

Fall/Winter 2023

## the fReSh fork

## breakfast

wellness fruit and yogurt
7.00ea*
low-fat yogurt, sliced fruit, granola, nuts, raisins \& assorted whole grain mini muffins

## deluxe breakfast bakery

freshly baked muffins, danishes, or scones, \& seasonal fresh fruit bowl

## fall breakfast board

12.00ea*
cheddar apple egg bites, maple bacon, cinnamon rolls with cream cheese icing, pumpkin bread, harvest trail mix with rosemary, roasted fresh pears, dried apricots \& apple butter
avocado toast bar
12.00ea*
build your own avocado toast with toasted wheatberry bread, avocado spread, sliced hard boiled eggs, feta cheese, chili spiced pepitas, chopped candied bacon

## beverage

coffee service per person
4.00 ea
coffee, hot tea, decaf, condiments
coffee (one air pot serves 6)
15.00 ea
regular, hazelnut, or vanilla, condiments
bottled water
bottled soda
bottled juice
bottled iced tea
energy drinks
gatorade
red bull
game day biscuits and sliders
$12: 00 \mathrm{ea}$ *
select 2 flavors served with loaded tater tots spicy chicken \& honey butter biscuit sandwich, sausage \& pimento cheese biscuit sandwich, applewood bacon, egg \& cheddar slider or turkey, egg \& cheddar slider.

## potato and rosemary frittata

 14.00ea* baked cage-free egg frittata with fresh spinach, red bliss potatoes, rosemary \& feta cheese. served with sausage links, house baked biscuits, and mini apple almond honey yogurt parfaits
## don't forget to add coffee!

## a la carte

assorted breakfast sandwich
fresh fruit cup " 4.50 ea
assorted muffins 3.1 ea
assorted scone $\quad 3.00 \mathrm{ea}$
assorted danish 3.00 ea
mini apple almond honey yogurt parfait 5.00 ea
whole fresh fruit 1.50 ea
assorted donut
2.50 ea

## deli

seasonal sandwich and salad graze
chicken salad with grapes and almonds sliders, grilled vegetables and pumpkin hummus half wraps, dill potato and apple salad, tuscan kale caesar salad and dessert bars

## gourmet boxed lunch

includes house made chips \& cookie

## italian

ham, salami, turkey, red onions, tomatoes, banana peppers, green olives \& garlic parmesan dressing on hoagie

## chicken salad sandwich

roasted chicken, grapes \& almonds on a house baked croissant

## grilled california club sandwich

ham, bacon, turkey, avocado, cheddar \& arugula on ciabatta

## turkey \& bacon

turkey \& bacon with caramelized onions, cheddar \& maple mayo on a brioche bun

## buffalo chicken wrap

fried chicken tossed in buffalo sauce \& ranch coleslaw wrapped in a flour tortilla
grilled vegetables and pumpkin hummus wrap
grilled vegetables with a seasonal pumpkin hummus on a tortilla wrap
gourmet boxed lunch salads
includes dinner roll with butter

## southwestern chopped salad

grilled chicken, romaine, black beans, bell peppers, diced tomatoes, corn \& green onions, with creamy avocado cilantro dressing

## thai chicken salad

grilled chicken, edamame, crispy wontons, green onions, peanuts, red peppers, carrots \& purple cabbage with spicy thai dressing

## harvest cobb salad

hard-boiled egg, grilled chicken, bacon, avocado, blue cheese, and cherry tomatoes and maple cider vinaigrette

## tuscan kale caesar salad

kale, grilled chicken, shredded parmesan, focaccia croutons, roasted tomato, and caesar dressing (garbanzo beans can be substituted for protein to make any salad a vegetarian option)
don't forget to add the drinks!

## BYO salad

build your salad of choice with a variety of seasonal raw and grilled vegetables, leafy greens, grains and toppers. choose your
protein and we'll supply the appropriate dressingsadditional protein selection available for groups of 20 or more

$$
\begin{array}{l|l}
\begin{array}{l}
\text { grilled chicken } \\
\text { grilled tofu }
\end{array} & \begin{array}{l}
\text { buffalo chicken } \\
\text { flank steak** }
\end{array}
\end{array}
$$

## masala

basmati rice, warm naan bread, lentil daal \& seasonal roasted vegetables
choose one protein \& sauce:
proteins: chicken, pork, beef**, shrimp**,
sauces: coconut curry, makhani, tandoori
additional protein and sauce choices available for groups of 20 or more

## bok choy

17.00 ea*
bok choy is a pan-asian concept utilizing authentic asian cooking sauces to create delicious composed dishes including one protein accompanied by steamed white rice or fried rice, stir fry vegetables \& egg rolls. additional protein choices available for groups of 20 or more

