



breakfast

wellness fruit and yogurt 8.00 ea
low-fat or greek yogurt, sliced fruit, granola, nuts, raisins, craisins and juice, water, coffee service

steel cut oatmeal 6.00 ea
hot steel cut oatmeal, flax seed, dried cranberries, honey, hot tea, regular and decaf coffee

classic continental 9.00 ea
mini muffins, mini pastries, bagels, sliced fruit, cream cheese, butter, fruit preserves, juice, water, coffee

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

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

beverage

coffee service 2.25 ea
coffee, hot tea, decaf

beverage service 4.25 ea
coffee, hot tea, decaf, soda and bottled water

bottled water 1.00 ea

bottled soda 2.00 ea

energy drinks 2.50 ea

bottled juice 2.00 ea

bottled iced tea 1.89 ea

gatorade 2.50 ea

a la carte

whole seasonal fresh fruit 1.00 ea

sliced fresh fruit 2.00 ea

fat free yogurt cups 1.89 ea

better for you sandwich thins 3.50 ea
mozzarella, tomato pesto, denver egg white, egg white ham and swiss, egg white and cheddar

mini breakfast wraps 2.50 ea
choose up to three: egg and cheese, southwestern potato and jack cheese, peppers and egg

individual assorted cereal 2.25 ea

scrambled eggs 2.25 ea

sausage or bacon 2.25 ea

black pepper biscuits and gravy 2.25 ea
fresh baked buttermilk biscuits with scratch-made sausage gravy



the fresh fork



deli

salad selections: pesto pasta, red potato salad, caesar or garden salad

Deli sandwiches 7.50 ea

selection of sandwiches, choice of side salad, bakers chips, cookies and bottled water

turkey pesto	buffalo chicken
ham & turkey	grilled chicken & vegetable
italian	roasted beet & feta
tuna salad	chicken salad
roast beef & cheddar	

artisan 1/2 sandwich and soup combo 8.50 ea

selection of 3 artisan sandwiches, choice of side salad, bakers chips, cookies and bottled water

all american	roasted turkey & apple
caprese	italian combo
chicken caesar	chicken pita

classic boxed lunch 8.50 ea

chef's assortment of classic sandwiches on sliced bread, bagged chips and a cookie to go, bottle of water

platters

seasonal vegetable skewers sm (10-15) 20.00 | lg (16-20) 35.00
roasted or grilled in-season delicious vegetables

artisan cheese board sm (12-16) 40.00 | lg (18-24) 75.00
selection of artisan cheeses, crostini, grapes and nuts

chips and dips sm (10-15) 15.00 | lg (16-20) 30.00
classic tortilla chips with pico, guacamole and salsa

chicken caesar salad sm (10-12) 25.00 | lg (16-18) 35.00
grilled and marinated sliced chicken over romaine garnished with parmesan cheese and croutons

italian meats and cheese sm (10-15) 3.00 | lg (16-20) 60.00
all the classics accompanied with olives, peppers, pepperoncini, roasted tomato

fruit kebobs sm (10-14) 20.00 | lg (16-20) 40.00
best in season fruit arrangement with honey yogurt sauce

classic deli salad sm(10-15) 12.00 | lg (16-20) 20.00
pesto pasta, red potato salad, caesar or garden salad

chef's seasonal salad sm(10-15) 25.00 | lg (16-20) 50.00
the best of what the season has to offer

roots & seeds



the FRESH FORK



global crafting

masala 10.00 ea
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 two chutneys and mango lassi

- proteins:** chicken, lamb, shrimp, pork
saucers: coconut curry, vindaloo, makhni

bok choy 10.00 ea
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 rice (white or brown), fried rice, or lo-mein noodles and egg rolls

- choose two of the following proteins:**
twice-cooked pork
teriyaki chicken sweet and sour chicken
kun pao tofu
pepper beef general tso's chicken

piccola italia 10.00 ea
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, authentic grated and shredded cheeses and fresh herb garnish.

- choose two of each:**
saucers: pomodoro, bolognese, pesto, tomato cream, alfredo
pasta: penne, rigatoni, spaghetti, rotini, shells
proteins: meatballs, grilled chicken, sausage, shrimp, ground turkey

big city barbeque 12.00 ea
fad, craze, or all the rage....bbq is here to stay. ask any region in the usa who has the best bbq and you'll get as many answers as regions itself! were gonna' keep this simple, as all great bbq should be, choose two proteins, two sides, and we'll throw in the sauces, cornbread, rolls, fixin's and salad
proteins: carolina chopped pork, shredded brisket, smoked links, bbq half chicken
sides: collards, ranch beans, mac n cheese, potato salad, macaroni salad, corn pudding, corn on the cob, sweet potato casserole

pico mesa 10.00 ea
freshly prepared meats along with bold latin spices comes together with an array of colors and textures. enjoy a traditional taqueria style event for your next meeting or celebration. choose two meat proteins and one vegetarian option to compliment all the ingredients to build a rice bowl, taco, or taco salad
beef barbacoa citrus pork
chicken tinga
citrus chicken
ground beef or turkey



create

made to melt 10.00 ea

kicked up grilled cheese! choose up to three and we'll include house made chips, tomato basil bisque and bottled water honey basil, texas toast, bacon & tomato or grilled haloumi pita

taco cantina 10.00 ea

choose up to three .chips, pico, toppings, sauces and bottled beverage inc.

grilled shrimp
pollo asado
al pastor pork
beer battered fish

crispy potato&chiles
braised short rib
tacos calabacitas
cochinita pibil

nice thai 10.00 ea

build your own green or yellow curry rice bowls with chicken, pork or tofu. inc. hot & sour noodle salad, spiced nuts and premium bottled beverage

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

seared salmon
flank steak

chef table

provide your guests the ultimate meeting experience with a live chef-attended station customized to your preference

custom selections available!



the fresh fork



snacks

brownies	2.00 ea
cookies	1.50 ea
flavored popcorn	1.50 ea
warm soft pretzels	2.00 ea
fresh whole fruit	1.00 ea
mini dessert bars	2.50 ea
mini cupcakes	2.00 ea
superfoods chia granola bars	2.00 ea

themed breaks

wellness break	5.50 ea
vegetable crudité, low fat dip, low fat yogurt, granola, dried fruit, nuts, sliced fruit and bottled water	
cookies and milk	5.00 ea
variety of our all-butter cookies just like grandma baked along with cold chocolate, and regular milk, fun toppers and sauces for you to end your meeting with smiles from ear to ear	
bruschetta	4.00 ea
classic bruschetta, caramelized onion spread, spinach artichoke spread and flatbread crisps	
happy hour	6.00 ea
classic bar foods, sliders, flatbreads and pretzels with beer sauce, along with seasonal signature mocktails to enhance the experience	

celebration

full sheet, ½ sheet, ¼ sheet cakes, specialty desserts and cupcakes

call our catering team to elevate your event!



the FRESH FORK



policies

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 24 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 than 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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