

# INTERACT FOR HEALTH

CONFERENCE CENTER

**\*\*All orders require a minimum order of 10 for each type of item requested\*\***

## Disposables Charges

The following charges apply to every order with the exception of boxed lunches, and are a one-time fee per order. The charges are to cover the caterer's costs on all heavy duty plastic disposable trays, bowls and chafing dish pans required for transport.

|                 |         |
|-----------------|---------|
| 1 – 15 Guests   | \$5.00  |
| 16 – 30 Guests  | \$7.50  |
| 31 – 45 Guests  | \$9.00  |
| 46 – 60 Guests  | \$11.00 |
| 61 – 100 Guests | \$15.00 |

## Delivery Charges

All orders are subject to a \$25.00 delivery charge to cover fuel and labor charges. One delivery fee will be added per meal (ex: one delivery fee for the breakfast order and one for the lunch order).

## Finalized Orders

All orders must be finalized with the Conference Center Manager at least five business days before the event.

\*\*Please let the Conference Center Manager know of any dietary needs or restrictions and we'll do everything we can to accommodate your needs.

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## **BREAKFAST MENU**

**Breakfast Items Must Be Ordered For a Minimum of 10 People**

### **The Lite Side (\$3.75)**

Assorted individual Greek yogurts, assorted breakfast snacks, individually wrapped

See package for nutritional information

### **Continental Breakfast (\$3.50)**

**Select three options:** Breakfast breads, muffins, cinnamon scones, fresh bagels, danish, whole wheat English muffin

Served with cream cheese, butter & jam

### **Continental Breakfast WITH fresh fruit salad (\$4.95)**

**Select three options:** Breakfast breads, muffins, cinnamon scones, fresh bagels, danish, whole wheat English muffin

Served with cream cheese, butter & jam

**Breakfast Bread** (1 slice) - 97 calories, 5.6g fat, 0mg cholesterol, 12.2g carbohydrates, 0.7g. protein, 94mg. sodium

**Muffin** – 200 calories, 2.5g fat, 0mg cholesterol, 40g carbohydrates, 8g. protein, 400mg sodium

**Cinnamon Scone**- 230 calories, 15g fat, 10mg cholesterol, 24g carbohydrates, 9g. protein, 300mg. sodium

**Bagel** - 146 calories, 0.9g fat, 0mg cholesterol, 28.6g carbohydrates, 5.7g. protein, 254mg. sodium

**Danish** - 266 calories, 15.6g fat, 11mg cholesterol, 26.4g carbohydrates, 5.7g. protein, 320mg. sodium

**Whole Wheat English Muffin** - 134 calories, 1.4g fat, 0mg cholesterol, 26.7g carbohydrates, 5.8g protein, 312mg. sodium

**Butter** (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

**Cream Cheese**( 1 ounce) - 99 calories, 9.9g. fat, 31mg cholesterol, 0.8g carbohydrates, 2.1g. protein, 84mg. sodium

**Jam** (0.5oz.)- 39 calories, 0g fat, 0mg cholesterol, 9.8g carbohydrates, 0.1g. protein, 5mg. sodium

**Fruit salad**(1/2 cup) - 61 calories, 0.2g fat, 0mg cholesterol, 15.4g carbohydrates, 0.6g. protein, 11mg. sodium

### **Bagel Bites (\$5.50)**

Assorted bagels served with cream cheese, butter, fresh fruit salad and assorted yogurt

**Bagel** - 146 calories, 0.9g fat, 0mg cholesterol, 28.6g carbohydrates, 5.7g. protein, 254mg. sodium

**Cream Cheese**( 1 ounce) - 99 calories, 9.9g. fat, 31mg cholesterol, 0.8g carbohydrates, 2.1g. protein, 84mg. sodium

**Butter** (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

**Fruit salad**(1/2 cup) - 61 calories, 0.2g fat, 0mg cholesterol, 15.4g carbohydrates, 0.6g. protein, 11mg. sodium

**Assorted yogurt**- See package for nutritional information,

### **Small Bite Breakfast (\$6.25)**

Nutella and banana roll up; cheddar chive biscuit with sliced hardboiled egg, with/without turkey bacon; petite fresh fruit kabobs of strawberry, pineapple and melon

**Nutella and Banana Roll Up**(1/2 Rollup)261 calories, 34.6g carbohydrates, 11.7g fat, 3.6g protein, 80mg sodium, 0mg cholesterol

**Biscuit w/Egg**- 98 calories, 10.1g carbohydrates, 1.6g fat, 3.5g protein, 131mg sodium, 32mg cholesterol

**Biscuit w/Egg/Bacon**103 calories, 10.1g carbohydrates, 5g fat, 4.3g protein, 161mg sodium, 35mg cholesterol

**Turkey Bacon** 5 calories, 0g carbohydrates, 0.1g fat, 0.8. protein, 30mg sodium, 3mg cholesterol

**Fruit Kabob** 28 calories, 7g carbohydrates, 0.1g fat, 0.5g protein, 5mg sodium, 0mg cholesterol

### Sunshine Breakfast (\$6.95)

Whole wheat English muffin with egg whites, mozzarella, fresh spinach, Canadian bacon, tomato jam served with fresh fruit salad

**Sandwich**-368 calories, 8.7g fat, 50mg cholesterol, 39.5 carbohydrates, 28.5g. protein, 1200mg. sodium

**Fruit salad**(1/2 cup) - 50 calories, 0g fat, 0mg cholesterol, 12g carbohydrates, 1g. protein, 15mg. sodium

### Breakfast Scramble (\$8.50)

Egg casserole, Vermont cheddar, Italian turkey sausage, served with fresh fruit skewers and assorted muffins

**Egg casserole**-241 calories, 2.2g. carbohydrates, 17.6g. fat, 18.3g. protein, 734mg. sodium, 263mg. cholesterol

**Fruit Skewers**-28 calories, 7g. carbohydrates, 0.1g.fat, 0.5g. protein, 5mg. sodium, 0mg. cholesterol

**Assorted Muffins:** 178 calories, 31.9g. carbohydrates, 4.9g. fat, 4.6g. protein, 259mg. sodium, 0g. cholesterol

## A LA CARTE BREAKFAST AND ADDITIONS

**A La Carte Breakfast Items Must Be Ordered For a Minimum of 10 People**

|   |              |
|---|--------------|
| <b>(V) Nutrigrain Bars and Fruit Bars</b><br>See package for nutritional information  | \$1.00/bar   |
| <b>(V + GF) Fresh Whole Fruit</b><br>Bananas, apples, oranges, pears<br><b>Banana</b> -105 calories, 27g. carbohydrates, 0.4g fat, 1.3g protein, 1mg. sodium, 0mg. cholesterol<br><b>Apple</b> -116 calories, 30.8g. carbohydrates, 0.4g. fat, 0.6g. protein, 2mg. sodium, 0g. cholesterol<br><b>Orange</b> -86 calories, 21.6g. carbohydrates, 0.2gfat, 1.7g. protein, 0mg. sodium, 0mg. cholesterol<br><b>Pear</b> -80 calories, 21.2g. carbohydrates, 0.2g fat, 0.5g. protein, 2mg. sodium, 0mg. cholesterol | \$1.00/piece |
| <b>(V + GF) Hard Boiled Eggs</b><br>Kosher salt, fresh black pepper<br><b>(1 Egg)</b> -63 calories, 0.3g. carbohydrates, 4.4g fat, 5.5g. protein, 62mg. sodium, 164mg. cholesterol  | \$1.75/each  |
| <b>(V) Freshly Baked Breakfast Breads</b><br><b>Breads</b> (1 slice) - 97 calories, 5.6g fat, 12.2g. carbohydrates, 0.7g. protein, 94mg. sodium, 0mg. cholesterol   | \$1.95/guest |
| <b>(V + GF) Seasonal Fresh Fruit Salad</b><br><b>Fruit</b> (1/2 cup) - 61 calories, 0.2g fat, 0mg cholesterol, 15.4g carbohydrates, 0.6g. protein, 11mg. sodium   | \$2.00/guest |
| <b>(V) Fruit &amp; Yogurt Parfait</b><br><b>1 parfait</b> – 150 calories, 2g fat, 30g. carbohydrates, 4g. protein, 70mg. sodium, 5mg.cholesterol  | \$2.45/guest |
| <b>(V) Iced Cinnamon Rolls</b><br><b>1 Roll with Icing</b> -222calories, 41.7g. carbohydrates, 3.7g. fat, 5g. protein, 205mg. sodium, 7mg. cholesterol  | \$2.65/guest |
| <b>(V) Assorted Chilled Greek Yogurt with Granola</b><br><b>Greek Yogurt</b> -130 calories, 20g. carbohydrates, 0g. fat., 12g. protein, 50mg. sodium, 5mg. cholesterol<br><b>Granola</b> (1oz.)-33 calories, 15.1g. carbohydrates, 6.8g. fat, 4.2g. protein, 7mg. sodium, 0mg. cholesterol  | \$2.90/guest |

