



**CATERING THE**  
 *freshest flavors*



the fresh fork



## Beverages

<b>starbucks coffee service includes decaf and assorted teas.....</b>	4.39
<b>dasani canned water.....</b>	2.40
<b>sparkling water.....</b>	4.39
<b>celsius sparkling energy water, orange, wild berry, artic vibe.....</b>	2.85
<b>assorted sodas.....</b>	2.40
<b>assorted tropicana juices.....</b>	2.60
<b>assorted bubbly waters.....</b>	3.29
<b>energy drinks.....</b>	5.05
<b>fresh brewed iced tea or lemonade.....</b>	2.35
<b>Infused water.....</b>	1.65
<b>executive coffee setup.....</b>	9.00
starbucks coffee, decaf and a selection of loose teas, flavored sugars, fresh lemons, honey spoons, simple syrups, juice and infused water.	

# RISE AND SHINE IT'S *breakfast time!*



*a la Carte*

## priced per person

**continental** 20.  
mini muffins, scones and pastries with butter, and fruit preserves, seasonal fresh fruit, starbucks coffee, decaf and selection of teas, juice and canned water

**classic hot breakfast** 22.  
cage free scrambled eggs, home fries, bacon, seasonal fresh sliced fruit, starbucks coffee, decaf and selection of teas, juice and canned water

**avocado toast bar** 21.  
toasted crostini & bagels, avocado, pickled red onions, roasted tomato, smoked salmon, feta, sliced olives, olive oil, sea salt, starbucks coffee, decaf and selection of teas, juice, and canned water

**breakfast sandwiches** 16.  
select two flavors:  
- egg and cheese croissant  
- sausage, egg and cheese croissant  
- ham, egg and cheese on english muffin  
- egg and cheese on wheat muffin  
served with seasonal fresh fruit, starbucks coffee, decaf, a selection of teas, and canned water

**three rivers buffet breakfast** 27.  
cage free scrambled eggs, home fries, bacon, buttermilk pancakes, mini muffins and pastries, seasonal fresh fruit, starbucks coffee, decaf and selection of teas, juice, and canned water

**smoothie bar** 18.  
pitchers of our blended smoothies including strawberry banana, blueberry vanilla yogurt, raspberry coconut. assorted mini muffins & scones, butter, fruit preserve, canned water.

**executive coffee setup** 9.  
starbucks coffee, decaf and a selection of loose teas, flavored sugars, fresh lemons, honey spoons, simple syrups, juice and infused water.

**breakfast charcuterie** 13.  
dried fruit, cheddar, brie, hard boiled eggs, candied bacon, shaved turkey, salami, grapes, fruit preserves & croissants

**stuffed biscuit board** 11.  
choose from an assortment of stuffed biscuits, shaved ham, pimento cheese, candied bacon, & spreads

**assorted bagels** 5.50  
served with butter, cream cheese and fruit preserves

**donuts & coffee** 9.99  
starbucks coffee, decaf and selection of teas and an assortment of plain & filled donuts

**mini egg strata & wraps** 17.  
select two flavors:  
- spinach and parmesan strata  
- caramelized onion and ham strata  
- egg and cheese wrap  
- southwestern sausage wrap  
- peppers, egg and spinach wrap  
served with fresh fruit and starbucks coffee, decaf, a selection of teas, and canned water

**add-ons**

assorted greek yogurt cup	2.29
sliced seasonal fruit	3.58
assorted cold cereals and milk	3.58
individual yogurt parfait	4.10
hard boiled eggs	2.40



# Deli

## BOXED LUNCHES

*priced per person, minimum 10 guests.  
served with canned water.*

- executive boxed lunch** 17.50  
artisan sandwich or wrap, one side salad, whole fruit and a dessert bar
- boxed lunch** 14.50  
artisan sandwiches or wraps, bakers chips and cookie

## LUNCH PLATTERS

*priced per person, minimum 6 guests.  
served with canned water*

- mini sandwiches** 16.50  
selection of two mini sandwiches, choice of side salad, bakers chips and cookies
- artisan sandwiches and wraps** 21.  
selection of three sandwiches or wraps, choice of side salad, bakers chips and cookies
- build your own deli** 18.  
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
- turkey blt
- chicken salad
- tuna salad
- ham and swiss

### ARTISAN SANDWICHES

- turkey club
- caprese chicken
- roast beef, cheddar, horseradish
- italian hoagie
- ham & swiss

### ARTISAN WRAPS

- roasted veg & hummus
- blackened chicken caesar
- buffalo chicken wrap
- antipasto

