

## breakfast

wellness fruit and yogurt 6.00 ea low-fat or greek yogurt, sliced fruit, granola, nuts, raisins, craisins, coffee

executive continental 6.00 ea assorted breakfast pastries and seasonal fruit tray, coffee

classic continental 5.00 ea assorted breakfast pastries including choice of bagels, donuts or muffins, coffee

breakfast graze 9.00 ea spinach and rosemary frittata, sweet potato hash, greek yogurt parfait with fresh berries and granola, coffee

classic hot breakfast 9.00 ea scrambled eggs, home fries or tater tots, bacon or sausage, sliced fruit, coffee

# peverage

coffee by the gallon	14.50 ec
regular or decaf tea by the gallon	12.50 ec
hot water, assorted tea bags bottled water bottled soda energy drinks bottled juice bottled iced tea gatorade / vitamin water	1.75 ea 2.00 ea 3.50 ea 2.00 ea 2.00 ea 2.50 ea

# a la carte

whole seasonal fresh fruit	1.50 ea
sliced fresh fruit	4.00 ea
fat free yogurt cups	2.00 ea
individual yogurt parfaits choice of; banana and candied pe blueberry and lemon, pear and waln cardamom raisin, apple almond, or k cucumber	ιυt,

granola / breakfast bar	2.00 ea
individual assorted cereal with milk	4.25 ea
scrambled eggs	2.25 ea
sausage or bacon	2.25 ea
black pepper biscuits and gravy fresh baked buttermilk biscuits with scratch-made sausage gravy	2.25 ea

bagels and cream cheese per dozen

muffins per dozen 17.50 ea donuts per dozen deluxe bakery rolls per dozen 18 ea assortment of cinnamon rolls, danishes and scones

25 ea

17 ea





sandwich board

12.00 ea choice of two pre-made sandwiches/wraps and two prepared salads, baker chips and cookies

mini sandwiches
10.00 ea
selection of 3 mini sandwiches, choice of
side salad, bakers chips, cookies

1/2 sandwich and soup combo 9.00 ea selection of 2 sandwiches/wrap, soup du jour, choice of side salad, bakers chips, cookies

gourmet boxed lunch 13.00 ea choice of sandwich/wrap, side salad, bagged chips, cookie and bottled water

classic boxed lunch 11.00 ea choice of sandwich/wrap, bagged chips, cookie, and bottled water

executive boxed lunch
14.50 ea
choice of sandwich/wrap, side salad, bagged
chips, fruit salad, brownie and bottled water

sandwich/wrap choices:

turkey pesto buffalo chicken ham & turkey grilled chicken & provolone Italian combo roasted beet & feta chicken salad tuna salad roast beef & cheddar caprese roasted turkey & apple all american hummus & roasted veggie sesame veggie ham & swiss chicken caesar

salad selections:

pesto pasta, red potato salad, orzo veggie, caesar or garden salad seasonal vegetable crudite sm (10-15) 55.00 | Ig (16-20) 75.00 in-season delicious vegetables with ranch or hummus

**cheese board deluxe** sm (12-16) 60.00 | Ig (18-24) 105.00 selection of cheeses, crackers, grapes and nuts

chips and dips sm (10-15) 36.00 | lg (16-20) 58.00 classic tortilla chips with mango salsa, guacamole and salsa rojo

**chicken caesar salad** sm (10-12) 55.00 | Ig (16-18) 80.00 grilled and marinated sliced chicken over romaine garnished with parmesan cheese and croutons

**meats and cheese** sm (10-15) 75.00 | Ig (16-20) 98.00 summer sausages, selection of cheeses with olives, peppers, pepperoncini, and pickles

**fruit kebobs** sm (10-14) 36.00 | lg (16-20) 48.00 best in season fruit arrangement with honey yogurt sauce

classic deli salad sm(10-15) 24.00 | lg (16-20) 36.00 pesto pasta, red potato salad, orzo veggie caesar or garden salad