## **BOXED SANDWICHES**

All lunch boxes include one accompaniment, a bagged snack & a signature Fresh baked cookie  
All Boxed Sandwich/Salad Types must be ordered for a minimum of 5 guests with no more than three sandwiches types per order (excluding vegetarian), & the same accompaniment will complement each lunch in any single order.

Must be ordered for a minimum of 10 people

### **BASIC BOX LUNCHES (\$8.50)**

Served on whole wheat bread. Includes lettuce, tomato and condiments. Lunch includes fresh whole fruit, a bagged salty snack and a fresh baked chocolate chip cookie

#### **Sandwich options:**

Oven roasted turkey breast with Havarti

Sliced Virginia ham and Swiss

Roast beef and cheddar

### **EF BOX LUNCH SANDWICHES (\$9.50)**

Includes one side, dessert square or jumbo cookie

#### **(V) Caprese**

Fresh mozzarella, thyme roasted tomatoes, spinach, balsamic drizzle, Pesto Mayo

Serving 1 sandwich-634 calories, 38g. fat, 41g. cholesterol, 48.6g. carbohydrates, 24.7g. protein, 1159mg. sodium

#### **(V) Hummus Vegetable**

Hummus, sweet bell pepper, arugula, radishes on wheat berry bread

Serving 1 sandwich-608 calories, 15g. fat, 0g. cholesterol, 108g. carbohydrates, 20.4g. protein, 893mg. sodium

#### **Blackened Roast Beef**

Shaved roast beef, spring mix, sliced tomato, provolone, low fat horsey mayo on rye bread

Serving 1 sandwich-404 calories, 27.7g. fat, 87g. cholesterol, 9.3g. carbohydrates, 27.3g. protein, 390mg. sodium

#### **Chicken Banh Mi**

Grilled chicken, shredded chicken, sliced radishes, cucumbers, sriracha mayo/rice wine vinegar on a hoagie bun

Serving 1 sandwich-797 calories, 17g. fat, 71g. cholesterol, 196.1g. carbohydrates, 41.3g. protein, 2984mg. sodium

#### **Southwest Turkey**

Sliced turkey breast, lettuce, roasted red pepper, pepper jack cheese, chipotle mayonnaise on wheat berry bread

Serving 1 sandwich-648 calories, 24.9g. fat, 61g. cholesterol, 86.9g. carbohydrates, 22g. protein, 1878mg. sodium

## Italian

Smoked mozzarella, salami, capicola, tomato, spinach, marinated roasted red peppers, basil aioli, rosemary-olive oil on a baguette

Serving 1 sandwich-266 calories, 8g. fat, 10g. cholesterol, 40g. carbohydrates, 14g. protein, 622mg. sodium

## Tzatziki Tuna Salad

Lettuce, tomato on hoagie bun

Serving 1 sandwich-388 calories, 5.1g. fat, 20g. cholesterol, 68.3g. carbohydrates, 25.8g. protein, 572mg. sodium

## BOX LUNCH SANDWICH TRAY (\$11.95/guest)

Choose three EF sandwich types and two sides, served with a dessert tray

### BOXED LUNCH SIDES

**(V)Roasted Red Skin Potato Salad-** Watercress, herbed Dijon vinaigrette

231 calories, 13.5g fat, 0mg cholesterol,26g carbohydrates, 2g protein, 301mg sodium

**(V)Bowtie Pasta Salad-** Tomato, green beans, red onion, black olive, feta, basil vinaigrette

166 calories, 7.8g fat, 3mg cholesterol,23.3g carbohydrates, 2.9g protein, 55mg sodium

**(V)Roasted Vegetable Couscous Salad**

106 calories, 1.6g fat, 0mg cholesterol,18.2g carbohydrates, 3.6g protein, 102mg sodium

**(V)Fresh Fruit Salad(Seasonal fruit)**

1/2 cup – 20 calories, 0.1g fat, 0mg. cholesterol, 5.1g. carbohydrates, 6.3g. protein, 3mg. sodium

**(V)Pretzels**

Serving 1oz, 107 calories, 0.7g. fat , 0mg. cholesterol, 22.4g. carbohydrates, 2.9g. protein, 384mg. sodium

**(V)Potato Chips**

Serving 1oz, 105 calories, 106g. fat, 0mg. cholesterol 0mg, 14.1g. carbohydrates, 1.9g. protein, 149mg. sodium

**(V)Fresh Whole Fruit**

**Banana** – Calories 110, fat 0g, cholesterol 0mg, carbohydrates 30g

**Apple** – Calories 130, fat 0g, cholesterol 0mg, carbohydrates 34g

**Orange** – Calories 180, fat 0g, cholesterol 0mg, carbohydrates 19g

**Pear** – Calories 100, fat 0g, cholesterol 0mg, carbohydrates 15g

### BOXED SALADS

Includes whole wheat roll, dessert square or jumbo cookie

## Chicken Caesar Salad (\$9.50)

Hearts of romaine, grilled chicken, shredded parmesan, croutons, creamy Caesar dressing

458 calories, 26.5g fat, 100mg cholesterol, 17.9g. carbohydrates, 33.5g protein, 743mg sodium

**(V) Superfood Crunch Salad (\$9.50)**

Super green mix with kale, edamame, shredded carrots, green cabbage, blueberries, dried cranberries, sunflower seeds and red onion, raspberry vinaigrette  
468 calories, 24.5g fat, 0mg cholesterol, 51g carbohydrates, 10g protein, 605mg sodium

**Fresh Lemon Greek Salad (\$9.50)**

With turkey, romaine, endive, red onion, radishes, tomatoes, red wine vinaigrette  
291 calories, 9.4g fat, 47mg cholesterol, 39.1g carbohydrates, 16.7g protein, 1171mg sodium



## **LUNCH FAVORITES**

Items Must Be Ordered For a Minimum of 10 People

### **Keep it “Lite” (\$11.15/guest)**

House made salads with petite topknot rolls:

#### **Cranberry pecan chicken salad**

**Sandwich**-275 calories, 9.5g fat, 127mg cholesterol,1.5g carbohydrates, 42.7g protein, 121mg sodium

#### **Albacore tuna salad**

**Sandwich**-83 calories, 4.9g fat, 12mg cholesterol,3.9g carbohydrates, 6.2g protein, 141mg sodium

#### **Egg salad**

**Sandwich**-243 calories, 20.5g fat, 46mg cholesterol,14.3g carbohydrates, 1.7g protein, 452mg sodium

#### **Fresh Seasonal Fruit Salad**

20 calories, 0.1g fat, 0mg cholesterol,5.1g carbohydrates, 0.3g protein, 3mg sodium