### SIDE SALADS

- caesar
- greek salad
- dijon roasted potato salad
- pesto pasta salad
- garden salad



# Platters

## SALADS

*priced per person, minimum 10 guests.  
served with canned water.*

**salad boxed lunch** 16.50  
choice of two salads with dressing on the side. served with chips, cookie and whole fruit

salad choices:

- chef
- chopped cobb
- chicken caesar
- garden salad

add:

- ginger sesame tofu +5.
- lemon pepper chicken +6.60
- herb roasted salmon +7.70
- rosemary grilled shrimp skewers +7.

dressing choices:

- italian
- caesar
- balsamic vinaigrette
- ranch
- blue cheese

## SALAD PLATTERS

*choice of 3 salads 22. per person  
minimum 10 guests.*

### chicken caesar

romaine lettuce, parmesan cheese, croutons, caesar dressing

### greek salad

feta cheese, red onions, tomato, cucumber, olives, romaine lettuce, herb vinaigrette

### garden salad

cherry tomato, carrot, cucumber, ranch & balsamic

### antipasto salad

salami, banana peppers, olives, red onion, havarti cheese, roasted peppers, italian vinaigrette

### spinach salad

sunflower seeds, goat cheese, bacon, dried cherries, red onion, lemon herb vinaigrette

### taco salad

shredded iceberg lettuce, cheddar cheese, tomato, sour cream, salsa, guacamole

*family-style salad served with herb grilled pita bread & canned water.*

add:

- ginger sesame tofu +5.
- lemon pepper chicken +6.60
- herb roasted salmon +7.70
- rosemary grilled shrimp skewers +7.

# Pizza

**house made rustic large pizzas cut into 8 slices per pizza**

- 4 cheese** 21.  
mozzarella, provolone, parmesan and cheddar
- mushroom** 22.  
mozzarella, fresh mushrooms
- pepperoni** 22.  
mozzarella, crushed tomatoes, pepperoni
- margherita** 23.  
fresh mozzarella, roma tomatoes, fresh basil
- the works** 24.  
italian sausage, red onions, bell pepper, black olives, mozzarella cheese, pepperoni
- build your own** 27.  
up to 5 toppings and your choice of cheese and sauce, make it the way you like it!



## Make it a Party

<b>side salad</b>	
<b>garden</b>	3.09 per person
<b>caesar</b>	3.29 per person
<b>antipasto</b>	4.39 per person
<b>greek</b>	3.89 per person

## CUSTOM Selections AVAILABLE

### add some sparkle to your lunch

premium sparkling water	4.39
soft drinks	2.40

### sweet tooth...

fresh baked cookies	2.89
assorted dessert bars	4.80



# Create

**priced per person**

**12 person minimum**

**served with canned water & soda**

**smokehouse barbeque** 27.50  
southern-style bacon green beans, macaroni and cheese, creamy coleslaw, corn bread, bbq sauce and choice of two proteins: smoked bbq tofu, pulled chicken, pulled pork or smoked brisket

**tacos** 23.  
grilled peppers & onions, citrus chicken, carnitas, seasoned beef, 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

**power rice bowl** 22.  
chef's selection of fresh seasonal roasted & pickled vegetables, brown & white rice with green goddess, carrot sesame ginger, and sweet soy sauces. choice of two proteins: ginger sesame tofu, herb grilled chicken, lemon herb salmon, rosemary grilled shrimp

**the pittsburgh classic** 22.  
loaded capicola, turkey, & corned beef sandwiches served on breadworks sourdough bread, piled high with sweet & sour slaw & fries. served with ranch bakers chip and house baked cookies

**italian made** 24.  
pasta with Bolognese sauce, house garlic bread and caesar salad with beef & pork meatballs and parmesan & herb crusted chicken.

**mediterranean graze** 24.  
grilled pita, classic hummus, kalamata olives, diced tomatoes, diced cucumbers, red onion, feta cheese, tzatziki, greek salad and tabbouleh served with chicken souvlaki & lamb and beef gyro

**italian deli** 22.  
open face focaccia sandwiches; capicola with banana peppers, onions, & provolone cheese & shaved ham, salami, tomato & mozzarella cheese. served with italian greens salad, and a cucumber, tomato, basil salad tossed in herb vinaigrette.



