



CATERING THE
freshest flavors



Breakfast

priced per person, minimum 10 guests

avocado toast \$8

wheat toast topped with avocado, cage-free fried egg, arugula, and pico de gallo 350 cal

mediterranean bagel \$6

toasted wheat bagel topped with cage-free fried egg, grilled tomato, basil, and fresh mozzarella 290 cal

latin breakfast bowl \$7

cilantro lime brown rice, black beans, cage-free scrambled eggs, cilantro, and house made citrus tomato salsa 320 cal

fruit and yogurt \$8

greek plain yogurt, fresh berries, granola, honey, and dried cranberries 300 cal

classic hot breakfast \$14

cage free scrambled eggs, egg whites, home fries, turkey sausage, and fresh sliced fruit 410-470cal

continental \$9

honey wheat bagels with light cream cheese or peanut butter, and fresh sliced fruit 270 cal

a la Carte

priced per person/each, minimum 10 guests

individual overnight oats \$5 240 cal

not available on Mondays

individual greek yogurt parfait \$4.50

strawberries over low fat greek yogurt 240 cal

priced per person, minimum 10 guests

mini egg strata \$3

spinach and parmesan 120 cal
caramelized onion and ham 140 cal

mini breakfast wraps \$4.50

peppers, egg, and sun-dried tomato 230 cal
egg and cheese 270 cal

whole wheat english muffin sandwich \$4.50

egg white, low fat swiss, and spinach cal 240
turkey sausage and egg white 220
egg and cheese 270 cal

sliced fresh fruit \$4.50 40 cal

strawberry and vanilla oikos triple zero greek yogurt cup \$3.50 80-110 cal

Bagels per dozen \$42

honey wheat bagels served with margarine, light cream cheese, and peanut butter 270-510 cal

scrambled eggs \$3 230 cal

scrambled egg whites \$4 170 cal

home fries \$3.50 160 cal

turkey sausage patty \$3.50 70 cal

turkey bacon \$3.50 60 cal

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



Defi

priced per person. minimum of 10 guests

mini sandwiches \$12

selection of 3 mini sandwiches, choice of side salad with baked chips

artisan sandwich and 1/2 wrap platter \$14

selection of 3 sandwiches or wraps, choice of side salad with baked chips

boxed lunch \$15

select three artisan sandwiches or half wraps with baked chips and mini fruit cup

executive boxed lunch \$16

select three artisan sandwiches or half wraps
Choice one side salad and mini fruit cup or kind bar

mini sandwiches:

cilantro lime chicken guacamole	220 cal
bbq aioli turkey avocado	290 cal
mini turkey club w/ egg & truffle aioli	260 cal
chicken salad	240 cal
tuna salad	150 cal

artisan sandwiches:

chicken salad w/ grapes & almonds	300 cal
caprese chicken with pesto	380 cal
roasted eggplant with pesto mayo	200 cal
asian chicken with slaw	320 cal
peanut butter & blackberry jam	500 cal

artisan half wraps:

broccoli hummus	400 cal
garden veggie	160 cal
blackened chicken caesar	330 cal
turkey BLTA 1/3 rd wrap	220 cal

Add a Soup

Soups \$3

three bean vegetarian chili	120 cal
curried cauliflower potato	140 cal
summer vegetable soup	140 cal
chili with ground turkey	290 cal

side salad:

garden salad	60-270 cal
moroccan quinoa beet salad	90 cal
minted fruit salad	50 cal
dijon roasted potato salad	130 cal
pesto pasta salad	140 cal

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Salad

priced per person. minimum of 10 guests served

build your own salad \$9 315-540 cal
array of fresh garden salad ingredients, two dressings and garlic herb grilled wheat pita bread

- ginger sesame tofu 170 cal **+3**
- herb grilled chicken 190 cal **+4**
- cilantro lime grilled chicken 190 cal **+4**
- herb roasted turkey breast 140 cal **+6**
- lemon pepper salmon 200 cal **+7**
- chicken salad 200 cal **+3**
- tuna salad 110 cal **+3**

salad boxed lunch \$13
choice of salad with dressings on the side and baked chips

- cilantro lime chicken 510-650 cal
- strawberry almond spinach salad 400-560 cal
- strawberry almond salad w/ chicken 590-750 cal
- chicken caesar 470-630 cal
- salmon caesar 550-710 cal **+2**
- chicken cobb 510-670 cal
- fattoush with grilled shrimp 510-670 cal **+2**
- mediterranean kale w/ chickpeas 510-670 cal
- chicken asian vegetable 440-600 cal

add on

- mini fruit cup **\$4.50** 60 cal
- mini pasta salad **\$4.50** 140 cal

dressing choices (2 ounce):

