

EVERYDAY CATERING MENU



IT'S BREAKFAST TIME RISE AND SHINE



CONTINENTAL

*Priced per person, minimum 6 guests.
Served with Fresh Juice and coffee*

Breakfast Graze (240-440 cal) 9.99
Assorted mini muffins, granola breakfast bites, peanut butter bites fresh sliced fruit and berries, hard-boiled eggs, Greek vanilla yogurt, granola, and fruit and nut mix

Build Your Own Fruit and Yogurt Parfait (310 cal) 9.99
Greek vanilla yogurt, seasonal fruit, granola, raisins, toasted almonds, and toasted coconut

Continental (240-440 cal) 11.99
Assorted muffins and mini pastries with fresh sliced fruit

Add Overnight Oats (530 cal) +3.

Breakfast Charcuterie (760 cal) 14.99
Dried fruit, artisan cheeses, cage-free hard-boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves and croissants

ADD-ONS

Sliced Seasonal Fresh Fruit (40 cal)	3.49
Assorted Greek Yogurt Cup (120 cal)	1.99
Yogurt and Granola Parfait (250 cal)	1.99
Hard Boiled Eggs (2)(50 cal)	1.99
Assorted Mini Pastries (120 - 320 cal)	2.09
Regular Muffins (120 - 320 cal)	2.09
Breakfast Bread (100 cal)	2.09
Coffee Cake (100 cal)	2.99
Mini Scones (100 cal)	2.99
Bagels and Spreads (610 cal)	3.99

Calories provided are per recipe serving. 2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

HOT BREAKFAST

*Priced per person, minimum 6 guests.
Served with water and coffee*

Breakfast Grain Bowl (300-380 cal) 9.99
Whole grains, fresh fruit, fresh vegetables, and lean proteins Select one flavor:

- Latin Citrus Breakfast Bowl (300 cal)
- Bacon Vegetable Scramble Bowl (370 cal)
- Mediterranean Kale Egg White Scramble (325 cal)
- Roasted Pear Fennel Orange Pecan Sunrise Bowl (380 cal)

Classic Hot Breakfast (600 cal) 13.69
Cage-free scrambled eggs, seasoned potatoes, choice of meat and fresh sliced fruit

Protein choices: Bacon, Sausage, Turkey Sausage, and Morning Star Vegetarian Patty

Breakfast Sandwiches (270 - 560 cal) 10.49
Select two flavors:

- Egg and Cheese on Wheat Muffin (270 cal)
- Egg and Cheese Croissant (390 cal)
- Sausage, Egg, and Cheese on Wheat Muffin (460 cal)
- Sausage, Egg, and Cheese Croissant (560 cal)
- Bacon, Egg, and Cheese on Wheat Muffins (440 cal)
- Bacon, Egg, and Cheese Croissant (540 cal)

ADD-ONS

Scrambled Eggs/ Egg Whites (40 cal)	1.99
Applewood Bacon (2) (120 cal)	1.79
Turkey Sausage (2)(50 cal)	1.79
Sausage Link (250 cal)	1.99
Morning Star Vegetarian Sausage Patty (120 - 320 cal)	1.89
Seasoned Potatoes (100 cal)	2.49
Cinnamon French Toast / Buttermilk Pancakes (100 cal)	2.99
Steel Cut Oatmeal with Toppings (100 cal)	3.49
Assorted Breakfast Sandwiches (610 cal)	4.99

READY FOR LUNCH?



