

EVERYDAY  
CATERING  
MENU



# IT'S BREAKFAST TIME RISE AND SHINE



## CONTINENTAL

*Priced per person, minimum 8 guests.  
Served with bottled water and coffee*

- Continental** (240-440 cal) 10.  
Assorted muffins and pastries with fresh sliced fruit
- Build Your Own Fruit and Yogurt Parfait** (310 cal) 9.  
Greek vanilla yogurt, seasonal fruit, granola, honey and dried cranberries
- Breakfast Charcuterie** (760 cal) 12.  
Dried fruit, artisan cheeses, cage-free hard boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves and fresh baked croissants
- Avocado Toast** (350 cal) 12  
Wheat toast topped with avocado, cage-free hard-boiled egg, arugula, roasted pumpkin seeds and pico de gallo
- Bagels** (610 cal) 9.  
Served with butter, cream cheese and fruit preserves

## HOT BREAKFAST

*Priced per person, minimum 8 guests.  
Served with bottled water and coffee*

- Classic Hot Breakfast** (600 cal) 15.  
Cage-free scrambled eggs, seasoned potatoes, bacon and fresh sliced fruit
- Breakfast Enchiladas** (560 cal) 12.  
Cage-free scrambled eggs, cheese, peppers and onions in a corn tortilla with avocado tomatillo salsa. Served with seasoned potatoes
- Add Sausage (200 cal/2 links) +3.
- Breakfast Sandwiches** (270 - 560 cal) 10.  
Select two flavors:
  - Egg and Cheese Croissant (390 cal)
  - Sausage, Egg and Cheese Croissant (560 cal)
  - Bacon, Egg and Cheese on Croissant (470 cal)
  - Ham, Egg and Cheese on Bagel (470 cal)
  - Egg and Cheese on English Muffin (270 cal)

## ADD-ONS

- Sliced Seasonal Fresh Fruit** (40 cal) 5.
- Assorted Yogurt Cup** (120 cal) 3.
- Pastries** (120 - 320 cal) 4.
- Seasoned Potatoes** (160 cal) 4.

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.

# READY FOR LUNCH?



## BOXED LUNCHES

*Priced per person, minimum 8 guests.  
Served with bottled water.*

- Executive Boxed Lunch** (600 - 1,160 cal)\* 15.  
Artisan sandwich or wrap, one side salad, whole fruit and a dessert bar
- Boxed Lunch** (690 - 1,050 cal)\* 13.  
Artisan sandwiches or wraps, bakers chips and cookie

## LUNCH PLATTERS

*Priced per person, minimum 8 guests.  
Served with bottled water.*

- Mini Sandwiches** (500 - 740 cal) 10.  
Selection of two mini sandwiches, choice of side salad, bakers chips and cookies
- Artisan Sandwiches and Wraps** (740-1,230 cal) 12.  
Selection of three sandwiches or wraps, choice of side salad, bakers chips and cookies
- Build Your Own Deli** (880-1,040 cal) 14.  
Variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan bread served with choice of side salad, bakers chips and cookies

## DELI AND SIDE SALAD SELECTIONS

### MINI SANDWICHES

- Veggie 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)
- Crispy Chicken Ranch (1200 cal)

### SIDE SALADS

- 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)

\*choose up to three varieties of sandwiches or wraps per order for Executive and Boxed Lunch

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# LETTUCE CELEBRATE



## SALADS

*Priced per person, minimum 8 guests.  
Served with bottled water.*

**Salad Boxed Lunch** 15.  
Choice of salad with dressing on the side. Served with chips, cookie and whole fruit

Salad Choices:

- Chef (270 - 520 cal)
- Chopped Cobb (350- 600 cal)
- Chicken Caesar (310 - 560 cal)
- Soy Ginger Salmon (560 - 810 cal)

**Build Your Own Salad** (300 - 530 cal) 9.  
Array of fresh garden salad ingredients, two dressings and garlic herb grilled pita bread

Add:

