



**CATERING THE**  
*freshest flavors*

# RISE AND SHINE IT'S breakfast time!



## Breakfast

priced per person, minimum 6 guests  
served with bottled water & coffee  
(adds 0-50 cal)

- avocado toast** 350 cal 10  
wheat toast topped with avocado, cage-free fried egg, arugula and pico de gallo
- mediterranean bagel** 290 cal 7  
toasted wheat bagel topped with cage-free fried egg, grilled tomato, basil, and fresh mozzarella
- latin breakfast bowl** 310 cal 9  
cilantro lime brown rice with black beans, cage-free scrambled eggs, cilantro, and house made citrus tomato salsa
- breakfast enchiladas** 590 cal 11  
cage-free scrambled eggs, cheese, peppers and onions in a corn tortilla with avocado tomatillo salsa and home fries
- fruit and yogurt** 300 cal 8  
vanilla yogurt, fresh berries, granola, honey, and dried cranberries
- breakfast graze** 520 cal 14  
mini spinach potato and rosemary frittata, strawberry yogurt parfait, and assorted mini pastries
- classic hot breakfast** 600 cal 15  
cage free scrambled eggs, home fries, bacon, and fresh sliced fruit
- continental** 270 cal 10  
assorted mini muffins and pastries with fresh sliced fruit

- upgrade to premium bottled water 1
- add bottle juice (80-290 cal) 3

## a la Carte

priced per person, minimum 6 guests

- breakfast charcuterie** 760 cal 11  
dried fruit, cheddar, brie, hard boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves & croissants
  - individual yogurt parfait** 240 cal 7  
strawberries over vanilla yogurt topped with granola
  - mini egg strata** 3  
spinach and parmesan 120 cal  
caramelized onion and ham 140 cal
  - mini breakfast wraps** 3.5  
egg and cheese 270 cal  
southwestern sausage 400 cal  
peppers, egg & sun dried tomato 230 cal
  - croissant breakfast sandwiches** 4.5  
bacon, egg & cheese 470 cal  
sausage, egg & cheese 560 cal  
ham, egg & cheese 470 cal
  - wheat muffin sandwich** 3.5  
egg & cheese 270 cal
  - bagels** 270-510 cal 3.5  
served with butter, cream cheese, and fruit preserves
  - sliced seasonal fresh fruit** 40 cal 4.5
  - assorted greek yogurt cup** 80-110 cal 4
  - mini pastries** 100-200 cal 3
  - home fries** 250 cal 3.5
- 2000 calories a day is used for general nutrition advice, but calorie needs vary. additional nutrition information available upon request.



# Deli

priced per person. minimum of 6 guests served with bottled water (adds 0 cal)

**mini sandwiches** 9  
selection of 3 mini sandwiches, choice of side salad, bakers chips, and cookies

**artisan sandwich and wrap platter** 12  
selection of 3 sandwiches or wraps, choice of side salad, bakers chips, and cookies

**executive boxed lunch** 13  
select three artisan sandwiches or half wraps, two side salads, assorted whole fruit , and a dessert bar

**boxed lunch** 12  
select three artisan sandwiches or half wraps, bakers chips, and cookie

**build your own deli** 13  
variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan bread (540 cal) served with choice of side salad, bakers chips, and cookies

**upgrade to a premium beverage - add 1**  
aha smartwater

**add additional snacks**  
whole fruit 60-110 cal 1.5  
house made baker chips 110 cal 1.5  
fresh baked cookies 180-210 cal 1  
dessert bar 100-150 cal

**deli and side salad selections:  
mini sandwiches**

caprese 230 cal  
turkey blt 180 cal  
buffalo chicken 210 cal  
tuna salad 150 cal  
ham and swiss 230 cal  
italian 270 cal

**artisan sandwiches**

roasted veg & hummus 340 cal  
caprese chicken 580 cal  
turkey jack blt 580 cal  
italian hoagie 540 cal  
classic chicken salad 570 cal  
regional signature club 520-580 cal

**artisan wraps:**

whole/half  
garden veggie and ranch 580/290 cal  
blackened chicken caesar 660/330 cal  
turkey club 730/370 cal  
bacon horseradish & flank steak 590/300 cal  
antipasto 710/360 cal  
crispy chicken ranch 1200/600 cal

