MCLA Catering

fresh and delicious every day
Choose one of these 3 packages to sustain you throughout the day.

**ALL DAY DELICIOUS $31.99**

Relax. We’ll keep the food coming! These 4 selections will keep your energy up throughout the day. 15 Person Minimum

### Delicious Dawn

- **ASSORTED MUFFINS** 400–510 CAL EACH
- **ASSORTED SCONES** 430–470 CAL EACH
- **FRESH SEASONAL SLICED FRUIT** 40 CAL/2.5 OZ. SERVING
- **ASSORTED JUICE** 110–170 CAL EACH
- **BOTTLED WATER** 0 CAL EACH
- **GOURMET COFFEE, DECAF AND HOT TEA** 0 CAL/8 OZ. SERVING

Includes appropriate condiments

### AM Perk Up

- **GRANOLA BARS** 190 CAL EACH
- **ASSORTED INDIVIDUAL YOGURT CUPS** 50–150 CAL EACH
- **ICED TEA** 5 CAL/8 OZ. SERVING
- **GOURMET COFFEE, DECAF AND HOT TEA** 0 CAL/8 OZ. SERVING

### Power Up Lunch

- **TOMATO AND CUCUMBER COUSCOUS SALAD** 120 CAL/3.75 OZ. SERVING
- **ORANGE FENNEL SPINACH SALAD** 210 CAL/3.2 OZ. SERVING
- **BAKERY FRESH ROLLS** 160 CAL EACH
- **GREEN BEANS GREMOLATA** 70 CAL/3 OZ. SERVING
- **THREE PEPPER CAVATAPPI WITH PESTO** 310 CAL/7.5 OZ. SERVING
- **GRILLED CHICKEN WITH A LEMON TARRAGON ON WHITE WINE SAUCE** 200 CAL/5.75 OZ. SERVING
- **NEW YORK CHEESECAKE** 440 CAL/SLICE
- **ICED TEA** 5 CAL/8 OZ. SERVING
- **ICED WATER** 0 CAL/8 OZ. SERVING

Includes appropriate condiments

### PM Pick Me Up

- **CHILLED SPINACH DIP WITH TORTILLA CHIPS** 230 CAL/2.25 OZ. SERVING
- **GRILLED VEGETABLE TRAY** 70 CAL/3 OZ. SERVING
- **FRESHLY BAKED BROWNIES** 250 CAL/2.25 OZ. SERVING
- **BOTTLED WATER** 0 CAL EACH
- **GOURMET COFFEE, DECAF AND HOT TEA** 0 CAL/8 OZ. SERVING

Includes appropriate condiments

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# MEETING WRAP UP $26.99

Serve these favorites and success is a wrap! This All-Day package includes the following 4 delights. 15 Person Minimum

## Morning Mini
- MINIATURE MUFFINS 80–120 CAL EACH
- MINIATURE DANISH 140–170 CAL EACH
- MINIATURE SCONES 110–120 CAL EACH
- APPLE, RAISIN AND CRANBERRY YOGURT PARFAITS 400 CAL EACH
- STRAWBERRY YOGURT PARFAITS 370 CAL EACH
- ICED WATER 0 CAL/8 OZ. SERVING
- GOURMET COFFEE, DECAF AND HOT TEA 0 CAL/8 OZ. SERVING

## The Energizer
- DONUT HOLES 45–90 CAL EACH
- RIPE BANANAS 110 CAL EACH
- ICED TEA 5 CAL/8 OZ. SERVING
- GOURMET COFFEE, DECAF AND HOT TEA 0 CAL/8 OZ. SERVING

## It's a Wrap
- CHICKEN CAESAR WRAP 540 CAL EACH
- PEPPER JACK TUNA WRAP 590 CAL EACH
- CRAN-APPLE TURKEY WRAP 650 CAL EACH
- GRILLED VEGETABLE WRAP 620 CAL EACH
- FRESH SEASONAL SLICED FRUIT 40 CAL/2.5 OZ. SERVING
- TRADITIONAL GARDEN SALAD 50 CAL/3.5 OZ. SERVING
- GRILLED VEGETABLE PASTA SALAD 130 CAL/3 OZ. SERVING
- INDIVIDUAL BAG OF CHIPS 100–160 CAL EACH
- ASSORTED CRAVEWORTHY COOKIES 250–310 CAL EACH
- FRESHLY BAKED BROWNIES 250 CAL/2.25 OZ. SERVING
- BOTTLED WATER 0 CAL EACH

