



CATERING THE
freshest flavors

Meal Boxes



priced per person.

breakfast boxes:

breakfast sandwich, fruit cup and bottled water 9

choice of breakfast sandwich:

- breakfast blt on demi baguette
- smoked ham and cheddar biscuit with chive spread
- egg salad on croissant

hot breakfast bowl, whole fruit and bottled water 10

- breakfast burrito bowl
- cilantro lime brown rice served with spicy black beans, cage free fried eggs, and house made citrus tomato salsa

strawberry yogurt cup, belvita bar and bottled water 6

overnight oats, whole fruit and bottled water 6

choose from:

- cranberry apple & orange overnight oat parfait
- blueberry gingerbread overnight oat parfait

bagel with cream cheese & jelly, fruit cup and bottled water 6

individual wrapped muffin, fruit cup and bottled water 6

graze boxes

peanut butter, hard boiled egg, grapes, cheddar, apples and pita 6

protein box with hard boiled eggs, cheddar, crackers and grapes 5

buffalo chicken box with spicy crispy chicken, carrots, celery and buffalo ranch 6

trail mix box with house made cranberry chocolate nut trail mix, pumpkin energy bites, gingerbread granola, and candied pecans 8

harvest box with pumpkin hummus, whole wheat pita, candied pecans and grapes 8

Our seasonal boxed meal menu is a quick easy solution during this altered service period

lunch boxes:

classic box 9
sandwich, chips & a cookie

artisan box 11
seasonal sandwich or two mini sandwiches, side salad, bottled water, chips and sweet treat

seasonal sandwich - option 1
chicken, brie, pear & balsamic onion sandwich with sweet potato & wild rice salad with cashews

seasonal sandwich - option 2
grilled vegetables and pumpkin hummus wrap with sweet potato & wild rice salad with cashews

mini sandwiches option 3
mini italian and ham & swiss with dijon potato salad

mini sandwiches option 4
mini buffalo chicken and turkey jack sandwiches with pesto pasta salad

RISE AND SHINE IT'S breakfast time!



Breakfast

priced per person, minimum 6 guests
served with bottled water & coffee
(adds 0-50 cal)

- mediterranean bagel** 290 cal 5
toasted wheat bagel topped with cage-free fried egg, grilled tomato, basil, and fresh mozzarella
- latin breakfast bowl** 310 cal 7
cilantro lime brown rice with black beans, cage-free scrambled eggs, cilantro, and house made citrus tomato salsa
- breakfast enchiladas** 590 cal 8
cage-free scrambled eggs, cheese, peppers and onions in a corn tortilla with avocado tomatillo salsa and home fries
- fruit and yogurt** 300 cal 6
greek vanilla yogurt, fresh berries, granola, honey, and dried cranberries
- classic hot breakfast** 600 cal 10
cage free scrambled eggs, home fries, bacon, and fresh sliced fruit
- continental** 270 cal 7
assorted mini muffins and pastries with fresh sliced fruit

a la Carte

priced per person, minimum 6 guests

- breakfast charcuterie** 760 cal 8
dried fruit, cheddar, brie, hard boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves & croissants
- individual yogurt parfait** 240 cal 3
strawberries over vanilla yogurt topped with granola
- mini breakfast wraps** 3.5
egg and cheese 270 cal
southwestern sausage 400 cal
peppers, egg & sun dried tomato 230 cal
- croissant breakfast sandwiches** 4.5
bacon, egg & cheese 470 cal
sausage, egg & cheese 560 cal
ham, egg & cheese 470 cal
- wheat muffin sandwich** 3.5
egg & cheese 270 cal
- bagels** 270-510 cal 2
served with butter, cream cheese, and fruit preserves
- sliced seasonal fresh fruit** 40 cal 4.5
- Assorted yogurt cup** 80-110 cal 2
- mini pastries** 100-200 cal 2
- home fries** 250 cal 2

- upgrade to premium bottled water 1
- add bottle juice (80-290 cal) 3

2000 calories a day is used for general nutrition advice, but calorie needs vary. additional nutrition information available upon request.



Deli

priced per person. minimum of 6 guests served with bottled water (adds 0 cal)

mini sandwiches 10
 selection of 3 mini sandwiches, choice of side salad, bakers chips, and cookies

executive boxed lunch 13
 select three artisan sandwiches or half wraps, two side salads, assorted whole fruit , and a dessert bar

boxed lunch 9
 select three artisan sandwiches or half wraps, bakers chips, and cookie

upgrade to a premium beverage - add 1
 lifewater bubly smartwater

add additional snacks

whole fruit 60-110 cal	1.5
house made baker chips 110 cal	1.5
fresh baked cookies 180-210 cal	1
dessert bar 100-150 cal	2.5

deli and side salad selections:

