



the FRESH FORK

ORDER

custom catering

AND BRING THE

*freshest
flavors*

to your next event





breakfast

fruit and yogurt 9.99

greek yogurt, seasonal fruit, honey, granola, dried cranberries, bottled water and regular coffee

oatmeal 6.49

hot oatmeal, dried cranberries, honey, granola, bottled water and regular coffee

breakfast graze 15.99

individual spinach, potato and rosemary frittata, greek yogurt parfait, individual overnight oats cup, bottled water and regular coffee

classic hot breakfast 15.49

scrambled eggs, home fries, bacon, sliced fruit, bottled water and regular coffee

continental 12.99

mini muffins, mini pastries, sliced fruit, bottled water and regular coffee

beverage

bottled water	2.99
sparkling water	3.29
regular coffee airpot (serves 8)	21.99
decaf coffee airpot (serves 8)	21.99
hot tea airpot (serves 8)	18.99
canned soda	2.49
energy drinks (red bull)	4.19
bottled juice	3.99
bottled iced tea & lemonade	4.19
gatorade	2.99
premium water (evian/fiji)	3.49
bottled cold brew coffee	3.99

a la carte

whole seasonal fresh fruit	1.49
minted fruit salad	5.29
sliced fresh fruit	5.99
assorted yogurt cup	2.49
individual yogurt parfait yogurt, fresh fruit, granola	4.99
mini egg stratas spinach and parmesan caramelized onion and ham	3.99 3.99
better for you sandwich thins egg white ham and swiss egg white, tomato and cheddar	5.49 4.99
mini breakfast wraps egg and cheese southwestern sausage peppers, egg and sundried tomato	4.99 4.99 4.99
classic breakfast sandwiches bacon, egg & cheese english muffin sausage, egg & cheese english muffin ham, egg and cheese english muffin egg and cheese english muffin	5.99 5.99 5.99 4.99
individual assorted cereal cups with milk	3.99
scrambled eggs	2.99
sausage	2.99
bacon	2.99
biscuits and sausage gravy	4.99
mini pastries	3.19
bagels butter, cream cheese, fruit preserves	4.19



deli

priced per person
minimum of 6 guests

mini sandwiches 16.59
selection of 3 mini sandwiches, choice of side salad, bakers chips, cookies and bottled water

italian caprese buffalo chicken	turkey & avocado tuna salad ham and swiss
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wraps 18.59
selection of 3 wraps, choice of side salad, bakers chips, cookies and bottled water

greek chicken turkey club roasted veggie antipasto	chicken salad turkey provolone basil cucumber hummus roast beef and bleu
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side salad selections: pesto pasta salad,
potato salad, caesar salad, garden salad

artisan sandwiches 19.59
selection of 3 artisan sandwiches, choice of side salad, bakers chips, cookies and bottled water

italian hoagie caprese chicken roast beef and bleu	veg focaccia pesto turkey club honey dijon ham
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build your own deli 20.99
variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan bread, choice of side salad, house chips, cookies and bottled water

executive boxed lunch 16.99
assortment of artisan sandwiches and wraps, side salad cup, chips, cookie and a bottle of water to go

boxed lunch 14.99
classic sliced bread sandwiches, chips and a cookie to go

custom
selections
available!



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create

lemon parsley salmon 18.99
wild rice, roasted brussels sprouts, white bean and kale salad, fruit kebabs and bottled water

mediterranean graze 19.99
grilled pita, selection of two proteins, classic hummus, kalamata olives, diced tomatoes, diced cucumbers, red onion, feta cheese, tzatziki, greek salad, tabbouleh and bottled water

proteins: lamb and beef gyro, falafel, chicken shawarma

taco cantina 16.49
pollo asado, soft tortillas, pico de gallo, salsa roja, black beans, spanish rice, tortilla chips, shredded lettuce, cheddar cheese and bottled water

