

DROP OFF BREAKFAST OPTIONS

Coffee Boxes, Bottled Water, Disposables And Delivery charged separately

DROP OFF BREAKFAST OPTIONS

BREAKFAST OPTION ONE: \$10.00 PER PERSON

Minimum of 10 Guests

ASSORTED GREEK CHOBANI YOGURTS

INDIVIDUAL GRANOLA BARS

FRUIT PICK TRIO

Plump Driscoll Strawberries, Cantaloupe
Fresh Hawaiian Pineapple
Threaded On Bamboo Sticks
Presented In A Whole Pineapple

BREAKFAST OPTION TWO: \$12.00 PER PERSON

Minimum of 10 Guests

WHOLE WHEAT MINIATURE MUFFINS

Miniature Muffins Made With Whole Wheat Flour
Assorted Seasonal Flavors

INDIVIDUAL LOW FAT COTTAGE CHEESE

SEASONAL FRUIT SALAD

BREAKFAST OPTION THREE: \$12.00 PER PERSON

Minimum of 10 Guests

BREAKFAST SANDWICHES

Smoked Turkey, Apple Butter On Whole Wheat Scones
Low Fat Honey Cream Cheese On Whole Wheat Scones

INDIVIDUAL CUPS OF OATMEAL

Guests To Add Hot Water

WHOLE APPLES & BANANAS

BREAKFAST OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

BREAKFAST OPTIONS

BREAKFAST OPTION FOUR: \$15.00 PER PERSON

Minimum of 20 Guests

BREAKFAST CHARCUTERIE

Turkey Bacon, Oven Roasted Turkey
Cottage Cheese, And Deviled Eggs
Roasted Pears, Roasted Apples And Pickled Cucumbers
Edamame Pesto, Smoked Salmon Cream Cheese
Served With Whole Wheat Crostini

GREEK LOW-FAT YOGURT BAR

Almonds, Dried Fruits, Honey
Fresh Raspberries And Blueberries

WHOLE APPLES & BANANAS

BREAKFAST OPTION FIVE: \$18.00 PER PERSON

Minimum of 20 Guests

“RISE ‘N SHINE” BREAKFAST SANDWICH

Fresh Scrambled Eggs, Low Fat Cheddar And Turkey Bacon
Whole Wheat English Muffin
Some Served Vegetarian

AVOCADO TOAST

Whole Wheat Bread Topped With Avocado Mash
Shaved Red Radish And Grape Tomatoes

MINIATURE YOGURT PARFAITS

Low-Fat Greek Yogurt
Fresh Berries, Granola And Mint

FRESH SEASONAL FRUIT SALAD

BREAKFAST OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

FULL SERVICE BREAKFAST OPTION

BREAKFAST OPTION SIX: \$22.00 PER PERSON

Minimum of 20 Guests

EGG WHITE AND ROASTED VEGETABLE FRITTATA

Farm Fresh Egg Whites
Roasted Root Vegetables With Parmesan Cheese

TURKEY BACON

CHICKEN SAUSAGE

ASSORTED WHOLE WHEAT BREAKFAST BREADS

Whole Wheat Boule, Mini Whole Wheat Scones
Whole Wheat English Muffins And Oat Bran Breakfast Bread
Served With Whipped Butter, Avocado Spread And Olive Tapenade

FALL FRUIT SALAD

Freshly Sliced Plums, Pears, Apples
Dried Apricots, Cherries And Blackberries
Tossed With A Hint Of Vanilla

BEVERAGE AND SNACK OPTIONS

BEVERAGES AND SNACKS

BEVERAGES

Pitchers Of Fruited Waters
Regular and Decaffeinated Coffee
Assortment of Herbal Teas And Hot Water
Creams, Milks, Sugar, And Sweeteners
Soy Milk Can Be Accommodate Upon Request Only