mini sandwiches

caprese	230 cal
turkey blt	180 cal
buffalo chicken	210 cal
tuna salad	150 cal
ham and swiss	230 cal
italian	270 cal

artisan sandwiches

roasted veg & hummus	340 cal
caprese chicken	580 cal
turkey jack blt	580 cal
italian hoagie	540 cal
classic chicken salad	570 cal
regional signature club	520-580 cal

artisan wraps:

garden veggie and ranch	whole/half 580/290 cal
blackened chicken caesar	660/330 cal
turkey club	730/370 cal
bacon horseradish & flank steak	590/300 cal
antipasto	710/360 cal
crispy chicken ranch	1200/600 cal

side salad:

moroccan quinoa beet salad	90 cal
minted fruit salad	50 cal
dijon roasted potato salad	130 cal
pesto pasta salad	140 cal
garden salad	180 cal
caesar salad	170 cal
greek spinach salad	220 cal

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Salad

Platters

priced per person. minimum of 6 guests served with bottled water (adds 0 cal)

- salad boxed lunch** 12
choice of salad with dressings on the side, chips, cookie, and whole fruit
- chef 640-950 cal
- chopped cobb 720-1030 cal
- chicken caesar 690-1000 cal
- soy ginger salmon 930-1240 cal

salad platters

selection of family style salad with herb grilled pita bread and dressing on the side

priced per person

- chicken caesar** 475-700 cal 6
- greek salad** 325-550 cal 4
- roasted chicken cobb** 640-860 cal 6

dressing choices:

- fat free italian 25 cal
- balsamic vinaigrette 160 cal
- orange sesame dressing 180 cal
- greek vinaigrette 230 cal
- caesar 230 cal
- ranch 230 cal
- blue cheese 250 cal

side salad platters

choice of side salad from the selections below

- priced per person 3
- minted fruit salad 50 cal
- dijon roasted potato salad 130 cal
- pesto pasta salad 140 cal
- garden salad 180 cal
- caesar salad 170 cal
- greek spinach 000 cal

vegetable crudites and hummus 170 cal 4

fruit skewers with yogurt dipping sauce 80 cal 5

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add beverages to your lunch

- sweet or unsweet 0-240 cal 2
- premium herbal tea 0-240 cal 3
- soft drinks 0-290 cal 2

sweet treats

- fresh baked cookies 180-210 cal 1
- fudge brownies 370 cal 2
- assorted dessert bars 100-150 cal 2.5

Pizza

house made rustic 16" pizzas cut into 8 slices per pizza, calories per slice

- 4 cheese** 380 cal 14
mozzarella, provolone, parmesan and cheddar
- pepperoni** 370 cal 15
mozzarella, crushed tomatoes, pepperoni
- roasted vegetables** 340 cal 15
fresh onions, sweet peppers, tomatoes
- margherita** 290 cal 16
fresh mozzarella, roma tomatoes, fresh basil
- the works** 400 cal 16
italian sausage, red onions, bell pepper, black olives, mozzarella cheese
- meat lovers** 380 cal 16
pepperoni, Italian sausage, ham, meatballs, mozzarella



Make it a Party

- garlic knots** 3.5
with marinara sauce 140 cal
- side salads** 3
minted fruit 50 cal
caesar 170 cal
garden 180 cal
greek spinach salad 220 cal
- side salad and bottled water** 4

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CUSTOM Selections AVAILABLE

add some sparkle to your lunch

- sparkling water 0 cal 2
- premium sparkling water 0 cal 3
- soft drinks 0-290 cal 2

sweet tooth...

- fresh baked cookies 180-210 cal 1
- fudge brownies 370 cal 2
- assorted dessert bars 100-150 cal 2.5



Create

*priced per person, served with bottled water
minimum 10 guests*

house made chips & salsa 460 cal 2.5
 add guacamole 60 cal +2
 add queso 120 cal +3

bakers chips and dips 220-450 cal 2.5
 pick two: dill yogurt, creamy caramelized onion,
 roasted red pepper hummus, ranch dip or
 creamy spinach artichoke dip

sliders 260-440 cal 6
 pick three: meatball provolone, bbq pulled pork,
 chipotle bbq beyond, or buffalo blue chicken

fruit and cheese tray with crostini 180 cal
 per person 5

full sheet, 1/2 sheet, 1/4 sheet cakes, specialty
 desserts and cupcakes are available

call our catering team to elevate your event!