BOXED LUNCHES

*Priced per person, minimum 6 guests.
Served with water.*

Boxed Lunch 11.
Artisan sandwiches or wraps, chips, your choice of side salad, and a cookie

LUNCH PLATTERS

*Priced per person, minimum 6 guests.
Served with bottled water and coffee*

Mini Sandwiches 10.
Selection of two mini sandwiches, choice of side salad, chips, and cookies

Artisan Sandwiches and Wraps 10.
Selection of three sandwiches or wraps, choice of side salad, chips, and cookies

Build Your Own Deli 11.
Variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, and artisan bread served with a choice of side salad, chips, and cookies

Add Soup of the Day (90-260 cal) 1.99

DELI AND SIDE SALAD SELECTIONS

MINI SANDWICHES

- Caprese (230 cal)
- Turkey BLT (180 cal)
- Buffalo Chicken (200 cal)
- Tuna Salad (150 cal)
- Ham and Swiss (230 cal)

ARTISAN SANDWICHES

- Roasted Veg & Hummus (390 cal)
- Turkey Jack BLT (580 cal)
- Italian Hoagie (540 cal)
- Classic Chicken Salad (550 cal)

ARTISAN WRAPS

- Garden Veggie and Ranch (560 cal)
- Blackened Chicken Caesar (560 cal)
- Turkey Club (720 cal)
- Antipasto (710 cal)

SIDE SALADS

- Whole Fruit (50 cal)
- Fresh Fruit Salad (50 cal)
- Farro Greek Salad (130 cal)
- BLT Pasta Salad (160 cal)
- Garden Salad (180 cal)

*choose up to three varieties of sandwiches or wraps per order.

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LETTUCE CELEBRATE



*Priced per person, minimum 6 guests.
Served with water.*

Salad Boxed Lunch 11.

Choice of salad with dressing on the side.
Served with sliced fruit or whole fruit, a dinner roll, and a cookie.

- Garden Salad (180 cal)
- Chicken Caesar Salad (330 cal)
- Spinach Salad, Craisins, and Wheat Berries (145 cal)
- Arugula Fennel Grapefruit Salad with Blackened Salmon and Honey Dijon Vinaigrette (285 cal)
- Chicken with Farro, Nuts, and Cranberry Spinach Salad (415 cal)
- Gourmet Cobb Salad (345 cal)
- Thai Beef Salad (345 cal)
- Asparagus, Turkey, and Chevre Cheese (145 cal)

Roots and Seeds 9.99

Fresh seasonal produce, and grains, topped with a hot protein, salad toppings, two dressings, and a dinner roll

Hot Protein Options:

- Citrus Seared Salmon (330 cal)
- Grilled Tofu (70 cal)
- Herb Marinated Chicken (230 cal)
- Chimichurri Flank Steak (240 cal)

Dressing Choices:

- Fat-free Italian (25 cal)
- Balsamic Vinaigrette (160 cal)
- Caesar (230 cal)
- Ranch (230 cal)
- Blue Cheese (250 cal)
- Green Goddess (250 cal)

SALAD PLATTERS

*Family-style salad with a dinner roll
and dressing on the side*

Chicken Caesar (330 cal)

Small	Medium	Large	Party
120.	235.	375.	525.

Chef Salad (270 cal)

Small	Medium	Large	Party
125.	220.	325.	450.

Gourmet Cobb (345 cal)

Small	Medium	Large	Party
180.	350.	560.	800.

SIDE SALAD PLATTER

Small	Medium	Large	Party
50.	95.	150.	220.

Choice of Side Salad:

- Farro Greek Salad (130 cal)
- Fresh Fruit Salad (50 cal)
- Garden Salad (180 cal)
- Caesar Salad (170 cal)

PLATTER SERVING SIZES

Small	Medium	Large	Party
10 - 15	20 - 25	35 - 40	50 - 60

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LET'S EXPLORE FLAVORS



GLOBAL

Priced per person, minimum 10 guests.