- italian herb vinaigrette 20 cal
- balsamic vinaigrette 180 cal
- sesame ginger vinaigrette 60 cal
- yogurt caesar 90 cal
- ranch 90 cal
- 1000 island 110 cal

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Platters

our platter/tray sizes :
small serves 10-15
medium serves 20-25
large serves 35-40
party serves 50-60

side salad platters

choice of side salad from the selections below

small	\$45 / medium \$90
large	\$130 / party \$205
moroccan quinoa beet salad	90 cal
minted fruit salad	50 cal
dijon roasted potato salad	130 cal
pesto pasta salad	140 cal
garden	50-150 cal
caesar	140 cal

vegetable crudité's, grilled wheat pita and choice of classic, roasted red pepper or sweet potato hummus

150-200 cal

small	\$50 / medium \$90
large	\$140 / party \$210

fruit skewers w/ greek yogurt dipping sauce 80 cal

small	\$75 / medium \$150
large	\$230 / party \$340

mediterranean tray 430 cal
baharat chicken skewers, roasted eggplant, roasted red peppers, hummus, feta, pita

small	\$75 / medium \$145
large	\$230 / party \$350



Create Buffets

priced per person minimum 20 guests

power grain bowl \$16

chef's selection of fresh seasonal roasted vegetables, whole grains, two specialty sauces and two proteins 420 cal
ginger sesame grilled tofu 170 cal
herb grilled chicken 190 cal
+3 lemon pepper salmon 200 cal

mediterranean graze \$15

grilled pita, classic and roasted red pepper hummus, tomatoes, cucumbers, red onion, tabbouleh and fattoush salad served with choice of two proteins 470-640 cal
chicken shawarma
chicken souvlaki
falafel
beef mushroom kofta meatballs

tacos \$15

seasoned turkey, citrus chicken carnitas, grilled vegetables, spicy black beans, spanish rice, pico de gallo, salsa roja, lettuce, cheese, light sour cream, and jalapenos.
served with corn tortillas and baked tortilla chips
710-940 cal
***add guacamole 60 cal +3**

CUSTOM *Selections* **AVAILABLE**

loaded baked potato \$14

seasoned russet potatoes and sweet potatoes, broccoli, cheese sauce, cheddar cheese, green onions, salsa, light sour cream, turkey bacon, and garden salad
340-590 cal
add diced grilled chicken 170 cal **+\$3**
add beef & bean chili 90 cal **+\$3**

smokehouse barbeque \$15

parmesan green beans, macaroni and cheese, creamy coleslaw, corn bread, bbq sauce and choice of two proteins 480-840cal
pulled pork
smoked brisket
smoked chicken
bratwurst sausage

simply italian \$15

whole wheat pasta with pomodoro and pesto sauces, wheat roll, and caesar salad with choice of two proteins 680-980 cal
herb grilled chicken
beef and pork meatballs
eggplant parmesan

parsley dill grilled salmon \$15

wild rice, roasted brussels sprouts, and strawberry feta spinach salad 460 cal

herb chicken kebabs \$14

sun-dried tomato pesto couscous, garden salad, and dill cucumber salad 580 cal

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Themed Breaks

priced per person, minimum 10 guests

mediterranean hummus bar \$6

roasted red pepper and plain classic hummus with grilled pita, baked tortilla chips, cucumbers, carrots, and chilled roasted artichoke hearts
160-270cal

energy break \$9

peanut butter energy balls, assorted mixed salted nuts, and minted fruit salad
330 cal

bread & spreads \$8

classic tomato bruschetta, caramelized onion spread, white bean and rosemary spread with toasted wheat pita and whole wheat crackers
150-250 cal

Snacks

dark chocolate and mixed nut trail mix 240 cal

small \$70 / medium \$95
large \$120 / party \$150

flavored popcorn 45-350 cal

pick two: salted, chili spiced, rosemary, or dark chocolate ancho
small \$30 / medium \$55
large \$75 / party \$100

spiced peanuts 170 cal

small \$20 / medium \$45
large \$60 / party \$90

Individual snacks

kind whole fruit bars **120 cal \$3**

rx bars **210 cal \$4**

boom chika Pop **140 cal \$3**

smartfood popcorn **160 cal \$3**

FSTG Sweet potato chips **140 cal \$3**

veggie straws **130 cal \$3**

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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Celebration

