



## 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

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

## themed breaks

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

## celebration

full sheet, 1/2 sheet, 1/4 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  
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