

EVERYDAY CATERING MENU





TODAY'S PLAN DRINK COFFEE AND BE AWESOME

BEVERAGES

Priced per person unless noted by servings.

MAKE IT HOT

Regular Coffee Airpot (serves 10)	26
Decaf Coffee Airpot (serves 10)	26
Hot Tea Airpot (serves 10)	26

ENERGIZE YOUR DAY

Canned beverages.

Monster	4.5
Red Bull	4.5

MAKE IT COOL

Bottled beverages.

Cold Brew Coffee	5
Starbucks Frappuccino	4.25
Iced Tea Sweet or Unsweetened	4
Lemonade	3
Juice	3
Soda	2.50

HYDRATE

Bottled beverages.

Smartwater (premium option)	3
LifeWTR (premium option)	3
Flavored Sparkling Water - bubly	2.25
Water	2.25

IT'S BREAKFAST TIME RISE AND SHINE



LIGHT BREAKFAST

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

Continental (240-440 cal) 13
Assorted mini pastries, yogurt and fresh sliced fruit

Build Your Own Fruit and Yogurt Parfait (310 cal) 9
Greek vanilla yogurt, seasonal fruit, and granola

Bagels (610 cal) 9
Assorted flavors, served with butter, cream cheese and fruit preserves

Breakfast Charcuterie (760 cal) 6
Dried fruit, artisan cheeses, cage-free hard-boiled eggs, candied bacon, shaved meats, fresh fruits, fruit preserves and croissants

ADD-ONS

Granola Bar (90 – 280 cal)	3
Protein Bar (120 – 390 cal)	4
Whole fruit (70 – 180 cal)	2.5
Sliced Seasonal Fresh Fruit (40 cal)	5
Breakfast Potatoes (160 cal)	3
Add Thick-Cut Bacon (2) (300 cal)	3
Add Pork Sausage Patty (2) (310 cal)	3
Add Turkey Sausage Links (2) (290 cal)	3
Assorted Greek Yogurt Cup (120 cal)	3
Overnight Oats (530 cal)	3
Yogurt and Granola Parfait (250 cal)	6
Mini Pastries (120 – 320 cal)	3.25
Bagels (610 cal)	4
Avocado Toast (310 cal)	7

HOT BREAKFAST

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

Breakfast Sandwich (360 – 780 cal) 10
Select sandwich or wrap and two different choices:
Cage-free eggs with bacon, sausage, or ham served with sliced fruit

Biscuits & gravy (780 cal) 12
Buttermilk biscuit smothered in sausage gravy served with scrambled eggs and fresh sliced fruit

Mini Egg Stratas and Wraps (390 cal) 10
Your choice of 2 individual cage-free egg stratas or wraps served with sliced fresh fruit

Classic Hot Breakfast (600 cal) 13
Cage-free scrambled eggs, breakfast potatoes, bacon and fresh sliced fruit

Chorizo Bowl (690 cal) 13
Cage-free scrambled eggs, breakfast potatoes, peppers, onion, topped with chorizo gravy and cheese

Frittatas – Crustless Quiche (430 cal) 14
Bacon and cheddar, Spinach, feta and red peppers or Smoked Salmon, cream cheese and scallions served with breakfast potatoes and fresh sliced fruit

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READY FOR LUNCH?



PLATTERS

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

Mini Sandwiches - 2 per (500 – 740 cal) 14

Selection of two mini sandwiches, choice of side salad, baker's chips (ranch, cajun or original) and cookies

Artisan Sandwiches and Wraps (740-1,230 cal) 15

Selection of three sandwiches or wraps, choice of side salad, baker's chips (ranch, cajun or original) and cookies

Build Your Own Deli (880-1,040 cal) 16

Variety of deli meats and cheeses, lettuce, tomato, pickles, condiments, artisan breads or rolls, served with choice of side salad, baker's chips (ranch, cajun or original) and cookies