#### **Roasted Vegetable Couscous Salad**

202 calories, 0.4g fat, 0mg cholesterol,41.8g carbohydrates, 6.9g protein, 712mg sodium

### **It’s a Wrap (\$11.95/guest)**

Assorted wrap sandwiches (**select 3 varieties**) served with a hearty garden salad, assorted dressings and fresh melons with honey mint drizzle

**Salad**-19 calories, 0.2g fat, 0mg cholesterol,4.1g carbohydrates, 1g protein, 12mg sodium

**Dressing**-See Package

**Melon/Drizzle**-156 calories, 0.3g fat, 0mg cholesterol,39.9g carbohydrates, 1.4g protein, 29mg sodium

#### **Buffalo Chicken with celery & bleu cheese**

1/2 Wrap-515 calories, 14.8g fat, 177mg cholesterol, 27.2g carbohydrates, 62.95g protein, 540mg sodium

#### **Roast Beef with sharp cheddar, tomato, caramelized onion, horseradish cream cheese**

254 calories, 15.5g fat, 83mg cholesterol, 8.9g carbohydrates, 20.1g protein, 303mg sodium

#### **Blackened Salmon with shredded lettuce, arugula, roasted red onions, creole aioli**

371 calories, 23.7g fat, 7mg cholesterol, 31.6g carbohydrates, 7.6g protein, 590mg sodium

#### **Cobb with chicken, bleu cheese, tomatoes, spinach**

499 calories, 33.5g fat, 116mg cholesterol, 9.9g carbohydrates, 38.9g protein, 495mg sodium

#### **(V) Mediterranean Vegetable with roasted vegetables, Havarti, tabbouleh, olive tapenade**

267 calories, 9.7g fat, 15mg cholesterol, 36g carbohydrates, 7.4g protein, 296mg sodium

#### **California BLT with turkey, bacon, avocado, artichoke mayonnaise**

548 calories, 42.1g fat, 42mg cholesterol,26.4g carbohydrates, 11.3g protein,957mg sodium

**Cuban with ham, roasted pork, Swiss cheese, pickle, mustard**  
250.5 calories, 11g fat, 43mg cholesterol, 18.5g carbohydrates, 39g protein, 615mg sodium

**Mandarin Chicken with mandarin oranges, lettuce, carrots, citrus vinaigrette**  
222 calories, 5.9g fat, 31mg cholesterol, 26.9g carbohydrates, 10g protein, 45mg sodium

### **Deli Buffet (\$9.50/guest)**

Served with a hearty garden salad, fresh fruit skewers and pretzels

Includes turkey, roast beef and ham

Breads: Marbled rye, white and wheatberry breads

Cheeses: Cheddar & Swiss cheese,

Sandwich toppings: Lettuce, tomato, pickle mayo and mustard

**Turkey** (Serving 3oz)-76 calories, 0g fat, 28mg cholesterol, 3.8g carbohydrates, 13.2g. protein, 813mg. sodium  
**Roast Beef** (Serving 3oz)-158 calories, 5.3g fat, 76mg cholesterol, 0g carbohydrates, 13.2g. protein, 25.8mg. sodium  
**Ham** (Serving 3oz)-139 calories, 7.3g fat, 48mg cholesterol, 3.3g carbohydrates, 14.1g. protein, 1109mg. sodium  
**Wheat Bread** (Serving 1 Slice)-180 calories, 2.5g fat, 0mg cholesterol, 21g carbohydrates, 7g. protein, 320mg. sodium  
**Rye Bread** (Serving 1 Slice)-120 calories, 1g fat, 0mg cholesterol, 23g carbohydrates, 4g. protein, 220mg. sodium  
**Cheddar** (Serving 1oz)-49 calories, 2g fat, 6mg cholesterol, 0.5g carbohydrates, 6.9g. protein, 174mg. sodium  
**Swiss** (Serving 1oz)-50 calories, 1.5g fat, 10mg cholesterol, 0g carbohydrates, 9g. protein, 680mg. sodium  
**Tomato** (Serving 2)-5 calories, 0.1g fat, 0mg cholesterol, 1.2g carbohydrates, 13.2g. protein, 0.3mg. sodium  
**Lettuce** (Serving 1)-1 calories, 0g fat, 0mg cholesterol, 0.2g carbohydrates, 0g. protein, 0mg. sodium  
**Pickle** (Serving 1)-5 calories, 0g fat, 0mg cholesterol, 1g carbohydrates, 0g. protein, 330mg. sodium  
**Mustard** (Serving 1 TPS.)-53 calories, 3.2g fat, 0mg cholesterol, 3.9g carbohydrates, 2.8g. protein, 1mg. sodium  
**Lowfat Mayo** (Serving 1 Package)-15 calories, 1g fat, 0mg cholesterol, 2g carbohydrates, 0g. protein, 130mg. sodium  
**Nonfat Mayo** (Serving 1 Package)-11 calories, 0.4g fat, 2mg cholesterol, 2g carbohydrates, 0g. protein, 120mg. sodium  
**Dressing**-See Package  
**Fresh Fruit Skewers**--28 calories, 7g. carbohydrates, 0.1g.fat, 0.5g. protein, 5mg. sodium, 0mg. cholesterol  
**Pretzels**- Serving 1oz, 107 calories, 0.7g. fat, 0mg. cholesterol, 22.4g. carbohydrates, 22.4mg carbohydrates, 2.9g protein, 384mg sodium

### **Petite Deli Sandwich Tray (\$8.50/guest)**

Served on assorted petite rolls with sliced cheese, lettuce, tomato and condiments with a hearty garden salad, assorted dressings and fresh fruit salad or bowtie pasta salad

Choose three types:

#### **Oven Roasted Turkey Breast**

Serving 3oz-75 calories, .75g fat, 30mg cholesterol, 3g carbohydrates, 26.5g protein, 615mg sodium

#### **Virginia Ham**

Serving 3oz-90 calories, 2.5g fat, 40mg cholesterol, 5g carbohydrates, 12g protein, 1100mg sodium

#### **Roast Beef**

Serving 3oz-105 calories, 3g fat, 37.5mg cholesterol, 8.6 g carbohydrates, 16.5g protein, 615mg sodium

#### **Homemade Albacore Tuna Salad**

Serving 2oz-83 calories, 4.9g fat, 12mg cholesterol, 3.9g carbohydrates, 6.2g protein, 141mg sodium

### **Homemade Egg Salad**

Serving 3oz-243 calories, 20.5g fat, 46mg cholesterol,14.3g carbohydrates, 1.7g protein, 452mg sodium

### **Roasted Vegetables & Spicy Red Pepper Hummus**

210 calories, 10.5g fat, 0mg cholesterol,19g carbohydrates, 7g protein, 540mg. sodium

## **ENTRÉE SALADS**

Must Be Ordered For a Minimum of 10 People

### **Tomato Mozzarella Caprese & Greens (\$9.00/guest)**

Tomatoes, fresh mozzarella, artisan greens, red onions, pesto-balsamic vinaigrette served with rosemary olive oil bread with butter

**Caprese Salad**-(13.1oz Serving)-211 calories, 14g.fat, 0mg cholesterol, 7.6g carbohydrates,11.4g. protein, 198mg. sodium  
**Rosemary Olive Oil Bread** (1 slice) – 120 calories, 1.5g fat, 10mg cholesterol, 19g carbohydrates, 4g. protein, 280mg. sodium  
**Butter** (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

### **Chicken or Salmon Caesar Salad (Chicken: \$9.75; Salmon: \$12.85)**

Marinated grilled chicken breast or roasted salmon filet served over romaine lettuce hearts, creamy Caesar dressing, focaccia croutons, shaved parmesan and roasted tomato wedges served with crusty rolls with butter