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| <p>Mediterranean Graze (460 cal) 13.
Grilled pita, classic hummus, kalamata olives, diced tomatoes, diced cucumbers, red onion, feta cheese, tzatziki, Greek salad, and tabbouleh served with a choice of two proteins: Falafel (170 cal) Lemon Chicken (270 cal) or Lamb and Beef Gyro (380 cal)</p> <p>Add Roasted Red Pepper Hummus and Pita Chips (320 cal) +4.</p> <p>Nice Thai Lettuce Wraps (50-440 cal) 12.
Served with Thai noodle salad, bibb lettuce, bell peppers, onions, Thai slaw, peanuts, sweet chili sauce, and a choice of two proteins: Thai Tofu (215 cal), Thai Chicken (165 cal), Malaysian Shrimp (170 cal), Or Asian Stir Fry Beef (185 cal)</p> <p>Smokehouse Barbeque (670 cal) 14
Southern-style bacon green beans, macaroni, and cheese, creamy coleslaw, cornbread, bbq sauce and choice of two proteins: Smoked BBQ Tofu (240 cal), Pulled Chicken (200 cal), Pulled Pork (270 cal), Or Smoked Brisket (290 cal)</p> | <p>Bok Choy (110-440 cal) 11.
Pan Asian concept served with steamed brown rice, garlic ginger edamame, roasted broccoli with a choice of two proteins: Asian Pork (225 cal), Sweet and Sour Tofu (210 cal), Spicy Peanut Chicken (165 cal) or Sweet Chili Beef (185 cal)</p> <p>Taco Cantina (1070 - 1400 cal) 11.
Corn and flour tortillas, roasted bell peppers, spicy black beans, pinto beans, Spanish rice, cilantro, queso fresco, pico, shredded lettuce, shredded cheese, sour cream, and salsa roja with a choice of two proteins: Chicken Tinga (120 cal), Citrus Pork Carnitas (160 cal), Seasoned beef (), Latin Spiced Ground Turkey (310 cal), or Beyond Chorizo (135 cal)</p> <p>Make it plant-forward and swap seasoned beef for Beyond Chorizo</p> <p>Add Tortilla Chips and Guacamole (60 cal) + 4.</p> <p>Add Queso Cheese +3</p> <p>Simply Italian (1070 cal) 15.
Pasta with pomodoro and alfredo sauces, garlic bread and Caesar salad with a choice of two proteins: Herb Grilled Chicken (170 cal), Beef and Pork Meatballs (430 cal), Eggplant Parmesan (380 cal), or Chicken Parmesan (500 cal)</p> <p>Add Antipasto Platter (350 cal) +5.</p> |
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LOOKING FOR SOMETHING DIFFERENT?

Contact us about creating a custom menu selection.

LET'S EXPLORE FLAVORS



CREATE

Priced per person, minimum 10 guests. Served with water.

Crave Create (110-585 cal) 14.

Upscale luncheon options that pull together chef classics, choice of one side salad, one entrée, and two sides.

Signature side salad: choose one

Garden salad (35 cal)

Caesar salad (40 cal)

Greek salad (170 cal)

Spinach salad, craisins & wheat berries (75 cal)

Entrée: choose one

Romanesco cauliflower steak (50 cal)

Honey glazed salmon (180 cal)

Herb-roasted turkey breast (150 cal)

Lemon-oregano chicken (240 cal)

Bourbon flank steak (230 cal)

Sides: choose two

grilled asparagus with lemon garlic oil (25 cal)

mushroom, spinach, and tomato ragout (25 cal)

roasted brussels sprouts (50 cal)

steamed broccolini (50 cal)

basmati rice pilaf (130 cal)

ruby wild blended butternut squash (175 cal)

sweet potato wedges (90 cal)

roasted fingerling potatoes (125 cal)

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READY FOR A PARTY



PIZZA

House made rustic 16" pizzas, cut into 8 slices. Cal/slice

Flaxseed Crust or Hand Tossed Crust

	Flaxseed	Hand-Tossed
Roasted Vegetables Pizza (340 cal) Fresh onions, sweet peppers, tomatoes	17.99	18.99
Margherita Pizza (290 cal) Fresh mozzarella, roma tomatoes, fresh basil	17.99	18.99
Mushroom Pizza (340 cal) Mozzarella, fresh mushrooms	17.99	18.99
Four Cheese Pizza (390 cal) Mozzarella, provolone, parmesan, and cheddar	17.99	18.99
Pepperoni Pizza (370 cal) Mozzarella, crushed tomatoes, pepperoni	17.99	18.99
The Works Pizza (410 cal) Italian sausage, red onions, bell peppers, black olives, mozzarella cheese	17.99	18.99