priced per person, minimum 10 guests

house made chips & salsa \$5 280 cal

+2 add fresh fruit & avocado salsa 90 cal

+1.5 add mojito lime dip 80 cal

+2.5 add guacamole 60 cal

bakers chips and dips \$5

fresh made chips and sliced cucumbers

pick two. 200-300 cal

creamy dill yogurt

caramelized onion

roasted red pepper hummus

ranch dip

avocado cilantro yogurt sauce

shrimp cocktail platter 110 cal

small \$85 / medium \$170

large \$260 / party \$400

priced per person, minimum 10 guests

dark chocolate covered fruit tray 180 cal

dark chocolate covered strawberries and seasonal fruit, fruit skewers, yogurt dipping sauce

small \$90 / medium \$165

large \$270 / party \$390

mini sweet treats and fresh fruit 120-290 cal

oatmeal raisin cookie, blackberry greek yogurt parfait with baklava topping, raspberry oatmeal bar, chocolate mousse with strawberries

small \$95 / medium \$190

large \$305 / party \$410

pickled veggie tray 50-100 cal

pick three

pickled vegetables

pickled root vegetables

pickled cucumbers with mint,

spiced pickled bell peppers,

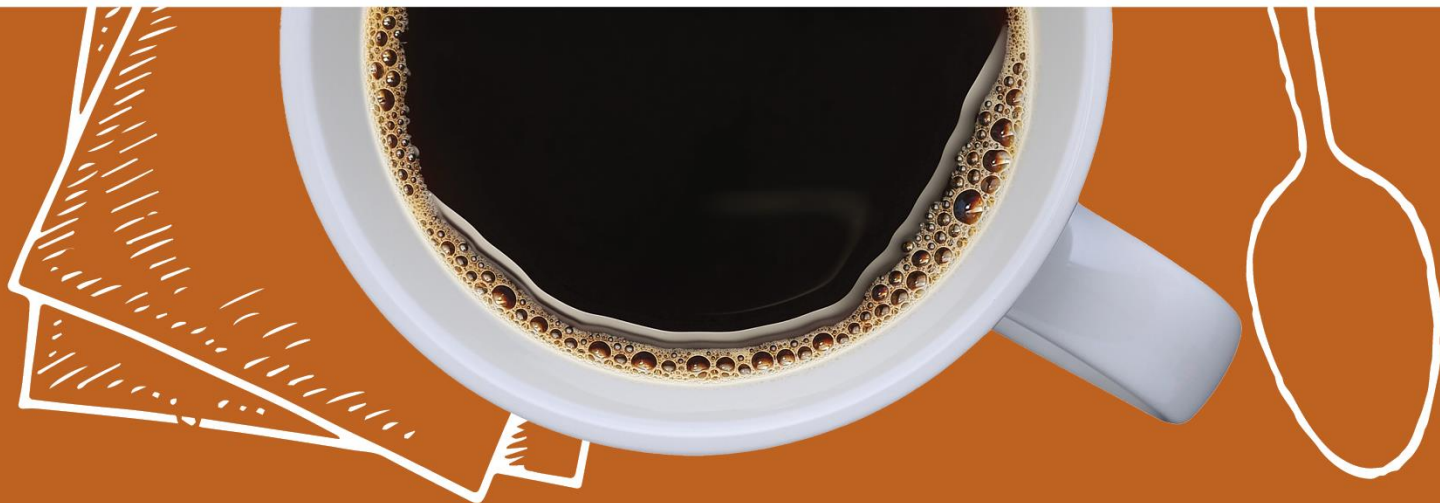
pickled carrots

grilled seasonal vegetable

small \$85 / medium \$145

large \$230 / party \$320

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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**
regular, decaf, hot tea, lemons, honey, sugars and creamer

2 hours - **\$5**
8 hours - **\$10**

full beverage service – includes everything listed above,
plus, bottled water, and assorted sparkling water

2 hours - **\$8**
8 hours - **\$13**

Regular coffee or tea airpot (serves 10)

\$20

make it cool with our bottled beverages

unsweet tea 0-240 cal **\$3**
100% juice 80-290 cal **\$3**

make it a premium

bottled premium water 0 cal **\$1.80**
bottled assorted bai beverage 10 cal **\$3.50**

add some sparkle

sparkling water 0 cal **\$2**
premium sparkling water 0 cal **\$3**

keep it simple

bottled water 0 cal **\$2**

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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 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

Because we utilize only fresh, wholesome and nourishing ingredients for our catering menu, we require 48 hours notice for cold food and 72 hours for hot food. However, we understand that that last minute needs arise, so if you have the need for a last-minute catering, please contact us to discuss options.

Don't see what you are looking for?

Don't see what you are looking for? Contact us and we are happy to assist you in creating a custom menu that is beautiful, delicious and nutritious!

Additional Service

If you are hosting an 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.

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.

Dietary Restrictions

Please be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Please direct any questions to your Catering Manager.

CUSTOM *Selections* **AVAILABLE**



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Shauna Williamson | Fresh Fork Catering
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