farmhouse Potato Salad</td>
<td>220 cal</td>
</tr>
<tr>
<td>Seasonal Crudité</td>
<td>45 cal</td>
</tr>
<tr>
<td>with Hummus</td>
<td>15 cal</td>
</tr>
<tr>
<td>with Ranch Dip</td>
<td>110-190 cal</td>
</tr>
</tbody>
</table>

**MAGNIFICENT MORSELS**

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MAGNIFICENT MORSELS
ARTISANAL DELI AND PLATTERS
Personalize Your Deli Presentation with a Selection of Signature Ingredients and Platters, Offered in Build Your Own Style, Accompanied by:

Artisanal BreadS
Assorted Cheeses and Appropriate Condiments
Complimented by Fresh Side Salads
Spreads
Assorted Bags of Chips
Oversized Cookies
Scrumptious Brownies
Assorted Bars
Fresh In-Season Fruit Cups

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artisanal BreadS (1 slice)</td>
<td>80-180 cal</td>
</tr>
<tr>
<td>Assorted Cheeses and Appropriate Condiments (1 slice)</td>
<td>50-100 cal</td>
</tr>
<tr>
<td>Complimented by Fresh Side Salads (1 salad)</td>
<td>110 cal</td>
</tr>
<tr>
<td>Spreads</td>
<td>610 cal</td>
</tr>
<tr>
<td>Assorted Bags of Chips (1 bag)</td>
<td>130-320 cal</td>
</tr>
<tr>
<td>Oversized Cookies (1 cookie)</td>
<td>160-180 cal</td>
</tr>
<tr>
<td>Scrumptious Brownies (1 bar)</td>
<td>190-510 cal</td>
</tr>
<tr>
<td>Assorted Bars</td>
<td>60-380 cal</td>
</tr>
<tr>
<td>Fresh In-Season Fruit Cups (4 oz.)</td>
<td>45 cal</td>
</tr>
</tbody>
</table>

CHOOSE TWO SIGNATURE DELI SELECTIONS:

- Chimichurri Flank Steak (1 sandwich) | 500 cal |
- Pesto Grilled Chicken Breast (1 breast) | 240 cal |
- Tuscan Pesto Grilled Chicken (1 sandwich) | 470 cal |
- Antipasto Platter (1 serving) | 340 cal |
- Vegetarian Antipasto Platter (1 serving) | 190 cal |
- Italian Cold Cuts with Assorted Cheeses (1 slice) | 400 cal |
- Breads and Appropriate Condiments (1 slice) | 70-180 cal |

CHOOSE TWO SIDE SALADS:

- Market Salad with Balsamic Vinaigrette (1 salad) | 110 cal |
- Seasonal Fresh Fruit Salad (4 oz.) | 45 cal |
- Orzo and Pepper Salad (4 oz.) | 170 cal |
- Artichoke Hearts with Italian Parsley (4 oz.) | 60 cal |
- Farmhouse Potato Salad (4 oz.) | 220 cal |
- Tuna Salad (3 oz.) | 90 cal |
- Chicken Salad (3 oz.) | 110 cal |
- Cage-Free Egg Salad (3 oz.) | 230 cal |
- Seasonal Crudité (4 oz.) | 45 cal |
- with Hummus (2 oz.) | 15 cal |
- with Ranch Dip (2 oz.) | 110-190 cal |

CHOOSE TWO SPREADS:

- Tabbouleh with Garbanzo Beans & Feta (1 oz.) | 40 cal |
- Sun-Dried Tomato and Olive Tapenade (1 oz.) | 45 cal |
- Artichoke Tapenade (1 oz.) | 70 cal |
- Black Olive & Caper Tapenade (1 oz.) | 100 cal |
- Green Olive Tapenade (1 oz.) | 40 cal |
- Baba Ghanoush (1 oz.) | 15 cal |
- White Bean Spread with Caramelized Onions (1 oz.) | 60 cal |
- Hummus (1 oz.) | 50 cal |
- Mediterranean Tzatziki Sauce (1 oz.) | 20 cal |

Served with:
- Pita Wedges (2 oz.) | 190 cal |
- Flatbreads (1 flatbread) | 260 cal |
- Crackers (1 package) | 25 cal |