4 hours—\$5 Per Person
9 Hours—\$8 Per Person

BOTTLED BEVERAGES

Recycled Bottled Water (For Drop Off Only)
\$1 Each

Glass Bottled Waters
\$2 Each

Glass Bottled Unsweetened Iced Tea Bottles
\$2 Each

Sparkling Bottled Water
\$2 Each

SNACKS

\$3 Per Person

VEGGIE CHIPS OR TERRA CHIPS

POP CHIPS

INDIVIDUAL BAGS OF PRETZELS

FANCY MIXED NUTS

GRANOLA BARS

WHOLE APPLES, ORANGES AND BANANAS

CLEMENTINE OR MANDARIN ORANGES (SEASONAL AVAILABILITY)

HOMEMADE GRANOLA BARS

DROP OFF LUNCH OPTIONS

Bottled Water, Bottled Iced Teas, Disposables And Delivery charged separately

DROP OFF LUNCH OPTIONS

BASED ON INCREMENTS OF 10

Minimum of 10 Guests

DROP-OFF MENU #1: \$160.00 PER PLATTER

Assortment Of Ready Made Sandwiches:

Ham And Swiss On Marble Rye

Roast Beef And Cheddar On A Pretzel Roll

Chicken Salad On Sesame Ciabatta Roll

Turkey And Provolone On Twisted Brioche

Fresh Veggies On Whole Wheat

Guests Choice Of Two Mixed Salads

Tomatoes, Dijon Mustard, Light Mayonnaise And Pickles

DROP-OFF MENU #2: \$160.00 PER PLATTER

Assortment Of Ready Made Sandwiches:

Corned Beef And Swiss On Marble Rye

Tuna Salad On Whole Wheat Roll

Ham, Salami And Provolone On Ciabatta

And Turkey And Cheddar On A Pretzel Roll

Fresh Veggies On Whole Wheat

Guests Choice Of Two Mixed Salads

Tomatoes, Dijon Mustard, Light Mayonnaise And Pickles

DROP-OFF MENU #3: \$15.00 PER PERSON

Minimum of 10 Guests

Ready Made Green Salad Bowls:

Mixed Greens, Tomatoes, Cucumbers And Feta Cheese On The Side

Sliced Grilled Chicken

Served With Individual Packets Of Balsamic Vinaigrette

And Fat Free Raspberry Dressing

Green Salads To Change Seasonally With Different Toppings And Greens

MIXED SALADS FOR SANDWICH PLATTERS:

BISTRO PASTA SALAD

BRUSSEL SPROUT SLAW

POPPYSEED VINAIGRETTE COLE SLAW

GRILLED VEGETABLE SALAD

LEMON AND OLIVE OIL POTATO SALAD

EDAMAME QUINOA

LUNCH OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

SANDWICH LUNCH OPTIONS

SANDWICH OPTION A; \$18.00 PER PERSON
INCLUDES: CHOICE OF THREE SANDWICHES
AND ONE MIXED SALAD

Minimum of 20 Guests

SANDWICH OPTION B; \$21.00 PER PERSON
INCLUDES: CHOICE OF THREE SANDWICHES,
ONE MIXED SALAD AND ONE GREEN SALAD

Minimum of 20 Guests

SANDWICH OPTION C; \$25.00 PER PERSON
INCLUDES: CHOICE OF THREE SANDWICHES,
ONE MIXED SALAD, ONE GREEN SALAD
AND FRESH FRUIT PLATTER