- add calabacitas** +2.99
- add carne asada** +7.99
- add pork al pastor** +6.99
- add guacamole** +2.99
- add cilantro lime slaw** +2.99

herb chicken kebabs 18.99
sun-dried tomato pesto couscous, garden salad, sesame cucumber salad and bottled water

italian 16.99
penne pomodoro, chicken cutlet with artichoke ratatouille, garlic bread, caesar salad, parmesan cheese and bottled water

- add eggplant parmesan** 3.99
- add caprese salad** 4.29

baked potato bar 9.99
seasoned russet potatoes and sweet potatoes, steamed broccoli, cheese sauce, vegetarian chili, shredded cheddar cheese, green onions, salsa, sour cream, bacon, garden salad and bottled water

- add diced grilled chicken** +4.29
- add beef chili** +4.29

barbeque 18.99
bbq chicken breast, carolina chopped pork, spicy collard greens with bacon, macaroni and cheese, coleslaw and bottled water

earth bowl 15.99
chef's selection of fresh, seasonal roasted vegetables, whole grains, two specialty sauces and two toppers served with bottled water

- herb grilled chicken +5.99
- grilled tofu +3.99
- lemon pepper salmon +6.99
- marinated flank steak +8.99
- rosemary shrimp +8.99

custom selections available!



the fresh fork



salad

build your own salad bar (per person) 11.49
array of fresh garden salad ingredients, two dressings and dinner rolls

herb grilled chicken	+6.99
lemon pepper salmon	+7.99
marinated flank steak	+8.99
grilled shrimp skewers	+8.99

salad platters

selection of family style salad with dressing on the side

chicken caesar

small (serves 10-15) 124.99 / medium (serves 20-25) 189
large (serves 35-40) 299 / party (serves 50-60) 399

greek salad

small (serves 10-15) 129.99 / medium (serves 20-25) 199
large (serves 35-40) 309 / party (serves 50-60) 399

gourmet chicken cobb

small (serves 10-15) 134.99 / medium (serves 20-25) 209.99
large (serves 35-40) 339.99 / party (serves 50-60) 469.99

platters

side salad platters

your choice of side salad from the selections below

classic caesar salad

small (serves 10-15) 64.99 / medium (serves 20-25) 99.99
large (serves 35-40) 151.99 / party (serves 50-60) 221.99

red potato salad

small (serves 10-15) 62.99 / medium (serves 20-25) 92.99
large (serves 35-40) 142.99 / party (serves 50-60) 207.99

pesto pasta salad

small (serves 10-15) 77.99 / medium (serves 20-25) 92.99
large (serves 35-40) 142.99 / party (serves 50-60) 207.99

garden salad

small (serves 10-15) 64.99 / medium (serves 20-25) 92.99
large (serves 35-40) 130 / party (serves 50-60) 195

minted fruit salad

small (serves 10-15) 60 / medium (serves 20-25) 100
large (serves 35-40) 160 / party (serves 50-60) 240

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salad platters

chef bites

chef's choice fun, seasonal apps and small bites

small (serves 10-15) 192.99 / medium (serves 20-25) 312.99

large (serves 35-40) 492.99 / party (serves 50-60) 732.99

mediteranean grilled vegetable skewers

small (serves 10-15) 87.99 / medium (serves 20-25) 132.99

large (serves 35-40) 202.99 / party (serves 50-60) 287.99

vegetable crudités and hummus

small (serves 10-15) 69.99 / medium (serves 20-25) 107.99

large (serves 35-40) 162.99 / party (serves 50-60) 237.99

fruit skewers with yogurt dipping sauce

small (serves 10-15) 89.99 / medium (serves 20-25) 134.99

large (serves 35-40) 204.99 / party (serves 50-60) 299.99

antipasto

pepperoni, salami, capicola, provolone, fresh

mozzarella, roasted peppers, marinated mushrooms, kalamata olives, artichokes, crostini

small (serves 10-15) 112.99 / medium (serves 20-25) 182.99

large (serves 35-40) 282.99 / party (serves 50-60) 417.99

mediterranean tray

marinated chicken skewers, roasted eggplant, roasted red peppers, hummus, olives, feta and pita