BOXED LUNCHES

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

Executive Boxed Lunch (600 – 1,160 cal) 16

Artisan sandwich or wrap, chips, whole fruit, dessert bar, and side salad

Boxed Lunch (690 – 1,050 cal) * 15

Artisan sandwich or wrap, chips and cookie

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

DELI AND SIDE SALAD SELECTIONS

MINI SANDWICHES / SLIDERS * warm *

- Caprese (230 cal)
- Turkey BLT (180 cal)
- Buffalo Chicken (200 cal)
- Tuna Salad (150 cal)
- Ham and Swiss (230 cal)
- BBQ Beef Onion Bacon Slider (410 cal) *
- Pork Cubano Slider (330 cal) *
- Tarragon Salmon Cake Slider (400 cal) *

ARTISAN SANDWICHES

- Caprese (230 cal)
- Buffalo Chicken (200 cal)
- Tuna Salad (150 cal)
- Ham and Swiss (230 cal)
- Turkey Jack BLT (580 cal)
- Italian Hoagie (540 cal)
- Classic Chicken Salad (550 cal)

ARTISAN WRAPS

- Garden Veggie and Ranch (560 cal)
- Roast beef arugula with horseradish sauce
- Blackened Chicken Caesar (560 cal)
- Turkey Club (720 cal)
- Asian Chicken (710 cal) ** dairy free

SIDE SALADS

- Moroccan Quinoa Beet Salad (90 cal)
- Fresh Fruit Salad (50 cal)
- Dijon Roasted Potato Salad (260 cal)
- Pesto Pasta Salad (140 cal)
- Garden Salad (180 cal)

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LETTUCE CELEBRATE



SALADS

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

Build Your Own Salad (300 – 530 cal) 10

Fresh mixed greens with five additional ingredients to create a personalized salad, served with assorted dressings and garlic herb breadstick

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

Salad Boxed Lunch 16

Choice of salad with dressing on the side. Served with breadstick and a cookie

Salad Choices:

- Chef (270 – 520 cal)
- Chopped Cobb (350– 600 cal)
- Chicken Caesar (310 – 560 cal)
- Soy Ginger Salmon (560 – 810 cal)
- Mediterranean Kale with Lemon Chicken (590 cal)
- Berry Almond Chicken (480 cal)

Dressing Choices:

- Fat-free (25 cal)
- Caesar (2 Italian 30 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
120	235	375

Roasted Chicken Cobb (600 – 850 cal)

Small	Medium	Large
180	350	560

SIDE SALAD PLATTER

Small	Medium	Large
50	95	150

Choice of Side Salad:

- Moroccan Quinoa Beet Salad (90 cal)
- Minted Fruit Salad (50 cal)
- Dijon Roasted (260 cal)
- Pesto Pasta Salad (140 cal)
- Garden Salad (190 cal)
- Caesar Salad (170 cal)

PLATTER SIZES

Small	Medium	Large
10 – 15 servings	20 – 25 servings	35 – 40 servings

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LET'S EXPLORE FLAVORS



CREATE

Priced per person, minimum 10 guests. Buffet style meal for minimum 20 guests. Served with bottled water.

Fried Chicken (510 cal) 15
Classic fried chicken served with mashed potatoes and gravy or mac and cheese, coleslaw and a biscuit

Mac n cheesyology (680 cal) 15
Cheesy pasta with grilled chicken, bacon, broccoli, sweet peas, mushrooms, panko onion straws, jalapenos and salsa

Asian Bowl (480-890cal) 16
Choice of two; Sweet n Sour Chicken, Green Curry Chicken, Yellow Curry Pork, Teriyaki Salmon, or Red Curry Tofu served with stir fried vegetables, garlic fried rice and vegetable egg roll

Indian Curry Bowl (540-720 cal) 16
Choice of two; Butter Chicken, Tendori Pork, Mackhni Chicken or Chana Masala served with jasmine rice, roasted vegetables, warmed pita and hummus
Add vegetable samosas 3