Minimum of 20 Guests

SEE SANDWICH, GREEN AND MIXED SALADS ON NEXT FIVE PAGES

HEALTHY SANDWICH LUNCH OPTIONS

TURKEY

HARVEST TURKEY PANINI

Smoked Turkey, Sliced Apple And Brie Cheese With Dijon

TURKEY AND MOZZARELLA

Roasted Turkey, Mozzarella And Arugula On Multigrain

MARKET TURKEY

Shaved Turkey, Hummus, Cucumbers And Avocado On Multigrain

SMOKED TURKEY

Smoked Turkey With Boston Lettuce, Avocado Mayonnaise On Whole Wheat

TURKEY AND PROVOLONE

Turkey And Provolone On Whole Wheat

ROASTED TURKEY WRAP

Turkey, Provolone, Avocado, Tomato And Lettuce In A Spinach Wrap

CHICKEN

GRILLED CHICKEN PANINI

Roasted Red Peppers, Pinenuts And Lite Havarti On Toasted Ciabatta

LOW-FAT CHICKEN SALAD JACQUE

White Meat Chicken Salad With Grapes And Pecans On Whole Wheat Bread

BUFFALO CHICKEN WRAP

Grilled Chicken, Carrot And Celery Bleu Cheese Slaw In A Whole Wheat Wrap

CURRY CHICKEN SALAD

Low-Fat Curry Chicken Salad On Whole Wheat Naan Bread

ADOBO CHICKEN WRAP

Adobo Chicken With Jicama, Carrots, Mango And Cilantro Lime Vinaigrette

GRILLED CHICKEN WRAP

Grilled Chicken, Roasted Red Pepper Dip, Arugula And Jarlsberg
In A Whole Wheat Wrap

HEALTHY SANDWICH LUNCH OPTIONS

HAM

VIRGINIA HAM AND CHEDDAR

Virginia Ham And Low-Fat Cheddar On Rye Bread

SMITHFIELD HAM AND PROVOLONE

Baked Ham And Provolone With Light Honey Mustard On Pumpernickel

HAM AND SWISS ON RYE

Ham And Low-Fat Swiss On Rye With Dijon Mustard

BLACK FOREST HAM WRAP

Black Forest Ham, Havarti, Granny Smith Apples And Mustard
In A Spinach Wrap

SPECIALTY PROTEINS

CORN BEEF ON RYE

Corned Beef With Spicy Mustard On Rye

TUNA SALAD

Low-Fat Tuna Salad On Multigrain

LEAN ROAST BEEF

Lean Roast Beef With Low-Fat Swiss With Roasted Peppers On Whole Wheat

CAGE FREE EGG SALAD

Ridgewells Housemade Egg Salad, Lettuce And Tomato On Pumpernickel

SMOKED SALMON WRAP

Smoked Salmon, Tomato, Avocado, Red Onion And Low-Fat Herbed Cream Cheese
In Whole Wheat Wrap
Add \$2 Per Sandwich

HEALTHY SANDWICH LUNCH OPTIONS

VEGETARIAN

MUENSTER CHEESE AND VEGGIES

Low-Fat Muenster Cheese, Grilled Veggies And Sprouts On Multigrain

POWER HOUSE

Grilled Peppers, Mozzarella And Olive Oregano Relish On Six Grain Bread

EGGPLANT ON NAAN

Grilled Eggplant, Spicy Feta Spread, Mustard Seed Raita And Sweet Pickled Onions
On Whole Wheat Naan

ROASTED CAULIFLOWER

Roasted Cauliflower, Spice Roasted Cashews, Cilantro And Lemon Vinaigrette
On Whole Wheat

ROASTED MUSHROOM

Roasted Mushrooms, Butternut Boursin Spread, Fennel Pepper Relish And Arugula
On Whole Wheat

GRILLED VEGGIES AND GOAT CHEESE

Grilled Veggies, Goat Cheese Spread And Arugula In Spinach Wrap

CAPRESE

Fresh Mozzarella, Tomatoes And Pesto On Whole Wheat

ROASTED VEGETABLE PESTO HAVARTI

Roasted Veggies, Feta And Pesto Havarti On Multigrain

VEGETABLE AND BLACK BEAN WRAP

Vegetables With Black Bean Spread Wrapped In A Sun-Dried Tomato Wrap

LUNCH OPTIONS

MIXED SALAD SELECTIONS

(SELECTION FOR SANDWICH PACKAGE OPTIONS)

