



# *Market Catering*



DELIVERED TO YOU

**CONTACT US: 980.388.7368**

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We offer a wide range of services  
to meet every type of event need.

Contact us today to find out how we  
can support your next meeting or event!

Locally-inspired favorites and  
rotating seasonal selections available!

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## BREAKFAST

### HOT BREAKFAST

*Buffet-style. Priced per person. Minimum 10 guests. Includes coffee and tea service.*

#### Breakfast Handhelds / 9

your choice of two slider or wrap selections served with cheesy grits

-  **FIT Spinach, Egg and Provolone Slider**  
spinach, cage-free egg patty and provolone cheese
- **FIT Applewood Bacon, Egg and Cheese Slider**  
applewood bacon, cage-free egg patty and cheddar
-  **Plant-Forward Sausage, Egg and Cheese Slider**  
plant-based sausage, egg patty and american cheese
-  **Southwest Breakfast Wrap**  
scrambled cage-free eggs, monterey jack cheese, hashbrowns with peppers, onions, black beans, scallions and tomatoes in a flour tortilla
- **Bacon, Egg and Cheese Breakfast Wrap**  
scrambled cage-free eggs, crispy bacon, hash brown potatoes and cheddar cheese in a flour tortilla

#### Classic Hot Breakfast / 15

cage-free scrambled eggs with seasoned potatoes, crispy bacon and fresh sliced fruit

#### Build Your Own Hot Breakfast Bowl / 12

choose your style bowl with the season's best ingredients. choice of:

- **Mediterranean Breakfast Couscous Bowl**  
couscous, spiced chickpeas, cucumbers, roasted red peppers, fried cage-free egg, greek yogurt sauce, feta
- **Street Taco Hash Bowl with Plant-Based Sausage**  
potatoes, onions, peppers, corn and jalapeno hash, queso fresco, avocado, enchilada sauce, cilantro with corn tortilla

### CONTINENTAL GRAZE

*Buffet-style. Priced per person. Includes coffee and tea service.*

#### Breakfast Charcuterie / 12

dried fruit, artisan cheeses, candied bacon, cage-free hard-boiled eggs, shaved turkey, grapes, fruit preserves and croissants

#### Build Your Own Seasonal Grain Bowl / 8

sunrise grain blend, candied pecans, pears, cranberries, greek yogurt and cranberry orange compote

#### **FIT Build Your Own Fruit and Yogurt Parfait / 9**

greek vanilla yogurt, seasonal fruit, granola, honey and dried cranberries

#### **FIT Continental Breakfast / 10**

assorted mini muffins and breakfast pastries served with fresh sliced fruit

#### **FIT Avocado Toast / 7**

choose your style toast with season's best toppings

- **Spring Pea and Asparagus Avocado Toast**  
topped with spring peas, asparagus, bacon and radish
- **Cage-Free Scrambled Egg Avocado Toast**  
topped with thinly sliced zucchini and tomato jam
- **Tomato Basil Avocado Toast**  
topped with balsamic drizzle

**FIT** items meet specific nutrition criteria that aligns with current dietary recommendations, such as calories, total fat, saturated fat, and sodium. 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.



## LUNCH

### LUNCH PLATTERS

*Priced per person. Minimum 6 guests.*

#### **Build Your Own Deli / 15**

variety of deli meats and sliced cheeses, roasted vegetables, fresh lettuce, tomato, assorted condiments and artisan breads. served with chips, fresh baked cookies and choice of side salad

#### **Artisan Sandwiches and Wraps Platter / 14**

selection of three artisan sandwiches or wraps, served with chips, fresh baked cookies and choice of side salad

#### **FIT Build Your Own Salad / 9**

fresh greens, roasted corn, shredded carrots, tomatoes, broccoli, bell peppers, cucumbers, cheddar cheese and black beans. served with choice of two dressings and garlic herb grilled pita

#### Add a Protein:

- **FIT** Balsamic Roasted Vegetables / 4
- **FIT** Herb Grilled Chicken / 6
- **FIT** Lemon Pepper Salmon / 7
- Rosemary Grilled Shrimp Skewers / 6.50