Includes appropriate condiments

## Mid-Day Munchies
- TORTILLA CHIPS & SALSA 150 CAL/2 OZ. SERVING
- SALSA VERDE 10 CAL/1 OZ. SERVING
- PICO DE GALLO 10 CAL/1 OZ. SERVING
- APPLES 60 CAL EACH
- ORANGES 50 CAL EACH
- BANANAS 110 CAL EACH
- ASSORTED CRAVEWORTHY COOKIES 250–310 CAL EACH
- ICED WATER 0 CAL EACH
- GOURMET COFFEE, DECAF AND HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

# SIMPLE PLEASURES $19.99

Easy does it—Casually tasteful fare. This All-Day package includes 3 of our favorites. 15 Person Minimum

## Simple Continental
- ASSORTED DONUTS 190–490 CAL EACH
- ASSORTED BAGELS 170–360 CAL EACH
- ORANGE JUICE 120 CAL/8 OZ. SERVING
- ICED WATER 0 CAL/8 OZ. SERVING
- GOURMET COFFEE, DECAF AND HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

## Box Lunch

**CHOICE OF SANDWICH ACCOMPANIED BY CHIPS, ASSORTED CRAVEWORTHY COOKIES AND BOTTLED WATER**

- TUNA SALAD CIABATTA 540 CAL EACH
- HAM & SWISS SUB 380 CAL EACH
- TURKEY & SWISS SANDWICH 490 CAL EACH
- ROASTED PEPPER & MOZZARELLA CIABATTA 530 CAL EACH
- INDIVIDUAL BAG OF CHIPS 100–160 CAL EACH
- ASSORTED CRAVEWORTHY COOKIES 250–310 CAL EACH
- BOTTLED WATER 0 CAL EACH

Includes appropriate condiments

## Mid-Day Munchies
- TORTILLA CHIPS & SALSA 150 CAL/2 OZ. SERVING
- SALSA VERDE 10 CAL/1 OZ. SERVING
- PICO DE GALLO 10 CAL/1 OZ. SERVING
- APPLES 60 CAL EACH
- ORANGES 50 CAL EACH
- BANANAS 110 CAL EACH
- ASSORTED CRAVEWORTHY COOKIES 250–310 CAL EACH
- ICED WATER 0 CAL EACH
- GOURMET COFFEE, DECAF AND HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments
BREAKFAST COLLECTIONS

All prices are per person and available for 12 guests or more.

Basic Beginnings  $6.99
CHOICE OF ONE (1) BREAKFAST PASTRY SERVED WITH ICED WATER,
GOURMET COFFEE, DECAF AND HOT TEA

- ASSORTED DANISH 200-430 CAL EACH
- ASSORTED MUFFINS 400-510 CAL EACH
- ASSORTED SCONES 430-470 CAL EACH
- ASSORTED BAGELS 170-360 CAL EACH

ICED WATER 0 CAL/8 OZ. SERVING
GOURMET COFFEE, DECAF AND HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

Quick Start  $7.99
CHOICE OF THREE (3) BREAKFAST PASTRIES SERVED WITH FRESH
SEASONAL SLICED FRUIT, FRESH ASSORTED JUICES AND BOTTLED
WATER AND GOURMET COFFEE, DECAF AND HOT TEA

- ASSORTED MUFFINS 400-510 CAL EACH
- ASSORTED DANISH 200-430 CAL EACH
- ASSORTED SCONES 430-470 CAL EACH
- ASSORTED BAGELS 170-360 CAL EACH
- FRESH SEASONAL SLICED FRUIT 40 CAL/2.5 OZ. SERVING
- ASSORTED JUICE 110-170 CAL EACH
- BOTTLED WATER 0 CAL EACH
- GOURMET COFFEE, DECAF AND HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

Healthy Choice Breakfast  $7.99
WHETHER IN COMBINATION WITH ONE OF OUR OTHER BREAKFAST
PACKAGES OR ALONE, A HEALTHY WAY TO START YOUR DAY.

