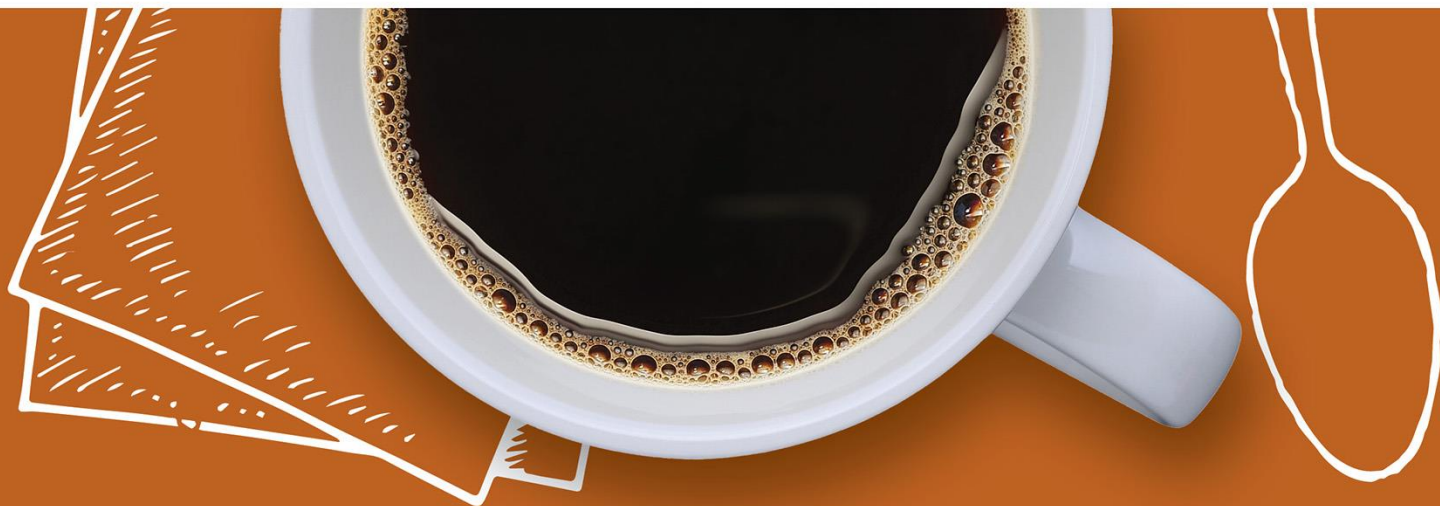




CATERING THE
 freshest flavors



the fresh fork



Beverages

starbucks coffee service includes decaf and assorted teas.....	4.59
dasani canned water.....	2.50
sparkling water.....	4.59
celsius sparkling energy water, orange, wild berry, artic vibe.....	2.99
assorted sodas.....	2.50
assorted tropicana juices.....	2.70
assorted bubbly waters.....	3.40
energy drinks.....	5.25
fresh brewed iced tea or lemonade.....	2.40
Infused water.....	1.70
executive coffee setup.....	9.35
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 21.
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 23.
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 22.
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 17.
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 28.
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 19.
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 9.5
starbucks coffee, decaf and a selection of loose teas, flavored sugars, fresh lemons, honey spoons, simple syrups, juice and infused water.

breakfast charcuterie 13.5
dried fruit, cheddar, brie, hard boiled eggs, candied bacon, shaved turkey, salami, grapes, fruit preserves & croissants

stuffed biscuit board 11.5
choose from an assortment of stuffed biscuits, shaved ham, pimento cheese, candied bacon, & spreads

assorted bagels 6.
served with butter, cream cheese and fruit preserves

donuts & coffee 10.5
starbucks coffee, decaf and selection of teas and an assortment of plain & filled donuts

mini egg strata & wraps 18.
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	2.4
sliced seasonal fruit	3.7
assorted cold cereals and milk	3.7
individual yogurt parfait	4.29
hard boiled eggs	2.49



Deli

BOXED LUNCHES

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

- executive boxed lunch** 1.5
artisan sandwich or wrap, one side salad, whole fruit and a dessert bar
- boxed lunch** 15.5
artisan sandwiches or wraps, bakers chips and cookie

LUNCH PLATTERS

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

- mini sandwiches** 17
selection of two mini sandwiches, choice of side salad, bakers chips and cookies
- artisan sandwiches and wraps** 22.
selection of three sandwiches or wraps, choice of side salad, bakers chips and cookies
- build your own deli** 19.
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 17.50
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 +5.5
- lemon pepper chicken +7.
- herb roasted salmon +8.
- rosemary grilled shrimp skewers +8.

dressing choices:

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

SALAD PLATTERS

*choice of 3 salads 23. 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 +5.5
 - lemon pepper chicken +7.
 - herb roasted salmon +8.
 - rosemary grilled shrimp skewers +8.

