

EVERYDAY CATERING MENU



IT'S BREAKFAST TIME RISE AND SHINE



CONTINENTAL

*Priced per person, minimum 6 guests.
Served with bottled water and coffee*

- Continental** (240-440 cal) 12.
Assorted mini muffins and pastries with fresh sliced fruit
- Build Your Own Fruit and Yogurt Parfait** (310 cal) 10.
Greek vanilla yogurt, seasonal fruit, granola, honey and dried cranberries
- Add Overnight Oats (530 cal) +3.
- Breakfast Charcuterie** (760 cal) 12.
Dried fruit, artisan cheeses, cage-free hard boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves and croissants
- Bagels** (610 cal) 9.
Served with butter, cream cheese and fruit preserves

ADD-ONS

- Sliced Seasonal Fresh Fruit** (40 cal) 5.
- Assorted Greek Yogurt Cup** (120 cal) 3.
- Yogurt and Granola Parfait** (250 cal) 6.
- Mini Pastries** (120 - 320 cal) 4.
- Seasoned Potatoes** (160 cal) 4.

HOT BREAKFAST

*Priced per person, minimum 6 guests.
Served with bottled water and coffee*

- Classic Hot Breakfast** (600 cal) 15.
Cage-free scrambled eggs, seasoned potatoes, bacon and fresh sliced fruit
- Breakfast Enchiladas** (560 cal) 12.
Cage-free scrambled eggs, cheese, peppers and onions in a corn tortilla with avocado tomatillo salsa. Served with seasoned potatoes
- Add Sausage (200 cal/2 links) +3.
- Mini Egg Stratas & Wraps** (340 - 780 cal/2 each) 9.
Select two flavors:
 - Spinach and Parmesan Strata (170 cal)
 - Caramelized Onion and Ham Strata (190 cal)
 - Egg and Cheese Wrap (270 cal)
 - Southwestern Sausage Wrap (390 cal)
 - Peppers, Egg and Sun Dried Tomato Wrap (230 cal)
- Breakfast Sandwiches** (270 - 560 cal) 10.
Select two flavors:
 - Egg and Cheese Croissant (390 cal)
 - Sausage, Egg and Cheese Croissant (560 cal)
 - Ham, Egg and Cheese on Brioche (470 cal)
 - Egg and Cheese on Wheat Muffin (270 cal)

Calories provided are per recipe serving. 2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

READY FOR LUNCH?



BOXED LUNCHES

*Priced per person, minimum 6 guests.
Served with bottled water.*

- Executive Boxed Lunch** (600 - 1,160 cal) * 16.
Artisan sandwich or wrap, one side salad, whole fruit and a dessert bar
- Boxed Lunch** (690 - 1,050 cal)* 14.
Artisan sandwiches or wraps, bakers chips and cookie

LUNCH PLATTERS

*Priced per person, minimum 6 guests.
Served with bottled water and coffee*

- Mini Sandwiches** (500 - 740 cal) 12.
Selection of two mini sandwiches, choice of side salad, bakers chips and cookies
- Artisan Sandwiches and Wraps** (740-1,230 cal) 16.
Selection of three sandwiches or wraps, choice of side salad, bakers chips and cookies
- Build Your Own Deli** (880-1,040 cal) 15.
Variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan bread served with choice of side salad, bakers chips or cookies

DELI AND SIDE SALAD SELECTIONS

MINI SANDWICHES

- Caprese (230 cal)
- Turkey BLT (180 cal)
- Buffalo Chicken (200 cal)
- Tuna Salad (150 cal)
- Ham and Swiss (230 cal)

ARTISAN SANDWICHES

- Roasted Veg & Hummus (390 cal)
- Turkey Jack BLT (580 cal)
- Italian Hoagie (540 cal)
- Classic Chicken Salad (550 cal)

ARTISAN WRAPS

- Garden Veggie and Ranch (560 cal)
- Blackened Chicken Caesar (560 cal)
- Turkey Club (720 cal)
- Antipasto (710 cal)