small (serves 10-15) 117.99 / medium (serves 20-25) 189.99

large (serves 35-40) 292.99 / party (serves 50-60) 432.99

shrimp cocktail

small (serves 10-15) 132.99 / medium (serves 20-25) 207.99

large (serves 35-40) 312.99 / party (serves 50-60) 432.99



pizza

Individual rustic pizzas made in house
prices per person

- | | |
|--|------|
| 4 cheese | 9.99 |
| mozzarella, provolone, parmesan and cheddar | |
| pepperoni | 9.99 |
| mozzarella, crushed tomatoes, pepperoni | |
| mushroom | 9.99 |
| mozzarella, fresh mushrooms | |
| the works | 9.99 |
| italian sausage, red onions, bell pepper, black olives, mozzarella cheese | |
| Margherita | 9.99 |
| fresh mozzarella, roma tomatoes, fresh basil | |
| roasted potato | 9.99 |
| thin sliced potatoes, roasted garlic spread, cheddar, scallions, bacon and ranch | |
| meat lovers | 9.99 |
| pepperoni, sausage, ham, meatballs, mozzarella | |
| add caesar salad | 4.29 |

stromboli

- | | |
|---|-------|
| buffalo chicken | 10.99 |
| grilled chicken, celery, carrots blue cheese, and hot sauce with side of marinara | |
| cheese and broccoli | 10.99 |
| Mozzarella, ricotta, cheddar, parmesan and broccoli with side of marinara | |
| eggplant portobello | 10.99 |
| eggplant, portobello, red peppers, mozzarella, and spinach with side of marinara | |
| meat lovers | 10.99 |
| ham, pepperoni, sausage, meatballs, and mozzarella with side of marinara | |
| turkey and swiss | 10.99 |
| turkey, swiss, caramelized onions, mushrooms, and garlic with side of marinara | |
| cheeseburger | 10.99 |
| beef, tomatoes, onions, pickles, ketchup, and mustard with side of marinara | |
| add caesar salad | 4.29 |

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snacks

- Cookies** ½ dozen 9 / dozen 16
- brownies** ½ dozen 19 / dozen 36
- cookies & brownies** ½ dozen 14 / dozen 28
- dessert bars** ½ dozen 19 / dozen 36
- mini cupcakes** ½ dozen 14 / dozen 28
- fruit & cheese tray with french loaf crostini**
small (serves 10-15) 70 / medium (serves 20-25) 115
large (serves 35-40) 185 / party (serves 50-60) 275
- house baked kale chips**
small (serves 10-15) 10 / medium (serves 20-25) 15
large (serves 35-40) 20 / party (serves 50-60) 25
- dark chocolate & mixed nut trail mix**
small (serves 10-15) 40 / medium (serves 20-25) 65
large (serves 35-40) 100 / party (serves 50-60) 140
- flavored popcorn**
classic, chili spiced, caramel pancetta, rosemary, dark chocolate ancho
small (serves 10-15) 12 / medium (serves 20-25) 20
large (serves 35-40) 32 / party (serves 50-60) 48
- spiced peanuts**
small (serves 10-15) 20 / medium (serves 20-25) 30
large (serves 35-40) 50 / party (serves 50-60) 80

themed breaks

- wellness break** 7
vegetable crudité, low fat ranch dip, granola bars, dried fruit, nuts, minted fruit salad and bottled water
- cookies and milk** 6
variety of our all-butter cookies, chocolate milk, 2% milk, chocolate bars and candies
- nutella bar** 8
variety of our all-butter cookies, flatbread bites, fresh fruit and bottled water
- bruschetta** 7
classic tomato bruschetta, caramelized onion spread, spinach artichoke spread flatbread crisps, crostini and bottled water
- happy hour** 13
classic bar foods, sliders, flatbreads and pretzels with cheese sauce, along with a seasonal, signature mocktail and bottled water

celebration

½ sheet, ¼ sheet cakes, specialty desserts and cupcakes

call our catering team to elevate your event!



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policies

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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 however 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 event, 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.



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contact

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