**side salad:**

whole grain & veggie salad 90 cal  
fruit salad 50 cal  
roasted potato salad 130 cal  
pesto pasta salad 140 cal  
garden salad 180 cal  
caesar salad 170 cal  
greek salad 220 cal

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# Pizza

house made rustic 16" pizzas cut into 8 slices per pizza, calories per slice

- 4 cheese** 380 cal 16  
mozzarella, provolone, parmesan and cheddar
- pepperoni** 370 cal 16  
mozzarella, crushed tomatoes, pepperoni
- roasted vegetables** 340 cal 16  
fresh onions, sweet peppers, tomatoes
- margherita** 290 cal 17  
fresh mozzarella, roma tomatoes, fresh basil
- mushroom** 340 cal 16  
mozzarella, fresh mushrooms
- the works** 400 cal 18  
italian sausage, red onions, bell pepper, black olives, mozzarella cheese
- meat lovers** 380 cal 18  
pepperoni, Italian sausage, ham, meatballs, mozzarella

get any pizza on cauliflower pizza crust for an additional 2

## Make it a Party

- garlic knots** 3.5  
with marinara sauce 140 cal
- side salads** 3.5  
minted fruit 50 cal  
caesar 170 cal  
garden 180 cal  
greek spinach salad 220 cal
- side salad and bottled water** 5

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## CUSTOM Selections AVAILABLE

### add some sparkle to your lunch

- sparkling water 0 cal 2
- premium sparkling water 0 cal 3
- soft drinks 0-290 cal 2

### sweet tooth...

- fresh baked cookies 180-210 cal 1
- fudge brownies 370 cal 2
- assorted dessert bars 100-150 cal 2.5



## Salad

## Platters

priced per person. minimum of 6 guests served with bottled water (adds 0 cal)

<b>build your own salad</b>	315-540 cal	8
array of fresh garden salad ingredients, two dressings and garlic herb grilled pita bread		
ginger sesame tofu	170 cal	+3
herb grilled chicken	190 cal	+4
lemon pepper salmon	200 cal	+6.5
grilled shrimp skewers	200 cal	+5
marinated flank steak	310 cal	+6.5

### salad boxed lunch 12

choice of salad with dressings on the side, chips, cookie, and whole fruit

chef	640-950 cal
chopped cobb	720-1030 cal
chicken caesar	690-1000 cal
lemon pepper salmon	930-1240 cal

### salad platters

selection of family style salad with herb grilled pita bread and dressing on the side

<b>chicken caesar</b>	475-700 cal
small	110 / medium 195
large	285 / party 390
<b>greek salad</b>	325-550 cal
small	120 / medium 210
large	305 / party 420
<b>roasted chicken cobb</b>	640-860 cal
small	150 / medium 280
large	410 / party 590

### dressing choices:

fat free italian	25 cal	caesar	230 cal
balsamic vinaigrette	160 cal	ranch	230 cal
orange sesame dressing	180 cal	blue cheese	250 cal
greek vinaigrette	230 cal		

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### side salad platters

choice of side salad from the selections below

small	45	/ medium	75
large	110	/ party	160
whole grain salad	90 cal		
minted fruit salad	50 cal		
roasted potato salad	130 cal		
pesto pasta salad	140 cal		
garden salad	180 cal		
caesar salad	170 cal		
greek salad	000 cal		

### vegetable crudité's and hummus 170 cal

small	50	/ medium	85
large	135	/ party	190

### fruit skewers with yogurt dipping sauce 80 cal

small	110	/ medium	180
large	300	/ party	380

### mediterranean tray 460 cal

baharat chicken skewers, roasted eggplant, roasted red peppers, hummus, olives, feta, pita

small	75	/ medium	145
large	230	/ party	350

our platter and tray sizes meet your needs:

small serves	10-15	medium serves	20-25
large serves	35-40	party serves	50-60

### add beverages to your lunch

sweet or unsweet	0-240 cal	2
premium herbal tea	0-240 cal	3
soft drinks	0-290 cal	2

