



CATERING THE *freshest flavors*



the fresh fork

RISE AND SHINE IT'S breakfast time!

Breakfast

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

avocado toast 350 cal	8
wheat toast topped with avocado, cage-free fried egg, arugula and pico de gallo	
mediterranean bagel 290 cal	7
toasted wheat bagel topped with cage-free fried egg, grilled tomato, basil, and fresh mozzarella	
latin breakfast bowl 320 cal	9
cilantro lime brown rice with black beans, cage-free scrambled eggs, cilantro, and house made citrus tomato salsa	
breakfast taco (2pp) 590 cal	9
cage-free scrambled eggs, cheese, choice of bacon, sausage, ham, or vegetables, house made salsa, and home fries	
fruit and yogurt 300 cal	7
greek vanilla yogurt, fresh berries, granola, honey, and dried cranberries	
breakfast graze 520 cal	12
mini spinach potato and rosemary frittata, strawberry greek yogurt parfait, and assorted pastries	
classic hot breakfast 600 cal	13
cage free scrambled eggs, home fries, bacon, fresh sliced fruit, and juice	
continental 270 cal	9
assorted mini muffins and pastries with fresh sliced fruit, and juice	

add bottle juice (80-290 cal)

2



a la Carte

priced per person, minimum 6 guests

breakfast charcuterie 830 cal	11
dried fruit, cheddar, brie, hard boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves & croissants	
individual yogurt parfait 240 cal	4
strawberries over vanilla yogurt topped with granola	
mini egg frittata	4
spinach and parmesan 120 cal	
caramelized onion and ham 140 cal	
croissant breakfast sandwiches	4
bacon, egg & cheese 470 cal	
sausage, egg & cheese 560 cal	
ham, egg & cheese 470 cal	
bagels 270-510 cal	3
served with butter, cream cheese, and fruit preserves	
sliced seasonal fresh fruit 40 cal	4
muffins and pastries 100-200 cal	2
home fries 250 cal	2

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



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Deli

priced per person. minimum of 6 guests

mini sandwiches 9
selection of 3 mini sandwiches, choice of side salad, bakers chips, and cookies

artisan sandwich and wrap platter 12
selection of 3 sandwiches or wraps, choice of side salad, bakers chips, and cookies

executive boxed lunch 13
select three artisan sandwiches or wraps, bag of chips, cookies, and water or soda

build your own deli 13
variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan bread (540 cal) served with choice of side salad, bakers chips, and cookies

deli and side salad selections:

mini sandwiches
caprese 230 cal
turkey blt 190 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: whole/half
garden veggie and ranch 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

boxed water 2.5
soda 1.5
add additional snacks
whole fruit 60-110 cal 1
house made baker chips 110 cal 1.5
fresh baked cookies 180-210 cal 1.5
dessert bar 100-150 cal 2

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Pizza

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

price per pizza

4 cheese 380 cal 16
mozzarella, provolone, parmesan and cheddar

pepperoni 370 cal 16
mozzarella, crushed tomatoes, pepperoni

roasted vegetables 340 cal 16
fresh onions, sweet peppers, tomatoes

margherita 290 cal 17
fresh mozzarella, roma tomatoes, fresh basil

mushroom 340 cal 16
mozzarella, fresh mushrooms

the works 400 cal 18
italian sausage, red onions, bell pepper, black olives, mozzarella cheese

meat lovers 380 cal 18
pepperoni, Italian sausage, ham, meatballs, mozzarella



Make it a Party

garlic knots 3.5
with marinara sauce 140 cal

side salads 3.5
minted fruit 50 cal
caesar 170 cal
garden 180 cal
greek spinach salad 220 cal

side salad and boxed water 5

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CUSTOM Selections AVAILABLE

add some sparkle to your lunch

sparkling water	0 cal	1.5
premium sparkling water	0 cal	2.5
soda	0-290 cal	1.5

sweet tooth...