## choose two of the following proteins:

teriyaki chicken kung pao tofu general tso's chicken

## global crafting

4 cheese lasagna rolls with bolognese sauce or spinach lasagna rolls with pesto cream sauce, focaccia garlic bread, tuscan green salad with toasted almonds, shredded parmesan and house made balsamic vinaigrette both lasagna roll options available for groups of 20 or more

## big city barbeque

17.00 ea*
choose your protein, two sides \& a bread, we'll throw in the sauces \& fixins'- additional protein choice available for groups of 20 or more proteins: carolina pulled pork, chopped brisket, or smoked shredded chicken
sides: baked beans, loaded mac n' cheese, potato salad, garden salad, or green beans w/ bacon breads: cornbread or brioche buns

## byo street tacos

17.00 ea*
guests can build their own street-style tacos with corn tortillas, authentic proteins, pico de gallo, pickled onion w/ jalapeno \& shredded cheese. served with chips and queso, guacamole, crispitos with honey.
additional protein choice available for groups of 20 or more
select your protein:

- chorizo
- chili lime shrimp
- chicken asado
brick oven pizzas
add a side tuscan salad for $\$ 2.49$ per person


## one topping

14.00 ea
pepperoni, sausage, beef, chicken, cheese
specialty
17.00 ea

5 meat: pepperoni, ham, sausage, beef \& bacon the works: pepperoni, beef, sausage, peppers, mushrooms \& onions
chicken pesto: chicken, pesto sauce, garlic chips, artichoke hearts \& shredded mozzarella
philly cheesesteak: garlic oil, sliced steak, green pepper, onion, cream cheese \& mozzarella chicken bacon ranch: ranch sauce, crispy bacon, chicken, red onion, fresh tomato \& shredded mozzarella
mediterranean: basil pesto sauce, italian sausage, tomato, artichoke hearts, roasted red peppers, black olives, feta \& shredded mozzarella
(available in vegetarian)
italian grinder: classic red sauce, pepperoni, genoa salami, red onion, roasted red pepper, banana peppers, topped with shredded mozzarella
pulled pork bbq pizza w/ bbq sauce, pickled red onion, bacon, smoked pulled pork, cilantro \& shredded mozzarella
seasonal earth bowl
16.00 ea*
build your bowl with a variety of seasonal roasted vegetables, hearty grains, toppings and house made dressings and cookies. pick a protein to compliment your bowl
herb grilled chicken
rosemary grilled shrimp
ginger sesame grilled tofu
lemon pepper grilled salmon

## game day chili bar

14.00 ea*
choice of 2 chilies: three bean chili, turkey chili, or beef and bean chili with toppings including cheese, green onions, pickled jalapenos and sour cream. served with fall harvest salad, cornbread and spice cake

## za'tar

17.00 ea*
our middle eastern concept za'tar brings classic dishes \& flavors. build your own pita or plate w/ chicken or beef shawarma, hummus, cucumber, tomato, red onion, feta cheese, black olives, shredded lettuce, pita chips, tabbouleh \& tzatziki sauce
(falafel available upon request)
additional protein choice available for groups of 20 or more

## themed breaks

crudite with pumpkin hummus
butterscotch blondies
peppermint brownies
2.50 ea
assorted holiday mini cookie platter
2.00 ea
trail mix cup
5.00 ea
pistachio almond cranberry apricot chocolate

| warm soft pretzels with cheese | $4.00 \mathrm{ea}^{*}$ |
| :--- | :--- |
| popcorn | 2.00 ea |
| rice krispy treats | 2.50 ea |
| CK snack mix | 2.50 ea |
| pie by the slice | 4.00 ea |

choice of apple, pumpkin or pecan
pumpkin energy bites
20.00 / DZ
afternoon at the movies
9.00 ea*
fresh popcorn, snack mix, assorted candy mix-ins, bottled water \& soda

## snack attack

9.00 ea*
fresh baked assorted cookies, rice krispy treats, brownies, snack mix, bottled water \& soda
dips \& spreads break
9.00 ea*
caramelized onion dip, dill dip, corn salsa, tortilla chips, baker's chips, vegetable crudité, bottled water \& soda
harvest snack box $8.00 \mathrm{ea}^{*}$
pumpkin hummus, soft pita, candied pecans and red grapes served with bottled water
seasonal trail mix snack box 8.00 ea*
homemade trail mix, gingerbread granola, pumpkin energy bites and candied pecans
holiday hot chocolate bar
5.00 ea*
premium hot chocolate, whipped cream,
peppermint sticks, mini marshmallows, chocolate chips
mini apple almond honey yogurt parfait 5.00 ea

## celcbration

 cupcakes, full sheet cakes $\& 1 / 2$ sheet cakes require minimum 5 days notice we can even bring in special request items,i.e. Crumbl!
call our catering team to elevate your event!

## the fReSh fORK

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* minimum quantity 8
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