- INDIVIDUAL CEREAL CUPS 140-260 CAL EACH
- MILK 120 CAL EACH
- BANANAS 110 CAL EACH
- ASSORTED INDIVIDUAL YOGURT CUPS 50-150 CAL EACH

Includes appropriate condiments

À la Carte Breakfast
ASSORTED BAGELS WITH BUTTER, CREAM CHEESE AND
JAM $1.79 PER PERSON

- ASSORTED BAGELS 170-360 CAL EACH
Includes appropriate condiments

ASSORTED MUFFINS SERVED WITH BUTTER AND JAM
$1.79 PER PERSON

- ASSORTED MUFFINS 400-510 CAL EACH
Includes appropriate condiments

ASSORTED DANISH (200-430 CAL EACH)
$1.79 PER PERSON

ASSORTED PASTRIES $1.79 PER PERSON

- ASSORTED PASTRIES 200-510 CAL EACH
Includes appropriate condiments

- GRANOLA BARS (190 CAL EACH) $1.49 EACH

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INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN
MEDICAL CONDITIONS.
HOT BREAKFAST

All prices are per person and available for 12 guests or more. Choice of (1) Breakfast Potato and (1) Sausage for select buffets.

Ultimate Breakfast $13.99

Choice of three (3) breakfast pastries, scrambled eggs, cheddar and onion frittata, crisp bacon, breakfast sausage, pancakes and syrup, breakfast potatoes, fresh seasonal sliced fruit, assorted juices and bottled water, gourmet coffee, decaf and hot tea

- Assorted muffins  400-510 cal each
- Assorted danish  200-430 cal each
- Assorted scones  430-470 cal each
- Assorted bagels  170-360 cal each
- Scrambled eggs  180 cal/4 oz. serving
- Cheddar and onion frittata  270 cal each
- Hash browns  130-150 cal/3 oz. serving
- Bacon  45 cal each
- Sausage links  130 cal each
- Sausage patties  200 cal each
- Iced water  0 cal/8 oz. serving
- Gourmet coffee, decaf and hot tea  0 cal/8 oz. serving

Includes appropriate condiments

American Breakfast $9.99

Scrambled eggs, breakfast potatoes, crisp bacon, breakfast sausage, choice of one (1) breakfast pastry, iced water, gourmet coffee, decaf and hot tea

- Assorted muffins  400-510 cal each
- Assorted danish  200-430 cal each
- Assorted scones  430-470 cal each
- Assorted bagels  170-360 cal each
- Scrambled eggs  180 cal/4 oz. serving
- Sliced hash browns  140 cal/2 oz. serving
- Diced hash browns  130 cal/3 oz. serving
- Shredded hash browns  150 cal/3 oz. serving
- Hash brown patties  150 cal each
- Bacon  45 cal each
- Sausage links  130 cal each
- Sausage patties  200 cal each
- Iced water  0 cal/8 oz. serving
- Gourmet coffee, decaf and hot tea  0 cal/8 oz. serving

Includes appropriate condiments

Silver Dollar Breakfast Buffet $8.99

Silver dollar pancakes served with butter and syrup, breakfast potatoes, crisp bacon, breakfast sausage, iced water, gourmet coffee, decaf and hot tea

- Silver dollar pancakes  50 cal each
- Maple syrup  70 cal/1 oz. serving
- Sliced hash browns  140 cal/2 oz. serving
- Diced hash browns  130 cal/3 oz. serving
- Shredded hash browns  150 cal/3 oz. serving
- Hash brown patties  150 cal each
- Bacon  45 cal each
- Sausage links  130 cal each
- Sausage patties  200 cal each
- Iced water  0 cal/8 oz. serving
- Gourmet coffee, decaf and hot tea  0 cal/8 oz. serving

Includes appropriate condiments

Egg Whites available on request – nominal fee may apply
BREAKFAST ENHANCEMENTS

All prices are per person and available for 12 guests or more

**Lox and Bagels**  $8.99
- BAGELS
  - 170-360 CAL EACH
- SMOKED SALMON PLATTER WITH
  - HARD-BOILED EGGS, SLICED TOMATO, CUCUMBER, SLIVERED RED ONION, AND CREAM CHEESE
  - 120 CAL/3.25 OZ. SERVING
Includes appropriate condiments

**Belgian Waffles**  $6.99
- BELGIAN WAFFLES
  - 60 CAL EACH
- FRESH STRAWBERRY
  - 20 CAL/1 OZ. SERVING
- WHIPPED CREAM
  - 50 CAL/.5 OZ. SERVING
- MAPLE SYRUP
  - 70 CAL/1 OZ. SERVING
Includes appropriate condiments

**Home-style Biscuits and Gravy**  $2.99
(540 CAL/7 OZ. SERVING)

Egg Whites available on request - nominal fee may apply

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CLASSIC COLLECTIONS

All prices are per person and available for 12 guests or more

Deli Express $9.99

CREATE YOUR OWN DELI SANDWICH CREATION ACCOMPANIED BY YOUR CHOICE OF TWO (2) SIDE SALADS, ASSORTED CRAVEWORTHY COOKIES AND BEVERAGES