BRUSSEL SPROUTS SLAW

Sweet And Tangy Shredded Brussels Sprouts
With Apple And Sun-Dried Fruits

BALSAMIC AND ARUGULA POTATO SALAD

Roasted Red Potatoes With Reduced Balsamic Vinegar And Olive Oil
With Spicy Arugula

TOMATO AND MOZZARELLA SALAD

Vine Ripe Tomatoes, Fresh Mozzarella And Basil
Drizzled With Balsamic Vinegar
Seasonal Availability

LEMON AND OLIVE OIL POTATO SALAD

Yukon Gold Potatoes With Lemon And Olive Oil

COUSCOUS SALAD

Red Peppers, Carrots, Zucchini And Moroccan Spices
Lemon Vinaigrette

RED QUINOA SALAD

Red Quinoa, Toasted Pistachio Pomegranate And Dried Fruit
Tossed In A Maple Ponzu Dressing

SWEET POTATO SALAD

Sun-Dried Cherries, Toasted Pecans
Maple Mustard Sauce

EDAMAME QUINOA SALAD

Red Quinoa, Edamame, Roasted Corn And Cilantro
Tossed In A Sweet Chili Tamarind Dressing

WHOLE WHEAT BOW TIE PASTA SALAD

Bow Tie Pasta Tossed With Spinach Ribbons
Pinenuts And Pesto

MEYER LEMON QUINOA

Garbanzos, Pine Nuts, Feta Cheese
Cranberries, Peppers And Olive Oil

ROASTED CAULIFLOWER

Cauliflower Florets Roasted With Curry And Chili Flakes

ENSALADA CATALANA

Grilled Vegetables And Artichokes
Tossed In A Sherry Vinaigrette

PICKLED CUCUMBER SALAD

Shaved Carrots, Red Onions And Scallions
Red Wine Dressing

FALL FRUIT SALAD

Gala And Granny Smith Apples, Sunkist Oranges, Cranberries
Pomegranate Seeds And Gooseberries

FULL SERVICE LUNCH OPTIONS

GREEN SALAD SELECTIONS

(SELECTION FOR SANDWICH PACKAGE OPTIONS)

BEET AND GOAT CHEESE SALAD

Frisee Tossed With Julienne Beets, Goat Cheese
Walnuts And Golden Raisins
Tossed In A Sherry Vinaigrette

ARUGULA AND PUMPKIN SEED SALAD

Fresh Arugula Mix, Toasted Pumpkin Seeds
Cherry Tomatoes And Cremini Mushrooms
Balsamic Vinaigrette

HEART HEALTHY COBB

Fresh Romaine Lettuce, Kalamata Olives, Avocado, Shredded Carrot, Diced Tomatoes
Diced Cucumbers, Corn And Low-Fat Bleu Cheese With Balsamic Vinaigrette

BRULEED FIG SALAD

Field Greens, Torched Caramelized Figs
Goat Cheese And Pickled Fennel
Balsamic Mustard Vinaigrette
Seasonal Availability

SALAD OF ROASTED BEETS

Roasted Beets, Pomegranate Seeds, Mandarin Oranges, Walnuts
Goat Cheese And Citrus Vinaigrette

MESCLUN SALAD

Tender Baby Greens Tossed With Cucumbers, Diced Tomato And Shaved Asiago
Balsamic Vinaigrette

MARKET MESCLUN GREENS

Mixed Greens, Sun-Dried Cherries, Slivered Almonds And Low-Fat Bleu Cheese
Passionfruit Vinaigrette

SPINACH AND STRAWBERRY SALAD

Cucumbers, Strawberries, Slivered Almonds
Strawberry Vinaigrette

BABY SPINACH SALAD

Tossed With Roasted Chickpeas, Pinenuts, Kalamata Olives
Red Onions, Golden Raisins And Manchego Cheese
Sherry Honey Vinaigrette

MEDITERRANEAN SALAD

Mixed Emerald Greens And Hearts Of Romaine
Oven Roasted Tomatoes, Roasted Peppers, Kalamata Olives And Diced Cucumbers
Crumbled Low-Fat Feta Cheese And Charred Lemon Vinaigrette