Pizza

house made rustic large pizzas cut into 8 slices per pizza

- 4 cheese** 22.
mozzarella, provolone, parmesan and cheddar
- mushroom** 23.
mozzarella, fresh mushrooms
- pepperoni** 23.
mozzarella, crushed tomatoes, pepperoni
- margherita** 24.
fresh mozzarella, roma tomatoes, fresh basil
- the works** 25.
italian sausage, red onions, bell pepper, black olives, mozzarella cheese, pepperoni
- build your own** 28.
up to 5 toppings and your choice of cheese and sauce, make it the way you like it!



Make it a Party

- side salad**
- garden** 3.2 per person
- caesar** 3.5 per person
- antipasto** 4.5 per person
- greek** 4. per person

CUSTOM Selections AVAILABLE

add some sparkle to your lunch

- premium sparkling water 4.5
- soft drinks 2.5

sweet tooth...

- fresh baked cookies 3.
- assorted dessert bars 4.99



Create

priced per person

12 person minimum

served with canned water & soda

smokehouse barbeque 28.5
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 23.9
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 23.
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 23.
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 25.
pasta with Bolognese sauce, house garlic bread and caesar salad with beef & pork meatballs and parmesan & herb crusted chicken.

mediterranean graze 25.
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 23.
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

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

Custom menus available upon request

Snacks



am snack pack	10.39
protein bars, breakfast bars and whole fruit	
pm snack pack	10.39
energy bars, chips, and mixed nuts	
assorted premium chips, each	3.5
vegetable crudité cup	5.2
cucumber, pepper, snow peas with ranch	
cookies and brownies	4.59
flavored popcorn	9.
pick two: butter, ranch, chocolate smothered, siracha butter, or buffalo style	

Themed Breaks

mediterranean break	14.55
roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers, and kalamata olives, assorted sodas and water	
ballpark break	13.5
warm baked pretzel sticks, cheese sauce, spicy mustard, hot dog sliders assorted sodas and water	
dim sum break	13.5
pork pot stickers, vegetable egg rolls, sweet thai chili sauce, soy sauce, sesame slaw, and assorted sodas and water	
the italian dip	11.5
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

7.5

- add guacamole

2.6

- add queso

2.09

bakers' chips and dips

8.6

pick two:

- creamy caramelized onion

- roasted red pepper hummus

- bacon cheddar ranch dip

- creamy spinach artichoke dip

sliders

8.6

pick three:

- meatball provolone

- bbq pulled pork

- buffalo blue chicken

- mini burgers

- caprese with balsamic

- bbq brisket

- marinated vegetable & cheese herb spread

charcuterie

10.39

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

sushi 10.5 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

9.35

seasonal sliced fruit, assorted artisan cheeses

assorted flatbreads

7.8

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

\$34 per person (minimum 25 guests)

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

relax

\$57 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

\$68 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

\$80 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 4.69

spinach feta bites in phyllo cup 4.69

puff pastry topped with goat cheese, tomato pesto, & caramelized onion 4.69

ham & cheese biscuit stacks 5.2

charcuterie cup, salami, cheese, olive & artichoke skewer 6.25

shrimp cocktail spoon, cocktail sauce, micro greens 6.25

everything avocado toast crostini, pickled red onions, feta 5.2

mini crab cornbread muffins, sweet cream butter 5.2

pita crostini with braised lamb, green goddess sauce 5.7

mini lobster rolls with chive 9.35

buffalo chicken & blue cheese in crispy pastry 5.2

warm

chimichurri flank steak beef skewers with roasted pepper crema 6.25

parmesan shrimp tartlets in phyllo cup 5.75

vegetable spring roll with sweet soy dipping sauce 5.75

pork pot stickers, sweet thai chili sauce 5.2

mini crab cakes with cilantro lime aioli 9.35

smoked brisket tartlet 5.7

crab rangoon style stuffed mushrooms 5.2

arancini stuffed with roasted tomato, basil, mozzarella 5.7

mini taco, braised pork, vinegar slaw, queso fresco 5.7

polpettes, mini beef and pork meatball with marinara, toasted crostini 5.7

beef & cheddar hand pies 5.7



Ice Cream Social



novelty ice cream social 11.4

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 12.49

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

deluxe ice cream social 17.15

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 10.39

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

seasonal berries & cream 7.29

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

tiramisu parfaits 7.29

coffee spiced cream, lady fingers, shaved chocolate

oreo cookie brownies 4.69

chocolate ganache topped brownies with crushed Oreo crumbs

strawberry cheesecake shooters 7.29

cream cheese, strawberries, whipped cream

classic cannoli 7.29

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).....	\$73.
12" round cake .	
(serves 30-60 guests).....	\$130.
half sheet	
(serves 60-72 guests).....	\$178.
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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