#### Choice of Dressing:

- **FIT** Fat-Free Italian
- Ranch
- Balsamic Vinaigrette
- Caesar
- Blue Cheese

#### **Side Salad Selections:**

- **FIT** Moroccan Quinoa Beet Salad
- **FIT** Minted Fruit Salad
- Dijon Roasted Potato Salad
- Pesto Pasta Salad
- Garden Salad




# LUNCH

## BOXED LUNCHES

### Boxed Lunch Salads / 15

choice of salad with dressing, served with chips, fresh baked cookie and **FIT** whole fruit

#### - Greek Salad

choice of  plant-based chik'n tenders or **FIT** marinated grilled chicken with romaine, tomatoes, cucumbers, red onions, kalamata olives, bell peppers, pepperoncini and feta

#### - Chopped Cobb Salad

herb roasted turkey, fresh chopped tomatoes, hard-boiled egg, blue cheese, bacon and creamy avocado dressing over a fresh lettuce blend

#### - Classic Chicken Caesar Salad

fresh chopped romaine, grilled chicken, parmesan and housemade croutons

#### - Sesame Soy Ginger Salmon Salad

sustainably-sourced sesame soy ginger salmon with green onions, peppers, napa cabbage, edamame and fried wontons over fresh lettuce blend

#### - Spinach Strawberry Salad

grilled chicken, goat cheese, praline pecans over fresh spinach with strawberry maple vinaigrette

#### - Mesclun, Tomato and Cucumber Salad

baked falafel, feta, tomatoes, cucumbers and roasted garlic vinaigrette over mesclun salad mix

### Executive Boxed Lunch / 16

choice of artisan sandwiches or wraps served with option of two side salads, baker's chips and a dessert bar

### Classic Boxed Lunch / 13

choice of artisan sandwiches or wraps served with chips and fresh baked cookie

*\*Choose up to three varieties of artisan sandwiches or wraps per order for boxed lunches. Select one side salad for each boxed lunch order.*

## SELECTIONS

### ARTISAN SANDWICHES

#### - Italian Hoagie

ham, genoa salami, pepperoni, provolone cheese

#### - Southwestern Ham

ham, pepper jack, chipotle mayo, peppers, lettuce, tomato

#### - Roasted Vegetable and Hummus

roasted peppers, broccoli and cauliflower, arugula, tomato, hummus, pickled red onions and jalapeno

#### - Classic Chicken Salad

grilled chicken, fresh diced celery and mayonnaise

#### - Turkey and Provolone

sliced turkey, provolone, lettuce, tomato, and red onion

#### - All American

black forest ham, turkey, bacon, lettuce, tomato, swiss

#### - Caprese Baguette

mozzarella, roasted tomatoes, arugula, balsamic reduction

### ARTISAN WRAPS

#### - Antipasto

ham, pepperoni, salami, mozzarella, peppers, italian dressing

#### - Turkey Club

turkey, bacon, ham, swiss, tomato, onion, lettuce, mayonnaise

#### - Garden Veggie

zucchini, squash, peppers, tomato, carrots, spring mix, ranch

#### - Classic Chicken Caesar

grilled chicken, romaine, parmesan, creamy caesar dressing

### SIDE SALAD SELECTIONS

- **FIT** Moroccan Quinoa Beet Salad

- Pesto Pasta Salad

- **FIT** Minted Fruit Salad

- Garden Salad

- Dijon Roasted Potato Salad



## LUNCH

### HOT/COLD BUFFET

Buffet-style. Priced per person. Minimum 10 guests.