tacos 1130 cal 13
 seasoned beef, citrus chicken carnitas, grilled
 vegetables, spicy black beans, spanish rice, pico
 de gallo, salsa roja, shredded lettuce, cheddar
 cheese, sour cream, and jalapenos with corn
 and flour tortillas and house made tortilla chips

simply italian 1300-1620 cal 14
 pasta with pomodoro and alfredo sauces, garlic
 bread, and caesar salad with choice of two
 proteins: herb grilled chicken, beef and pork
 meatballs, eggplant parmesan or chicken
 parmesan

loaded baked potato 760 cal 12
 seasoned russet potatoes and sweet potatoes,
 steamed broccoli, cheese sauce, shredded
 cheddar cheese, green onions, salsa, sour
 cream, bacon, and garden salad
 add diced grilled chicken 170 cal +3
 add beef & bean chili 90 cal +3

smokehouse barbeque 940-1180cal 13
 southern style bacon green beans, macaroni
 and cheese, creamy coleslaw, corn bread, bbq
 sauce and choice of two proteins: pulled pork,
 smoked brisket, pulled chicken, or kielbasa
 sausage

mediterranean graze 550-850 cal 14
 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, chicken shawarma, or lamb and
 beef gyro

CUSTOM *Selections* **AVAILABLE**

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Snacks ½ dozen / dozen

cookies 180-210 cal	6 / 11
brownies 370 cal	11 / 16
cookies and brownies 180-370 cal	9 / 14
mini dessert bars 100-150 cal	7 / 13
cupcakes 110-200 cal	9 / 17
warm large pretzels with mustard and cheese dipping sauce 280 cal	12 / 20
fruit and cheese tray with crostini 180 cal	
price per person	5
dark chocolate and mixed nut trail mix 240 cal	
price per person	4



energize your day with a twist 8
red bull energy drink, sparkling water, and diced fresh fruit 50-310 cal

cakes

full sheet, ½ sheet, ¼ sheet cakes, specialty desserts and cupcakes are available

call our catering team to elevate your event!

Themed Breaks

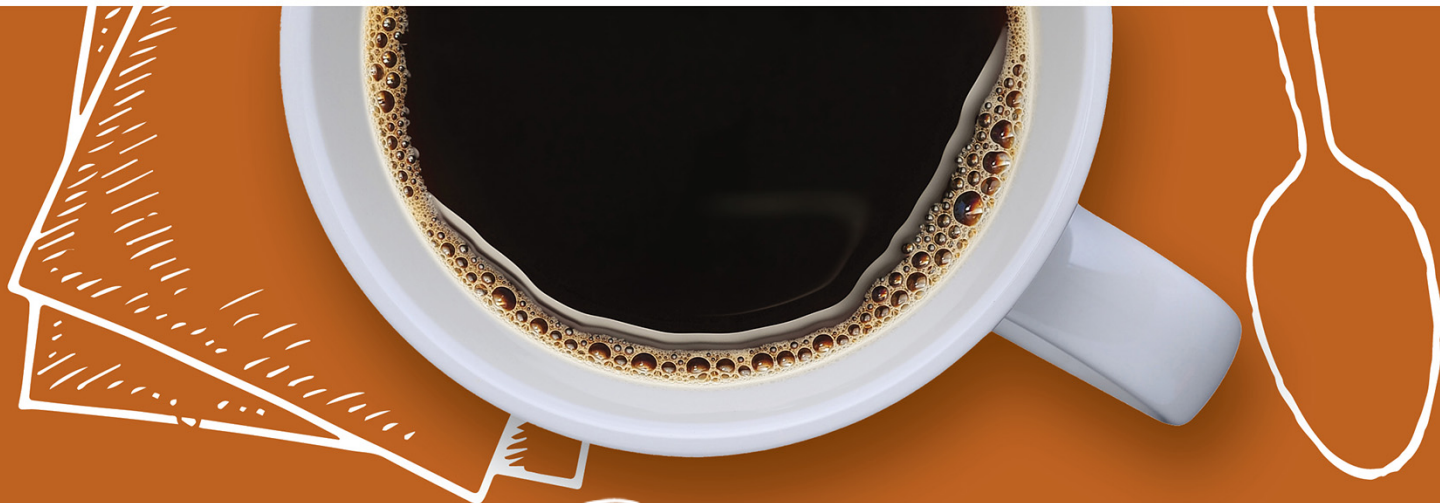
priced per person, served with bottled water

mediterranean hummus bar 300 cal 6
roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers, and kalamata olives

energy break 400 cal 7
pepita chia cranberry granola bar bites, assorted mixed salted nuts, and minted fruit salad

bread & spreads 160 cal 6
classic tomato bruschetta, caramelized onion spread, spinach artichoke spread with flatbread crisps and crostini

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Beverages

TODAY'S PLAN...DRINK COFFEE AND

Be awesome!