FLATBREADS

Flatbread pizza, cut into 8 slices. Cal/half flatbread

Roasted Vegetables Flatbread (555 cal) Fresh onions, sweet peppers, tomatoes	7.99
Margherita Flatbread (580 cal) Fresh mozzarella, roma tomatoes, fresh basil	7.99
Mushroom Flatbread (565 cal) Mozzarella, fresh mushrooms	7.99
Four Cheese Flatbread (660 cal) Mozzarella, provolone, parmesan, and cheddar	7.99
Pepperoni Flatbread (750 cal) Mozzarella, crushed tomatoes, pepperoni	7.99
The Works Flatbread (660 cal) Italian sausage, red onions, bell peppers, black olives, mozzarella cheese	7.99

MAKE IT A PARTY

Priced per person.

Breadsticks (130 cal) minimum of 6 with marinara sauce	3.5
Side Salads	3.5
- Minted Fruit (50 cal)	
- Caesar (170 cal)	
- Garden (180 cal)	
- Greek Spinach Salad (160 cal)	
Side Salad and Canned Water	4.5

ADD SOME SPARKLE TO THE PARTY

Mountain Valley Sparkling Water (premium)	3.79
Bubly Sparkling Water	1.69
Assorted Cawston	3.39
Culture Pop Soda	2.69
Assorted Steaz Green Tea	2.59
Assorted Virgils Zero Sugar	1.89
Assorted Zevia Tea	2.79
Assorted Polor Ade	1.39
Assorted Swoon	3.29
Assorted Snapple 100%	2.29
Assorted Diet Soda	1.00
Assorted Regular Soda	1.55

FINISH WITH SOMETHING SWEET

Fresh Baked Cookies (160 cal)	1.69
Brownies (440 cal)	2.99
Dessert Bars (120 - 170 cal)	2.99

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IT'S TIME FOR SNACKS + BREAK



SNACKS & DESSERTS

Fruit and Berry Cup (60 cal)	3.49
Gourmet Bagged Popcorn	1.99
Assorted Sahale Mixed Nuts and Fruit	2.99
Planters Trail Mix	2.99
Mixed Nuts	2.99
Assorted Yogurt Covered Pretzels	3.99
Assorted Energize Bars: KIND, Rx, Luna, Clif Bars	3.99
Assorted Chips	2.09
Pretzels	2.09
Chex Mix	2.09
Vermont Beef Sticks	2.09
Chocolate Dipped Strawberries (55 cal)	1.99
Whole Wheat Wellness Cookies (160 cal)	1.49
(Peanut Butter Monster, White Chocolate Macadamia Nut, Chocolate Chip, Oatmeal Raisin, Double Chocolate Pecan Cranberry)	
Wuollets Fresh Baked Cookies (180-210 cal)	1.69
(Chocolate Chip, M&M, Snickerdoodle, Oatmeal Raisin)	
Assorted House Favorite Mini Cookie Trays	2.69
(Oreos, Nutter Butter, Famous Amos, and etc.)	
Peanut Butter Energy Bites (220 cal)	2.99
Apple Strudel Bars (150 cal)	1.99
Hazelnut Bars (220 cal)	1.99
Assorted Dessert Bars (50- 220 cal)	2.99
Brownies	2.99
Rice Krispie Bars	1.99
Mini Cheesecake (100 cal)	2.09
Chocolate Mousse and Strawberries (140 cal)	2.49
Keylime Shooters (140 cal)	2.49

THEMED BREAKS

Priced per person. Served with water.