SIDE SALADS

- Seasonal Chef Salad (90 cal)
- Fruit Salad (50 cal)
- Dijon Roasted Potato Salad (130 cal)
- Pesto Pasta Salad (140 cal)
- Garden Salad (180 cal)

*choose up to three varieties of sandwiches or wraps per order for Executive and Boxed Lunch

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LETTUCE CELEBRATE



SALADS

*Priced per person, minimum 6 guests.
Served with bottled water.*

Salad Boxed Lunch 15.
Choice of salad with dressing on the side. Served with chips, cookie and whole fruit

Salad Choices:

- Chef (270 - 520 cal)
- Chopped Cobb (350- 600 cal)
- Chicken Caesar (310 - 560 cal)
- Soy Ginger Salmon (560 - 810 cal)

Build Your Own Salad (300 - 530 cal) 9.
Array of fresh garden salad ingredients, two dressings and garlic herb grilled pita bread

Add:

- Ginger Sesame Tofu (170 cal) +4.
- Herb Grilled Chicken (170 cal) +6.
- Lemon Pepper Salmon (200 cal) +7.
- Rosemary Grilled Shrimp Skewers (180 cal) +6.5

Dressing Choices:

- Fat-free Italian (25 cal)
- Caesar (230 cal)
- Balsamic Vinaigrette (160 cal)
- Ranch (230 cal)
- Blue Cheese (250 cal)

SALAD PLATTERS

*Family-style salad with herb grilled pita bread
and dressing on the side*

Chicken Caesar (670 cal)

Small	Medium	Large
120.	235.	375.

Greek Salad (300 - 550 cal)

Small	Medium	Large
125.	220.	325.

Roasted Chicken Cobb (600 - 850 cal)

Small	Medium	Large
180.	250.	360.

SIDE SALAD PLATTER

Small	Medium	Large
50.	95.	150.

Choice of Side Salad:

- Seasonal Chef Salad (90 cal)
- Minted Fruit Salad (50 cal)
- Dijon Roasted Potato Salad (130 cal)
- Pesto Pasta Salad (140 cal)
- Garden Salad (190 cal)
- Caesar Salad (170 cal)

PLATTER SERVING SIZES

Small	Medium	Large
10 - 15	20 - 25	35 - 40

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LET'S EXPLORE FLAVORS



CREATE

Priced per person, minimum 10 guests. Served with bottled water.

Mediterranean Graze (460 cal) 17.

Grilled pita, classic hummus, kalamata olives, diced tomatoes, diced cucumbers, red onion, feta cheese, tzatziki, Greek salad and tabbouleh served with choice of two proteins: Falafel (170 cal) Chicken Souvlaki (270 cal) or Lamb and Beef Gyro (380 cal)

Add Roasted Red Pepper Hummus and Pita Chips (320 cal) +4.

Tacos (1070 - 1400 cal) 14.

Grilled vegetables, citrus chicken carnitas, seasoned beef, spicy black beans, red rice, pico de gallo, salsa roja, shredded lettuce, cheddar cheese, sour cream and jalapenos with corn and flour tortillas. Served with house made tortilla chips and bottled water.

Make it plant-forward and swap seasoned beef for Beyond Chorizo

Add Guacamole (60 cal) +4.

Simply Italian (1070 cal) 18.

Pasta with pomodoro and alfredo sauces, garlic bread and Caesar salad with choice of two proteins: Herb Grilled Chicken (170 cal), Beef and Pork Meatballs (430 cal), Eggplant Parmesan (380 cal) or Chicken Parmesan (500 cal)

Add Anitpasta Platter (350 cal) +5.

Smokehouse Barbeque (670 cal) 17.

Southern-style bacon green beans, macaroni and cheese, creamy coleslaw, corn bread, bbq sauce and choice of two proteins: Smoked BBQ Tofu (240 cal), Pulled Chicken (200 cal), Pulled Pork (270 cal) Or Smoked Brisket (290 cal)

Power Grain Bowl (420 cal) 11.