**Assorted Cookie Tray** 

6 dozen 45.00 | 12 dozen 80.00

# roots & seeds

individual salads from our fresh 'roots & seeds' brand

tuscan
crisp seasonal lettuce blend, sun dried tomato,
artichoke hearts, olive and cycumber, balsamic
vinaigrette
add arilled chicken
2.50 ea

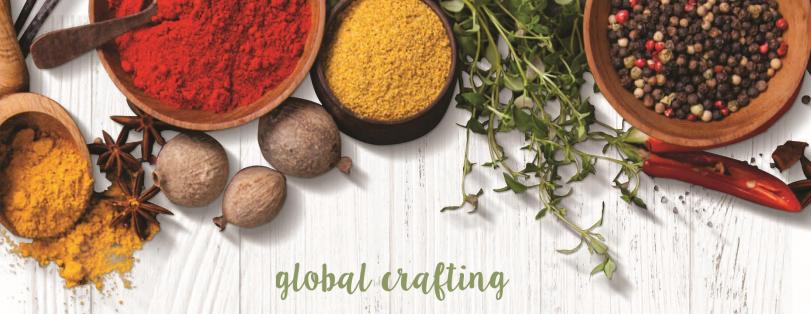
add grilled chicken 2.50 ea add grilled shrimp 4.00 ea

salmon caesar 9.00 ea romaine lettuce, house made croutons, shaved parmesan, creamy organic caesar dressing and grilled salmon

turkey cobb
8.00 ea
roasted turkey, seasonal lettuce blend, bacon, hard
cooked egg, ranch dressing

seared steak 9.00 ea perfectly seasoned and grilled flank steak with peppers, cucumbers, olives, tomato and red onion dijon vinaigrette





masala

all the aromas, complexity and depth our indian offerings in the café can be brought to your next meeting, start with fragrant basmati rice, warm naan bread and a lentil daal, choose two proteins and sauces, and we'll compliment the buffet with cucumber raita and mango chutney

proteins: chicken, steak, shrimp, pork, chana

masala (vegetarian)

sauces: coconut curry, vindaloo, makhni, tandoori

14.50 ea bok chov

bok choy is a quick service pan-asian concept utilizing chef-created and authentic asian cooking sauces to create a plethora of delicious composed dishes accompanied by steamed jasmine rice, fried rice, or lo-mein noodles, sweet-chili steamed vegetables, egg rolls and fortune cookies

### choose two of the following proteins:

orange peel beef twice-cooked pork teriyaki chicken kun pao tofu pepper beef

sweet and sour chicken black bean garlic chicken, general tso's chicken

revolution noodle 14.50 ea

### create your own authentic pho noodle bowl

choice of two proteins, one noodle and broth, scallions, jalapeno, carrot, cilantro, basil, hard cooked eggs, bok choy, and limes

Asian salad with sesame ginger dressing, cookies

proteins: shrimp, beef, tofu, chicken

noodles: udon, soba, lo mein, ramen, yakisoba

broth: vegan thai, tonkotsu, beef pho

piccola italia

continuing one of our most popular choices, the pasta bar allows you the flexibility in choosing several comforting sauces and proteins as well. we pair your customized choices with garlic bread, caesar salad, and authentic grated cheese.

### choose two of each:

sauces: pomodoro, bolognese, pesto,

tomato cream, alfredo

pasta: penne, rigatoni, spaghetti, rotini, shells proteins: meatballs, grilled chicken, sausage,

shrimp, ground turkey

big city barbeque

15.00 ea

fad, craze, or all the rage....bbq is here to stay. ask any region in the usa who has the best bbg and you'll get as many answers as regions itself! were gonna' keep this simple, as all great bbg should be, choose two proteins, two sides, and we'll throw in the sauces, cornbread muffins and salad

proteins: carolina chopped pork, shredded brisket, smoked links, smoked half chicken

sides: collards, ranch beans, mac n cheese, potato salad, macaroni salad, corn pudding,

