



Meal Boxes

priced per person. minimum of 10

breakfast boxes:

breakfast sandwich, fruit cup and boxed water 9.5

choice of breakfast sandwich:

- breakfast blt on demi baguette
- breakfast blt croissant with avocado spread
- egg salad on croissant

individual strawberry yogurt cup, belvita bar and boxed water 7.

overnight oats, whole fruit and boxed water 6.
choose from:

- apple overnight oat parfait
- strawberry overnight oat parfait
- blueberry overnight oat parfait

bagel with cream cheese & jelly, fruit cup and bottled water 6.5

individual wrapped muffin, fruit cup and bottled water 6.

beverages:

box of joe and condiments	20 serves 8 people
boxed water	2.5
bubly or sparkling water	1.5
bottled 10oz juice	2
canned soda	1.5
energy drink	3
cases of 16oz. bottled water	8.99

lunch boxes:

classic box

sandwich, chips & a cookie 9.

artisan box

select three mini sandwiches and two side salads.
comes with boxed water, chips and a brownie. 13.5

artisan mini sandwich choices (select 3):

- | | |
|--------------|-------------------|
| - caprese | - turkey jack blt |
| - tuna salad | - buffalo chicken |
| - italian | - ham & swiss |

side salad options (select 2):

- | | |
|------------------------------|-----------------------|
| - minted fruit salad | - pesto pasta salad |
| - dijon roasted potato salad | - garden salad |
| - caesar | - greek spinach salad |

salad boxed lunch 12.

choice of salad with dressings on the side, roll, cookie,
whole fruit and boxed water
chef, chicken caesar or farm stand quinoa salad

protein boxes

peanut butter, hard boiled egg, grapes, cheddar,
apples and pita 5.

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

protein fruit box with grapes, strawberry, cucumber
and cottage cheese 6.

individually wrapped desserts

	each	baker's dozen
cookie	1	12
brownie	1	12
rice krispy treat	1	12
candy bar	1.50	
fresh whole fruit	1	
chips	1	



the fresh fork

Pantry Provisions

packs are priced per person

breakfast break	5.
granola bar, muffin, fresh whole fruit	
energy pack	4.
m&m's, granola bar & sunchips	
protein	4.5
protein bar, trail mix	
fit crunch	3.75
belvita bar, oreo thins, special k chips	
sweet & salty	3.25
frito-lay crunchy snack, packaged cookies, candy treat	
snack pack	3.50
apple, peanut butter, welch's fruit snacks, baked lay's chips	
canned soda	1.5
case pack snacks	
16 ounce bottled water, 24 count	8.99
bubly, 24 count	9.99
variety frito-lay pack, 60 count	60.
nature valley granola bar, 144 count	65.
planters salted peanuts, 48 count	50.
cheez-its, 60 count	40.
grandma's cookies, 60 count	40.
grandma's brownies, 60 count	40.
rice krispy treats, 80 count	80.



the FRESH FORK