



CATERING THE
Freshest Flavors
Order Today

RISE AND SHINE IT'S breakfast time!



Breakfast

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

avocado toast 350 cal	7
wheat toast topped with avocado, cage-free fried egg, arugula and pico de gallo	
mediterranean bagel 290 cal	6
toasted wheat bagel topped with cage-free fried egg, grilled tomato, basil, and fresh mozzarella	
latin breakfast bowl 320 cal	7.25
cilantro lime brown rice with black beans, cage-free scrambled eggs, cilantro, and house made citrus tomato salsa	
breakfast enchiladas 590 cal	9
cage-free scrambled eggs, cheese, peppers and onions in a corn tortilla with avocado tomatillo salsa and home fries	
fruit and yogurt 300 cal	7.5
greek vanilla yogurt, fresh berries, granola, honey, and dried cranberries	
breakfast graze 520 cal	14
mini spinach potato and rosemary frittata, strawberry greek yogurt parfait, and assorted mini pastries	
classic hot breakfast 600 cal	15
cage free scrambled eggs, home fries, bacon, and fresh sliced fruit	
continental 270 cal	10
assorted mini muffins and pastries with fresh sliced fruit	

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

a la Carte

priced per person, minimum 6 guests

breakfast charcuterie 830 cal	12
dried fruit, cheddar, brie, hard boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves & croissants	
individual yogurt parfait 240 cal	6
strawberries over vanilla yogurt topped with granola	
mini egg strata	2.25
spinach and parmesan 120 cal	
caramelized onion and ham 140 cal	
mini breakfast wraps	3.25
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	3.5
served with butter, cream cheese, and fruit preserves	
sliced seasonal fresh fruit 40 cal	5
assorted greek yogurt cup 80-110 cal	3.5
mini pastries 100-200 cal	2.5
home fries 250 cal	2.25

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 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 half wraps, two side salads, assorted whole fruit , and a dessert bar

boxed lunch 12
select three artisan sandwiches or half wraps, bakers chips, and cookie

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

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

**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:

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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Pizza

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

- 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

get any pizza on cauliflower pizza crust for an additional 2

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 bottled water** 5

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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

Salad

Platters



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

- build your own salad** 315-540 cal 7.5
- 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 +6.5
- grilled shrimp skewers 200 cal +5
- marinated flank steak 310 cal +6.5

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 90 / medium 150
- large 235 / party 355
- greek salad** 325-550 cal
- small 105 / medium 170
- large 230 / party 350
- roasted chicken cobb** 640-860 cal
- small 150 / medium 245
- large 390 / party 590

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

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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 170 cal

- small 65 / medium 70
- large 90 / party 130

fruit skewers with yogurt dipping sauce 80 cal

- small 125 / medium 200
- large 325 / party 490

mediterranean tray 460 cal

- baharat chicken skewers, roasted eggplant, roasted red peppers, hummus, olives, feta, pita
- small 85 / medium 145
- large 230 / party 350

our platter and tray sizes meet your needs:

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

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



Create

served with bottled water, priced per person
minimum 10 guests

parsley dill grilled salmon 460 cal 15.25
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 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

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

add guacamole 60 cal +2

CUSTOM Selections AVAILABLE

simply italian 1300-1620 cal 15
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 11
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 16
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

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 +6.5
rosemary grilled shrimp 200 cal +5
marinated flank steak 310 cal +6.5

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Snacks

½ dozen / dozen



cookies 180-210 cal	8.50 / 15
brownies 370 cal	8.50 / 17
cookies and brownies 180-370 cal	8.50 / 17
mini dessert bars 100-150 cal	12 / 21
mini 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	
small 35 / medium 55	
large 85 / party 125	
dark chocolate and mixed nut trail mix 240 cal	
small 40 / medium 65	
large 100 / party 140	
flavored popcorn 45-350 cal	
pick two: salted, chili spiced, rosemary, or dark chocolate ancho	
small 10 / medium 15	
large 25 / party 30	
spiced peanuts 170 cal	
small 20 / medium 45	
large 60 / party 90	