**Chicken**(Serving 6oz)-194 calories, 4.3g fat, 109mg cholesterol, 0g carbohydrates, 36g. protein, 87mg. sodium  
**Salmon**-(Serving 6oz)-225 calories, 10.5g fat, 75mg cholesterol, 0g carbohydrates, 33g. protein, 75mg. sodium  
**Whole Wheat Roll** (1 roll )– 96 calories, 1.7g fat, 0mg cholesterol, 18.4g carbohydrates, 3.1g. protein, 128mg. sodium  
**Butter** (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium  
**Salad**-354 calories, 26.4g fat, 21 mg cholesterol, 20.9g. carbohydrates, 5.4g. protein, 803mg. sodium

### **Grilled Chicken Avocado Salad (\$9.50/guest)**

Grilled chicken breast with mixed greens, carrots, crispy tortilla strips, fresh avocado, honey lime vinaigrette served with whole wheat roll with butter

**Salad**-272 calories, 12g fat, 0mg cholesterol, 25.6g carbohydrates, 2.5g.protein, 113mg. sodium  
**Chicken**(Serving 6oz)-194 calories, 4.3g fat, 109mg cholesterol, 0g carbohydrates, 36g. protein, 87mg. sodium  
**Whole Wheat Roll** (1 roll )– 96 calories, 1.7g fat, 0mg cholesterol, 18.4g carbohydrates, 3.1g. protein, 128mg. sodium  
**Butter** (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

### **Summer Fresh Salad (\$9.25/guest)**

Mixed greens, herb roasted chicken breast, strawberry, mandarin oranges, blueberries, toasted sunflower seeds, crumbled feta, strawberry lemonade vinaigrette served with rolls and butter

**Serving 14oz**-192 calories, 5.1g fat, 81mg cholesterol,8.6 g carbohydrates, 26.5g protein, 113mg. sodium  
**Whole Wheat Roll** (1 roll )– 96 calories, 1.7g fat, 0mg cholesterol, 18.4g carbohydrates, 3.1g. protein, 128mg. sodium  
**Butter** (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

## HOT ENTREES

### **Baked Potato Bar (\$8.50/guest)**

Tender baked potatoes served with a hearty garden salad and dressing with toppings: cheddar cheese, crunchy bits of bacon, chopped green onions, salsa and sour cream

**Add Chili or Vegetarian Chili potato topping - \$1.50 per guest**

**Tender Baked Potato** – 110 Calories, 0g fat, 26 g carbohydrates, 0mg cholesterol, 3g protein, 0mg sodium  
**Cheddar Cheese 1oz** –114 Calories, 9.4g fat,0.4g carbohydrates, 30mg cholesterol, 7.4g protein, 176mg sodium  
**Bacon Bits .33oz**– 51 Calories, 3.9g fat, 0.1g carbohydrates, 10mg cholesterol, 3.5g protein, 216mg sodium  
**Green Onions 0.5oz.** – 5Calories,0 g fat,.1g carbohydrates, 0mg cholesterol, 0.3g protein,2 mg sodium  
**Salsa 1oz** – 4 Calories, 0g fat,.1g carbohydrates, 0mg cholesterol, 0.3g protein, 98mg sodium  
**Sour Cream 1oz** – 51Calories, 5g fat,.1g carbohydrates, 11mg cholesterol, 0.8g protein, 13mg sodium  
**Hearty Garden Salad** – 49 Calories, 0.5g fat,.11.2g carbohydrates, 0mg cholesterol, 2.3g protein, 20mg sodium  
**Chili 1.5oz:** 27 Calories, 0.6g fat,. 4.3g carbohydrates, 2mg cholesterol, 1.2g protein, 182mg sodium  
**Vegetarian Chili 4.5oz:** 26Calories, 0.5g fat,. 4.3g carbohydrates, 0mg cholesterol, 1.5g protein, 114mg sodium

### **Taco Bar or Taco Salad Bar (\$12.25/guest)**

\*Served with Margarita fruit salad and crisp corn and zucchini slaw  
Soft corn or flour tortillas or crisp flour tortilla shells,  
seasoned ground beef, chopped tomatoes, shredded lettuce,  
jalapeno peppers, black olives cheddar cheese, salsa and sour cream

**Replace beef with shredded chicken, add \$1.65 per guest**

**Flour Tortilla bowl**-Serving, 390 calories, 22g fat, 4.5g saturated fat, 0 cholesterol, 40g carbohydrates  
**Corn Tortillas** – 100Calories, 4.4g fat,. 13.2g carbohydrates, 0mg cholesterol, 1.5g protein, 82mg sodium  
**Flour Tortillas 8"**– 140Calories, 3g fat,.24g carbohydrates, 0mg cholesterol, 4g protein, 400mg sodium  
**Ground Beef3oz**– 155 Calories, 7.7g fat,.4.6g carbohydrates, 46mg cholesterol, 17g protein, 479mg sodium  
**Tomatoes 2oz** –10Calories, 0.1g fat,.2.2g carbohydrates, 0mg cholesterol, 0.5g protein, 3mg sodium  
**Lettuce 3oz** – 12 Calories, 0.2g fat,.2.6g carbohydrates, 0mg cholesterol, 0.4g protein, 5mg sodium  
**Jalapenos 0.5oz** – 4 Calories, 0.1g fat,.0.8g carbohydrates, 0mg cholesterol, 0.2g protein, 0mg sodium  
**Black Olives 0.5oz** – 16Calories, 1.5g fat,.0.9g carbohydrates, 0mg cholesterol, 0.1g protein, 124mg sodium  
**Cheddar Cheese 1.5oz** – 171Calories, 14.1g fat,.0.5g carbohydrates, 45mg cholesterol, 10.6g protein, 264mg sodium  
**Salsa 1.5oz** – 11 Calories, 0.1g fat,.2.7g carbohydrates, 0mg cholesterol, 0.7g protein, 255mg sodium  
**Sour Cream 1.5oz** – 91 Calories, 8.9g fat,.1.8g carbohydrates, 19mg cholesterol, 1.3g protein, 23mg sodium  
**Shredded Chicken 3oz**–300 Calories, 10.5g fat,.0g carbohydrates, 90mg cholesterol, 15g protein, 405mg sodium  
**Margarita Salad**- 1/2 cup - 100 calories, 0g fat, .0g saturated fat, cholesterol 0mg, carbohydrates 21g  
**Corn Zucchini Slaw 4oz**–456Calories, 17.3g fat,.73.5g carbohydrates, 12mg cholesterol, 8.5g protein, 465mg sodium

### **Taste of the South (\$9.50/guest)**

House Smoked Pulled Pork or Chicken  
Blackberry BBQ sauce & Carolina BBQ Sauce  
Petite Yeast Rolls  
Bread & Butter Pickle Slaw  
Creamy Macaroni & Cheese

**Pulled Pork**- 150Calories, 9g fat,.2g carbohydrates, 50mg cholesterol, 13g protein, 290mg sodium  
**Chicken**– 100Calories, 7g fat,. 0g carbohydrates, 60mg cholesterol, 10g protein, 270mg sodium  
**Blackberry BBQ**140Calories, 0g fat,.18g carbohydrates, 0mg cholesterol, 0g protein, 290mg sodium  
**Carolina BBQ**– 140Calories, 1g fat,.30g carbohydrates, 0mg cholesterol, 2g protein, 760mg sodium  
**Yeast Roll (1)**–140 Calories, 1.5g fat,. 28g carbohydrates, 0mg cholesterol,4g protein, 270 mg sodium  
**Pickle Slaw-1.5oz.** –10Calories, 0g fat, 2.4g carbohydrates, 0mg cholesterol, 0.3g protein, 61mg sodium  
**Mac&Cheese-3oz** – 170 Calories, 8.3g fat,. 16.5g carbohydrates,13mg cholesterol, 7.5g protein, 410 mg sodium