- Mediterranean Hummus Bar** (300 cal) 7.
Roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers and kalamata olives
- Energy Break** (400 cal) 9.
Peanut butter protein Bites, assorted mixed salted nuts, and minted fruit salad
- To the Movies** 10.
Nachos with cheese, popcorn, mini candy bars, and Lindorf truffles
- BYO Snackle box** 11.
Guests can build their own snackle box with assorted sweet and sour candy, savory snack and trail mixes, dried fruit and chocolate-covered nuts.
Choice of 4 options: Banana Chips, Mini Fruit Mix, Apple Rings, Dark Chocolate Energy Boost, Happy Hour, Dark Chocolate Craisins, Dark Chocolate Almonds, Wild Fruit Worms, Swedish Fish, and Sour Brite Crawlers
- BYO Popcorn Mix** 5.
buttered popcorn, cheddar popcorn, and caramel corn

THROWING A LITTLE GET TOGETHER



CELEBRATION

*Priced per person, minimum 10 guests.
Served with water.*

Breads and Spreads (150 cal) 7.

Classic tomato bruschetta, caramelized onion spread, spinach artichoke spread with flatbread and crostini

Charcuterie (440 cal) 13.

Capicola, prosciutto, Boursin cheese, brie, goat cheese, cherry marmalade, smoked gouda, grilled asparagus, dried figs, marinated olives, spiced candied pecans, and toasted crostini

Tortilla Chips & Salsa (430 cal) 5.

Add Guacamole (60 cal) +3.

Add Queso (110 cal) +4.

Sliders (270-440 cal) 9.

Select three: Meatball Provolone (320 cal), BBQ Pulled Pork (320 cal), Chipotle BBQ Beyond (270 cal) or Buffalo Blue Chicken (440 cal)

Fruit & Cheese with Crostini (180 cal)

Small	Medium	Large	Party
60.	115.	165.	230.

Vegetable Crudités and Hummus

Small	Medium	Large	Party
50.	85.	135.	190.

Fruit Skewers with Yogurt Dipping Sauce (80 cal)

Small	Medium	Large	Party
110.	180.	300.	380.

Mediterranean Tray (460 cal)

Small	Medium	Large	Party
75.	145.	230.	350.

PLATTER & TRAY SERVING SIZES

Small	Medium	Large	Party
10 - 15	20 - 25	35 - 40	50 - 60

ADD A SWEET SURPRISE

Sheet cakes (full, 1/2 or 1/4) specialty desserts, and cupcakes are also available. Contact us and elevate your event!

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TODAY'S PLAN DRINK COFFEE AND BE AWESOME

BEVERAGES

Priced per person unless noted by servings.

MAKE IT HOT

Fresh Brewed Coffee and Tea Service Regular, decaf, hot tea, lemons, honey, sugars and creamer	1.99
Regular Coffee Airpot (serves 10)	19.99
Decaf Coffee Airpot (serves 10)	19.99
Hot Tea Airpot (serves 10)	19.99

HYDRATE

Acqua Panna Spring Water (premium)	3.29
Mountain Valley Sparkling Water (premium)	3.79
Saratoga Still Water (premium)	2.19
Saratoga Sparkling Water (premium)	2.19
Bubly	1.00
Right Water	1.69
Proud Source Water	2.69

MAKE IT COOL

Bottled beverages.

Cold Brew Nitro Coffee	4.59
Starbucks Frappuccino	4.59
Bubblr Beverage	3.19
Kevita / Kombucha	3.79
Pitcher of Juice (serves 10)	15.99
Regular Soda	1.55
Diet Soda	1.00
Minute Maid Lemonade	1.69
Assorted Snapple 100% Juice	2.29
Assorted Swoon	3.29

Bottled beverages.

Assorted Virgils	3.79
Assorted Cawston	3.39
Culture Pop Soda	2.69
Assorted Steaz Green Tea	2.59
Assorted Virgils Zero Sugar	1.89
Assorted Zevia Tea	2.79
Assorted Polor Ade	1.39



CATERING 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 48-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 setup, 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. If this is not possible, please let us know if we can deliver your order to another location. Cancellation fees may apply.

READY TO CREATE AN **EXPERIENCE?**

From celebrations marking company achievements to kick-offs for the future, and special occasions throughout the year, we'll make it all happen. We offer a wide range of services to meet every type of need. Contact us today and we will make sure your vision comes to life and ensure your event is a success.

UHG.CATERTRAX.COM
952-205-0100

