



the fresh FORK

SEASONAL CATERING. QUALITY SERVICE.

BREAKFAST

COLD BREAKFAST

fresh baked assorted muffins, scones, croissants, pastries, butter, cream cheese, preserves	\$2.40 ea
continental breakfast fresh baked pastry, coffee/tea service, assorted juice, fresh fruit cup or yogurt granola parfait	\$11.53 ea
on the go breakfast bundle fresh whole fruit, yoplait yogurt, muffin, juice	\$7.02 ea
wellness fruit and yogurt parfait low-fat yogurt, seasonal fruit, granola	\$3.55 ea
seasonal fruit cup fresh, sliced seasonal fruit	\$3.55 ea
bagel bar assorted bagels, cream cheeses, butter	\$2.47 ea

HOT BREAKFAST

hot executive continental breakfast scrambled eggs, choice of bacon or sausage links home fries, assorted juice, cut fruit platter	\$15.74 ea
wellness oatmeal bar hot oatmeal, variety of toppings	\$3.62 ea
breakfast sandwiches egg sandwiches with cheese, choice of sausage, bacon or ham on bagel, english muffin, kaiser roll	\$4.83 ea
breakfast burritos assorted breakfast burritos, fresh salsa, home fries	\$7.13 ea

BEVERAGES

juice service assorted tropicana fruit juices	\$2.15 ea
bottled water or soda 20 oz bottled water, assorted bottled soda	\$2.34 ea
Assorted hot teas	\$1.88 ea
coffee service regular and decaf coffee, sugar, milk, half & half	\$2.15 ea
mini smoothies assorted fruit and yogurt smoothies	\$3.45 ea

A LA CARTE

breakfast pizza (meat, cheese & egg)	\$20.46 ea
whole fruit	\$1.42 ea
hard cooked eggs (2)	\$2.15 ea
granola bar	\$2.19 ea
yoplait yogurt	\$1.88 ea



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LUNCH

SO DELI

conference sandwich selection \$17.10 ea
assortment of upscale wraps and sandwiches,
condiments, side salad, homemade chips,
cookies, assorted water and soda

so deli subs \$13.53 ea
giant sub sandwiches cut into individual servings,
homemade chips, salad, cookies, choice of
lemonade, iced tea or spa water

so deli buffet platter \$15.90 ea
build-your-own sandwiches, assortment of deli
meats and cheeses, condiment tray, specialty
breads, wraps, side salad, homemade chips, brownies
assorted bottled soda & water

flatbread sandwiches \$11.92 ea
assorted flatbread sandwiches, condiments,
homemade chips, salad, cookies, choice of
lemonade, iced tea or spa water

soup and mini sandwiches \$9.44 ea
soup of the day, assorted mini sandwiches,
homemade chips,

**specialty sandwich platters come with side salad, homemade
chips, cookie and bottled soda or water**

sicilian combo pretzel sandwich \$13.43 ea
salami, ham, pepperoni, provolone, tomato
olive tapenade, red onion, balsamic vinaigrette

mediterranean tuna salad on pita \$13.43 ea
tuna salad, capers, red pepper, lettuce & tomato

healthy choice - side salad or homemade chips can be
substituted for fresh whole fruit or baby carrots

SALADS AND SOUPS

house entrée salad platters \$11.43 ea
choice of two dressings, dinner roll, cookie
and assorted bottled soda and water

selections include:

chicken caesar salad
gourmet cobb salad
grilled vegetable salad
tomato basil pasta salad
tuna nicoise salad
pear and walnut salad

chef salad
buffalo chicken salad
israeli couscous salad
tuscan bread salad
antipasto platter

au bon pain soups \$5.03 ea
with dinner rolls, butter

add soup to your deli selection \$3.98 ea

selections include:

chicken noodle
minestrone
pasta fagioli

stuffed baked potato
tomato basil
beef barley

THEMED BUFFETS

individual round pizza pie (8 slices per pizza)

cheese	\$15.74	ea
up to three toppings of choice	\$19.94	ea
specialty Pizza	\$20.99	ea

italian pasta bar

\$18.26 ea

includes choice of two pasta selections, two sauces, two proteins, garlic bread, shredded parmesan

proteins:	meatballs grilled chicken italian sausage
pastas:	farfalle, penne, rigatoni, spaghetti, tortellini, elbows
saucés:	creamy alfredo, tomato pomodoro, bolognese, pesto cream, tomato basil cream

build-your-own tacos or taco salads

\$20.78 ea

includes two proteins, crunchy and soft tortillas, two salsas, lettuce, sour cream, cheese, spanish rice

proteins:	beef barbacoa, beef picadillo, chicken tinga, refried beans, pork carnitas, sizzling shrimp
salsas:	mild picante salsa, chipotle salsa, roasted corn salsa, pico de gallo, mango salsa, avocado salsa fresco

asian buffet

\$20.78 ea

includes two entrée selections, one starch, egg rolls, condiments, fortune cookies

entrées:	korean bbq beef, thai basil tofu, mongolian beef, yellow curry chicken, pork char siu, szechuan chicken with peanuts, thai bbq chicken, panang beef curry, teriyaki chicken, spicy thai basil pork stir fry
starches:	steamed jasmine rice, steamed brown rice, lo mein with oyster sauce, soba noodle, fried rice

build-your-own salad bar

\$7.34 ea

array of fresh garden salad ingredients,
choice of hot protein

proteins:	grilled chicken	\$3.20 ea
	salmon	\$3.20 ea
	flank steak	\$3.31 ea
	shrimp	\$3.62 ea



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SNACK

INDIVIDUAL

assorted cookies	\$1.21 ea
celebration cupcakes	\$1.88 ea
fruit and cheese tray served with flatbread and crackers	\$5.51 ea
sundae bar choice of vanilla, chocolate or strawberry ice cream, assorted toppings	\$7.12 ea
soft warm pretzels hot pretzel, spicy brown mustard, yellow mustards	\$1.98 ea
assorted dessert bar two pieces per person	\$3.98 ea
recharge afternoon snacks trail mix, candy bars, assorted bag snacks	\$4.50 ea

THEMED BREAKS

antipasto assorted italian meats and cheeses, artichoke hearts, olives, roasted red peppers, crostini	\$5.66 ea
mediterranean hummus, artichoke and spinach dip, marinated vegetables, olives, pita chips	\$4.50 ea
mexican fiesta guacamole, fresh salsa, spicy black bean dip, tortilla chips	\$4.50 ea
bruschetta assorted bruschetta on crostini, fresh mozzarella, balsamic reduction	\$3.66 ea
asian appetizers (2pc per person) Pot stickers, spring rolls, wonton crisp, dipping sauces	\$5.66 ea

TEAM PLATTERS

chicken parmesan	8 breast	\$41.99
	16 breast	\$77.18
italian sausage & peppers	2" half hotel	\$34.64
	2" full hotel	\$63.00
baked ziti marinara	2" full hotel	\$23.10
	4" full hotel	\$40.95
classic lasagna	2" half hotel	\$31.50
	4" full hotel	\$51.45
seasonal vegetables	2" half hotel	\$18.90
	4" full hotel	\$34.13

WE CUSTOMIZE

Our catering menu is only a guideline. We are happy to customize a menu that will meet your culinary and budgetary needs.