fresh baked cookies	180-210 cal	1.5
fudge brownies	370 cal	2
assorted dessert bars	100-150 cal	2



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Salad

Platters

priced per person. minimum of 6 guests

build your own salad	315-540 cal	6
array of fresh garden salad ingredients, two dressings and garlic herb grilled pita bread		
ginger sesame tofu	170 cal	+3
herb grilled chicken	190 cal	+4
lemon pepper salmon	200 cal	+6
grilled shrimp skewers	200 cal	+5
marinated flank steak	310 cal	+6

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		
chicken caesar	475-700 cal	
small	80 / medium	150
large	210 / party	300
greek salad	325-550 cal	
small	120 / medium	210
large	305 / party	420
roasted chicken cobb	640-860 cal	
small	150 / medium	280
large	410 / party	590

dressing choices:

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

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side salad platters

choice of side salad from the selections below

small	45	/ medium	75
large	110	/ party	160
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			000 cal

vegetable crudité's and hummus

small	50	/ medium	85
large	135	/ party	190

fruit skewers with yogurt dipping sauce

small	50	/ medium	85
large	135	/ party	190

mediterranean tray

baharat chicken skewers, roasted eggplant, roasted red peppers, hummus, olives, feta, pita			
small	75	/ medium	145
large	230	/ party	350

our platter and tray sizes meet your needs:

small serves	10-15	medium serves	20-25
large serves	35-40	party serves	50-60

add beverages to your lunch

sweet or unsweet tea	0-240 cal	2
premium herbal tea	0-240 cal	3
soda	0-290 cal	1.5

sweet treats

fresh baked cookies	180-210 cal	1.5
fudge brownies	370 cal	2
assorted dessert bars	100-150 cal	2



Create

served with boxed water, priced per person
minimum 10 guests

parsley dill grilled salmon 460 cal 14
wild rice, roasted brussels sprouts, and
strawberry feta spinach salad

herb chicken kebabs 580 cal 13
sun-dried tomato pesto couscous,
garden salad, and dill cucumber salad

mediterranean graze 550-850 cal 15
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

tacos 1130 cal 14
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 13
pasta with pomodoro and alfredo sauces, garlic
bread, and caesar salad with choice of two
proteins: herb grilled chicken, beef and pork
meatballs, italian sausage, or hearty meatsauce

asian stir-fry 760 - 1200 cal 15
steamed rice, stir-fried vegetables, and egg rolls,
served with choice of two proteins: chicken,
beef, shrimp, tofu, or portabella mushroom

smokehouse barbeque 940-1180cal 16
southern style bacon green beans, macaroni
and cheese, creamy coleslaw, corn bread, bbq
sauce and choice of two proteins: pulled pork,
smoked brisket, chicken quarter, or kielbasa
sausage

power grain bowl 420 cal 11
chef's selection of fresh seasonal roasted
vegetables, whole grains, two specialty
sauces and two toppers

ginger sesame grilled tofu	170 cal	+3
herb grilled chicken	190 cal	+4
lemon pepper salmon	200 cal	+6
rosemary grilled shrimp	200 cal	+5
marinated flank steak	310 cal	+6

CUSTOM *Selections* **AVAILABLE**

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Snacks ½ dozen / dozen

cookies	180-210 cal	8.50 / 15
brownies or dessert bars	370 cal	10 / 20
cookies and brownies	180-370 cal	10 / 20
cupcakes	110-200 cal	12 / 24
fruit and cheese tray with crostini	180 cal	
small	45 / medium 90	
large	130 / party 180	
dark chocolate and mixed nut trail mix	240 cal	
small	40 / medium 75	
large	120 / party 160	

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

our platter and tray sizes meet your needs:
small (serves 10-15)
medium (serves 20-25)
large (serves 35-40)
party (serves 50-60)

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

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

dim sum 800 cal 11
pork pot stickers, vegetable egg rolls,
pot sticker sauce, soy sauce, pickled
vegetables and coconut rice pudding

