



the fresh fork

SEASONAL CATERING. QUALITY SERVICE.

BREAKFAST

# BUILD-YOUR-OWN BREAKFAST BUFFET

*selections are priced a la carte, please mix and match*

<b>seasonal fruit platter</b>	\$3.25 ea
<b>yogurt parfait</b>	\$3.25 ea
<b>fresh baked mini muffins and pastries</b>	\$3.29 ea
<b>scrambled eggs or egg whites</b>	\$2.20 ea
<b>breakfast sandwich</b>	\$2.99 ea
<b>crispy bacon (2 slices)</b>	\$2.20 ea
<b>pork sausage (2 links)</b>	\$2.20 ea
<b>home fried potatoes</b>	\$2.20 ea
<b>breakfast burritos</b>	\$4.29 ea
<b>bagels</b>	\$2.50 ea
cream cheese, butter and jam	
<b>granola bars</b>	\$1.99 ea

## BUNDLED BREAKFAST

<b>fresh baked</b>	\$5.79 ea
mini pastries, muffins, butter, jam, served with coffee and tea service	
<b>add seasonal fruit platter</b>	\$3.25 ea
<b>classic hot breakfast</b>	\$8.99 ea
scrambled eggs, bacon or sausage and home fries served with coffee and tea service	
<b>executive hot breakfast</b>	\$13.99 ea
mini frittatas, home fries, bacon, sausage, seasonal fruit and mini pastries served with coffee and tea service	
<b>classic fruit and yogurt bar</b>	\$8.99 ea
seasonal fresh and dried fruit, yogurt, granola, served with coffee and tea service	

## BEVERAGES

<b>coffee and tea service</b>	\$2.50ea
<b>bottled juice</b>	\$1.75ea
<b>bottled water</b>	\$1.65 ea
<b>canned soda</b>	\$1.50 ea
<b>vitamin water</b>	\$2.22 ea
<b>ice tea</b>	\$2.22 ea
<b>monster energy drinks</b>	\$3.00 ea
<b>sparkling dasasni</b>	\$1.75 ea
<b>bottled soda</b>	\$1.75 ea



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SANDWICH  
&  
SALAD

# DELI

## mini sandwiches

\$11.99 ea

assortment of mini sandwiches to include: country ham & swiss, caprese, turkey, bacon, avocado served with bakers chips, garden salad and cookies, bottle water or canned soda

## wrap sampler

\$12.99 ea

signature wraps roast beef and caramelized onion, chicken salad, turkey club, roasted veggie served with bakers chips, garden salad and cookies, bottle water or canned soda

## artisan sandwiches

\$13.99 ea

rosemary ham, cheddar cheese, pickled apple, maple aioli, fried egg plant, fresh mozzarella, roasted red pepper, basil balsamic glaze, muffaletta, ham, salami, provolone, olive tapenade artisan sandwiches served with bakers chips, garden salad and cookies, bottled water or canned sode

## boxed lunch

\$12.99 ea

sandwiches and wraps, fresh fruit cup, bagged chips and a cookie

## Value lunch

classic sandwiches, bagged chips and bottled water \$9.99

# SALAD

## build your own custom salad bar

\$13.99 ea

two proteins, two mixed greens and 6 toppers

*proteins:* grilled chicken, rosemary flank steak, grilled salmon, shrimp, tofu, bacon, egg, roasted turkey, ham

*greens:* romaine, iceberg, wild mixed greens, spinach

*toppers:* cucumber, tomato, onion, peppers, kalamata olives, black olives, feta cheese, provolone cheese, shredded cheddar cheese, croutons, grains, broccoli, mushrooms, shredded carrots, chickpeas ,

*served with dinner rolls and fresh baked cookies, bottled water or canned soda*

## individual entrée salads

\$12.99

served with dinner rolls and bottled water

*selections include: chicken caesar, cobb, antipasto, tuna*

## side salads

caesar	\$1.49
garden salad	\$1.49
potato salad	\$1.49
pesto pasta salad	\$1.49
chef's seasonal grain salad	\$1.49
coleslaw	\$1.49



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CREATE

# CREATE

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## **italiano** \$14.99 ea

baked ziti, breaded chicken and eggplant parmesan, garlic bread sticks, caprese salad, parmesan cheese and cookies, bottled water or canned soda

## **build your own tacos** \$13.99 ea

beef picadillo, chicken tinga, soft tortillas, pico de gallo, salsa, spicy black beans, mexican rice, shredded lettuce, cheddar cheese, sour cream and cookies, bottled water or canned soda

add guacamole \$1.00 ea

## **asian buffet** \$14.99 ea

general tso chicken, kung pao beef, vegetable fried rice, sweet chili steamed vegetables, egg rolls, condiments and fortune cookies, bottled water or canned soda

## **baked potato bar** \$10.99ea

seasoned russet potatoes and sweet potatoes, steamed broccoli, cheese sauce, vegetarian chili, shredded cheddar cheese, green onion, salsa, sour cream, bacon, garden salad, cookies, bottled water or canned soda

## **bbq** \$14.99 ea

bbq pulled pork, chipotle chicken, baked beans, macaroni and cheese, collard greens, jalapeno corn bread and cookies, bottled water or canned soda

## **clam cakes & chowder** \$6.99 ea

add a new england favorite: stuffies \$1.99 ea

## **seafood salad roll** \$7.99

served with, cole slaw, bakers chips and cookies

# PIZZA

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## **pizza or calzone luncheon** \$10.75 ea

pizza with choice of toppings (2 slices per guest) or 1 individual calzone per guest, caesar salad with house made croutons and assorted cookies, bottled water or canned soda

## **4 cheese** \$10.99 ea

mozzarella, provolone, parmesan and cheddar

## **pizza with two toppings** \$11.99 ea

pepperoni, ham, pineapple, mushroom, olives, grilled chicken, breaded chicken, sausage, peppers, onions, spinach, bacon, garlic

*custom selections available upon request*



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SNACK

# SNACKS

<b>cookies</b>	\$1.95 ea
<b>brownies</b>	\$1.75 ea
<b>mini dessert bars and cupcakes</b>	\$2.99 ea
<b>fruit and cheese parfait cups</b>	\$3.65 ea
<b>pudding parfaits cups</b>	\$2.99 ea
<b>tortilla chips and salsa</b>	\$2.99 ea
<b>trail mix parfait cups</b>	\$2.29 ea
<b>bag of chips</b>	\$1.00 ea
<b>candy bars</b>	\$1.25 ea
<b>granola bars</b>	\$1.25 ea

# THEMED BREAKS

<b>fiesta</b>	\$4.99 ea
guacamole, fresh salsa, spicy black beans and tortilla chips	
<b>all chocolate</b>	\$4.99 ea
chocolate cake bites, brownies, chocolate chip cookies, miniature chocolates and strawberries	
<b>ice cream sundae bar</b>	\$5.95 ea
chocolate, vanilla, strawberry ice cream, whipped cream, chocolate sauce, nuts, sprinkles and cherries	
<b>antipasto</b>	\$5.95 ea
cured meats and a selection of cheeses with crackers	
<b>energize</b>	\$4.99 ea
trail mix, hand fruit and an assortment of wellness bars	
<b>hot chocolate break</b>	\$3.95 ea
hot chocolate, mini marshmallows, shaved chocolate	
<b>popcorn</b>	\$3.99 ea
assorted flavored popcorn, butter, rosemary, chocolate, served with fresca water	

## we customize

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