- Ginger Sesame Tofu (170 cal) +4.
- Herb Grilled Chicken (170 cal) +6.
- Lemon Pepper Salmon (200 cal) +7.
- Rosemary Grilled Shrimp Skewers (180 cal) +6.50

Dressing Choices:

- Golden Italian (100 cal)
- Caesar (230 cal)
- Balsamic Vinaigrette (160 cal)
- Ranch (230 cal)
- Honey Mustard (220 cal)

## SALAD PLATTERS

*Family-style salad with herb grilled pita bread  
and dressing on the side*

### Chicken Caesar (670 cal)

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

### Vegetarian Greek Salad (300 - 550 cal)

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

### Roasted Chicken Cobb (600 - 850 cal)

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

## SIDE SALAD PLATTER

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

Choice of 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 (190 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



## CREATE

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

<p><b>Mediterranean Graze</b> (460 cal) 17. 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 (170 cal) Chicken Souvlaki (270 cal) or Lamb and Beef Gyro (380 cal)</p> <p><b>Tacos</b> (1070 - 1400 cal) 12. Grilled vegetables, citrus chicken carnitas, seasoned beef, spicy black beans, spanish rice, pico de gallo, salsa roja, shredded lettuce, cheddar cheese, sour cream and jalapenos with flour tortillas. Served with house made tortilla chips.</p> <p>Add Guacamole (60 cal) +2.</p> <p><b>Fajitas</b> 17. lime cilantro steak, spiced chicken, grilled vegetables, soft flour tortillas, black beans, spanish rice, tortilla chips, pico de gallo, salsa roja, shredded lettuce, cheddar cheese, sour cream and jalapenos.</p> <p>Add Guacamole (60 cal) +2.</p>	<p><b>Simply Italian</b> (1070 cal) 18. Pasta with pomodoro and alfredo sauces, garlic bread and caesar salad with 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><b>Smokehouse Barbeque</b> (670 cal) 19. <i>48 hours notice required</i> Southern-style bacon green beans, macaroni and cheese, creamy coleslaw, corn bread, bbq sauce and choice of two proteins: Smoked BBQ Tofu (240 cal), Pulled Chicken (200 cal), Pulled Pork (270 cal), Smoked Brisket (290 cal) Or Kielbasa Sausage (370 cal)</p> <p><b>Power Grain Bowl</b> (420 cal) 11. Chef's selection of fresh seasonal roasted vegetables, whole grains, specialty sauces and toppers</p> <p>Add:</p> <ul style="list-style-type: none"> <li>- Ginger Sesame Tofu (170 cal) +4.</li> <li>- Herb Grilled Chicken (170 cal) +6.</li> <li>- Lemon Pepper Salmon (200 cal) +7.</li> <li>- Rosemary Grilled Shrimp Skewers (180 cal) +6.50.</li> </ul>
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## LOOKING FOR SOMETHING DIFFERENT?

Contact us about creating a custom menu selection.

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# READY FOR A PARTY



## PIZZA

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

<b>Four Cheese</b> (390 cal) Mozzarella, provolone, parmesan and cheddar	16.
<b>Pepperoni</b> (370 cal) Mozzarella, crushed tomatoes, pepperoni	16.
<b>Roasted Vegetables</b> (340 cal) Fresh onions, sweet peppers, tomatoes	16.
<b>Margherita</b> (290 cal) Fresh mozzarella, roma tomatoes, fresh basil	17.
<b>Mushroom</b> (340 cal) Mozzarella, fresh mushrooms	16.
<b>The Works</b> (410 cal) Italian sausage, red onions, bell peppers, black olives, mozzarella cheese	18.
<b>Meat Lovers</b> (390 cal) Pepperoni, Italian sausage, ham, meatballs, mozzarella	18.

### ADD SOME SPARKLE TO THE PARTY

<b>Sparkling Water</b>	2.
<b>Soda</b>	2.50

### FINISH WITH SOMETHING SWEET

<b>Dozen Fresh Baked Cookies</b> (180-210 cal)	16.
<b>Dozen Fudge Brownies</b> (440 cal)	18.
<b>Dozen Assorted Dessert Bars</b> (120-170 cal)	18.