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Celebration

priced per person, served with boxed water
minimum 10 guests

house made chips & salsa 460 cal 5
add guacamole 60 cal +2
add queso 120 cal +3

bakers chips and dips 220-450 cal 6
pick two: dill yogurt, creamy caramelized onion,
roasted red pepper hummus, ranch dip or creamy
spinach artichoke dip

sliders 260-440 cal 7
pick three: meatball provolone, bbq pulled pork,
chipotle bbq beyond, or buffalo blue chicken

charcuterie 510 cal 14
capicola, grilled asparagus, prosciutto, boursin
cheese, brie, cherry marmalade, smoked gouda,
dried figs, marinated olives, spiced candied pecans,
goat cheese & toasted crostini

shrimp cocktail platter 110 cal
small 95 / medium 155
large 245 / party 360

fruit and cheese tray with crostini 180 cal
small 65 / medium 115
large 160 / party 220

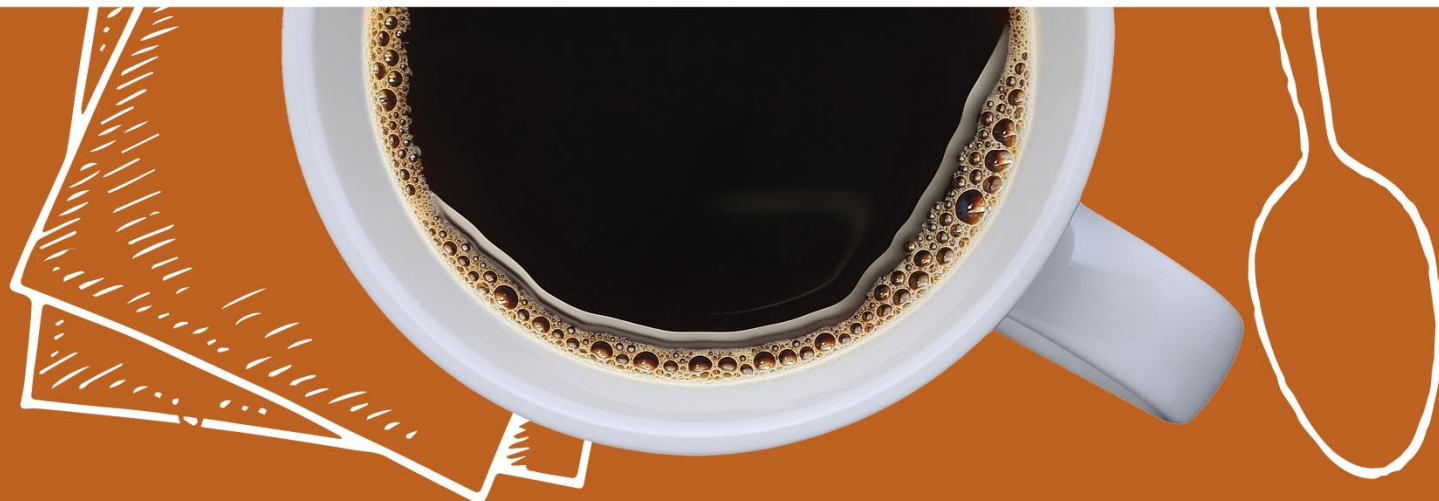
full sheet, ½ sheet, ¼ sheet cakes, specialty desserts
and cupcakes are available

call our catering team to elevate your event!

our platter and tray sizes meet your needs:
small serves 10-15 medium serves 20-25
large serves 35-40 party serves 50-60

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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 2
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 beverages

frappuccino 170-300 cal 3
sweet or unsweet tea 0-240 cal 2
juice 80-290 cal 2

add some sparkle

sparkling water 0 cal 1.5
premium sparkling water 0 cal 2.5

energize your day

energy drinks - monster or red bull 0-210 cal 3

keep it simple

soda 0 - 290 cal 1.5
boxed water 0 cal 2.5

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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**



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