DELI PLATTER
- SLICED OVEN ROASTED TURKEY
- SLICED ROAST BEEF
- DELI HAM
- TUNA
- CHEESE TRAY (CHEDDAR & SWISS)
- RELISH TRAY (LETTUCE, TOMATO, ONION, PICKLES, PEPPERONCINI)
- ASSORTED BAKED BREADS & ROLLS
- SIDE SALADS
- ASSORTED CRAVEWORTHY COOKIES
- ICED TEA
- ICED WATER

Includes appropriate condiments

Classic Box Lunch $9.49

YOUR CHOICE OF CLASSIC SANDWICH – SERVED WITH POTATO CHIPS, CRAVEWORTHY COOKIES AND BOTTLED WATER

CLASSIC SELECTION SANDWICH       280–750 CAL EACH
ASSORTED BAG OF CHIPS             100–160 CAL EACH
ASSORTED CRAVEWORTHY COOKIES      250–310 CAL EACH
BOTTLED WATER                     0 CAL EACH

Includes appropriate condiments

Classic Selections $13.49

YOUR CHOICE OF THREE (3) SANDWICHES AND TWO (2) SIDE SALADS ACCOMPLAINED BY POTATO CHIPS, MAYO AND MUSTARD, PICKLES, ASSORTED CRAVEWORTHY COOKIES, ICED WATER AND ICED TEA

CLASSIC SELECTION SANDWICHES      280–750 CAL EACH
SIDE SALADS                      25–330 CAL EACH
DILL PICKLES                     0 CAL/1 OZ. SERVING
ASSORTED BAGS OF CHIPS          100–160 CAL EACH
ASSORTED CRAVEWORTHY COOKIES    250–310 CAL EACH
ICED TEA                          5 CAL/8 OZ. SERVING
ICED WATER                       0 CAL/8 OZ. SERVING

Includes appropriate condiments

Classic Sandwich Options

(Available Sandwiches Choices for the Classic Boxed lunch and Classic Selection Buffet)

THAI BEEF WRAP (280 CAL EACH)
TUNA SALAD CIABATTA WITH FRESH ROMAINE AND SLICED TOMATO (510 CAL EACH)
CHICKEN CAESAR WRAP (630 CAL EACH)
TURKEY, BACON AND CHEDDAR BAGUETTE WITH A MESQUITE MAYONNAISE (600 CAL EACH)
MOZZARELLA, RED PEPPER, BALSAMIC AND KALE CIABATTA (470 CAL EACH)

Additional Premium Box Lunch options available upon request!

Please contact your catering professional!

Premium Box Lunch

SPICY SALMON ARUGULA WRAP $12.29
GRILLED SALMON, JALAPENO COLESLAW, ARUGULA, TOMATO AND REMOUHADE IN A LAVASH WRAP
- SWEET CHILI CUCUMBER SALAD
- INDIVIDUAL BAG OF CHIPS
- FRESHLY BAKED BROWNIE
- BOTTLED WATER

Includes appropriate condiments

TUSCANY FLATBREAD $10.99
- SUN-DRIED TOMATO SPREAD, GRILLED ZUCCHINI, ROASTED PEPPERS, GOAT CHEESE
- ARUGULA FLATBREAD
- HERBED QUINOA SIDE SALAD
- INDIVIDUAL BAG OF CHIPS
- FRESHLY BAKED BROWNIE
- BOTTLED WATER

Includes appropriate condiments

Includes Assorted Individual Chips, Whole Fruit and Gourmet Dessert
CLASSIC COLLECTIONS

The Executive Luncheon  $16.99

Choice of three (3) sandwiches and two (2) side salads
accompanied by potato chips, mayo and mustard, pickles,
assorted crave-worthy cookies, iced water and iced tea

EXECUTIVE LUNCHEON SANDWICHES  370–760 CAL EACH
SIDE SALADS  25–330 CAL EACH
DILL PICKLE SLICES  0 CAL/1 OZ. SERVING
INDIVIDUAL BAGS OF CHIPS  100–160 CAL EACH
ASSORTED CRAVE-WORTHY COOKIES  250–310 CAL EACH
ICED TEA  5 CAL/8 OZ. SERVING
ICED WATER  0 CAL/8 OZ. SERVING

