



breakfast

wellness fruit and yogurt 5.99 pp
low-fat or greek yogurt, sliced fruit, granola, nuts, raisins,, craisins juice, water, coffee service

gourmet continental 8.99 pp
fresh baked pastry, homemade muffins, fresh cut fruit, water, juice, regular and decaf coffee, and tea

wellness oatmeal bar 5.99 pp
hot oatmeal, dried cranberries, raisins, brown sugar, berries, water, coffee, and tea

big breakfast sandwiches 7.99 pp
egg sandwiches with cheese, on bagel or english muffin, with choice of sausage, bacon, or ham, home fries, coffee, tea juice, and water

the eye opener 9.99 pp
scrambled eggs, maple banana french toast, bacon or sausage, home fries, maple syrup, coffee, tea, juice, and water

hasbro hot breakfast 10.99 pp
scrambled eggs, bacon and sausage, home fries, sliced fruit, coffee, tea, juice, and water

new england country breakfast 11.99 pp
scrambled eggs, french toast, bacon, sausage, home fries, fresh cut fruit, maple syrup, assorted pastries, coffee, tea, juice, and water

a la carte

whole seasonal fresh fruit 1.09 ea

sliced fresh fruit 2.79 ea

pastry or muffin 1.59 ea

yogurt parfaits 1.79 ea

oatmeal 1.99 ea

breakfast sandwich 2.99 ea

breakfast burrito 3.29 ea

scrambled eggs (2) 1.59 ea

sausage or bacon 1.59 ea

turkey sausage or bacon 1.79 ea

hard boiled eggs 1.59 ea

home fries or tater tots 1.49 ea

french toast (2) 1.79 ea

pancakes (2) 1.79 ea

beverage

coffee service 2.29 ea
coffee, hot tea, decaf, sugar, milk, half and half, honey, lemon

juice service 1.99 ea
assorted fruit juices

bottled water 1.49 ea

canned soda 1.49 ea

bottled iced tea 1.99 ea

hydration station 9.99 jug

strawberry, lime, lemon, or cucumber infused water



the fresh fork



deli

salad selections: fruit salad, tossed salad
red potato salad, or grain salad

hot mini sandwiches 11.99 pp

eggplant parmesan, chicken parmesan,
meatball parmesan, bakers chips, garden
salad, cookies, water, and soda

mini sandwiches 9.99 pp

selection of mini sandwiches, choice of
side salad, house made chips, cookies,
bottled water, and soda

½ sandwich and soup combo 8.99 pp

selection of ½ sandwiches, soup of the
day, side salad, bakers chips, cookies,
bottled water, and soda

classic boxed lunch 9.99 pp

chef's assortment of classic sandwiches
on sliced bread or wrap, bagged chips,
hand fruit, cookie, and a water to go

nothing but wraps 9.99 pp

chef's assortment of classic wraps,
bakers chips, choice of salad, cookies,
water and soda

hot and cold minis 10.99 pp

assortment of hot and cold classic deli
sandwiches, choice of salad, bakers chips,
cookies, water, and soda

au bon pain soup 3.99 pp

choice of soup with dinner roll

add soup to any deli order 2.99 pp

choice of soup

roots & seeds

individual salads from our fresh 'roots & seeds'
brand

deconstructed salad buffet 16.99 pp

marinated grilled shrimp, chicken, sirloin,
assortment of seasonal grilled and fresh
vegetables, wild greens, romaine, bulgur
wheat salad, rolls, dressings, cookies, water
and soda

build your own cobb salad 12.99 pp

house roasted turkey, romaine lettuce,
tomato, carrot, cucumber, avocado,
blue cheese, crumbled bacon, sunflower
seeds, ranch dressing, herb vinaigrette,
side salad, bakers chips, cookies,
cookies, bottled water and soda

build your own thai noodle salad 13.99 pp

crispy chicken, grilled shrimp, spinach,
rice noodles, red onion, cucumber, orange,
carrots, broccoli, peanuts, wonton crisps,
peanut lime dressing, soy ginger vinaigrette,
cookies, water and soda

house salad platers 8.99 pp

selection of entrée salad, two dressings,
dinner rolls, and butter

salad selection:

chicken caesar	chef salad
gourmet cobb salad	tomato basil pasta salad
grilled vegetable salad	grain salad

add salad plater to any deli order 2.99 pp



the FRESH FORK



global crafting

masala 14.99 pp
choice of protein with rice, naan bread, vegetables, dessert, water, and soda

proteins: chicken, shrimp, pork
saucers: coconut curry, makhni

bok choy 14.99 pp
pick your protein and sauce with steamed rice (white or brown), stir fired vegetable, egg rolls, dessert, water, and soda

proteins: chicken, shrimp, beef, tofu
saucers: orange, chili garlic, sweet and sour, kung pao

za'tar 15.99 pp
deconstructed greek salad, chicken and beef, falafel, roasted vegetables, hummus, tabbouleh, warm pita, dessert, water and soda

extra protein can be added for 1.99 pp

piccola italia 12.99pp
your choice of pasta, sauce, and protein paired with garlic bread, caesar salad, grated cheese, fresh herb garnish, dessert, water, and soda