## MAKE IT A PARTY

*Priced per person.*

<b>Side Salads</b>	3.50
- Minted Fruit (50 cal)	
- Caesar (170 cal)	
- Garden (180 cal)	
- Greek Spinach Salad (160 cal)	
<b>Side Salad and Bottled Water</b>	5.

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# IT'S TIME FOR SNACKS + BREAK



## SNACKS

Priced per ½ dozen and dozen, respectively.

<b>Cookies</b> (180 – 210 cal)	10. / 16
<b>Brownies</b> (440 cal)	12. / 18.
<b>Cookies and Brownies</b> (180 – 440 cal)	11. / 17.
<b>Dessert Bars</b> (120 – 170 cal)	12./ 18.
<b>Large Warm Pretzels</b> (280 cal) served with mustard and cheese dipping sauces	19.50 / 30.

## SNACK PLATTERS & TRAYS

### Fruit and Cheese with Crostini (180 cal)

Small	Medium	Large	Party
50.	100.	145.	200.

### Shrimp Cocktail Platter (120 cal)

Small	Medium	Large	Party
90.	160.	250.	385.

### Flavored Popcorn

Select two: Salted (45 cal), Chili Spiced (60 cal), Rosemary (70 cal) or Dark Chocolate Ancho (70 cal)

Small	Medium	Large	Party
12.	16.5	25.	30.

### Vegetable Crudités and Hummus

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

### PLATTER & TRAY SERVING SIZES

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

## THEMED BREAKS

Priced per person. Served with bottled water.  
Minimum 10 guests

<b>Mediterranean Hummus Bar</b> (300 cal) Roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers and kalamata olives	7.
<b>Energy Break</b> (400 cal) Assorted granola bars, assorted mixed salted nuts and minted fruit salad	9.
<b>Breads and Spreads</b> (150 cal) Classic tomato bruschetta, caramelized onion spread, spinach artichoke spread with flatbread crisps and crostini	7.
<b>Dim Sum</b> (720 cal) Pork or chicken pot stickers, vegetable egg rolls, pot sticker sauce, soy sauce, and pickled vegetables.	12.
<b>Bakers Chips and Dips</b> (220-450 cal) pick two: dill yogurt, creamy caramelized onion, roasted red pepper hummus, ranch dip or creamy spinach artichoke dip	6.
<b>House Made Chips &amp; Salsa</b> (460 cal) Add Guacamole (60 cal) Add Queso (120 cal)	5. +2. +3.
<b>Energize Your Day with a Twist</b> Red Bull energy drink, sparkling water and diced fresh fruit	8.

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# TODAY'S PLAN DRINK COFFEE AND BE AWESOME

## BEVERAGES

*Priced per person unless noted by servings.*

### MAKE IT HOT

<b>Fresh Brewed Coffee and Tea Service</b> Regular, decaf, hot tea, lemons, honey, sugars and creamer	3.
<b>Regular Coffee Airpot</b> (serves 10)	20.
<b>Decaf Coffee Airpot</b> (serves 10)	20.
<b>Hot Tea Airpot</b> (serves 10)	20.

### MAKE IT COOL

*Bottled beverages.*

<b>Starbucks Frappuccino</b>	4.50
<b>Iced Tea</b> Sweet or Unsweetened	3.
<b>Lemonade</b>	2.50
<b>Juice</b>	3.
<b>Soda</b>	2.50

### ENERGIZE YOUR DAY

*Canned beverages.*

<b>Monster</b>	4.50
<b>Red Bull</b>	4.50

### HYDRATE

*Bottled beverages.*

<b>Smartwater</b>	3.
<b>LifeWTR</b>	2.50
<b>Sparkling Water</b>	2.
<b>Water</b>	2.





## 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 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 will 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.

**WILDFLOWER  
CAFE** 

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