

EVERYDAY CATERING MENU



IT'S BREAKFAST TIME RISE AND SHINE



CONTINENTAL

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

Continental (240-440 cal) 10.
Assorted mini muffins and pastries with fresh sliced fruit

Build Your Own Fruit and Yogurt Parfait (310 cal) 9.
Greek vanilla yogurt, seasonal fruit, granola, dried cranberries.

Overnight Oats (530 cal) 8.50

- apple overnight oat parfait
- strawberry overnight oat parfait
- blueberry overnight oat parfait

bagel basket: 5.5
assorted bagel with cream cheese and assorted jelly, whole fruit and bottled water

muffin basket: 5.5
assorted muffin, whole fruit and bottled water

pastry basket: 5.5
assorted pastries, whole fruit and bottled water

HOT BREAKFAST

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

Classic Hot Breakfast (600 cal) 15.
Cage-free scrambled eggs, seasoned potatoes, bacon and fresh sliced fruit

Breakfast Sandwiches (270 - 570 cal) 10.
Select two flavors:
- Egg and Cheese Croissant (390 cal)
- Sausage, Egg and Cheese Croissant (560 cal)
- Ham, Egg and Cheese on Croissant (560 cal)
- Bacon, Egg and Cheese on Croissant (570 cal)

ADD-ONS

bottled water	2
soft drinks	2
bottled juice	2
coffee service (serves 6)	12

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?



LUNCH PLATTERS

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

- Mini Sandwiches** (500 - 740 cal) 16.50
Selection of two mini sandwiches, choice of side salad, bakers chips and cookies
- Artisan Sandwiches and Wraps** (740-1,230 cal) 15.50
Selection of three sandwiches or wraps, choice of side salad, chips and cookies
- Build Your Own Deli** (880-1,040 cal) 20.
Variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan bread served with choice of side salad, chips & cookies

DELI AND SIDE SALAD SELECTIONS

ARTISAN SANDWICHES

- Turkey Jack BLT (580 cal)
- Buffalo Chicken (200 cal)
- Ham and Swiss (230 cal)

- Italian Hoagie (540 cal)

ARTISAN WRAPS

- Roasted Veg & Hummus (390 cal)
- Roasted Vegetable Caprese (230 cal)
- Tuna Salad (150 cal)
- Classic Chicken Salad (550 cal)

- SIDE SALADS

- whole grain roasted vegetable salad
- seasonal fruit salad
- dijon roasted potato salad
- pasta salad
- garden salad
- caesar salad

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READY FOR A PARTY



PIZZA

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

Four Cheese (390 cal) Mozzarella, provolone, parmesan and cheddar	16.
Pepperoni (370 cal) Mozzarella, crushed tomatoes, pepperoni	17.
Roasted Vegetables (340 cal) Fresh onions, sweet peppers, tomatoes, mushrooms	17.
Margherita (290 cal) Fresh mozzarella, roma tomatoes, fresh basil	17.
Mushroom (340 cal) Mozzarella, fresh mushrooms	17.
The Works (410 cal) Italian sausage, red onions, bell peppers, black olives, mozzarella cheese	18.
Meat Lovers (390 cal) Pepperoni, Italian sausage, ham, meatballs, mozzarella	18.
Substitute any pizza with cauliflower crust	+4.

MAKE IT A PARTY

Priced per person.

Side Salads	3.5
whole grain roasted vegetable salad	
seasonal fruit salad	
dijon roasted potato salad	
pasta salad	
garden salad	
caesar salad	

ADD SOME SPARKLE TO THE PARTY

Sparkling Water (premium option)	3.
Soda	2

FINISH WITH SOMETHING SWEET

Fresh Baked Cookies (180-210 cal)	1.
Fudge Brownies (440 cal)	1.5.

add beverages:

bottled water	2
soft drinks	2
bottled juice	2
coffee service (serves 6)	12

sweet tooth...

whole fruit	1
bagged chips	1
fresh baked cookies	1.25
fudge brownie	1.5
candy bar	1.5
granola bar	2

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LETTUCE CELEBRATE



SALADS

- Dressing Choices:
- Fat-free Italian (25 cal)
 - Caesar (230 cal)
 - Balsamic Vinaigrette (160 cal)
 - Ranch (230 cal)
 - Blue Cheese (250 cal)

salad platters: *minimum of 6 guests*

selection of family style salad, dinner roll, cookie, whole fruit, and bottled water.

caesar salad	13
crisp lettuce, freshly grated parmesan cheese, shaved red onions, cherry tomatoes, and house made croutons	
with chicken	15
with steak	16
with shrimp	17
caprese salad	14
crisp lettuce, cherry tomatoes, shaved red onions, peppers, fresh mozzarella, basil and house made croutons	
with chicken	15
with steak	17
with shrimp	18
cobb salad	14
crisp lettuce, cherry tomatoes, hard cooked egg, peppers, crumbled blue cheese, and bacon	
with chicken	15
with steak	17
with shrimp	18
tuscan	14
crisp lettuce, cherry tomatoes, artichoke hearts, olive and cucumber	
with chicken	15
with steak	17
with shrimp	18

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LET'S EXPLORE FLAVORS



CREATE

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

Tacos (1070 - 1400 cal) 20.

Grilled vegetables, citrus chicken carnitas, seasoned beef, spicy black beans, red rice, salsa roja, shredded lettuce, cheddar cheese, sour cream and jalapenos with corn and flour tortillas. Served with a bottled water.

Make it plant-forward and swap seasoned beef for Beyond Chorizo

Add Guacamole (60 cal) +4.

Simply Italian (1070 cal) 22.

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)

Smokehouse Barbeque (670 cal) 22.

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) Or Smoked Brisket (290 cal)

LOOKING FOR SOMETHING DIFFERENT?

Contact us about creating a custom menu selection.

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IT'S TIME FOR SNACKS + BREAK



SNACKS

Priced per ½ dozen and dozen, respectively.

Cookies (180 – 210 cal) 7.5 / 15

Brownies (440 cal) 9. / 18.

the snack basket (pre-packaged) 6.5
assorted chips, house baked cookies, whole fruit

wellness break (pre-packaged) 5
granola bar, whole fruit, house baked cookies

add beverages to your snacks:

bottled water	2
soft drinks	2
bottled juice	2
coffee service (serves 6)	12
sweet tooth...	1
whole fruit	1
bagged chips	1.25
fresh baked cookies	
fudge brownies	1.5
candy bar	1.5
granola bar	2

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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 (6pp) 12.
Regular, decaf, hot tea, sugars and creamer

MAKE IT COOL

Bottled beverages.

Starbucks Frappuccino 4.5
Iced Tea Sweet or Unsweetened 2.
Juice 2.
Soda 2.

ENERGIZE YOUR DAY

Canned beverages.

Monster 4.
Red Bull 4.

HYDRATE

Bottled beverages.

Smartwater (premium option) 4.
LifeWTR (premium option) 4.
Sparkling Water (premium option) 3.
Water 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 and set-up your order at your requested location. Pick-ups will be done the morning after the event.

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 at (860) 243-7041 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 for an additional charge. Speak to our catering manager to schedule an attendant to make sure your event is a success!

Cancellations

Catering orders are made specifically for your meeting, therefore cancellations must be made 24 hours in advance. 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.

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