Includes appropriate condiments

GRANNY SMITH APPLES AND BRIE WITH FRESH BABY SPINACH ON A
FRENCH BAGUETTE (760 CAL EACH)
SLICED PORTOBELLO MUSHROOM WITH ARUGULA AND OLIVE PESTO
SPREAD ON A FRENCH BAGUETTE (570 CAL EACH)
CHICKEN TERIYAKI CIABATTA WITH PINEAPPLE SALSA ON A CIABATTA
(510 CAL EACH)
SALMON, ARUGULA, JALAPENO SLAW AND TOMATO LAVASH
(620 CAL EACH)
ITALIAN SUB WITH FRESH LETTUCE, TOMATO, ONION AND HERBAL
HONEY DIJON SAUCE (560 CAL EACH)
TURKEY COBB LAVASH WITH BACON, BLUE CHEESE CRUMBLES AND
AVOCADO MAYO (670 CAL EACH)

Salad Selections

(Included with Deli Express, Classic Selections, and Executive
Luncheon Sandwich Buffets)

- GREEK PASTA SALAD TOSSED WITH TOMATOES, CUCUMBERS, RED
  ONIONS, PEPPERS, FRESH BABY SPINACH, FETA CHEESE AND BLACK
  OLIVES (90 CAL/3 OZ. SERVING)
- ROASTED CORN AND BLACK BEAN SALSA WITH SPANISH ONIONS, RED
  PEPPERS, JALAPENOS, FRESH CILANTRO AND FRESH GARLIC
  (120 CAL/4 OZ. SERVING)
- ROASTED SWEET POTATO SALAD WITH GREEN CHILES, SCALLIONS,
  CELERY, RED PEPPERS AND FRESH CILANTRO TOSSED IN SPICY
  CARIBBEAN JERK SEASONING (120 CAL/4 OZ. SERVING)
- RED-SKINNED POTATO SALAD WITH EGG, CELERY AND SPANISH
  ONION IN A SEASONED MAYONNAISE DRESSING (240 CAL/4 OZ. SERVING)
- TRADITIONAL COLESLAW FINELY SHREDDED WITH CARROTS IN A
  MAYONNAISE AND CELERY SEED DRESSING (170 CAL/3.5 OZ. SERVING)
- SPINACH SALAD WITH BACON, EGG, MUSHROOM AND TOMATO
  (60 CAL/2.15 OZ. SERVING)
- HERBED QUINOA SIDE SALAD (100 CAL/3.5 OZ. SERVING)
- FRESH FRUIT SALAD (40 CAL/2.5 OZ. SERVING)

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## Harvest Bounty $16.99

Choice of Herb Roasted Turkey or Baked Ham served with sides and beverages.

- Traditional Mixed Green Salad 50 CAL/3.5 OZ. SERVING
- Southern Biscuits 190 CAL EACH
- Buttermilk Mashed Potatoes 120 CAL/3.75 OZ. SERVING
- Sauteed Dill Green Beans 30 CAL/3 OZ. SERVING
- Herb Roasted Turkey 130 CAL/3 OZ. SERVING
- Baked Ham 110 CAL/3 OZ. SERVING
- Apple Pie 410 CAL/Slice
- Iced Tea 5 CAL/8 OZ. SERVING
- Iced Water 0 CAL/8 OZ. SERVING

Includes appropriate condiments.

## Traditional American $14.99

- Baby Spinach Salad 60 CAL/2.15 OZ. SERVING
- Bakery Fresh Rolls 160 CAL EACH
- Roasted New Potatoes 110 CAL/2.75 OZ. SERVING
- Fresh Herbed Vegetables 100 CAL/3.5 OZ. SERVING
- Grilled Lemon Rosemary Chicken 130 CAL/3 OZ. SERVING
- Oreo Blondies 270 CAL/1.75 OZ. SERVING
- Iced Tea 5 CAL/8 OZ. SERVING
- Iced Water 0 CAL/8 OZ. SERVING

Includes appropriate condiments.