Chef's selection of fresh seasonal roasted vegetables, whole grains, specialty sauces and toppers

Add:

- Ginger Sesame Tofu (170 cal) +4.
- Herb Grilled Chicken (170 cal) +6.
- Lemon Pepper Salmon (200 cal) +7.
- Rosemary Grilled Shrimp Skewers (180 cal) +6.5.

LOOKING FOR SOMETHING DIFFERENT?

Contact us about creating a custom menu selection.

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IT'S TIME FOR SNACKS + BREAK



SNACKS

Priced per person.

Cookies (180 – 210 cal)	2.50
Brownies (440 cal)	3.
Cookies and Brownies (180 – 440 cal)	3.50.
Mini Dessert Bars (120 – 170 cal)	3.
Mini Cupcakes (120 – 150 cal)	3.
Large Warm Pretzels (280 cal) served with mustard and cheese dipping sauces	4.

SNACKS

Fruit and Cheese with Crostini (180 cal) 6.50

Dark Chocolate and Mixed Nut Trail Mix (240 cal) 4.

Flavored Popcorn

Select two: Salted (45 cal), Chili Spiced (60 cal), Rosemary (70 cal) or Dark Chocolate Ancho (70 cal) 4.

Sweet & Salty Break

M&M's, Mini Pretzels, Mixed Nuts and Trail Mix (370 cal) 6.

Chocolate & Yogurt Covered Pretzels

Assorted Seasonal Flavors (250 cal) 5.

THEMED BREAKS

Priced per person. Served with bottled water.

Mediterranean Hummus Bar (300 cal) Roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers and kalamata olives	7.
Energy Break (400 cal) Pepita chia cranberry granola bar bites, assorted mixed salted nuts and minted fruit salad	9.
Duo of Dips (400 cal) Onion dip & spinach artichoke dip spread with flatbread crisps and crostini and cucumber points	9.
Dim Sum (720 cal) Pork pot stickers, vegetable egg rolls, pot sticker sauce, soy sauce, edamame and coconut rice pudding	12.

Energize Your Day with a Twist

Red Bull energy drink, sparkling water and diced fresh fruit

8.

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TODAY'S PLAN DRINK COFFEE AND BE AWESOME

BEVERAGES

Priced per person unless noted by servings.

MAKE IT HOT

Fresh Brewed Coffee and Tea Service Regular, decaf, hot tea, lemons, honey, sugars and creamer	5.
Hot Chocolate	5.
Hot Apple Cider	5.

MAKE IT COOL

Bottled beverages.

Starbucks Cold Brew Coffee	5.
Starbucks Frappuccino	4.5
Iced Tea Sweet or Unsweetened	3.
Gatorade	3.75
Lemonade	2.5
Juice	3.
Soda	2.50

ENERGIZE YOUR DAY

Canned beverages.

Monster	4.5
Red Bull	4.5

HYDRATE

Bottled beverages.

Smartwater (premium option)	3.
LifeWTR (premium option)	2.75
Sparkling Water (premium option)	2.75
Sparkling Water	2.
Water	2.



CATERING POLICIES

HOW IT WORKS

Catering orders will include all necessary plates, utensils, napkins and condiments in quantities consistent with your order. We also supply all food and beverage equipment needed to ensure food is served properly. China and linen service can be rented for your event at an additional charge. Our catering attendants will deliver, set-up and pick up your order at your requested location.

LAST MINUTE ORDERS

We ask for a 24 hour notice for catering orders but understand that last minute needs do arise. Please contact the catering office for your last minute needs and we will make every effort to accommodate them.

DON'T SEE WHAT YOU ARE LOOKING FOR?

Contact our Catering Manager and we will develop a customized menu that fits your needs.

ADDITIONAL SERVICE

If you are hosting an important all-day event or a large-scale meeting that requires more attention than just a set up, delivery and pick up, we can arrange for you to have a catering attendant to tend to any immediate needs that arise. Speak to our catering manager to schedule an attendant to make sure your event is a success!