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SPECIALTY BUFFETS

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DELI BUFFET

Choice of Two Salads:
- Creamy Cole Slaw with Apples (4 oz | 100 cal)
- Potato Salad (4 oz | 190 cal)
- Balsamic Vinaigrette (2 oz | 90 cal)
- Assorted Breads (2 slices | 140-200 cal)
- Rolls (1 roll | 160-180 cal)
- Sliced Roasted Turkey (3 oz | 90 cal)
- Buffet Ham (3 oz | 90 cal)
- Salami (3 oz | 200 cal)
- Sliced Swiss Cheese (1 slice | 50 cal)
- American Cheese (1 slice | 50 cal)
- Leaf Lettuce (1 leaf | 0 cal)
- Sliced Onions (2 rings | 0 cal)
- Mayonnaise
- Assorted Individual Bags of Chips (1 bag | 130-320 cal)
- Assorted Cookies (1 cookie | 160-180 cal)
- Freshly Brewed Iced Tea (8 oz | 0 cal) and Sweet Tea (8 oz | 20 cal)

Seasonal Fresh Fruit Salad (4 oz | 45 cal)
Market Salad with Homemade Croutons (1 small salad | 110 cal)
Low-Fat Ranch Dressing (2 oz | 110 cal)
Multigrain Sandwich Wrap (1 wrap | 180 cal)
Low-Sodium Turkey (3 oz | 90 cal)
Roast Beef (3 oz | 140 cal)
Provolone Cheese (1 slice | 70 cal)
Sliced Tomatoes (1 slice | 0 cal)
Dill Pickles (1 spear | 5 cal)
Dijon Mustard

*Add Tuna Salad (3 oz | 90 cal) Cage-Free Egg Salad (3 oz | 230 cal) Chicken Salad (3 oz | 110 cal)
*Add Soup du Jour with Crackers (1 package | 25 cal)

OLD FASHIONED BBQ

Seasonal Fresh Fruit Salad (4 oz | 45 cal)
Roasted Vegetable Bow Tie Pasta Salad (4 oz | 120 cal)
Country Potato Salad (4 oz | 160 cal)
Cornbread (1 cut | 190-210 cal)
Rolls (1 roll | 90 cal)
Butter (2 chips | 110 cal)
Ranch-Style Baked Beans (4 oz | 160 cal)
Baked Barbecued Chicken (1 quarter | 290 cal)
Barbecued Beef Brisket (4 oz | 310 cal)
Assorted Cookies (1 cookie | 160-180 cal)
Brownies (1 cut | 190-510 cal)
Freshly Brewed Iced Tea (8 oz | 0-20 cal) and Lemonade (8 oz | 70 cal)

*Add a chef for BBQs held outside; weather permitting

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FESTIVE FLAIR

BACKYARD COOK OUT
Country Potato Salad (4 oz. | 160 cal)
Cole Slaw (4 oz. | 120 cal)
Potato Chips (1 bag | 160 cal)
Ranch Style Baked Beans (4 oz. | 130 cal)
Vegetarian Baked Beans (4 oz. | 120 cal)
Hamburger and Hot Dog Buns to include Whole Wheat (1 bun | 380 cal)
Grilled Hamburgers (1 sandwich | 330 cal)
Grilled Hotdogs (1 hotdog | 320 cal)
Veggie Burgers (1 sandwich | 320 cal)
Leaf Lettuce (1 leaf | 0 cal)
Sliced Tomatoes (1 slice | 5 cal)
Dill Pickles (5 chips | 0 cal)
Relish (1 tbsp | 20 cal)
Onions (2 rings | 0 cal)
Ketchup, Mustard and Mayonnaise (1 tbsp. | 10-100 cal)
Assorted Cookies (1 cookie | 160-180 cal)
Brownies (1 cut | 190-220 cal)
Assorted Bottled Soft Drinks, Regular and Diet (1 serving 0-270 cal) and Freshly Brewed Iced Tea (8 oz. | 0 cal)

*Add a chef for BBQs held outside; weather permitting

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SPECIALTY BUFFETS

BARBECUE NATION
Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
Apple Fennel Slaw (4 oz. | 90 cal)
Farmhouse Potato Salad (4 oz. | 220 cal)
Cornbread and Butter (1 cut | 210 cal)
Root Beer Baked Beans (4 oz. | 130 cal)
Macaroni & Cheese (1 cut | 400 cal)