KALE CAESAR SALAD

Healthier Version Of The Classic, Fresh Kale Leaves, Shaved Low-Fat Parmesan
Tossed In A Yogurt Caesar Dressing

ASIAN KALE SALAD

Pickled Carrot, Cucumber, Radish
Spicy Peanut Vinaigrette

LUNCH OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

BUFFET LUNCH OPTIONS

BUFFET LUNCH OPTION A: \$24.00 PER PERSON

GRILLED CHICKEN DISPLAY

Chicken Breast Grilled With Herbs Sliced And Displayed
Offered With Sun-Dried Cherry & Pineapple Chutney

WHEATBERRY SALAD

Whole Grain Wheatberries Tossed With Diced Peppers
Scallion And Roasted Yellow Corn
Red Wine Vinaigrette

MEDITERRANEAN SALAD

Mixed Emerald Greens And Hearts Of Romaine
Oven Roasted Tomatoes, Roasted Peppers
Kalamata Olives And Diced Cucumbers
Crumbled Low-Fat Feta Cheese
Charred Lemon Vinaigrette

FRUIT PICK TRIO

Plump Driscoll Strawberries, Cantaloupe
Fresh Hawaiian Pineapple
Threaded On Bamboo Sticks
Presented In A Whole Pineapple

BUFFET LUNCH OPTION B: \$32.00 PER PERSON

HERB CRUSTED PACIFIC SALMON

Pacific Salmon Side Marinated With Fresh Herbs
Offered With Caper & Artichoke Relish

GRILLED CHICKEN DISPLAY

Chicken Breast Grilled With Herbs Sliced And Displayed
Offered With Red Pepper Tapenade

MEDITERRANEAN QUINOA

Red Quinoa Tossed With Chick Peas
Turmeric And Cilantro

WHOLE WHEAT BOW TIE PASTA SALAD

Bow Tie Pasta Tossed With Spinach Ribbons
Pinenuts And Pesto

BABY SPINACH SALAD

Tossed With Roasted Chickpeas, Pinenuts, Kalamata Olives
Red Onions, Golden Raisins And Manchego Cheese
Sherry Honey Vinaigrette

FRESH SEASONAL FRUIT PLATTER

Featuring Plump Driscoll Strawberries, Sun-Ripened Casaba
Cantaloupe, Freshly Cut Hawaiian Pineapple
Clusters Of Frosty Green And Red Grapes
And Emerald Kiwi Slices

LUNCH OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

FULL SERVICE BUFFET LUNCH OPTIONS

BUFFET LUNCH OPTION C: \$38.00 PER PERSON

MAKE YOUR OWN SALAD

GREENS:

Spinach, Romaine And Mesclun Greens

PROTEIN:

Grilled Chicken Breast

Herbed Salmon Medallions

TOPPINGS:

Strawberries, Cucumbers, Blueberries, Mandarin Oranges

Roasted Chickpeas, Pine Nuts, Kalamata Olives, Red Onions

Golden Raisins, Tomatoes, Roasted Red And Yellow Peppers

Slivered Almonds And Walnuts

Bleu Cheese Crumbles, Manchego Cheese

Low Fat Feta Cheese And Smoked Gouda

DRESSINGS

Lemon Vinaigrette, Balsamic Vinaigrette

Citrus Vinaigrette And Strawberry Vinaigrette

MEDITERRANEAN BREADS AND SPREADS

Spicy Feta Dip, Hummus

Tzatziki And Baba Ganoush

Served With Fresh Vegetables

Grilled Peppers, Herbed Olives

Roasted Chick Peas, Carrots, Celery, Cucumbers

Soft Pita Bread And Crisp Flatbreads

FRESH SEASONAL FRUIT PLATTER

Featuring Plump Driscoll Strawberries, Sun-Ripened Casaba

Cantaloupe, Freshly Cut Hawaiian Pineapple

Clusters Of Frosty Green And Red Grapes

And Emerald Kiwi Slices

ADD A SOUP FOR AN ADDITIONAL \$5 PER PERSON

LUNCH OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

FULL SERVICE HOT LUNCH OPTION

HOT LUNCH OPTION: \$40.00 PER PERSON

SAGE CRUSTED ORGANIC CHICKEN

Tender Organic Chicken Breast
Roasted With Sage And Herbs
Served With Hazelnut Jus

