

# BREAKFAST OPTIONS

## The After Workout Breakfast

Choose one of our healthier Egg White Omelettes (Individual Meals)  
 Each Meal includes Sweet Potato Home Fries and Wheat Toast.

Please order for a minimum of 8 People . . . . . \$15.95 per PERSON

**Omelette Choices:**

- Spinach and Tomato with Swiss Lorraine Cheese
- Grilled Chicken and Broccoli
- Oven Roasted Turkey and Swiss Lorraine Cheese

## The Breakfast Quickie

Choose Breakfast Wraps or Sandwich with Cheese,  
 Choice of Bacon, Ham, or Sausage, Served with Home Fries.

Please order for a minimum of 20 People . . . . . \$7.95 per PERSON

## The Early Bird

Assorted Breakfast Pastries & Coffee.

Please order for a minimum of 20 people . . . . . \$6.95 per PERSON

## The Continental

Assorted Breakfast Pastry, A Tray of Cut Fresh Fruit and Assorted Premium Juices.

Please order for a Minimum of 20 People . . . . . \$10.95 per PERSON

## Café Breakfast

Scrambled Eggs, Fruit Salad, Home Fries, Yogurt & Granola, Assorted Bagels,  
 with Cream Cheese & Jelly Preserves.

Please order for a minimum of 20 people . . . . . \$14.95 per PERSON

## The Lumber Jack

Scrambled Eggs, Bacon, Sausage, Home Fries, Pancakes,  
 Raisin French Toast, Assorted Bagels & Breakfast pastries.

Please order for a minimum of 20 People . . . . . \$16.95 per PERSON

**TOASTED WHOLE WHEAT BAGEL**  
 with All Natural Teddy Peanut Butter  
**\$6.50**



**Reminder: Some items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of foodborne illness. Before placing your order, please inform your server if a person in your party has a food allergy.**

## LUNCH/DINNER OPTIONS



### Caprese Sandwich

**Tomato, fresh mozzarella and basil on a sweet bulkie roll drizzled with balsamic reduction. Served with a sliced deli pickle on the side and a small bag of chips, bottled water or seltzer.**

Please order for a minimum of 10 People  
\$12.95 per PERSON



### Sandwich and Wrap Platter

**Includes your choices of sandwiches or wraps, garden or caesar salad, and cookies or brownies. Add drinks, and you're all set.**

Please order for a minimum of 10 people . . . . . \$14.95 per PERSON

- Oven-Roasted Turkey Wrap
- Tuna Wrap
- Chicken Salad Wrap
- Baked Ham & Cheese Wrap
- New Yorker Wrap
- Grilled Chicken Kebab Wrap
- Turkey Club Wrap
- Italian Sub
- Oven-Roasted Turkey Sandwich
- Tuna Sandwich
- Chicken Salad Sandwich
- Baked Ham & Cheese Sandwich
- New Yorker Sandwich
- Grilled Chicken Sandwich
- Chicken Caesar Wrap
- Veggie Wrap
- BLT Sub

**We offer GLUTEN FREE sandwiches for and additional \$5.00/EACH**

### The Quickie Box Lunch

**Your choice of Sandwich or Wrap on Choice of Breads with Cheese, Lettuce, and Tomatoes. Served with Jumbo Cookie, Chips, and Can of Soda or Water.**

Please order for a minimum of 10 people . . . . . \$14.95 per PERSON

- Oven Roasted Turkey choice of Bread or Wrap
- Tuna choice of Bread or Wrap
- Homemade Roasted Chicken Salad choice of Bread or Wrap
- Baked Ham & Cheese choice of Bread or Wrap
- New Yorker on Sweet Roll or Wrap (*Turkey, Roast Beef, Baked Ham, Swiss Cheese*)
- Grilled Chicken Sandwich on Sweet Roll with Lettuce, Tomato
- Chicken Kabob Wrap Lettuce, Tomato, Cucumber, Feta, House Dressing
- Chicken Caesar Wrap
- Turkey Club Wrap (*Lettuce, Tomato, Bacon, Swiss Cheese*)