### **Burrito Bowl(\$9.50/guest)**

Brown rice with charred corn & black beans, seasoned grilled chicken, chopped romaine, Monterey jack cheese, pico de gallo, sour cream, guacamole and tri color tortilla chips

**Brown Rice w/ Corn & Black Beans-4oz-414**Calories, 2.8g fat,. 84.1g carbohydrates, 0mg cholesterol, 17.9g protein, mg sodium

**Grilled Chicken-4oz-129** calories, 2.8g fat, 73mg cholesterol, 0g carbohydrates, 58mg. sodium, 24g. protein

**Chopped Romaine – 3oz-300** Calories, 10.5g fat,.0g carbohydrates, 90mg cholesterol, 15g protein, 405mg sodium

**Monterey Jack-1oz.-85** Calories, 5.7g fat,. 0.9g carbohydrates, 19mg cholesterol, 7.6g protein, 246mg sodium

**Pico de Gallo-1.5oz- 15**Calories, 0g fat,.1.5g carbohydrates, 0mg cholesterol, 0g protein, 289mg sodium

**Sour Cream -1.5oz- 91** Calories, 8.9g fat,. 1.8g carbohydrates,19mg cholesterol, 0.8g protein, 23mg sodium

**Guacamole-1.5oz-63** Calories, 6.1g fat,. 3g carbohydrates, 0mg cholesterol, 0.8g protein, 130mg sodium

**Tortilla Chips-1oz. -140** Calories, 7g fat,18g carbohydrates, 0mg cholesterol, 2g protein, 120mg sodium

### **PASTA OPTIONS**

Served with choice of salad, rolls/bread with butter

#### **Lasagna Rolls (\$9.50 per guest)**

Garden vegetable turkey lasagna rolls with garlic basil marinara

**1 Piece**, 314 Calories; 12.4g fat; 68mg cholesterol, 25.4g protein, 654mg sodium, 26.8g carbohydrates

#### **(V) Cajun Pasta (\$9.00/guest)**

Penne pasta, asparagus, roasted tomatoes, arugula, parmesan tossed in a Cajun Alfredo sauce with a touch of heat

**Add chicken \$2.30 per guest**

**Pasta (1 cup)**-694 calories, 36.8g fat, 119mg cholesterol, 68.7g carbohydrates, 24.9g protein, 644mg sodium

#### **(V) Summer Penne Pesto Primavera (\$8.50/guest)**

Penne pasta, assorted summer vegetables to include carrots, zucchini, yellow squash, red onion, tomato tossed with nut free pesto, shredded parmesan

**Add chicken \$2.30 per guest**

Pasta w/o Chicken:649 Calories, 29.5g fat,.71.4 g carbohydrates, 22mg cholesterol, 26.1g protein, 513mg sodium

Pasta w/ Chicken: 778 Calories, 32.3g fat, 71.4g carbohydrates, 94mg cholesterol, 50.1g protein, 570mg sodium

## **EXECUTIVE ENTREES**

All entrees below served with one starch, one vegetable, rolls & butter unless otherwise noted

**Add a salad for \$1.75 per guest**

**Must Be Ordered For a Minimum of 10 People**

### **Turkey Apple Meatloaf (\$9.95)**

Mango glazed seasoned turkey, sautéed apples, onion & garlic  
6oz.-397 calories, 7.8g fat, 32mg cholesterol, 65.2g carbohydrates, 734mg. sodium, 13.4g. protein

### **Smoked Pork Loin (\$9.95)**

With black raspberry mustard sauce

Served with Carolina Slaw (green cabbage, broccoli, snap peas, rainbow carrots, kale) and ONE additional side item of your choice

**Pork Loin**-6oz.-203 calories, 8.1g fat, 91mg cholesterol, 0g carbohydrates, 1964mg. sodium, 3.4g. protein  
**Black Rasp. Sauce** 1.5oz.-97 calories, 0g fat, 0mg cholesterol, 21.3g carbohydrates, 418mg. sodium, 0.2g. protein  
**Carolina Slaw**-3oz.-245 calories, 16.9g fat, 0mg cholesterol, 16g carbohydrates, 27mg. sodium, 0.5g. protein

### **Beef Tips Portobello (\$11.50)**

In a rich burgundy wine sauce

**Beef Tips**-6oz.-580 calories, 24.6g fat, 180mg cholesterol, 11.7g carbohydrates, 623mg. sodium, 58.6g. protein

### **Stuffed Sole (\$11.50)**

Seasoned crab & scallop stuffed sole, light lemon sauce

**Stuffed Sole**-5oz.-250 calories, 12g fat, 50mg cholesterol, 20g carbohydrates, 680mg. sodium, 16g. protein  
**Lemon Sauce** 1.5oz.-8 calories, 0g fat, 0mg cholesterol, 1g carbohydrates, 73mg. sodium, 0.2g. protein

### **Golden Pan Seared Boneless Chicken Breast (\$10.50)**

Blistered corn, red onion and red pepper salsa, black pepper butter sauce  
6oz./2oz.-688 calories, 6.3g fat, 390mg cholesterol, 6g carbohydrates, 475mg. sodium, 156.9g. protein

### **Mediterranean Chicken Breast (\$10.50)**

Mediterranean spices with a roasted vegetable salsa

6oz./2oz.-236 calories, 6.9g fat, 109mg cholesterol, 4.7g carbohydrates, 386mg. sodium, 36.8g. protein

### **Island Chicken Breast (\$10.50)**

Mango glazed chicken breast, mango chili salsa

Island Chicken-6oz.-254 calories, 4.3g fat, 109mg cholesterol, 14g carbohydrates, 257mg. sodium, 36.1g. protein  
Mango Salsa-2oz.-72 calories, 3.6g fat, 10.3mg cholesterol, 6g carbohydrates, 29mg. sodium, 0.7g. protein

### **Grilled BBQ Chicken Breast (\$10.50)**

With bourbon barbecue sauce

Chicken 6oz./ Sauce 2oz.-435 calories, 4.3g fat, 109mg cholesterol, 46.6g carbohydrates, 931mg. sodium, 0g. protein

**VEGETARIAN ENTREES: Can be ordered for less than 10 guests to accommodate guests with dietary restrictions**

**(V) Spinach, Garlic and Pinenut Parcels (\$9.00)**

With sundried tomato sauce and balsamic syrup

1 Portion-612 calories, 27.3g fat, 0mg cholesterol, 68.8g carbohydrates, 957mg. sodium, 20g. protein

**(V) Wild Mushroom and Tofu Enchiladas (\$9.50)**

With a mild green chili & tomatillo sauce topped with roasted corn

826 Calories, 18.2g fat,. 138.9g carbohydrates, 0mg cholesterol, 41.4g protein, 364 mg sodium

**(V) Spinach & Tofu Masala (\$9.50)**

Served with basmati rice with cashews, edamame and currants

Spinach & Tofu Masala-157 Calories, 11.9g fat,. 8.9g carbohydrates, 0mg cholesterol, 7.9g protein, 61mg sodium  
Basmati Rice, Edamame & Currants-302 Calories, 10.4g fat,. 44.9g carbohydrates, 0mg cholesterol, 8.6g protein, 8mg sodium

**STARCH SIDE ITEMS**

**Creamy Macaroni & Cheese**

4oz.-759 Calories, 50.1g fat,. 57.8g carbohydrates, 172mg cholesterol, 19.8g protein, 319mg sodium

**Tri Color Roasted Potatoes**

6oz.-180 Calories, 1g fat,. 19g carbohydrates, 0mg cholesterol, 2g protein, 330 mg sodium