CITRUS GRILLED ROCKFISH

Fresh Filet Of Rockfish
Marinated In Orange And Lemon Zest
Olive Oil, Chervil And High Plain Pepper Blends
*Seasonal Availability

ASPARAGUS RISOTTO

Arborio Rice With White Wine
And Fresh Asparagus Spears
Blended With Low-Fat Shredded Parmesan

GRILLED VEGETABLES

Featuring Red And Yellow Peppers, Carrots
Eggplant, Onions, Zucchini And Squash
Brushed With Olive Oil, Herbs And Grilled To Perfection

SEASONAL GREEN SALAD

FRESH SEASONAL FRUIT PLATTER

Featuring Plump Driscoll Strawberries, Sun-Ripened Casaba
Cantaloupe, Freshly Cut Hawaiian Pineapple
Clusters Of Frosty Green And Red Grapes
And Emerald Kiwi Slices

RECEPTION OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

COCKTAIL RECEPTION OPTIONS

RECEPTION OPTION A: \$15.00 PER PERSON

MEDITERRANEAN BREADS AND SPREADS

Spicy Feta Dip, Hummus
Tzatziki And Baba Ganoush
Served With Fresh Vegetables
Grilled Peppers, Herbed Olives
Roasted Chick Peas, Carrots, Celery, Cucumbers
Soft Pita Bread And Crisp Flatbreads

SEASONAL FRUIT SKEWERS

RECEPTION OPTION B: \$25.00 PER PERSON

MEDITERRANEAN SKEWERS

Garlic Shrimp, Grilled Chorizo And Lemon Oregano Chicken
With Garlic Mustard, Italian Parsley And Sun-Dried Tomato Aioli

GOURMET COCKTAIL ROLLERS

Roasted Turkey With Brie Cheese And Apple Slaw
Grilled Vegetables With Black Bean Spread
Cut Into Pinwheel Bite Size Rollers

ACORN SQUASH AND KALE TART

Butter Puff Pastry Strip Layered With Braised Kale
Roasted Acorn Squash, Goat Cheese, Spiced Pumpkin Seeds
Pickled Dry Cranberries And Spices
Tart To Change Ingredients Seasonally

RAINBOW FRUIT SKEWERS

Jicama, Mango And Pineapple Skewers

RAW ALMONDS AND CASHEWS

RECEPTION OPTIONS

Beverages, Equipment, Staff And Delivery are priced separately

FULL SERVICE COCKTAIL RECEPTION OPTION

COCKTAIL OPTION C \$35.00 PER PERSON

TURKEY SLIDERS

Turkey Burger Sliders, Sprouts
And Sun-Dried Tomato Spread
On Whole Wheat Rolls

CHICKEN PESTO SKEWERS

Marinated Grilled Chicken Skewers
Brushed With Fresh Pesto

STEAMED KALE DUMPLINGS

Sweet Chili Sauce

GRILLED VEGETABLE TART

Puff Pastry Spread With A Mild Herbed Goat Cheese
Layered With Grilled Asparagus Spears
Portobello Mushrooms, Red And Yellow Peppers

ARTISAN ROASTED VEGETABLE DISPLAY

Roasted Zucchini, Butternut Squash, Cobalt Carrots
Brussel Sprouts, Cauliflower, Charred Sweet Potatoes
Red Onions And Petit Peppers
Whole Wheat French Bread, Whole Wheat Crackers
Olive Tapenade And Garlic Hummus