



the fresh FORK

SEASONAL CATERING. QUALITY SERVICE.

BREAKFAST

Chef Susan Ours | catering manager

O. 234.310.4131.

for all your catering needs email

ci@blue.fedex.com

BREAKFAST

MINIMUM ORDER OF 10 PEOPLE PER OPTION- PRICES ARE PER PERSON

Executive Continental Breakfast **\$6.75**
Assortment of fresh baked pastries & muffins with a delicious seasonal fruit platter and bagels with assortment of cream cheese spreads.

Breakfast Sandwich Selection **\$4.95**
Fried egg topped with American cheese and your choice of
Meats: sausage, bacon, chicken, ham or veggie burger
Breads: Croissant, English muffin, wrap or bagel
Tomato, onion, mushrooms all available upon request

Chicken & Waffles **\$8.79**
Battered fried chicken & Belgium waffle served with syrup and fresh fruit

Individual baked quiches **\$7.79**
your choice of.....
-quiche Loraine with ham, Swiss & green onions
-sausage, green pepper & cheddar
-roasted vegetable with zucchini, yellow squash, mushroom & feta cheese
-broccoli and cheddar cheese

Hot Breakfast **\$9.99**
Scrambled eggs , bacon, sausage, hash browns,pancakes or French toast and fresh cut fruit,coffee and hot tea

A La Carte

Pastries	\$2.99 each
Cinnamon roll	\$2.99 each
Muffins	\$1.99 each
Coffee cake	\$2.50 each
Croissant	\$2.00 each
Bagels with cream cheese	\$1.95 each
Whole Fruit Assortment	\$1.50 each
Fruit, Yogurt & Granola Parfait	\$2.95 each
Fruit display, per person	\$2.50 each
Hard Boiled Egg	\$1.25 each

BEVERAGES

MINIMUM OF 10 PEOPLE PER ORDER

Coffee & Tea Services **\$2.75**
Regular, decaffeinated and assortment of tea bags with hot water.
Accompaniments that include cream, sugar and sweeteners

Milk Chug **\$1.99**
choice of 2% or chocolate

Soft Drinks **\$1.99**
Coke or Pepsi products

Specialty Beverage Service **\$2.99**
Snapple, vitamin water & pure leaf teas

Bottled Water Service **\$1.99**



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DELI

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DELI



SANDWICH & WRAPS ARE SERVED BUFFET STYLE OR INDIVIDUAL-PRICING PER PERSON / ALL SANDWICHES & WRAPS CAN BE MADE VEGETARIAN / MINIMUM OF 10 PEOPLE PER ORDER

Gourmet Sandwiches & Wraps

\$10.25

All options are available as a wrap or sandwich: baguette, pretzel hoagie, flour wrap or sandwich roll.

Add any 2 of these items to your order -
cookies, chips, cut-up fruit, side salad

Roast Beef: house roast beef, sliced thin with cheddar, horseradish mayo, arugula, tomato, red onion

Smokedhouse Turkey Club: Smoked turkey, bacon, cheddar, lettuce, tomato and Dijon mustard

Mediterranean Veggie & Hummus: Hummus spread, feta, spinach, artichokes, tomato, roasted red peppers, red onion on tomato-basil wrap

Turkey Pesto Pomodori: Turkey with pesto spread, red pepper, red onion, provolone and tomato

Chicken Cordon Bleu Melt: chicken, ham, Swiss and spicy brown mustard

Italian Sub: ham, salami, pepperoni, provolone, banana peppers, lettuce, tomato & Italian dressing

Grilled Buffalo Chicken: grilled chicken, buffalo sauce, lettuce, tomato, red onion and ranch dressing

Classic Boxed Lunch Deal \$10.95

Selection of wraps or sandwiches served with chips sides salad & fruit cup, cookie and bottled beverage (replace sandwich with a wild green salad \$13.95)

WILD GREENS



SERVED BUFFET OR AS INDIVIDUAL / PRICING PER PERSON
ALL SALADS CAN BE MADE VEGETARIAN / MINIMUM OF 10 PEOPLE PER ORDER

All salads are served with bread

Add any of these additional items to your order **\$1.50 each**
cookies, chips, cut-up fruit