### The Tailgater

**Choose from our Assortment of Home Made Calzones, Choice of Wings or Fingers (Plain or Buffalo), A Tray of Sicilian Cheese Pizza (toppings are additional). Included Large Cookie, Canned Soda or Water.**

Please Order for a minimum of 10 People. . . . . \$14.95 per PERSON

- |                             |                            |                                       |
|-----------------------------|----------------------------|---------------------------------------|
| <b>Calzones (choose 3):</b> |                            | <b>Choice of Chicken:</b>             |
| • Steak and cheese          | • Meatball                 | • Fingers ( <i>Plain or Buffalo</i> ) |
| • Italian                   | • Spinach                  | • Wings ( <i>Plain or Buffalo</i> )   |
| • Chicken Parmesan          | • Eggplant                 |                                       |
| • Sausage Parmesan          | • Broccoli, Ham and Cheese |                                       |
| • Sausage Pepper and Onion  |                            |                                       |



**LUNCH/DINNER OPTIONS**

**Salmon with Sweet Chili Sauce**

Grilled salmon topped with a sweet chili sauce,  
 Served with Rice and Sautéed Vegetables.  
 Served with a choice of Bottled water, Seltzer, or soda.

Please order for a minimum of 10 People . . . . . \$17.95 per PERSON



**Lemon Rosemary Chicken Breast**

Sautéed Chicken Breast served with Rice and Sautéed Veggies.  
 Served with Bottled water, seltzer or soda.

Please order for a minimum of 10 people . . . . . \$17.95 per PERSON



**Portobello Mushroom**

Spinach and Tomato Risotto topped with a Grilled Portobello Mushroom.  
 Served with a choice of Bottled water, Soda or Seltzer.

Please order for a minimum of 10 people . . . . . \$17.95 per PERSON



**Kale Lentil Salad**

Kale, Lentils, Grape Tomatoes, Scallions, Yellow Bell Peppers,  
 Carrots and Cilantro with a Lemon Olive Oil Dressing.  
 Served with Grilled Chicken or Salmon. Bottled water or seltzer.

Please order for a minimum of 10 people: Grilled Chicken Tips . . . . . \$16.95 per PERSON  
 Grilled Salmon . . . . . \$19.95 per PERSON

**Five Bean Salad**

Red Beans, White Beans, Lima Beans, Navy Beans, Black Beans, Chickpeas, Split Peas,  
 Cilantro, Red Onion, Carrots, and Scallions tossed in a Roasted Garlic Olive Oil. Served  
 with Grilled Chicken or Salmon. Bottled water or seltzer.

Please order for a minimum of 10 people: Grilled Chicken Tips . . . . . \$16.95 per PERSON  
 Grilled Salmon . . . . . \$19.95 per PERSON



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**LUNCH/DINNER OPTIONS**



**Edamame Salad**

**Edamame, Black Beans, Corn, Yellow Peppers, Tomatoes, Carrots and Cilantro in a Lemon Olive Oil dressing. Served with Grilled Chicken or Salmon. Bottled water or seltzer.**

Please order for a minimum of 10 people: Grilled Chicken Tips . . . . \$16.95 per PERSON  
Grilled Salmon . . . . . \$19.95 per PERSON

**Farro Salad**

**Farro tossed with Goat Cheese and Dried Cranberries. Served with Grilled Chicken or Salmon. Bottled water or seltzer.**

Please order for a minimum of 10 people: Grilled Chicken Tips . . . . \$16.95 per PERSON  
Grilled Salmon . . . . . \$19.95 per PERSON

**Black Bean Quinoa Salad**

**Black Beans, White and Brown Quinoa, Red Peppers, Goat Cheese and Cilantro with a Lemon Olive Oil dressing. Served with Grilled Chicken or Salmon. Bottled water or seltzer.**

Please order for a minimum of 10 people: Grilled Chicken Tips . . . . \$16.95 per PERSON  
Grilled Salmon . . . . . \$19.95 per PERSON

**Quinoa Mediterranean Salad**

**Quinoa Salad with Feta Cheese, Tomatoes, Red Bell Peppers, Onions and Olives. Served with Grilled Chicken or Salmon. Bottled water or seltzer.**