**Creamy Mashed Potatoes**(choice of plain, buttermilk, garlic, white cheddar, chive)

6oz.-192 Calories, 7.1g fat,. 28.8g carbohydrates, 2mg cholesterol, 3.4g protein, 566mg sodium

**Basil Scented Rice Pilaf**

4oz.-218 Calories, 7.7g fat,. 33.4g carbohydrates, 20mg cholesterol, 3.2g protein, 55mg sodium

**Smashed Red Skins with Olive Oil, Sea Salt & Scallions**

6oz.-348 Calories, 26.7g fat,. 27.5g carbohydrates, 0mg cholesterol, 3.3g protein, 2337mg sodium

**Garlic and Herb Rubbed Red Skin Potatoes**

6oz.-348 Calories, 26.7g fat,. 27.5g carbohydrates, 0mg cholesterol, 3.3g protein, 2337mg sodium

**Toasted Orzo with Roasted Red Pepper & Charred Corn**

4oz.-291 Calories, 4.5g fat,. 28.8g carbohydrates, 56.6mg cholesterol, 9.7g protein, 77mg sodium

**Vegetable Rice Pilaf**

4oz.-151 Calories, 0.3g fat,. 33.1g carbohydrates, 0mg cholesterol, 3.4g protein, 25mg sodium

## VEGETABLE SIDE ITEMS

### **Roasted Tri Color Cauliflower**

4oz.-40 Calories, 0.5g fat, . 5g carbohydrates, 0mg cholesterol, 3g protein, 40mg sodium

### **Summer Squash Sauté with Onions & Tomatoes**

4oz.-73 Calories, 5.8g fat, . 4.7g carbohydrates, 0mg cholesterol, 1.2g protein, 707mg sodium

### **Green Bean, Carrot & Red Pepper with Basil Butter**

4oz.-134 Calories, 8.4g fat, . 15.8g carbohydrates, 20mg cholesterol, 2.5g protein, 80mg sodium

### **Bountiful Roasted Seasonal Vegetables, Sea Salt, Fresh Herbs, Balsamic Reduction**

4oz.-205 Calories, 9.9g fat, . 28.8g carbohydrates, 28.9mg cholesterol, 5g protein, 875mg sodium

### **Broccoli, Red Pepper, Carrot & Snow Pea Sautee**

4oz.-195 Calories, 14.5g fat, . 15.7g carbohydrates, 0mg cholesterol, 3.2g protein, 1196mg sodium

### **Orange Spiked Carrots**

4oz.-113 Calories, 3.1g fat, . 21.3g carbohydrates, 8mg cholesterol, 0.9g protein, 259mg sodium

## SALAD OPTIONS

### **Fruited Spinach Salad**

With apples, mandarin oranges, mushrooms, red onion, golden raisins, walnuts and honey thyme vinaigrette

**Salad** 212 calories, 6.2g fat, 0mg cholesterol, 39.8g carbohydrates, 50mg. sodium, 5.2g. protein

**Vinaigrette Dressing** - 2oz. -117 calories, 5.7g fat, 0mg cholesterol, 16.6g carbohydrates, 510mg sodium, 6.6g. protein

### **Traditional Caesar Salad**

Romaine with garlic toasted croutons & freshly grated parmesan, with a creamy Caesar dressing

**Salad** -140 calories, 6.2g fat, 17mg cholesterol, 13.1g carbohydrates, 307mg. sodium, 8.3g. protein

**Dressing** - 2oz.-220 calories, 22g fat, 20mg cholesterol, 4g carbohydrates, 620mg. sodium, 2g. protein

### **Garden Salad**

With romaine & iceberg, shredded red cabbage, grated carrots, sliced cucumbers, green pepper strips and tomato wedges, with ranch & vinaigrette dressings

**Salad** 19 calories, 0.2g fat, 0mg cholesterol, 4.1g carbohydrates, 12mg. sodium, 1g. protein

**Vinaigrette** 2oz.- 171 calories, 16.7g fat, 0mg cholesterol, 6.1g carbohydrates, 973mg. sodium, 0.2g. protein

**Ranch Dressing** 2oz.-280 calories, 28g fat, 10mg cholesterol, 4g carbohydrates, 480mg. sodium, 0g. protein

### **Mixed Greens Salad**



With chopped tomatoes, cucumbers, sliced black olives & crumbled feta with herbed vinaigrette

**Salad** 73 calories, 3.1g fat, 8mg cholesterol, 10.6g carbohydrates, 21mg. sodium, 3.8g. protein

**Vinaigrette** 2oz.- 171 calories, 16.7g fat, 0mg cholesterol, 6.1g carbohydrates, 973mg. sodium, 0.2g. protein

### Spinach Salad

With pickled onions, sultanas, spiced pecans, and honey thyme vinaigrette

**Salad** - 78 calories, 4.2g fat, 0mg cholesterol, 9.9g carbohydrates, 89mg. sodium, 2.1g. protein

**Vinaigrette** 2oz.- 171 calories, 16.7g fat, 0mg cholesterol, 6.1g carbohydrates, 973mg. sodium, 0.2g. protein

## SNACKS

Must Be Ordered For a Minimum of 10 People

### Carrot & Celery Sticks with Dip (\$1.50/guest)

1oz.- 74 calories, 1.9g fat, 0mg. cholesterol, 12.8g.carbohydrates, 355mg. sodium, 1g. protein

### Herbed Feta Dip with Melba Toast & Carrots (\$2.50/guest)

1oz.- 35 calories, 1.5g fat, 6mg. cholesterol, 1.3g.carbohydrates, 148mg. sodium, 3.9g. protein

### Hummus with Whole Wheat Pita Bread & Carrots (\$2.50/guest)

1.5oz.- 172 calories, 4.5g fat, 0mg. cholesterol, 29g.carbohydrates, 345mg. sodium, 6.1g. protein

2 Carrots/2Pita-41 calories, 0.2g fat, 0mg. cholesterol, 8.6g.carbohydrates, 90mg. sodium, 1.2g. protein

### Trail Mix (\$1.75/guest)

¼ cup - 233 calories, 14.8g fat, 4mg. cholesterol 0mg, 22.6g. carbohydrates, 52mg. sodium, 6g. protein

### Fresh Whole Fruit(\$1.00/piece)

**Banana**-105 calories, 27g. carbohydrates, 0.4g fat, 1.3g protein, 1mg. sodium, 0mg. cholesterol

**Apple**-116 calories, 30.8g. carbohydrates, 0.4g. fat, 0.6g. protein, 2mg. sodium, 0g. cholesterol

**Orange**-86 calories, 21.6g. carbohydrates, 0.2gfat, 1.7g. protein, 0mg. sodium, 0mg. cholesterol

**Pear**-80 calories, 21.2g. carbohydrates, 0.2g fat, 0.5g. protein, 2mg. sodium, 0mg. cholesterol

### Traditional Salsa and Whole Grain Tortilla Chips (\$2.75/guest)

Serving-1 oz, 0.75oz-113 calories, 5.3g. fat, 0mg. cholesterol,13.8g. carbohydrates , 275mg. sodium, 1.9g. protein

### Cheese Display with Crackers (\$1.75/guest)

Serving-3oz./3 Crackers- 403 calories, 31.2g. fat, 89mg. cholesterol,8.4g. carbohydrates , 630mg. sodium, 22.1g. protein

### Cheese & Fruit Display with Crackers (\$2.75/guest)

Serving 1.5 oz, ¼ cup fruit-282 calories, 17.1g.fat, 45mg. cholesterol, 19.9g. carbohydrates, 381mg. sodium, 12.5g. protein

### Popcorn (\$1.00/guest)

Serving-1 package-270 calories, 16g. fat, 10mg. cholesterol, 25g. carbohydrates , 1mg. sodium, 1g. protein

1 cup Air Pop-31 calories, 0.4g. fat, 0mg. cholesterol,6.2g. carbohydrates, 1mg. sodium, 1g. protein