Choice of Two Entrées:
Baked Barbecued Chicken (1 quarter | 290 cal)
BBQ Turkey Breast with Ancho Mango BBQ (4 oz. | 120 cal)
Kansas City BBQ Beef (3 oz + 1 ladle sauce | 190 cal)
Grilled Salmon with Mango Salsa (1 filet + 2 oz. salsa | 230 cal)
Hot Apple Crisp (1 scoop | 110 cal)
Assorted Cookies (1 cookie | 160-180 cal)
Brownies (1 cut | 190-510 cal)

Freshly Brewed Iced Tea (8 fl oz. | 0-20 cal) and Lemonade (8 fl oz. | 70 cal)

*Add Tortilla Chips (2 oz. | 140-260 cal) with Guacamole (2 oz. | 80 cal),
Salsa (2 oz. | 10-130 cal), and Jalapeños (1 tbsp | 0 cal) $0.00 per guest

LITTLE ITALY
Antipasto Platter (1 serving | 340 cal)
Vegetarian Antipasto Platter (1 serving | 190 cal)
Caesar Salad with Homemade Croutons (1 salad | 460 cal)
Assorted Rolls and Butter (1 roll | 90 cal)
Sautééd Fresh Zucchini (4 oz. | 50 cal)
Pasta Bar with Spaghetti (4 oz. | 200 cal) and Penne Pasta (4 oz. | 200 cal)
Marinara Sauce (2 oz. | 20 cal) and Pesto Cream Sauce (2 oz. | 150 cal)
Home-Style Meatballs in Marinara Sauce (2 meatballs + 1 oz sauce | 190 cal)
Traditional Chicken Cacciatore (1 quarter | 400 cal)
Parmesan Cheese (1 oz. | 120 cal)
Tiramisu (1 slice | 490 cal)
Cannoli (1 cannoli | 320 cal)
Assorted Canned or Bottled Soft Drinks, Regular and Diet (1 serving | 0-270 cal) or Freshly Brewed Iced Tea (8 fl oz. | 0-20 cal)

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BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen on service tables and guest tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Build Your Own Buffet by selecting - One Salad, Two Entrées, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for $0.00 per guest. These menus are available for groups of 15 or more.

SALADS

**CHOOSE ONE:**
Market House Salad
Choice of Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing
Greek Salad
Caesar Salad
Includes Assorted Dinner Rolls with Butter

ENTRÉES

**POULTRY**
Chicken Marsala
Lemon Parmesan Chicken with White Wine Chive Sauce
Apricot Glazed Roasted Turkey

**BEEF**
Braised Beef Sicilian
Caramelized Onion Meatloaf
Beef Stroganoff

**PORK**
Mustard Herb Pork Loin
Asian Marinated Pork Loin with Honey and Soy Glaze

**SEAFOOD**
Broiled Salmon with Dill Butter
Citrus Crusted Baked Tilapia
Garlic Shrimp Skewers

**VEGETARIAN**
Vegetarian Lasagna
Stuffed Peppers with Herbed Tomato Sauce
Vegetarian Pad Thai *Contains Peanuts

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### SIDES

**CHOOSE ONE (4 oz. serving):**  
- Oven-Roasted Herbed Potatoes 🥔  (130 cal)  
- Garlic-Mashed New Potatoes 🥔  (120 cal)  
- Rice Pilaf 🍚  (150 cal)  
- White Rice 🍚  (140 cal)  
- Olive Oil and Garlic Spaghetti 🍚  (380 cal)

**CHOOSE ONE (4 oz. serving):**  
- Fresh Roasted Vegetable Medley 🥦  (110 cal)  
- Lemon Garlic Broccoli 🍚  (60 cal)  
- Sautéed Zucchini 🥕  (50 cal)  
- Glazed Carrots 🥕  (120 cal)  
- Fresh Green Beans  (40 cal)  
- Variety of Seasonal Vegetables  (varies by vegetables)

### DESSERTS

**CHOOSE TWO:**  
- Chocolate Layer Cake  (1 slice | 350 cal)  
- Chocolate Mousse  (1 scoop | 90 cal)  
- Cora’s Red Velvet Cake  (1 slice | 760 cal)  
- Apple Crisp  (1 cut | 150 cal)  
- Tropical Rice Pudding  (4 oz. | 770 cal)  
- Assorted Cookies and Brownies  (1 serving | 160-510)  
- Assorted Pies: Dutch Apple, Blueberry, Lemon Meringue or Pecan Pie  (1 slice | 320-520)