#### Mediterranean / 17

grilled pita, classic hummus, kalamata olives, feta, tomatoes, cucumbers, red onion, tzatziki, greek salad and tabbouleh with choice of two proteins:

- **FIT Falafel**
- **FIT Chicken Souvlaki**
- **Traditional Gyro Meat, Mixed Lamb and Beef**

#### Taco Bar / 12

grilled veggies, citrus chicken carnitas, seasoned beef, spicy black beans, red rice, pico de gallo, salsa roja, lettuce, cheddar, sour cream, jalapenos with corn and flour tortillas. served with housemade chips.

make it plant-forward: swap for plant-forward chorizo  
add **FIT guacamole / 2**

#### Pan-Asian / 16

fried rice with vegetable egg rolls, sesame broccoli and napa cabbage slaw with choice of two proteins:

- **Sweet and Sour Tofu**
- **Sweet and Sour Chicken**
- **Szechuan Shrimp**

#### Build Your Own Poke Bowls / 13

choice of marinated tofu or steamed shrimp, served cold, with chilled brown rice, sesame carrots, edamame, daikon radish, cucumber, and green onions served with a sweet and spicy chili sauce

#### Tropical Summer / 14

jerk chicken and mojo roasted pork, coconut rice, black beans, red cabbage & mango slaw and sweet plantains served with mango chutney

#### Pacific Beach Shore / 15

baja-style tacos with grilled fresh white fish, chorizo tofu and chili lime chicken thighs, assorted toppings, corn salad, cilantro lime slaw, tortilla chips and salsa

### HOT/COLD BUFFET

Buffet-style. Priced per person. Minimum 10 guests.

#### Smokehouse Barbeque / 15

southern-style bacon green beans, macaroni and cheese, creamy coleslaw, fresh baked corn bread, BBQ sauce and choice of two proteins:

- **Smoked BBQ Tofu**
- **FIT Pulled Chicken**
- **FIT Pulled Pork**
- **Smoked Beef Brisket**

#### FIT Lemon Parsley Chicken / 10

oven-roasted lemon parsley chicken breast served with vegetable orzo, italian blend roasted vegetables and cucumber, tomato & pepper salad.

make it plant-forward: swap roasted chicken for plant-forward chicken

#### Simply Italian / 18

pasta with pomodoro and alfredo sauces, garlic bread and caesar salad with choice of two proteins:

- **Eggplant Parmesan**
- **FIT Herb Grilled Chicken**
- **Beef and Pork Meatballs**
- **Chicken Parmesan**

#### Add Antipasto Platter / 5

pepperoni, salami, ham, mozzarella, provolone, roasted red peppers, kalamata olives, roasted artichoke hearts, roasted mushrooms with rosemary

### CHEF'S LOCAL FAVORITES

Looking for something unique?  
Contact our One Call team to create  
a custom, locally-themed menu crafted  
specially for you and your team.



## SNACKS + BEVERAGES

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### A LA CARTE SNACKS

*Priced per item.*

**Cookies / 1.50**

**Brownies / 1.50**

**Mini Dessert Bars / 3**

**Mini Cupcakes / 3.50**

**Large Warm Pretzels / 4.50**

with mustard and cheese dipping sauces

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### THEMED BREAKS

*Priced per person.*

**Energy Break / 9**

pepita chia cranberry granola bar bites, assorted mixed salted nuts and minted fruit salad. served with canned water

**Sweet and Salty Concessions / 8**

Individually-packaged popcorn, pretzels, nuts, candy and sweets. served with canned soda

**Mediterranean Hummus Bar / 8**

roasted red pepper and traditional hummus served with grilled pita bread and crostini with cucumbers, roasted red peppers, and kalamata olives. served with canned water

### COOL BEVERAGES

*Priced per item.*

**FIT Premium Sparkling Water / 3.50**

**FIT Sparkling Water / 3**

**FIT Canned Water / 3**

**FIT Cold Brew Coffee / 5**

**Soda / 2.50**

**Iced Tea / 3**

sweet or unsweetened

**Lemonade / 2.50**

**Juice / 3**

**Starbucks Frappuccino / 4.50**

**Energy Drink / 4.50**

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### HOT BEVERAGES

**Fresh Brewed Coffee and Tea Service / 3**

regular and decaf coffee, hot tea, lemons, honey, sugars and creamer. per person pricing

**FIT Regular or Decaf Coffee, or Hot Water Airpot / 14**

includes sugars and creamers. serves 12