### **Power Balls (\$1.50/guest)**

Oats rolled with honey, flax seeds, chocolate chips, nuts, raisins, dried cranberries and peanut butter

82 calories, 3.9g fat, 1mg cholesterol, 10.4g carbohydrates, 30mg. sodium, 2.1g. protein

### **Bagged Snacks (\$1.00/bag)**

Choice of: Pretzels, potato chips, Fritos, Sun Chips

See package for nutritional information

### **Assorted 100 Calorie Snack Packs (\$1.00/package)**

See package for nutritional information

## **HORS D'OEUVRES**

**Must Be Ordered For a Minimum of 10 People**

### **DIPS**

#### **Hummus Trio (\$2.75/guest)**

Traditional, Spicy Red Pepper, Edamame with fresh vegetable strips, toasted pita chips

4 Strips/4 Pitas-255 calories, 10.1g fat, 0mg cholesterol, 28.1g carbohydrates, 555mg. sodium, 6.8g. protein

#### **Bacon, Tomato & Chive Dip (\$2.60/guest)**

With Bagel Chips, Assorted Crackers

3 Chips/3 Crackers-125 calories, 11.7g fat, 17mg cholesterol, 1.1g carbohydrates, 327mg. sodium, 4.2g. protein

#### **Homemade Guacamole (\$2.60/guest)**

With tri-color tortilla chips

Guacamole 1.5oz/Tortilla 1 1/4oz.--236 calories, 14.3g fat, 0mg cholesterol, 26.2g carbohydrates, 279mg. sodium, 3.5g. protein

#### **Warm Spinach Artichoke Dip (\$2.20/guest)**

With tortilla chips

Spinach/Artichoke-1.5oz/1 1/4oz. Tortilla-235 calories, 14.9g fat, 30mg cholesterol, 20.4g carbohydrates, 248mg. sodium, 5.2g. protein

#### **Concasse of Tomato, Basil and Garlic (\$2.45/guest)**

With Shredded Mozzarella & Crostini

#### **Chips and Salsa (\$2.00/guest)**

Choice of: Traditional or Mango Chili

Served with tri-color tortilla chips

152 calories, 4g fat, 2mg cholesterol, 24.1g carbohydrates, 27mg. sodium, 4.2g. protein

## **PLATTERS**

Must Be Ordered For a Minimum of 10 People

### **Bountiful Domestic Cheese Display (\$2.65/guest)**

Artistically presented with fresh fruit and assorted crackers

Cheese-1 oz.-185 calories, 14.6g fat, 43mg cholesterol, 1.3g carbohydrates, 264mg. sodium, 11.5g. protein  
Crackers (4)-80 calories, 4.1g fat, 0mg cholesterol, 9.8g carbohydrates, 136mg. sodium, 1.2g. protein

### **International Cheese Board (\$4.20/guest)**

Variety of imported cheeses garnished with fresh fruit

Served with nuts and artisan crackers, crusty bread

Cheese-1 oz.-157 calories, 12.9g fat, 47mg cholesterol, 0.6g carbohydrates, 284mg. sodium, 9.9g. protein  
Nuts-1/4oz.-44 calories, 4g fat, 0mg cholesterol, 1.6g carbohydrates, 22mg. sodium, 1.1g. protein

### **Fresh Cut Crudités (\$1.40/guest)**

Cherry tomatoes, red & yellow peppers, French cut carrots,  
celery, green beans & jicama served with fresh dips

Crudite-22 calories, 0.1g fat, 0mg cholesterol, 5g carbohydrates, 21mg. sodium, 0.7g. protein  
Ranch Dip-1oz.- 320 calories, 34g fat, 20mg cholesterol, 2g carbohydrates, 400mg. sodium, 2g. protein  
Tomato Aioli Dip-1oz.- 169 calories, 18g fat, 0mg cholesterol, 1.8g carbohydrates, 161mg. sodium, 0.2g. protein

### **Cascading Fresh Fruit Display (\$3.00/guest)**

Carved pineapple, melon, grapes, strawberries and other seasonal fruits

1 oz.-42 calories, 0.1g fat, 0mg cholesterol, 10.7g carbohydrates, 6mg. sodium, 0.7g. protein

## **HOT HORS D'OEUVRES**

### **Petite Maryland Crab Cakes (\$1.85 each)**

Creole mayonnaise or tomato ginger jam

Crab Cake (1).- 55 calories, 4.25g fat, 15mg cholesterol, 2g carbohydrates, 95mg. sodium, 2.5g. protein  
Tomato Jam-0.16oz.- 3.6calories, .016g fat, 0mg cholesterol, 4.9g carbohydrates, 84mg. sodium, 0.6g. protein  
Creole Mayo.-0.16oz.- 1.9 calories,1.58g fat, 1.16mg cholesterol, 1.13g carbohydrates, 33.6mg. sodium, 0.05g. protein

### **(V) Three Cheese & Caramelized Onion Tartlets (\$1.35 each)**

In phyllo cup

Tart- 273 calories, 11.05g fat, 65mg cholesterol, 69.4g carbohydrates, 263mg. sodium, 15.3g. protein

### **Choice of Meatballs (\$2.25/guest-3 per person)**

Choice of: Italian, sweet & sour, teriyaki pineapple or blackberry BBQ sauce

Meatball (3)-115 calories, 9g fat, 35mg cholesterol, 2g carbohydrates, 170mg. sodium, 8g. protein  
Marinara-1oz.-25 calories, 0.8g fat, 1mg cholesterol, 3.9g carbohydrates, 116mg. sodium, 0.5g. protein  
Sweet/Sour-1oz.-60 calories, 0g fat, 0mg cholesterol, 4g carbohydrates, 130mg. sodium, 0g. protein  
Teriyaki Pineapple-1oz.-109 calories, 0.1g fat, 0mg cholesterol, 27.1g carbohydrates, 723mg. sodium, 0.2g. protein  
Blackberry BBQ-1oz.-95 calories, 0g fat, 0mg cholesterol, 21.4g carbohydrates, 303mg. sodium, 0g. protein

**(V) New Age Spanakopita (\$1.85 each)**

Spinach, toasted pinenuts and asiago cheese wrapped in phyllo  
74 calories, 6g fat, 9.5mg cholesterol, 2.85g carbohydrates, 5.9mg. sodium, 2.95g. protein

**Bacon wrapped Scallops (\$1.85 each)**

Choice of: orange glaze or raspberry glaze

Bacon Wrapped Scallops (1)-190 calories, 11g fat, 50mg cholesterol, 2g carbohydrates, 550mg. sodium, 18g. protein  
Raspberry or Orange Glaze-0.5oz.-32 calories, 0g fat, 0mg cholesterol, 7.9g carbohydrates, 185mg. sodium, 0g. protein

**(V) Vegetable Spring Rolls (\$1.35 each)**

Sweet & spicy red chili sauce

Roll (1)-100 calories, 4.5g fat, 0mg cholesterol, 13.5g carbohydrates, 265mg. sodium, 1.5g. protein  
Sweet & Spicy Chili Sauce-0.5oz.-32 calories, 0g fat, 0mg cholesterol, 7.9g carbohydrates, 185mg. sodium, 0g. protein

**Coconut Chicken Satay (\$1.35 each)**

Mango chili sauce

Chicken Satay-1oz.-45 calories, 1.3g fat, 11mg cholesterol, 4g carbohydrates, 93mg. sodium, 4.5g. protein  
Mango Chili Sauce-1 oz.- 31 calories, 1.8g fat, 0mg cholesterol, 4.3g carbohydrates, 15mg. sodium, 0.3g. protein