### BEVERAGES

- Freshly Brewed Fair Trade asprettO Coffee  (8 fluid oz. | 0 cal)  
- Decaffeinated Coffee  (8 fluid oz. | 0 cal)  
- asprettO Numi Herbal and Non-Herbal Teas with Hot Water  (1 tea bag | 0 cal)  
- Decaffeinated asprettO Numi Tea with Hot Water  (1 tea bag | 0 cal)

**CHOOSE TWO:**  
- Iced Water Station  (8 oz. | 0 cal)  
- Lemonade  (8 oz. | 70 cal)  
- Freshly Brewed Iced Tea  (8 oz. | 0 cal)  
- Sweet Tea  (8 oz. | 20 cal)  
- Assorted Canned or Bottled Soft Drinks, Regular and Diet  (1 serving | 0-270 cal)

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HOT HORS D’OEUVRES

FROM PLATTERS TO PASSED

High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Waited or butlered service are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

CHICKEN

Gator Cakes with Bayou Rémoulade Sauce (1 each + 2 tsp. sauce | 370 cal)

Greek Chicken Skewers (1 each | 90 cal)

Chipotle Maple Bacon-Wrapped Chicken (1 each | 50 cal)

Blackened Chicken Sliders (1 each | 140 cal)

Ginger Chicken Satay with Coconut Peanut Sauce (1 each + 1 oz. sauce | 110 cal)

Chicken Diablo Empanadas with Chipotle Ranch Dipping Sauce (1 each + 1 oz. sauce | 230 cal)

PORK

Pork Pot Stickers with Garlic Soy Sauce (1 each + 3 oz. sauce | 50 cal)

Mini Ham Biscuits with Mustard Sauce (1 each | 150 cal)

Sausage Bites with White Wine and Dijon Mustard (1 each | 300 cal)

Maple-Glazed Apple Rumaki (1 each | 60 cal)

Ham and Cheese Pinwheels (1 each | 50 cal)

Sausage-Stuffed Mushrooms (1 each | 20 cal)

SEAFOOD

Bacon-Wrapped Scallops (1 each | 45 cal)

Mini Crab Cakes with Cajun Rémoulade Sauce (1 each | 70 cal)

Crab and Risotto Balls (1 each | 80 cal)

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SAVORY SELECTIONS

**BEEF**

- Chipotle Beef On Tortillas with Avocado Crème (1 each | 120 cal)
- Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour (1 each + 3 oz. sauce | 45-130 cal)
- Beef Satay with Sweet & Spicy Sauce (1 each + sauce | 110 cal)
- Mini Reuben Sandwiches (1 each | 150 cal)
- Petite Beef Wellington (1 each | 70 cal)

**VEGETARIAN**

- Spanakopita (1 each | 45 cal)
- Mini Greek Pizzas (1 each | 80 cal)
- Mini Vegetable Samosas (1 each | 90 cal)
- Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce (1 each + 3 oz. sauce | 120-150 cal)
- Vegetable Pakoras (1 each + 3 oz. sauce | 40 cal)

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MAGNIFICENT MORSELS
COLD HORS D’OEUVRES

High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Waited or butlered service are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

Assorted Finger Sandwiches

**CHOOSE THREE:**
Ham Salad, Chicken Salad, Tuna Salad and Cage-Free Egg Salad on White, Wheat or Silver Dollar Rolls

Shrimp Cocktail with Cajun Remoulade and Cocktail Sauce
(1 shrimp + sauce | 150 cal)

Prosciutto-Wrapped Melon with Dijon Dipping Sauce
(1 wedge + 1 tsp. sauce | 100 cal)

Roasted Garlic Hummus and Smoked Salmon Bruschetta
(1 each | 110 cal)

Cool Salmon Canapés
(1 each | 60 cal)

Mini Curried Chicken Tart
(1 each | 140 cal)

Corn Blini with Smoked Salmon and Chive Butter
(1 each | 50 cal)

Cucumber Rounds with Feta and Tomatoes
(1 each | 30 cal)

Crostini with Spicy Mango Shrimp Salsa
(1 each | 70 cal)

Sundried Tomato and Gorgonzola Bruschetta
(1 slice | 100 cal)

White Bean Crostini
(1 slice | 120 cal)

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DELECTABLE DELIGHTS
GOURMET DIPS AND MORE
Services include delivery, linen-draped service tables, set up and clean up.