### sweet treats

fresh baked cookies	180-210 cal	1
fudge brownies	370 cal	2
assorted dessert bars	100-150 cal	2.5



# Create

served with bottled water, priced per person  
minimum 10 guests

**parsley dill grilled salmon** 460 cal 13  
wild rice, roasted brussels sprouts, and  
strawberry feta spinach salad

**herb chicken kebabs** 580 cal 12  
sun-dried tomato pesto couscous,  
garden salad, and dill cucumber salad

**mediterranean graze** 550-850 cal 14  
grilled pita, classic hummus, kalamata olives,  
diced tomatoes, diced cucumbers, red  
onion, feta cheese, tzatziki, greek salad,  
and tabbouleh served with choice of two  
proteins: falafel, chicken shawarma, or lamb  
and beef gyro

**tacos** 1130 cal 13  
seasoned beef, citrus chicken carnitas, grilled  
vegetables, spicy black beans, spanish rice,  
pico de gallo, salsa roja, shredded lettuce,  
cheddar cheese, sour cream, and jalapenos  
with corn and flour tortillas and house made  
tortilla chips

add guacamole 60 cal +2

**simply italian** 1300-1620 cal 14  
pasta with pomodoro and alfredo sauces, garlic  
bread, and caesar salad with choice of two  
proteins: herb grilled chicken, beef and pork  
meatballs, eggplant parmesan or chicken  
parmesan

**loaded baked potato** 760 cal 12  
seasoned russet potatoes and sweet potatoes,  
steamed broccoli, cheese sauce, shredded  
cheddar cheese, green onions, salsa, sour  
cream, bacon, and garden salad  
add diced grilled chicken 170 cal +3  
add beef & bean chili 90 cal +3

**smokehouse barbeque** 940-1180cal 15  
southern style bacon green beans, macaroni  
and cheese, creamy coleslaw, corn bread, bbq  
sauce and choice of two proteins: pulled pork,  
smoked brisket, pulled chicken, or kielbasa  
sausage

**power grain bowl** 420 cal 10  
chef's selection of fresh seasonal roasted  
vegetables, whole grains, two specialty  
sauces and two toppers  
ginger sesame grilled tofu 170 cal +3  
herb grilled chicken 190 cal +4  
lemon pepper salmon 200 cal +6.5  
rosemary grilled shrimp 200 cal +5  
marinated flank steak 310 cal +6.5

**CUSTOM** *Selections* **AVAILABLE**

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## Snacks ½ dozen / dozen

<b>cookies</b> 180-210 cal	8.50 / 15
<b>brownies</b> 370 cal	8.50 / 15
<b>cookies and brownies</b> 180-370 cal	8.50 / 15
<b>mini dessert bars</b> 100-150 cal	11 / 20
<b>mini cupcakes</b> 110-200 cal	8 / 14
<b>warm large pretzels</b> with mustard and cheese dipping sauce 280 cal	11 / 22

<b>fruit and cheese tray with crostini</b> 180 cal
small 55 / medium 105
large 150 / party 210

<b>dark chocolate and mixed nut trail mix</b> 240 cal
small 40 / medium 75
large 120 / party 160

<b>flavored popcorn</b> 45-350 cal
pick two: salted, chili spiced, rosemary, or dark chocolate ancho
small 10 / medium 15
large 25 / party 30

<b>spiced peanuts</b> 170 cal
small 20 / medium 45
large 60 / party 90

## Themed Breaks

*priced per person, served with bottled water*

<b>mediterranean hummus bar</b> 300 cal	6
roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers, and kalamata olives	

<b>energy break</b> 400 cal	8
pepita chia cranberry granola bar bites, assorted mixed salted nuts, and minted fruit salad	

<b>breads &amp; spreads</b> 160 cal	6
classic tomato bruschetta, caramelized onion spread, spinach artichoke spread with flatbread crisps and crostini	

<b>dim sum</b> 840 cal	11
pork pot stickers, vegetable egg rolls, pot sticker sauce, soy sauce, pickled vegetables and coconut rice pudding	