choose one of each:
saucers: pomodoro, bolognese, pesto, alfredo
pasta: whole wheat penne, gemelli, tortellini
proteins: meatballs, grilled chicken, sausage, chicken parmesan

big city barbeque 15.99 pp
choose your protein, two sides, and we'll throw in the saucers, cornbread, salad, cookies, and beverages

proteins: carolina chopped pork, beef brisket, pulled chicken
sides: collards, baked beans, mac n cheese, potato salad, macaroni salad, corn, or country slaw

taco cantina 14.99 pp
create your own taco or taco bowl choose your protein, served with rice, beans, all the fixins', dessert, water, and soda
proteins beef barbacoa
chicken tinga
ground beef or turkey



create

fajita combo

15.99 pp

marinated beef and chicken, soft tortilla, shredded lettuce, tomatoes, black olives, peppers, onions, cheddar, cheese, salsa, sour cream, corn tortilla chips, cookies, water, and soda

chicken marsala buffet

12.99 pp

chicken marsala, rice pilaf, seasonal vegetables, cookies, water, and soda

grilled sirloin steak

15.99 pp

grilled sirloin steak, chimichurri, roasted potatoes, seasonal vegetable, garden salad, cookies, water, and soda

baked potato bar

8.99 pp

russet potatoes, steamed broccoli, cheese sauce, vegetarian chili, shredded cheddar cheese, green onions, salsa, sour cream, bacon bits, butter, garden salad, cookies, water, and soda

pizza party

8.99 pp

assortment of pizza, served with caesar salad, cookies, water, and soda (2 slices pp)

pizza a la carte

10.99 ea

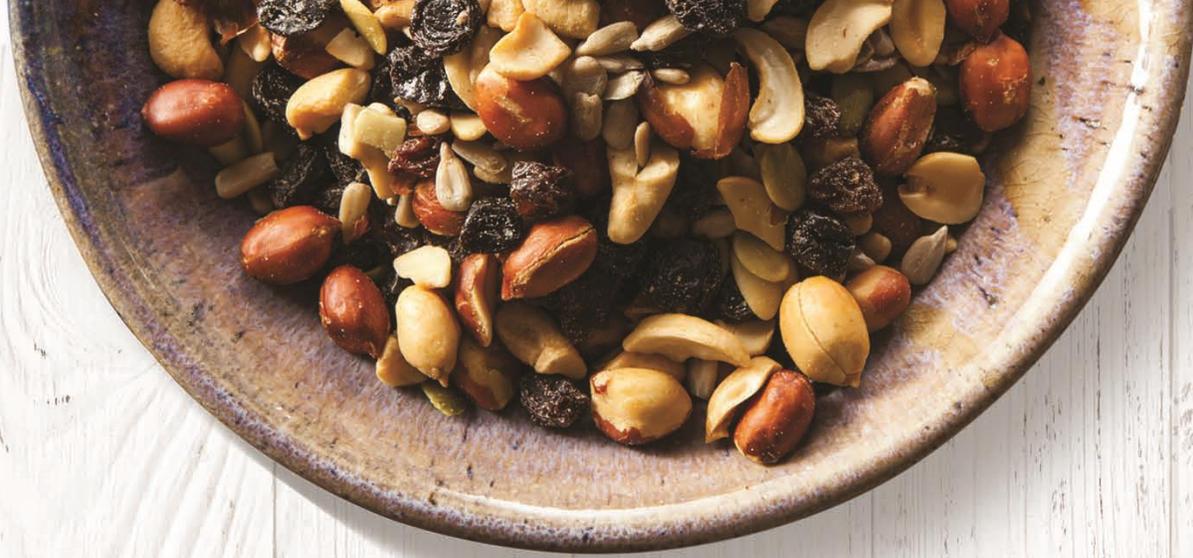
made to order pizzas

please write topping in special instructions

custom selections available!



the fresh fork



snacks

brownies	1.09 ea
cookies	1.09 ea
byo trail mix	2.99 ea
fruit and cheese tray	3.99 ea
energy snack basket	2.29 ea
warm soft pretzel bites	2.29 ea
sundae bar	3.99 ea
fresh whole fruit	1.09 ea

themed breaks

antipasto	4.99 pp
Assorted italian meats and cheeses, artichoke hearts, olives, roasted red peppers, crostini	
cookies and milk	3.99 pp
variety of our all-butter cookies along with cold chocolate and regular milk	
mediterranean	4.99 pp
house made hummus, feta cheese, roasted red peppers, kalamata olives, pita chips	
bruschetta	3.99 pp
tomato bruschetta on crostini, fresh mozzarella, assorted cured olives	
mexican fiesta	3.99 pp
guacamole, salsa, tortilla chips	

celebration

full sheet, ½ sheet, ¼ sheet cakes,
specialty desserts and cupcakes
requires 48 hour notice

call our catering team to
elevate your event!



the FRESH FORK



**Don't see what you need? Please contact
our catering team for help creating one of a
kind menus and events to support your
needs.**

contact

**Brian Tweedie | Catering Manager
Matthew Hoff | General Manager
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E-Mail: brian.tweedie@compass-usa.com
matthew.hoff@compass-usa.com**



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