## East Asian Eats $14.99

- Egg Rolls 190 CAL EACH
- Crispy Wontons 25 CAL EACH
- Sweet Soy Sauce 50 CAL/1 OZ. SERVING
- Sweet & Sour Sauce 40 CAL/1 OZ. SERVING
- Chili Garlic Sauce 45 CAL/1 OZ. SERVING
- Lomein Noodles Yakisoba 120 CAL/2.5 OZ. SERVING
- Jasmine Rice 130 CAL/3 OZ. SERVING
- Lemongrass Chicken 190 CAL/3 OZ. SERVING
- Asian Tofu 120 CAL/3 OZ. SERVING
- Teriyaki Sauce 25 CAL/0.5 OZ. SERVING
- Raspberry Coconut Bars 370 CAL/3.25 OZ. SERVING
- Iced Tea 5 CAL/8 OZ. SERVING
- Iced Water 0 CAL/8 OZ. SERVING

Includes appropriate condiments.
## Basic Italian Buffet $14.99

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<th>Item</th>
<th>Calories</th>
<th>Serving Size</th>
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<tr>
<td>Italian House Salad</td>
<td>50</td>
<td>3.5 oz.</td>
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<tr>
<td>Garlic Breadsticks</td>
<td>110</td>
<td>Each</td>
</tr>
<tr>
<td>Home-style Lasagna with Parmesan Cheese</td>
<td>330</td>
<td>7.25 oz. serving</td>
</tr>
<tr>
<td>Vegetable Alfredo Lasagna</td>
<td>460</td>
<td>11 oz. serving</td>
</tr>
<tr>
<td>Chocolate Dipped Biscotti</td>
<td>190</td>
<td>Each</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>5</td>
<td>8 oz. serving</td>
</tr>
<tr>
<td>Iced Water</td>
<td>0</td>
<td>8 oz. serving</td>
</tr>
</tbody>
</table>

Includes appropriate condiments

## Classic Pizza $14.49

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iced Tea</td>
<td>5</td>
<td>8 oz. serving</td>
</tr>
<tr>
<td>Iced Water</td>
<td>0</td>
<td>8 oz. serving</td>
</tr>
</tbody>
</table>

Includes appropriate condiments
BUFFETS

12 Person Minimum

Northern Italian Buffet $15.99
- MEDITERRANEAN SALAD WITH A GREEK VINAIGRETTE 120 CAL/3.25 OZ. SERVING
- GARLIC BREADSTICKS 110 CAL EACH
- ROASTED MUSHROOMS 90 CAL/3.5 OZ. SERVING
- VERMICELLI PASTA 150 CAL/3.25 OZ. SERVING
- LEMON ROSEMARY CHICKEN 130 CAL/3 OZ. SERVING
- SHRIMP SCAMPI 100 CAL/3 OZ. SERVING
- BERRY PANNA COTTA 330 CAL/5 OZ. SERVING
- ICED TEA 5 CAL/8 OZ. SERVING
- ICED WATER 0 CAL/8 OZ. SERVING

Includes appropriate condiments

BBQ Picnic $12.99
- HOME-STYLE POTATO SALAD 240 CAL/4 OZ. SERVING
- FRESH COUNTRY COLESLAW 170 CAL/3.5 OZ. SERVING
- HOUSE-MADE KETTLE CHIPS 240 CAL/1.25 OZ. SERVING
- GRILLED HAMBURGERS WITH BUNS 330 CAL EACH
- HOT DOGS WITH BUNS 310 CAL EACH

GARNISH TRAY
- LETTUCE LEAVES 0 CAL/0.5 OZ. SERVING
- DICED ONIONS 10 CAL/1 OZ. SERVING
- DILL PICKLE SLICES 0 CAL/1 OZ. SERVING
- SLICED TOMATOES 5 CAL/1 OZ. SERVING
- ASSORTED CRAVEWORTHY COOKIES 250–310 CAL EACH
- BAKERY-CRAVEWORTHY BROWNIES 250 CAL/2.25 OZ. SERVING
- ICED TEA 5 CAL/8 OZ. SERVING
- ICED WATER 0 CAL/8 OZ. SERVING

Includes appropriate condiments

Lazy Summer BBQ $16.99
- OLD-FASHIONED COLESLAW 150 CAL/3 OZ. SERVING
- CORNBREAD FIESTA MUFFINS 120 CAL EACH
- MACARONI AND CHEESE 260 CAL/4 OZ. SERVING
- BARBECUED BAKED BEANS 170 CAL/4.75 OZ. SERVING
- LAZY COUNTRY CHICKEN SLICED BRISKET 430 CAL/6 OZ. SERVING
- ASSORTED CRAVEWORTHY COOKIES 350 CAL/5 OZ. SERVING
- LEMON CHEESECAKE BARS 250-310 CAL EACH
- RASPBERRY COCONUT BARS 300 CAL/2.75 OZ. SERVING
- ICED TEA 370 CAL/3.25 OZ. SERVING
- ICED WATER 5 CAL/8 OZ. SERVING
- ICED WATER 0 CAL/8 OZ. SERVING

Includes appropriate condiments

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**BUFFETS**

Build Your Own Buffet: Select two salads, one entrée, two sides, and one dessert.
Served with Assorted Rolls and Butter, Ice Water and Iced Tea.