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**energize your day with a twist** 8  
red bull energy drink, sparkling water, and diced fresh fruit 50-310 cal

our platter and tray sizes meet your needs:  
small (serves 10-15)  
medium (serves 20-25)  
large (serves 35-40)  
party (serves 50-60)

# Celebration

priced per person, served with bottled water  
minimum 10 guests

**house made chips & salsa** 460 cal 4  
add guacamole 60 cal +2  
add queso 120 cal +3

**bakers chips and dips** 220-450 cal 4.5  
pick two: dill yogurt, creamy caramelized onion,  
roasted red pepper hummus, ranch dip or creamy  
spinach artichoke dip

**sliders** 260-440 cal 6  
pick three: meatball provolone, bbq pulled pork,  
chipotle bbq beyond, or buffalo blue chicken

**charcuterie** 510 cal 13  
capicola, grilled asparagus, prosciutto, boursin  
cheese, brie, cherry marmalade, smoked gouda,  
dried figs, marinated olives, spiced candied pecans,  
goat cheese & toasted crostini

**shrimp cocktail platter** 110 cal  
small 85 / medium 145  
large 235 / party 350

**fruit and cheese tray with crostini** 180 cal  
small 55 / medium 105  
large 150 / party 210

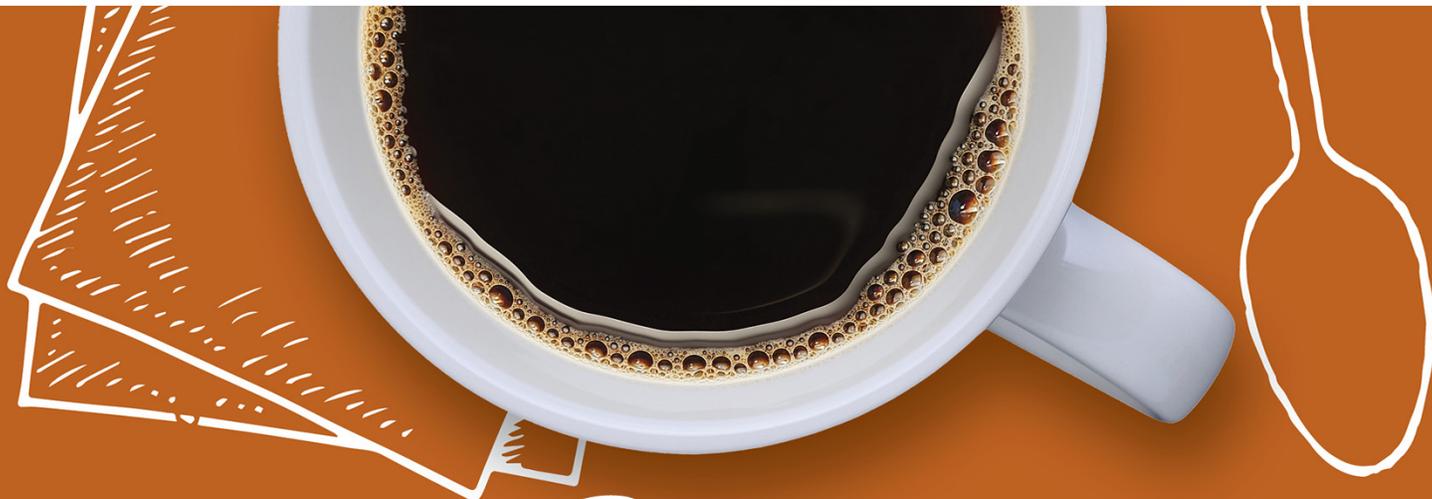
full sheet, ½ sheet, ¼ sheet cakes, specialty desserts  
and cupcakes are available

call our catering team to elevate your event!

our platter and tray sizes meet your needs:  
small serves 10-15                      medium serves 20-25  
large serves 35-40                      party serves 50-60

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## Beverages

# TODAY'S PLAN...DRINK COFFEE AND

*Be awesome!*

### make it hot

fresh brewed coffee & hot tea service per person 0-50 cal 3  
 regular, decaf, hot tea, lemons, honey, sugars and creamer

fresh brewed coffee & hot tea service per person 0-50 cal 3  
 regular coffee airpot (serves 10) 0-50 cal 20  
 decaf coffee airpot (serves 10) 0-50 cal 20  
 hot tea airpot (serves 10) 0-40 cal 20