coleslaw, sweet potato casserole

#### Taco cantina

\$14.50 ea

Choice of two proteins, caramelized peppers and onions, soft tacos, tortilla chips, black beans, spanish rice, cheddar cheese, salsa, sour cream, guacamole, tomatoes and onions

beef barbacoa

citrus pork

chicken tinga

calabacitas (vegetarian)

citrus chicken

seasoned ground beef seasoned ground turkey





made to melt 12.00 ea

kicked up grilled cheese! choose up to three and we'll include house made chips, tomato basil bisque and cookies **melts**: bacon & tomato, buffalo chicken blue, caprese (tomato, mozzarella, basil), gouda turkey, swiss ham, fresco (roasted pepper, pesto, provolone), three cheese

**za'tar** 13.00 ea

chicken, beef and vegetable kebobs with orange and fennel salad, hummus, pita, and baklava

#### chicken spiedini

14.50 ea

St. Louis favorite this comes with marinated skewered chicken, penne pesto, seasonal vegetable, tossed salad with St. Louis dressing, garlic bread and assorted dessert bars

### roots and seeds

12.00 ea

build your salad of choice with a variety of seasonal raw and grilled vegetables, leafy greens, grains and toppers. choose two proteins and we'll supply the appropriate dressings

> grilled chicken grilled tofu grilled shrimp

seared salmon flank steak crispy chicken BYO Buffet 15.00 ea

Pick and choose two entrees and two sides, comes with garden salad (ranch and balsamic vinaigrette dressing) dinner rolls and butter

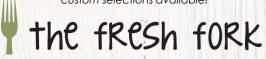
### entrees:

roasted turkey breast
beef top round roast
honey glazed ham
hoisin glazed pork loin
beef pepper steak
herbed rubbed pork roast
roasted rosemary chicken
chicken picatta or marsala
lemon butter salmon
country fried steak
beef / vegetable lasagna
chicken / eggplant parmesan
bbq pork chop / chicken / brisket
sausage and peppers

#### sides:

mashed potato
green bean almondine / buttered corn
roasted rosemary potato
aromatic blended rice pilaf
potato au gratin
tortellini alfredo / penne marinara
zucchini parmesan
lemon buttered asparagus / broccoli
cornbread stuffing

custom selections available!





# snacks

brownies, per dozen	18.00 ea
cookies, assorted, per dozen	13.00 ea
trail mix, bagged assorted	3.00 ea
nuts, bagged assorted	3.00 ea
chips, bagged assorted	2.00 ea
pretzels, bagged	1.50 ea
popcorn, bagged	2.00 ea
granola, snack bars assorted	2.00 ea
gourmet snack mix	2.00 pp
fresh whole fruit	1.50 ea
mini dessert bars, per dozen	18.00 ea
mini cupcakes, per dozen	20.00 ea
rice krispie treats, per dozen	14.00 ea

## themed breaks

wellness break
 vegetable crudité, low fat dip, low fat yogurt, granola, dried fruit, nuts, and sliced fruit
 bruschetta
 6.00 ea classic bruschetta, hummus, spinach artichoke spread and pita crisps

### celebration

full sheet cake - 100 ½ sheet cake - 60 ¼ sheet cakes - 35 white, yellow, chocolate, half-n-half

special flavors, rice paper pictures, artwork and special decorations are by quote, please contact your catering specialist for details.





### **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, set-up and pick up your order at your requested location.

### **Last Minute Orders**

We ask for a 48 hour notice for catering orders but understand that last minute needs do arise. Please contact the catering office 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 that 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. Speak to our catering manager to schedule an attendant to make sure your event is a success!

### **Special Events**

Are you looking to host a seated dinner or cocktail reception? We can plan and execute your event. Set up a meeting with our Catering Manager to go over your ideas!

#### **Cancellations**

Catering orders are made specifically for your meeting, therefore cancellations must be made 24 hours in advance. When this is not possible, please let us know if we can deliver your order to another location. Cancellation fees may apply.

### contact

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