Asian Sesame Chicken Chop-Chop Salad: **\$9.99**
Romaine lettuce, spinach, grilled chicken, shredded carrots, mandarin oranges, green onions, fried wontons and sesame ginger dressing

Spinach & Bacon: **\$9.25**
Fresh spinach, Applewood smoke bacon, eggs, tomato, red onion, blue cheese, pecans & warm bacon dressing

Grilled Chicken Caesar Salad: **\$9.99**
A traditional Caesar salad with fresh garlic croutons, shaved parmesan cheese, house made Caesar dressing

Chicken Cobb Salad: **\$10.25**
Grilled chicken crumbled blue cheese, crispy bacon, avocado, hard-boiled egg, black olives, tomato wedges on a bed of mixed greens

Pittsburgh Steak Salad **\$11.49**
Grilled Mojo flank steak, ice burgh & romaine lettuce, tomato, red onion, cucumbers, shredded cheddar cheese, house-made garlic croutons, parmesan roasted potatoes

Side Salads: **\$3.00**
Loaded Potato Salad / Pesto Pasta Salad / Garden Salad / Creamy Broccoli Salad



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TRADITIONAL DISHES

ALL ITEMS ARE SERVED WITH A DINNER
ROLL AND SIDE SALAD

- Honey Butter Glazed Salmon** **\$19.95**
Wild rice pilaf & roasted Brussels sprouts
- BBQ Beef Brisket** **\$17.95**
Ranch beans, spicy collard greens and cheddar jalapeño corn bread
- Chicken & Beef Fajitas** **\$15.95**
Spanish rice & black beans, sauté bell peppers and onions, flour tortillas and cheddar with sour cream, salsa and fresh guacamole
- All Natural Roasted Turkey Breast** **\$16.95**
Smash potatoes, roasted carrots & pan gravy
- Stuffed Pork Tenderloin** **\$16.95**
Maple mustard stuffed pork tenderloin, with roasted sweet potatoes and grilled asparagus
- Italian Baked Chicken** **\$13.00**
Split Chicken Breast with broccoli spears and a baked potato
- Crab Cake Dinner** **\$19.99**
Two crab cakes with spicy seasonal remoulade with wild rice pilaf and seasonal vegetable
- Pulled Pork** **\$12.95**
Slow roasted pulled pork with BBQ sauce, cheddar cheese and spicy coleslaw
- Italian Meatball Sub** **\$10.99**
Jumbo meatballs in marinara sauce topped with freshly grated parmesan cheese & a pasta side dish
- Stuffed Portabella Mushroom**  **\$14.95**
Spinach & hearts of palm stuffed portabella mushrooms served with roasted parmesan root vegetable medley and creamy polenta
- Roasted Vegetable Stacks** **\$14.95**
Zucchini, yellow squash, red pepper and portabella mushrooms with a basil & white balsamic reduction
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Take your breakfast, luncheon,
snack, or reception to the
next level!

Contact our talented team of
culinarians for the most
seasonal, trendy chef's tables
we have available.



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INTERNATIONAL DISHES

MINIMUM ORDER OF 10 PEOPLE PER OPTION / PRICES ARE PER PERSON / SERVED BUFFET STYLE

Italian Penne Pomodoro **\$14.00**

Chicken parmesan with fresh basil, garlic bread, Caesar salad, parmesan cheese

Asian Fusion **\$14.00**

Teriyaki chicken with peanuts (on the side), beef curry, jasmine rice, sweet chili steamed vegetables, a egg roll, and fortune cookies

Mediterranean Graze **\$16.00**

Falafel, chicken shawarma, tabbouleh, classic hummus, grilled pita bread, Kalamata olives, tomatoes, cucumbers, red onion, feta cheese, tzatziki, and a side Greek salad

Thai Coconut Shrimp **\$15.00**

Thai red curry sauce with coconut milk and lime dressed grilled shrimp with jasmine or brown steamed rice

CREATE YOUR OWN

MINIMUM ORDER OF 10 / SERVED BUFFET STYLE

Create Your Own:

Pasta Bar **\$12.95**

build your own bar served with freshly baked garlic breadsticks & a tossed salad

Pasta: rigatoni, farfalle or angel hair

Protein: chicken, meatballs or shrimp

Sauce: garlic butter, alfredo or marinara

Taco Cantina **\$13.00**

Carne Asada, carnitas, soft tortillas, pico de gallo, salsa roja, black beans, Spanish rice, shredded lettuce, cheddar cheese and cookies

upgrade to house pressed corn tortillas **\$1.00 ea**

add guacamole **\$1.50 ea**

add cilantro lime slaw **\$2.00 ea**

Baked Potato Bar **\$8.00**

Jumbo baked potato with toppings to include sour cream, butter, chives, cheese, bacon bits and broccoli

Earth Bowl **\$10.00**

Chef's selection of fresh, seasonal roasted vegetables, two whole grains, two specialty sauces and three toppers

Protein Options:

herb grilled chicken **\$ 4.00 ea**

grilled wild salmon **\$ 6.00 ea**

teriyaki flank steak **\$ 5.00 ea**

jerk shrimp **\$ 6.00 ea**



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PIZZA

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PIZZA

*16" rustic pizzas made in house
add a Caesar salad for \$2.00*

Tuscany Pepperoni \$13.00

Mozzarella, crushed tomatoes, oregano oil,
pepperoni

Traditional Cheese \$11.00

Mozzarella. Any additional toppings are available
upon request

Grilled Buffalo \$14.00

Oven baked buffalo chicken, blue cheese chunks
& mozzarella, dice romas, spicy ranch sauce

Margherita \$13.00

Fresh mozzarella, roasted cherry tomatoes and
fresh basil, garlic butter

Porky \$14.00

Shredded pork, apple wood bacon, sweet honey
BBQ sauce & goat Cheese

Meat Lovers \$16.00

Pepperoni, sausage, ham, capicola, mozzarella

STROMBOLI

Add a Caesar salad for \$2.00

BBQ chicken \$9.00

grilled chicken, mozzarella, bbq sauce, cilantro,
red onion

Steak Pizaiola \$10.00

Steak, garlic, bell peppers, onion, mozzarella,
crushed red pepper, salt & black pepper

Stuffed Veggie \$9.00

Mixed bell peppers, portabella mushrooms,
zucchini, red onion, roasted cherry tomatoes and
fresh mozzarella

Farmhouse Chicken \$9.00

Grilled chicken, ranch, bacon and mozzarella

Four Cheese \$9.00

Mozzarella, ricotta, cheddar and provolone



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SNACKS & TREATS

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SNACKS

ALL SMALL ASSORTMENTS OF BAKED GOODS CAN BE CUSTOMIZED
MINIMUM ORDER OF 10 PEOPLE PER OPTION

Cookies	1.99 per 2
Brownies	3.50
Dessert Bars	4.00
Mini Cupcakes	½ dozen 6.00 / dozen 12.00

Snacking Trays: Per Person

Chips & Pretzels

\$1.09

Granola Bars

\$1.99

Spiced Peanuts

1.99

Fruit & yogurt cups

2.99

CELEBRATION

Specialty desserts and cupcakes
can be custom made to your preference!

Call our catering manager Chef Susan
to elevate your event!

\$2.99 each

Jumbo Cinnamon Rolls, Sweet Rolls, Bear Claws, Sticky Buns.

\$2.50 each

Scones: chocolate chip, blueberry, raspberry white chocolate, apple cinnamon.

\$1.99 each

Large Muffins: apple cinnamon, blueberry, chocolate, cranberry orange, orange blossom, fresh lemon poppy seed, banana nut, cappuccino chocolate chunk.

**Cakes for any occasion
Call or email for pricing**

APPRETIZERS
ALL PRICES PER PERSON
UNLESS SPECIFIED

CHEESE TRAY

\$4.00

FRUIT TRAY

\$3.00

VEGETABLE TRAY

\$2.50

STUFFED MUSHROOMS

\$50.00(100)

ANTIPASTO SKEWERS

\$65.00(40)

COLD VEGGIE PIZZA

\$25.00(CUT INTO SQUARES)

CHICKEN QUESDILLA ROLLS

\$40.00 (40)

MEATBALLS IN A CREAM OR BBQ SAUCE

\$65.00(100)

MEXICAN CHEESEBALL WITH CRACKERS

\$20.00

**TOMATO MOZZARELLA SKEWERS WITH
FRESH BASIL**

\$1.00 EA

CHEESESTICKS WITH MARANARA

\$25.00(50)

BACON WRAPPED WATER CHESNUTS

\$100.00(100)