# specialty lunch menus

## **select two specialty salads:**

- spinach salad with goat cheese, pickled red onions, sunflower seeds, caramelized apples, white balsamic vinaigrette
- insalata mista with roasted tomato, artichokes, roasted red onions, olives, & shaved parmesan, garlic herb vinaigrette
- quinoa & roasted vegetable salad with feta, arugula, lemon herb vinaigrette
- garden salad with tomato, cucumber, carrot, and ranch and balsamic dressings
- greek salad with feta, olives, cucumber, tomato, and a greek vinaigrette
- classic caesar salad with focaccia croutons, shaved parmesan, & caesar dressing

## **select two specialty entrées:**

- lemon chicken, capers, parsley, white wine, and lemon zest
- seared salmon, mustard cream sauce
- lemon & herb crusted cod with mint pea puree
- parmesan & herb crusted chicken breast with a red pepper parmesan cream
- marinated flank steak with shallot rosemary demi
- pork milanese with lemon brown butter & fried sage

## **select one specialty side:**

- oven roasted cauliflower with lemon dijon butter
- oven roasted parsnips with a bacon herb brown butter
- garlic butter mashed potato
- wild mushroom & rosemary potato hash
- roasted asparagus & broccoli rabe
- squash & parmesan "fried" rice

**30. per person, 20 people minimum, served with canned water & house baked cookies & dessert bars**

*Custom menus available upon request*



## Snacks



<b>am snack pack</b>	10.
protein bars, breakfast bars and whole fruit	
<b>pm snack pack</b>	10.
energy bars, chips, and mixed nuts	
<b>assorted premium chips, each</b>	3.39
<b>vegetable crudité cup</b>	4.95
cucumber, pepper, snow peas with ranch	
<b>cookies and brownies</b>	4.39
<b>flavored popcorn</b>	8.79
pick two: butter, ranch, chocolate smothered, siracha butter, or buffalo style	

## Themed Breaks

<b>mediterranean break</b>	14.
roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers, and kalamata olives, assorted sodas and water	
<b>ballpark break</b>	13.
warm baked pretzel sticks, cheese sauce, spicy mustard, hot dog sliders assorted sodas and water	
<b>dim sum break</b>	13.
pork pot stickers, vegetable egg rolls, sweet thai chili sauce, soy sauce, sesame slaw, and assorted sodas and water	
<b>the italian dip</b>	11.
house made bread sticks & garlic knots basted in garlic parmesan butter, served with marinara & brown sugar icing dips, antipasti cups, and assorted sodas and water	

# Celebration

**priced per person**  
**minimum 10 guests**

**house made chips & salsa**

7.15

- add guacamole

2.50

- add queso

2.00

**bakers' chips and dips**

8.30

pick two:

- creamy caramelized onion

- roasted red pepper hummus

- bacon cheddar ranch dip

- creamy spinach artichoke dip

**sliders**

8.30

pick three:

- meatball provolone

- bbq pulled pork

- buffalo blue chicken

- mini burgers

- caprese with balsamic

- bbq brisket

- marinated vegetable & cheese herb spread

**charcuterie**

10.

assorted meats and cheeses, roasted vegetables, marinated olives, candied nuts & toasted crostini

**sushi** 10.00 per roll (please allow 72 hours pre-order) spicy tuna, bbq tofu, vegetable roll, spicy shrimp tempura, boston roll

**fruit and cheese tray with crostini**

9.

seasonal sliced fruit, assorted artisan cheeses

**assorted flatbreads**

7.50

choice of 2 flatbreads:

- tomato, basil, mozzarella

- buffalo chicken, blue cheese, ranch drizzle

- capicola & ricotta, roasted red pepper, parmesan

- roasted chicken, roasted onions, cheddar, bbq sauce



# Celebration

## cocktail reception packages

### unwind

**\$33 per person** (minimum 25 guests)

house red and white wine  
heineken, stella, yuengling and michelob ultra, canned water, spiced  
mixed nuts, wasabi peas

### relax

**\$55 per person** (minimum 25 guests)

house red and white wine  
heineken, stella, yuengling and michelob ultra, canned water, spiced  
mixed nuts, wasabi peas

### stationed

crisp tortilla chips, black bean and corn salsa, pico de gallo, pineapple  
salsa and homemade guacamole

### casual

**\$66 per person** (minimum 25 guests)

house red and white wine  
heineken, stella, yuengling and michelob ultra, canned water, spiced  
mixed nuts, wasabi peas

### stationed

imported & domestic cheese board &  
roasted garlic hummus, eggplant caponata,  
artichoke and roasted peppers, pita  
bread, & crostini  
choice of 3 hors d'oeuvres

### contemporary

**\$77 per person** (minimum 25 guests)

house red and white wine  
heineken, stella, yuengling and michelob ultra, canned water, spiced  
mixed nuts, wasabi peas