HOT DIPS
Sold per pound
Warm Parmesan Artichoke Dip with Bagel or Pita Chips (1 lb | 940 cal)
Spinach and Crab Dip with Baguette Rounds (1 lb | 960 cal)

COLD DIPS
Sold per pound
Tzatziki Cucumber Yogurt Dip (1 tbsp | 5 cal), Hummus (1 lb | 820 cal) or Baba Ghanoush (1 lb | 250 cal) with Pita Chips (2 oz. | 190 cal)
Creamy Mediterranean Dip (1 lb | 610 cal) with Bagel (2 oz. | 180 cal) or Pita Chips (2 oz. | 190 cal)

COLD DISPLAYS
Small (15-25), Medium (25-50) and Large (50-75)
Farm Fresh Crudités with Ranch Dip (2 oz. + 2 oz. dressing | 15-190 cal)
Seasonal Cubed Fresh Fruit Tray (2 oz. | 25 cal)
Domestic Cheeses with Crackers (2 oz. + 6 crackers | 340 cal)
Artisan Cheese with Crackers and Baguette Rounds (2 oz. + 6 crackers | 280 cal)
Antipasto Platter with Crackers and Baguette Rounds (1 serving | 340 cal)
Vegetarian Antipasto Platter with Crackers and Baguette Rounds (1 serving | 190 cal)
California Rolls with Soy Sauce and Wasabi (2 slices | 70 cal)

SAVORY CHEESECAKES
Please order by the Cheesecake and Torte. Both served with Crackers and Baguette Rounds.
Roasted Vegetable Cheesecake – serves 15 - 20 guests (1 slice | 360 cal)
Savory Pesto and Sun Dried Tomato Torte – serves 50 - 75 guests (1 serving | 310 cal)
Crawfish Rémoulade Cheesecake – serves 15-20 guests (1 serving | 500 cal)

WINGS AND THINGS BAR
CHOOSE TWO WING STYLES (6 wing serving);
Buffalo (510 cal), BBQ (630 cal), Honey (530 cal), Boneless (710 cal), or Cajun Style (570 cal)
Celery and Carrot Sticks (3 of each | 15 cal)
Bleu Cheese (2 oz. | 280 cal)
Ranch Dressing (2 oz. | 110-190 cal)
Steak Fries (4 oz. | 270 cal)

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CHEF’S FARE
SPECIALTY AND CARVING STATIONS

Create a delightful culinary experience for your guests by adding an interactive flair. Add one or more of these chef-attended action or bar stations and watch your event come alive! Services include delivery, linen-draped service tables, set up and clean up.

SLIDER STATION

**CHOOSE THREE** (1 sandwich each):
Cheeseburger (180 cal), Hamburger (170 cal), Pork BBQ (330 cal), Crab Cake (70 cal) or Buffalo Chicken (290 cal)
Served with Pickles (1 chip | 0 cal), Chipotle Mayonnaise (1 tbsp | 40 cal), Ketchup (1 tbsp | 15 cal), Lettuce (1 leaf | 0 cal), Tomato (1 slice | 0 cal), Relish (1 tbsp | 20 cal), Grainy Mustard (1 tbsp | 20 cal), Honey Mustard (2 oz. | 310 cal) and Homemade Potato Chips (2 oz. | 110 cal) with Ranch Dip (1 oz. | 50-90 cal)

MASHED POTATO MARTINI BAR

Yukon Gold and Sweet Potatoes (4 oz. | 210 cal) Served with Whipped Margarine and Sour Cream

**CHOOSE FIVE:**
Chopped Scallions (1 tbsp | 0 cal), Crumbled Bacon (1 oz. | 160-170 cal), Shredded Cheddar Cheese (1 oz. | 110 cal), Country Brown Gravy (1 oz. | 10 cal), Caramelized Onions (1 oz. | 30 cal), Fried Onion Crisps (1 oz. | 50 cal), Grated Parmesan Cheese (1 oz. | 120 cal), Crumbled Gorgonzola Cheese (1 oz. | 100 cal), Toasted Pecans (1 oz. | 200 cal) or Horseradish Sauce (1 tbsp | 20 cal)

CARVING STATIONS

*Our Beef, Poultry, and Pork selections are cooked to perfection and carved by an experienced uniformed Chef. Served with wonderful sauces and condiments, as well as assorted Mini Rolls (1 roll | 70-160 cal) and Baguettes (1 baguette | 100 cal).*

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp | 180 cal)

Roasted Beef Tenderloin (3 oz. | 220 cal) with Horseradish Aioli (1 oz. | 50 cal) and Stone Ground Mustard Sauce (1 oz. | 20 cal)

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp | 80 cal)

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GRAND FINALE
SWEET AND SALTY

Services include delivery, linen-draped service tables, set up and clean up.