Fajita Rice Bowl (460-680 cal) 16
choice of two; chicken citrus tinga, pork carnitas, chimichurri flank steak served on a bed of brown rice topped with sauteed peppers and onions, spicy black beans, cilantro and chipotle crema

Loaded Baked Potato Bar (670 cal) 16
Seasoned russet potatoes and sweet potatoes, grilled chicken, bacon, steamed broccoli, cheese sauce, green onions, pico de gallo, sour cream, and a garden salad
add beef & bean chili (90 cal) + 3

Smokehouse Barbeque (670-720cal) 16
Choice of two proteins; Pulled chicken or Pork, Smoked Brisket or bbq Beyond Meatballs served with baked or green beans, bbq roasted potatoes or mac n cheese and coleslaw

Tacos (520-610 cal) 16
Grilled citrus chicken carnitas, seasoned beef, spicy black beans, rice, shredded lettuce, cheese, pico de gallo, jalapenos, salsa, sour cream served with flour tortillas and house made tortilla chips **add guac + 2.5**

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

Mediterranean Graze (460 - 510 cal) 16
Choice of two proteins: Falafel (170 cal) Chicken Souvlaki (270 cal) or Lamb and Beef Gyro (380 cal) grilled pita, classic hummus, kalamata olives, diced tomatoes and cucumbers, red onion, feta cheese, tzatziki, and tabbouleh

Simply Italian (1070 cal) 16
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)

LOOKING FOR SOMETHING DIFFERENT?

Contact us about creating a custom menu selection.

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READY FOR A PARTY



PIZZA

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

Four Cheese (390 cal)	16
Mozzarella, provolone, parmesan and cheddar	
Pepperoni (370 cal)	17
Pepperoni, crushed tomatoes, mozzarella, cheese	
Sausage (410 cal)	17
Italian sausage, mozzarella cheese	
Mushroom (340 cal)	17
Fresh mushrooms, mozzarella cheese	
Roasted Vegetables (330 cal)	17
Fresh onions, sweet peppers mushrooms, black olives, tomatoes, mozzarella cheese	
Margherita (340 cal)	17
Roma tomatoes, fresh basil, mozzarella cheese	
The Works (410 cal)	19
Italian sausage, red onions, bell peppers, black olives, mozzarella cheese	
Meat Lovers (390 cal)	19
Pepperoni, Italian sausage, ham, meatballs, mozzarella cheese	
BBQ (410 cal)	19
Sweet n tangy bbq sauce, grilled chicken, red onion, banana peppers, spinach, cheddar cheese	
Greek Vegetable Hummus (350 cal)	19
Hummus, kalmata olives, banana peppers, spinach, artichokes, bell peppers, feta cheese	
Southwest Taco (400 cal)	19
Cheese sauce, seasoned ground beef, black beans, tomatoes, red onion and cheddar cheese	
Buffalo Chicken (370 cal)	19
Alfredo sauce, Franks red hot, grilled chicken, red onion, bleu cheese crumbles	

ADD SOME SPARKLE TO THE PARTY

Bubly - Assorted flavored sparkling water	2.
Soda	2.25

FINISH WITH SOMETHING SWEET

Fresh Baked Cookies (180-210 cal)	1.5
Fudge Brownies (440 cal)	2.75
Assorted Dessert Bars (120-170 cal)	2.75

MAKE IT A PARTY

Priced per dozen

Buffalo Wings (530 cal)	12
choice of bone in or boneless wings	
signature dry rub, bbq, buffalo, sweet chili, tandoori, or honey-garlic	
Garlic Knots (130 cal)	10
served with marinara sauce	
Side Salads	add 3.5
- Sliced Fruit (50 cal)	
- Potato Salad (160 cal)	
- Garden Salad (50 cal)	
- Caesar Salad (170 cal)	
- Greek Spinach Salad (160 cal)	
Side Salad and Bottled Water	5

Substitute any pizza with cauliflower crust ** 10" option

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