Themed Breaks

priced per person, served with bottled water

mediterranean hummus bar 300 cal 8
roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers, and kalamata olives

energy break 400 cal 9
pepita chia cranberry granola bar bites, assorted mixed salted nuts, and minted fruit salad

bread & spreads 160 cal 8.5
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

energize your day with a twist 8.5
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)

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Celebration

priced per person, served with bottled water
minimum 10 guests

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

bakers chips and dips 220-450 cal 3.5 pick
two: dill yogurt, creamy caramelized onion, roasted
red pepper hummus, ranch dip or creamy spinach
artichoke dip

sliders 260-440 cal 4.5
pick three: meatball provolone, bbq pulled pork,
chipotle bbq beyond, or buffalo blue chicken

charcuterie 510 cal 17
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 85 / medium 145
large 235 / party 350

fruit and cheese tray with crostini 180 cal
small 35 / medium 55
large 85 / party 125

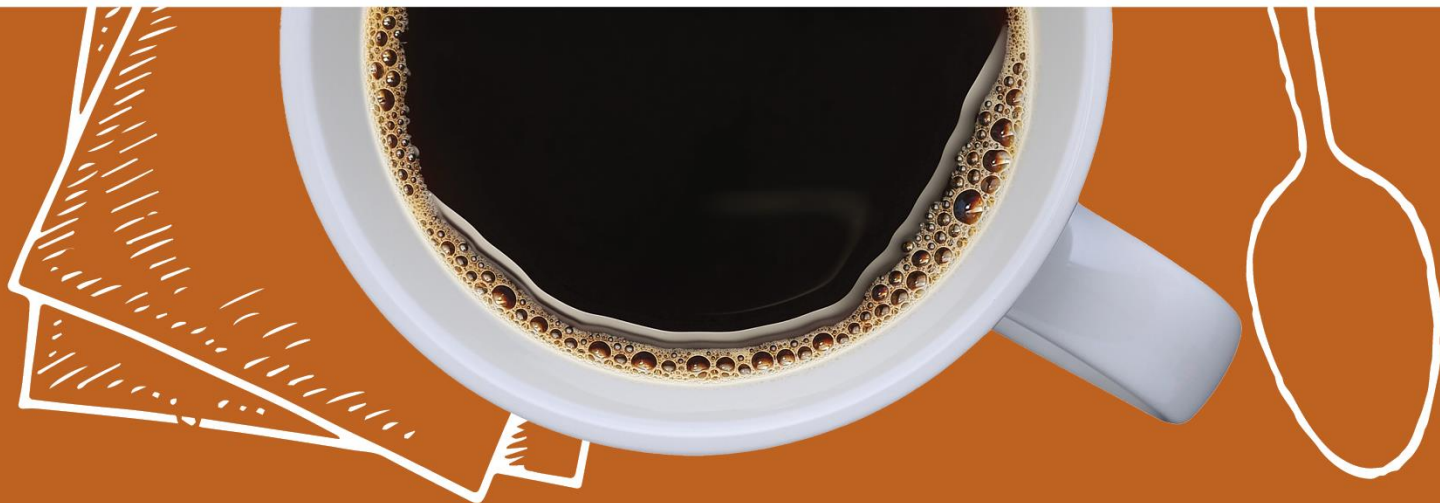
full sheet, ½ sheet, ¼ sheet cakes, specialty desserts
and cupcakes are available

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 3.49
regular, decaf, hot tea, lemons, honey, sugars and creamer

fresh brewed coffee & hot tea service per person 0-50 cal 3.49
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

cold brew coffee 0-150 cal 5
frappuccino 170-300 cal 3.5
sweet or unsweet tea 0-240 cal 3
lemonade 100-200 cal 3
juice 80-290 cal 3

make it a premium

bottled premium smartwater or lifewater 0 cal 2.5
bottled assorted bai beverage 10 cal 3.5

add some sparkle

sparkling water 0 cal 2.25
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 1.99
bottled water 0 cal 1.95

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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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