### make it cool with our bottled beverages

cold brew coffee 0-150 cal 5  
 frappuccino 170-300 cal 3.5  
 sweet or unsweet tea 0-240 cal 3  
 lemonade 100-200 cal 2.5  
 juice 80-290 cal 2.5

### make it a premium

bottled premium smartwater or lifewater 0 cal 2.5  
 bottled assorted bai beverage 10 cal 3.5

### add some sparkle

sparkling water 0 cal 2  
 premium sparkling water 0 cal 3

### energize your day

energy drinks - monster or red bull 0-210 cal 4.5

### keep it simple

bottled soda 0 - 290 cal 1.8  
 bottled water 0 cal 1.8

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# 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**

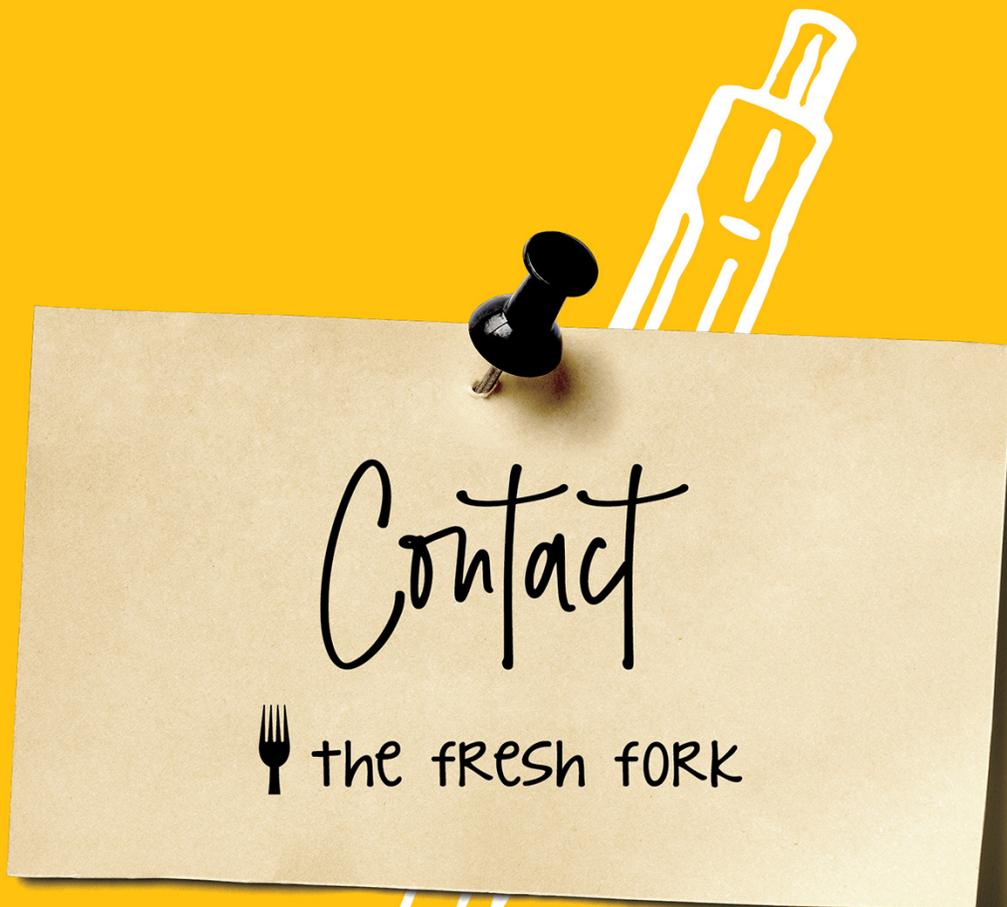
If you are hosting an important all-day event or a large scale meeting that requires more attention than just a set up, delivery and pick up, we can arrange for you to have a catering attendant to tend to any immediate needs that arise. Speak to our catering manager to schedule an attendant to make sure 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.



 the fresh FORK

**CUSTOM** *Selections* **AVAILABLE**

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