ASSORTED HOME-STYLE COOKIES

<table>
<thead>
<tr>
<th>Cookie Type</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter</td>
<td>(350 cal)</td>
</tr>
<tr>
<td>Sugar</td>
<td>(330 cal)</td>
</tr>
<tr>
<td>White Chocolate Macadamia Nut</td>
<td>(340 cal)</td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>(360 cal)</td>
</tr>
<tr>
<td>Oatmeal Raisin</td>
<td>(310 cal)</td>
</tr>
<tr>
<td>Double Chocolate with White Chips</td>
<td>(330 cal)</td>
</tr>
</tbody>
</table>

BROWNIES (1 cut per serving)

<table>
<thead>
<tr>
<th>Dessert Type</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream Cheese</td>
<td>(220 cal)</td>
</tr>
<tr>
<td>Blondie</td>
<td>(220 cal)</td>
</tr>
<tr>
<td>M&amp;M's®</td>
<td>(510 cal)</td>
</tr>
<tr>
<td>Plain</td>
<td>(200 cal)</td>
</tr>
<tr>
<td>Fudge</td>
<td>(350 cal)</td>
</tr>
</tbody>
</table>

GOURMET DESSERT BARS (1 cut per serving)

<table>
<thead>
<tr>
<th>Dessert Type</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linzi Bar</td>
<td>(210 cal)</td>
</tr>
<tr>
<td>Ooey Gooey Pumpkin Square</td>
<td>(100 cal)</td>
</tr>
<tr>
<td>Raspberry Almond Bar</td>
<td>(190 cal)</td>
</tr>
<tr>
<td>Chocolate Chess Bar</td>
<td>(260 cal)</td>
</tr>
<tr>
<td>Luscious Lemon Bar</td>
<td>(70 cal)</td>
</tr>
<tr>
<td>Cran Scotch Bar</td>
<td>(260 cal)</td>
</tr>
<tr>
<td>Gooey Chocolate Peanut Butter Bar</td>
<td>(290 cal)</td>
</tr>
</tbody>
</table>

ASSORTED MINI PETIT FOURS AND PASTRIES (1 slice | 140 cal)

ASSORTED MINI CANDY BARS (3 pieces | 130 cal)

MULTI-GRAIN BARS AND GRANOLA BARS (1 bar | 90-160 cal)

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS (1 bag | 110-230 cal)

ASSORTED POPCORN (1 serving | 40-300 cal)

MIXED NUTS WITH OR WITHOUT PEANUTS (1 oz. | 120-170 cal)

TRAIL MIX (1 oz. | 150 cal)

DECORATED SHEET CAKES (1 slice + 2 tbsp icing | 140-280 cal)

DESSERT STATION

Choice of Four (1 each per serving): Assorted Cupcakes (160-340 cal), Mini Red Velvet Whoopi Pies (390 cal), Assorted Mini Cookies (400 cal), Gourmet Bars (140-280 cal), or Seasonal Sliced Fresh Fruit (2 oz. | 25 cal)

ICE CREAM SUNDAE BAR

15 guest minimum

Choice of Ice Cream Flavours (One per 45 guests):

<table>
<thead>
<tr>
<th>Ice Cream Flavour</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>(1 scoop</td>
</tr>
<tr>
<td>Vanilla</td>
<td>(1 scoop</td>
</tr>
<tr>
<td>Strawberry</td>
<td>(1 scoop</td>
</tr>
</tbody>
</table>

Choice of Two Sauces:

<table>
<thead>
<tr>
<th>Sauce</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>(2 oz.</td>
</tr>
<tr>
<td>Strawberry</td>
<td>(2 oz.</td>
</tr>
<tr>
<td>Butterscotch</td>
<td>(2 oz.</td>
</tr>
</tbody>
</table>

Choice of Three Toppings (1 oz. servings): Sprinkles (130 cal), Cookie Crumbs (130 cal), Crushed Peanuts (170 cal), Heath Bar™ Pieces (150 cal) or M&M’s® (140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180-200 cal) are included.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available.