**Buffet Starters**
- Seasonal Garden Salad with Balsamic Vinaigrette (50 CAL/3.5 OZ. SERVING)
- Baby Spinach Salad with Bacon, Hard Boiled Eggs and Balsamic Vinaigrette (60 CAL/2.16 OZ. SERVING)
- Greek Salad with Crumbled Feta (120 CAL/3.25 OZ. SERVING)
- Italian Green Salad with Penne and Prosciutto (110 CAL/3.25 OZ. SERVING)
- Traditional Hummus with Toasted Pita (130 CAL/1.75 OZ. SERVING)
- Seasonal Fresh Fruit Salad (40 CAL/2.25 OZ. SERVING)

**Buffet Entrees**
- Lemon Artichoke Chicken Breast (200 CAL/5.75 OZ. SERVING) $14.49
- Asiago Chicken in a Roasted Red Pepper Sauce (310 CAL/5 OZ. SERVING) $14.49
- Roasted Turkey with Cranberry Relish (160 CAL/3.5 OZ. SERVING) $14.49
- Honey Mustard Pork Loin (220 CAL/4 OZ. SERVING) $15.29
- Grilled Salmon in a Moroccan Herb Sauce (120 CAL/2.75 OZ. SERVING) $17.29
- Pesto Flank Steak (250 CAL/3 OZ. SERVING) $17.59
- Eggplant Lasagna (250 CAL/7.25 OZ. SERVING) $13.49

**Buffet Sides**
- Italian Seasoned Green Beans (40 CAL/3.25 OZ. SERVING)
- Penne with Marinara Sauce (100 CAL/3 OZ. SERVING)
- Ginger Honey Glazed Carrots (110 CAL/3.25 OZ. SERVING)
- Garlic Spinach and Kale (60 CAL/3.25 OZ. SERVING)
- Chipotle Macaroni and Cheese (230 CAL/2.75 OZ. SERVING)
- Roasted Red Potatoes (100 CAL/2.75 OZ. SERVING)
- Zucchini, Tomato and Squash Blend (40 CAL/3.5 OZ. SERVING)

**Buffet Finishes**
- Apple Pie (410 CAL/Slice) $14.99
- Bread Pudding with Caramel Apple Sauce (370 CAL/6.75 OZ. SERVING)
- New York-Style Cheesecake (440 CAL/Slice) $5.99
- Assorted Miniature Chocolate and Caramel Cheesecakes (80 CAL/3.75 OZ. SERVING)
- Individual Chocolate Ganache Bundt Cake (320 CAL Each)
- Individual Vanilla Raspberry Bundt Cake (520 CAL Each)

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2000 Calories a Day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request. In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
Unsure of how many items and how much to order for your reception? Contact your catering events specialist to discuss the proper amounts needed for a reception.
Classic Cheese Tray $2.99 per person
- Classic cheese tray with Swiss, Cheddar, and Pepper Jack cheeses, pita chips, and crostini (290 cal/2.75 oz. serving)

Fresh Garden Crudités $2.79 per person
- Fresh garden crudités with ranch dill dip (120 cal/5 oz. serving)

Fresh Seasonal Fruit $2.49 per person
- Fresh seasonal fruit tray (40 cal/2.5 oz. serving)

Black Bean, Corn and Pico Guacamole $3.79 per person
- Black bean, corn, and pico guacamole served with tortilla chips (330 cal/6.75 oz. serving)

Hummus with Pita Chips $3.49
- Hummus with pita chips (220 cal/4.5 oz. serving)

May we suggest a Served Meal or Reception?
Our talented chefs are delighted to create special menus that accommodate your culinary preferences and budget. Please contact our Catering Office at (413)662.5238 to arrange a personal consultation.

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RECEPTION STATIONS

Reception stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 12 guests or more.