make it hot

fresh brewed coffee & hot tea service per person 0-50 cal 3
 regular, decaf, hot tea, lemons, honey, sugars and creamer

fresh brewed coffee & hot tea service per person 0-50 cal 3
 regular coffee airpot (serves 10) 0-50 cal 20
 decaf coffee airpot (serves 10) 0-50 cal 20
 hot tea airpot (serves 10) 0-40 cal 20

make it cool with our bottled beverage

sweet or unsweet tea 0-240 cal 2
 lemonade 100-200 cal 2
 juice 80-290 cal 3

make it a premium

bottled premium smartwater or lifewater 0 cal 3
 bottled assorted bai beverage 10 cal 3.5

add some sparkle

sparkling water 0 cal 2
 premium sparkling water 0 cal 3

energize your day

energy drinks - monster or red bull 0-210 cal 4.5

keep it simple

bottled soda 0 - 290 cal 2
 bottled water 0 cal 1.5

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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

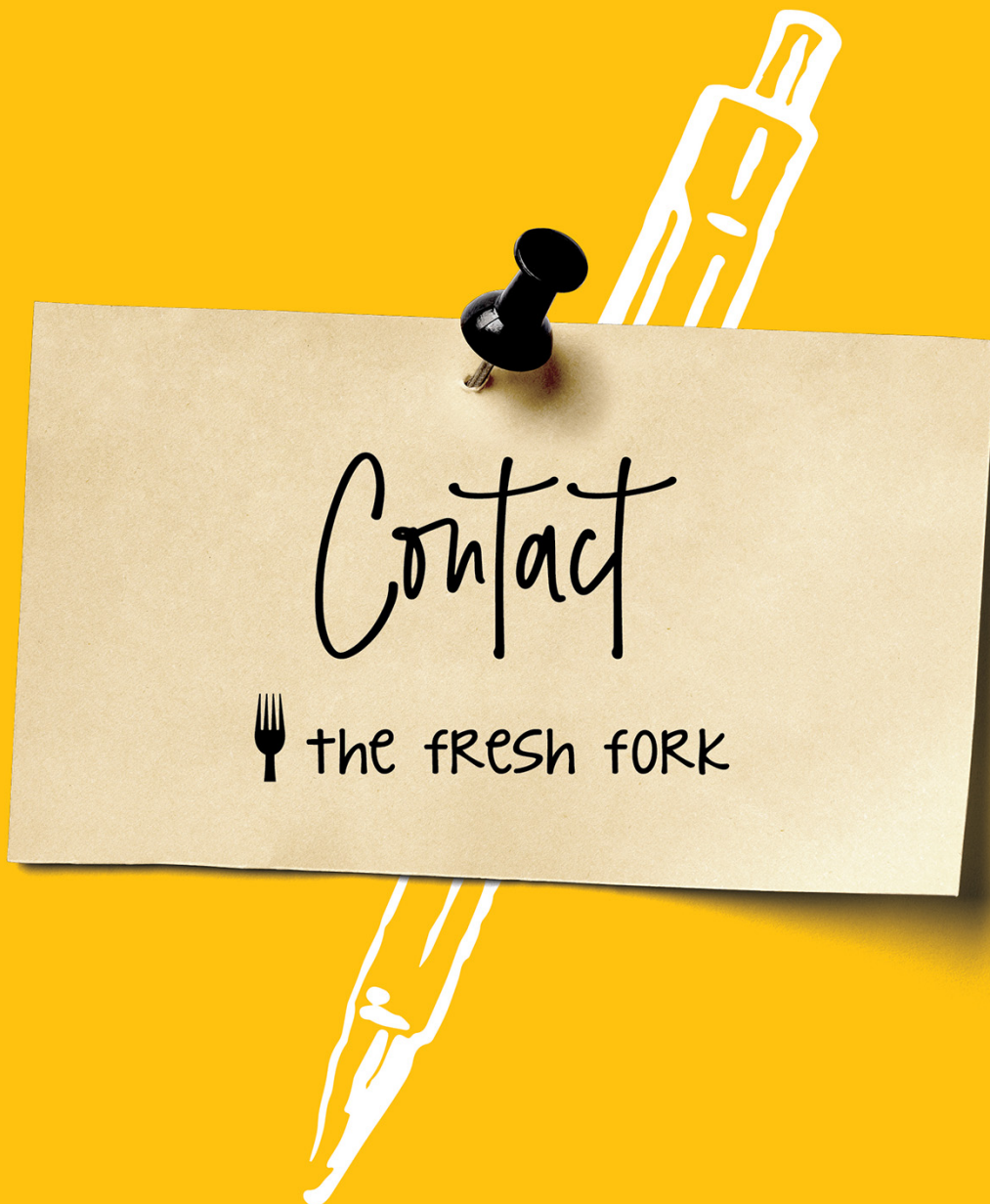
If you are hosting an important all-day event or a large scale meeting that requires more attention than just a set up, delivery and pick up, we can arrange for you to have a catering attendant to tend to any immediate needs that arise. Speak to our catering manager to schedule an attendant to make sure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



CUSTOM *Selections* **AVAILABLE**

Contact Name | Marketplace Name
Phone Number | Website