Please order for a minimum of 10 people: Grilled Chicken Tips . . . . \$16.95 per PERSON  
Grilled Salmon . . . . . \$19.95 per PERSON

**Quinoa Citrus Salad**

**Brown and White Quinoa Salad mixed with Cherry Tomatoes, Mango and Orange zest. Mixed with Lemon Olive Oil Dressing. Served with Grilled Chicken or Salmon. Bottled water or seltzer.**

Please order for a minimum of 10 people: Grilled Chicken Tips . . . . \$16.95 per PERSON  
Grilled Salmon . . . . . \$19.95 per PERSON

**Chicken Quinoa Meatballs**

**Ground Chicken combined with White Quinoa and Brown Quinoa**

\$79.95 per TRAY

**Arancini Balls**

**Mini Cheese or Mini Meat Arancini Balls**

Cheese: \$59.95 per TRAY

Meat: \$69.95 per TRAY

**Thai Chicken**

**Our Famous White Meat Chicken Sautéed in Chili Thai Sauce**

\$74.95 per TRAY





## LUNCH/DINNER OPTIONS

### The Organic Buffet for the Health Nut

**Pick 2 Grains, with our Roasted Seasoned Assorted Veggies, with a choice of 2 Proteins. Includes is A Healthy Mescaline Salad with our Homemade Balsamic Dressing. Also includes Bottled Water or Canned Soda.**

Please order for a minimum of 20 people . . . . . \$19.95 per PERSON

**Grains:**

- White Rice With Mixed Vegetable
- Brown Rice
- Quinoa
- Faro

**Proteins:**

- Baked Haddock
- Grilled Salmon
- Grilled Chicken
- Sirloin Steak Tips



### Our Mixed Grill

**Choice of Grilled Favorites Choice of Salad. Included Tray of Rice and A Tray of Marinated Grilled Mixed Veggies, Tray of Fruit Salad with Bread and Butter, Canned Soda or Water.**

Please Order for a Minimum of 20 People . . . . . \$19.95 per PERSON

**Choice of Grilled:**

- Sausage Peppers and Onions
- Marinated Chicken Tips With Sautéed Broccoli
- Marinated Sirloin Steak Tips with Peppers and Onions

**Choice of Salad:**

- Garden
- Caesar



### The Hearty Italian

**Choice of 2 Pasta Entrees, Choice of 2 Meats, Antipasto Salad, Bread and Butter. With an Assorted Italian Cookies. With Canned Soda or Bottled Water.**

Please order for a minimum of 20 People . . . . . \$19.95 per PERSON

**Home Made Pasta (Choose 2):**

- Fusilli
- Cheese Tortellini
- Ravioli
- Cavatelli
- Gnocchi

**Meat Choice:**

- Home Made Meatballs
- Sausages
- Meatball/ Sausage Combo
- Chicken Parmesan
- Lemon Chicken
- Chicken Marsala



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## DESSERTS



- Assorted Mini Italian Pastries ..... \$29.95 Per Dozen
- Assorted Cookie Tray (Serves 25) ..... \$49.95
- Brownie Tray..... \$49.95

## GLUTEN FREE



### GLUTEN FREE OPTION #1

**Choice of Pasta with Grilled Chicken Breast and Steamed Broccoli, Garden Salad and a Gluten free Brownie Including a Bottle of Water**

Please order for a Minimum of 10 People ..... \$29.95 per PERSON

- Choice of Pasta:**
- Penne or Fusilli
  - Cheese Ravioli
  - Chicken and Kale Ravioli

### GLUTEN FREE OPTION #2

**Choice of Plain Baked Haddock with Lemon and Olive Oil or Seasoned Grilled Salmon with Lemon and Olive Oil. Includes Steamed Broccoli, Mixed Greens Salad, gluten Free Brownie and A Bottle of Water**

Please Order for a minimum of 10 People..... \$49.95 per PERSON

- Choice of Pasta:**
- Brown Rice
  - Quinoa
  - Penne or Fusilli