SPECIAL EVENTS

Are you looking to host a seated dinner or cocktail reception? We can plan and execute your event. Set up a meeting with our Catering Manager to go over your ideas!

CANCELLATIONS

Catering orders are made specifically for your meeting, therefore cancellations must be made 24 hours in advance. When this is not possible, please let us know if we can deliver your order to another location. Cancellation fees may apply.

THROWING A LITTLE GET TOGETHER



CELEBRATION

*Priced per person, minimum 10 guests.
Served with bottled water.*

House Made Chips & Salsa (430 cal)	5.
Add Guacamole (60 cal)	+5.
Add Queso (110 cal)	+4.
Bakers Chips & Dips (240 cal)	6.
Select two: Dill Yogurt (35 cal), Creamy Caramelized Onion (85 cal), Roasted Red Pepper Hummus (120 cal), Ranch Dip (230 cal) or Creamy Spinach Artichoke Dip (130 cal)	
Sliders (270-440 cal)	9.
Select three: Beef Slider (360 cal), Meatball Provolone (320 cal), BBQ Pulled Pork (320 cal), Chipotle BBQ Beyond (270 cal) or Nashville Chicken (440 cal)	
Charcuterie (440 cal)	13.
Capicola, prosciutto, Boursin cheese, brie, goat cheese, fruit preserves, aged cheddar, swiss, grilled asparagus, dried figs, marinated olives, spiced candied pecans, and toasted crostini	

Shrimp Cocktail Platter (120 cal)			
Small	Medium	Large	Party
90.	155.	250.	370.

Fruit & Cheese with Crostini (180 cal)			
Small	Medium	Large	Party
60.	115.	165.	230.

Vegetable Crudités and Hummus			
Small	Medium	Large	Party
50.	85.	135.	190.

Fruit Skewers with Yogurt Dipping Sauce (80 cal)			
Small	Medium	Large	Party
110.	180.	300.	380.

Mediterranean Tray (460 cal)			
Small	Medium	Large	Party
75.	145.	230.	350.

PLATTER & TRAY SERVING SIZES			
Small	Medium	Large	Party
10 - 15	20 - 25	35 - 40	40 - 50

ADD A SWEET SURPRISE

Sheet cakes (full, ½ or ¼) specialty desserts and cupcakes are also available. Contact us and elevate your event!

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READY FOR A PARTY



PIZZA

House made rustic 16" pizzas, cut into 8 slices. Cal/slice

Four Cheese (390 cal) Mozzarella, provolone, parmesan and cheddar	20.
Pepperoni (370 cal) Mozzarella, crushed tomatoes, pepperoni	25.
Roasted Vegetables (340 cal) Fresh onions, sweet peppers, tomatoes	25.
Margherita (290 cal) Fresh mozzarella, roma tomatoes, fresh basil	20.
Mushroom (340 cal) Mozzarella, fresh mushrooms	25.
The Works (410 cal) Italian sausage, red onions, bell peppers, black olives, mozzarella cheese	25.
Meat Lovers (390 cal) Pepperoni, Italian sausage, ham, meatballs, mozzarella	25.
Substitute any pizza with cauliflower crust	+5.

ADD SOME SPARKLE TO THE PARTY

Iced Tea (premium option)	3.
Sparkling Water	2.
Soda	2.

FINISH WITH SOMETHING SWEET

Fresh Baked Cookies (180-210 cal)	2.
Fudge Brownies (440 cal)	3.
Assorted Dessert Bars (120-170 cal)	2.5

MAKE IT A PARTY

Priced per person.

Chicken Wings (260 cal) minimum of 10 with buffalo and ranch sauce	7.50
Side and Salads	3.5
- Minted Fruit (50 cal)	
- Caesar (170 cal)	
- Garden (180 cal)	
- Tater Tots (260 cal)	
Side Salad and Bottled Water	5.

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