### stationed

imported & domestic cheese board  
assorted crudité with hummus and ranch &  
choice of five hors d'oeuvres

***all cocktail reception packages include a bartender. additional  
bartender & service staff available upon request.***



# Celebration

## hors d'oeuvres selections

*passed or stationed*

all price listed are per person

### **cold**

classic bruschetta, house made ricotta, roasted cherry tomato, balsamic 4.50

spinach feta bites in phyllo cup 4.50

puff pastry topped with goat cheese, tomato pesto, & caramelized onion 4.50

ham & cheese biscuit stacks 5.00

charcuterie cup, salami, cheese, olive & artichoke skewer 6.00

shrimp cocktail spoon, cocktail sauce, micro greens 6.00

everything avocado toast crostini, pickled red onions, feta 5.00

mini crab cornbread muffins, sweet cream butter 5.00

pita crostini with braised lamb, green goddess sauce 5.50

mini lobster rolls with chive 9.00

buffalo chicken & blue cheese in crispy pastry 5.00

### **warm**

chimichurri flank steak beef skewers with roasted pepper crema 6.00

parmesan shrimp tartlets in phyllo cup 5.50

vegetable spring roll with sweet soy dipping sauce 5.50

pork pot stickers, sweet thai chili sauce 5.00

mini crab cakes with cilantro lime aioli 9.00

smoked brisket tartlet 5.50

crab rangoon style stuffed mushrooms 5.00

arancini stuffed with roasted tomato, basil, mozzarella 5.50

mini taco, braised pork, vinegar slaw, queso fresco 5.50

polpettes, mini beef and pork meatball with marinara, toasted crostini 5.50

beef & cheddar hand pies 5.50



# Ice Cream Social



**novelty ice cream social** 10.98

a variety of novelty ice cream including but not limited to strawberry crunch bars, ice cream sandwiches, vanilla & chocolate ice cream cups, cookie sandwiches and more. served with canned water.

**float ice cream social** 12.

chocolate & vanilla ice cream gallons served with whipped cream, cherries, root beer & orange sodas to create an iconic float.

**deluxe ice cream social** 16.50

chocolate & vanilla ice cream gallons served with caramel, chocolate sauce, & whipped cream, m&m's, peanuts, marshmallow, cherries, oreos, & chocolate chips. served with canned water & root beer & orange soda for floats.

# Just Desserts

**pittsburgh cookie table** 10.

let us deck out your dessert table with true classic cookies & spreads that would make any grandmother proud

**seasonal berries & cream** 7.

fresh seasonal berries tossed in vanilla & sugar, topped with crème anglaise

**tiramisu parfaits** 7.

coffee spiced cream, lady fingers, shaved chocolate

**oreo cookie brownies** 4.50

chocolate ganache topped brownies with crushed Oreo crumbs

**strawberry cheesecake shooters** 7.

cream cheese, strawberries, whipped cream

**classic cannoli** 7.

mascarpone, nutella, chocolate chips

# cake celebrations

create your own cake! select cake flavor, filling, topping and inscription. request requires minimum 72-hour notice.

## custom

fillings:

buttercream, chocolate, strawberry, raspberry, lemon

frosting:

buttercream or fudge

cake:

chocolate, yellow, marble white, red velvet

## cake sizes

(serves 14-18 guests).....\$71.00

12" round cake

(serves 30-60 guests).....\$126.00

half sheet

(serves 60-72 guests).....\$172.00

Full sheet





# Policies

## **how it works**

catering orders will include all necessary smallware's 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. There is a \$35 minimum on all delivered caterings.

## **disclaimer:**

We are happy to provide use of service wares for your event. In the event that these items are not left in the space/room that the event was delivered/set up, there will be a \$5 per person replacement cost charged to your event.

## **last minute orders**

we ask for a 48-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.

## **cancellations**

if within 24 hours of event, host is charged up to 100% of event costs. if outside 48 hours of event, host is charged approximately 50% of event costs.

## **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!

## **payment**

all charges are applied to cost centers. all credit card payments must be completed on the day of the event. non bny mellon customer invoices are charged to host's cost center. when payment is made, the host's cost center is credited back. full payments are due within 30 days or interest charges apply as per bny mellon and compass contract details.

## **sales tax**

all sales are subject to 7% sales tax.

## **tax-exempt certificates**

all tax-exempt certificates must be provided 72 hours in advance.



Contact

 the fresh FORK

**CUSTOM** *Selections* **AVAILABLE**

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