**Spinach, Goat Cheese & Apple Wood Smoked Bacon Tarts (\$1.35 each)**

Tart- 294 calories, 11.85g fat, 65mg cholesterol, 69.4g carbohydrates, 425mg. sodium, 15.8g. protein

**(V) Herb & Mozzarella Risotto Balls (\$1.50 per guest)**

With diablo sauce

Risotto Ball (1)-29 calories, 1.5g fat, 3mg cholesterol, 3.1g carbohydrates, 106mg. sodium, 0.9g. protein  
Diablo Sauce-1/6oz.-5.25 calories, 0.24g fat, 0.58mg cholesterol, 15.4g carbohydrates, 16.4mg. sodium, 2.9g. protein

**COLD HORS D'OEUVRES**

**(V) Thai Julienne Vegetable Pinwheels (\$1.75 each)**

With mae ploy (sweet chili)& sambal cream cheese

131 calories, 5.9g fat, 14mg cholesterol, 3.9g carbohydrates, 358mg. sodium, 0.5g. protein

**Smoked Salmon Pinwheels (\$1.90 each)**

With cucumber & arugula cucumber dill cream cheese

63 calories, 2.4g fat, 5mg cholesterol, 6.9g carbohydrates, 245mg. sodium, 2.5g. protein

**Chilled Shrimp Cocktail (\$1.55 each)**

With lemon wedges and Stoli orange vodka cocktail sauce

Shrimp-70 calories, 0g fat, 135mg cholesterol, 0g carbohydrates, 250mg. sodium, 17g. protein  
Cocktail Sauce (0.33oz.)-9 calories, 0.2g fat, 0mg cholesterol, 1.6g carbohydrates, 94mg. sodium, 0g. protein  
Lemon Wedge (1/8)-2 calories, 0g fat, 0mg cholesterol, 0.7g carbohydrates, 0mg. sodium, 0.1g. protein

### **Asian Chicken Skewers (\$1.40 each)**

With pineapple and red pepper, Asian barbecue sauce

138 calories, 0.6g fat, 10mg cholesterol, 28.8g carbohydrates, 323mg. sodium, 5g. protein

### **Chicken Biscuit (\$1.85 each)**

Herb roasted chicken, mini fontina biscuit pear shallot jam

Biscuit (1)-88 calories, 1.2g fat, 5mg cholesterol, 10.1g carbohydrates, 121mg. sodium, 2.6g. protein

Chicken (1oz.)-49 calories, 1.3g fat, 24mg cholesterol, 0g carbohydrates, 22mg. sodium, 8.8g. protein

Pear Shallot Jam (1 1/2oz.)-14.5 calories, 0.05g fat, 0mg cholesterol, 2.6g carbohydrates, 0.75mg. sodium, 0.125g. protein

### **Grilled Goat Cheese Tomato Bite (\$1.35 each)**

With bacon & black sea salt

101 calories, 6g fat, 16mg cholesterol, 7.5g carbohydrates, 143mg. sodium, 5.8g. protein

### **(V) Stuffed Potatoes (\$1.35 each)**

Roasted Red Skin Potatoes

Filled with roasted poblano pepper cream cheese topped with fresh cilantro

126 calories, 5.1g fat, 16mg cholesterol, 17.3g carbohydrates, 52mg. sodium, 3.1g. protein

### **Italian Skewer (\$1.35 each)**

Salami, artichoke, grape tomato skewer

Drizzled with balsamic basil vinaigrette

173 calories, 11.9g fat, 20mg cholesterol, 11.3g carbohydrates, 587mg. sodium, 5.9g. protein

### **Flank Steak Rolls (\$1.85 each)**

With herbed feta, asparagus, fresh basil

79 calories, 3.9g fat, 22mg cholesterol, 1.2g carbohydrates, 96mg. sodium, 9.4g. protein

## PICK UP DESSERTS

### **Power Balls (\$1.00 each)**

72 calories, 3.7g fat, 1mg cholesterol, 8.6g carbohydrates, 28mg. sodium, 1.8g. protein

### **Cheesecake Bites (\$1.00 each)**

Choice of: Raspberry, Vanilla, Blueberry

Raspberry-145.5 calories, 7.4g fat, 30mg cholesterol, 19.1g carbohydrates, 89mg. sodium, 1.7g. protein

Vanilla-113 calories, 7.4g fat, 30mg cholesterol, 10.5g carbohydrates, 89mg. sodium, 1.7g. protein

Blueberry-127.2 calories, 7.4g fat, 30mg cholesterol, 14.2g carbohydrates, 90.7mg. sodium, 1.8g. protein

### **Fruit Crunch Bars (\$1.00 each)**

115 calories, 6.7g fat, 13mg cholesterol, 23.2g carbohydrates, 53mg. sodium, 1.5g. protein

### **Lemon Bars (\$1.00 each)**

89calories, 3.3g fat, 21mg cholesterol, 14.5g carbohydrates, 42mg. sodium, 1g. protein

### **Fudge Brownies (\$1.00 each)**

88 calories, 2.59g fat, 5.45mg cholesterol, 15.9g carbohydrates, 80.8mg. sodium, 1.3g. protein

### **French Apple Bars (\$1.00 each)**

74 calories, 0.9g fat, 1mg cholesterol, 16.7g carbohydrates, 25mg. sodium, 0.5g. protein

### **Pecan Tassies(\$1.00 each)**

126 calories, 8.1g fat, 16mg cholesterol, 13.7g carbohydrates, 50mg. sodium, 0.8g. protein

### **Turtle Tarts (\$1.30 each)**

307 calories, 21g fat, 51mg cholesterol, 26.7g carbohydrates, 59mg. sodium, 3.2g. protein

### **Carrot Cake Bites (\$1.30 each)**

73 calories, 3.8g fat, 9mg cholesterol, 8.8g carbohydrates, 135mg. sodium, 0.8g. protein

### **Chocolate Decadence Bites (\$1.30 each)**

Flourless chocolate cake bite with chocolate ganache

181 calories, 11.5g fat, 42mg cholesterol, 18.5g carbohydrates, 35mg. sodium, 2.6g. protein

### **Mini Berry Short Cakes (\$1.30 each)**

181 calories, 11.5g fat, 42mg cholesterol, 18.5g carbohydrates, 35mg. sodium, 2.6g. protein

### **Mousse Cups (\$1.30 each)**

Choice of: White chocolate, raspberry or milk chocolate in chocolate cup

270 calories, 19g fat, 10mg cholesterol, 22g carbohydrates, 20mg. sodium, 2g. protein

## **Fresh Angel Food Cake w/ Seasonal Berries & Berry Sauce (\$3.75/guest)**

Cake/1oz. Berries/1oz. Sauce-188 calories, 0.3g fat, 0mg cholesterol, 44.6g carbohydrates, 210mg. sodium, 1.9g. protein

### **COOKIES**

**\$1.00 each**

#### **Sugar**

407 calories, 18g fat, 43mg cholesterol, 57.8g carbohydrates, 304mg. sodium, 4.3g. protein

#### **Chocolate Chip**

360 calories, 18.8g fat, 18mg cholesterol, 56g carbohydrates, 291mg. sodium, 4.5g. protein

#### **Oatmeal Raisin**

368 calories, 13.8g fat, 23mg cholesterol, 52.9g carbohydrates, 299mg. sodium, 4.6g. protein

#### **Peanut Butter**

113 calories, 7.4g fat, 30mg cholesterol, 10.5g carbohydrates, 89mg. sodium, 1.7g. protein

#### **Black & White Shortbread**

285 calories, 13.7g fat, 11mg cholesterol, 36.6g carbohydrates, 258mg. sodium, 3.5g. protein

#### **Snickerdoodles**

371 calories, 15.3g fat, 22mg cholesterol, 50.2g carbohydrates, 262mg. sodium, 4.4g. protein

**Prices are subject to change due to availability and fluctuation of food cost.**