Dim Sum $10.99
A LITTLE AFTERNOON DIM SUM TO SPICE UP YOUR AFTERNOON MEETING OR EVENING RECEPTION
- Eggrolls 190 cal each
- Pot stickers 45 cal each
- Sweet soy sauce 50 cal/1 oz. serving
- Sweet & sour sauce 40 cal/1 oz. serving
- Chili garlic sauce 45 cal/1 oz. serving
- Sweet & spicy boneless chicken wings 600 cal/7.5 oz. serving
- Raspberry coconut bar 370 cal/3.25 oz. serving

Happy Hour $12.79
HAVE A "PUB" BREAK WITH YOUR FAVORITE HAPPY HOUR FINGER FOODS
- Chilled spinach dip with pita chips 230 cal/2.25 oz. serving
- Mini cheesesteaks 170 cal each
- Buffalo chicken tenders served with blue cheese dip 680 cal/6.75 oz. serving
- Assorted crave-worthy cookies 250-310 cal each
- Lemon cheesecake bars 300 cal/2.75 oz. serving
- Raspberry coconut bars 370 cal/3.25 oz. serving

American Tea $9.99
THE PERFECT SELECTION OF SWEET AND SAVORY SNACKS
- Fresh mozzarella tea sandwiches 250 cal each
- Grilled chicken and apple tea sandwiches 230 cal each
- Roast beef and brie tea sandwiches 270 cal each
- Scones with jam and honey cream cheese 380 cal/3 oz. serving
- Assorted petit fours 60-140 cal each
- Shortbread cookies 20 cal each
- Hot water with assorted tea bags 0 cal/8 oz. serving

SNACKS

All prices are per person and available for 12 guests or more.

Chocaholic $7.49
BECOME ADDICTED WITH AN ASSORTMENT OF CHOCOLATE-THEMED TREATS
- Miniature chocolate bars 45-70 cal each
- Chunky chocolate crave-worthy cookies 280 cal each
- Chilled chocolate milk 160 cal each
- Chocolate dipped pretzels 110 cal each
- Chocolate dipped strawberries 40 cal each

Energy Break $2.99
RAISE THE BAR!
- Granola bars 190 cal each
- Fruit filled bars 160 cal each
- Breakfast bars 250 cal each

The Healthy Alternative $7.99
GET HEALTHY WITH OUR HEART-HAPPY BREAK
- Apples 60 cal each
- Oranges 50 cal each
- Bananas 110 cal each
- Pears 100 cal each
- Individual yogurt cups 50-150 cal each
- Trail mix 240 cal each
- Granola bars 190 cal each
### BEVERAGES

- **Regular and Decaffeinated Coffee, Tea** (0 cal/8 oz. serving) | $1.79 per person  
  Includes appropriate condiments

- **Starbucks Regular and Decaffeinated Coffee, Tea** (0 cal/8 oz. serving) | $2.29 per person  
  Includes appropriate condiments

- **Hot Chocolate** (160 cal/8 oz. serving) | $1.79 per person

- **Iced Tea** (5 cal/8 oz. serving) | $15.99 per gallon
  Includes appropriate condiments

- **Iced Water** (0 cal/8 oz. serving) | $3.99 per gallon

- **Infused Water** | $8.99 per gallon
  - Lemon Infused Water  
  0 cal/8 oz. serving
  - Orange Infused Water  
  10 cal/8 oz. serving
  - Apple Infused Water  
  20 cal/8 oz. serving
  - Cucumber Infused Water  
  10 cal/8 oz. serving
  - Grapefruit Infused Water  
  10 cal/8 oz. serving

- **Bottled Water** (0 cal each) | $1.79 per person

- **Assorted Sodas (Can)** (0–150 cal each) | $1.49 each

- **Assorted Bottled Fruit Juices** (110–170 cal each) | $1.99 each

### DESSERTS

All prices are per person and available for 12 guests or more

- **Assorted CraveWorthy Cookies** (250–310 cal each) | $1.79 per person
  Includes appropriate condiments

- **Bakery-Fresh Brownies** (250 cal/2.25 oz. serving) | $1.99 per person

- **Gourmet Dessert Bars** | $2.29 per person
  - Lemon Cheesecake Bars  
  300 cal/2.75 oz. each
  - Raspberry Coconut Bar  
  370 cal/3.25 oz. serving

- **Traditional Apple Pie** (410 cal/slice) | $8.79 each

- **Multi-Layer Chocolate Cake** (270 cal/slice) | $12.99 each

### Ordering Information

**Lead Time**

Notice of 72 hours is appreciated; however, we will do our best to accommodate all late orders that are received. We appreciate the importance of your function and will do whatever it takes to exceed your expectations.

**Extras**

If rental equipment, linens, or service staff are needed, we can take care of it for you with necessary charges.

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The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly. In order to accommodate numbers of guests that can range from single digits to thousands, due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.