



Fresh Ideas

# Catering Guide



# *We have a passion for everything food.*

Memorable catered events require the talent of seasoned professionals who understand the many facets that differentiate a good event from a great event. Fresh Ideas is continually searching for new ways to bring creativity to our catered events. Food should be interesting, and we believe food presentation is of paramount importance – a way to experience the excitement prior to tasting what you see. While in many cases you will find exactly what you are searching for in the Fresh Ideas Catering Guide, we are happy to create a menu tailored especially for your event.

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# Breakfast

## Continental Breakfast

Chef's selection of assorted pastries, Danish, fresh fruit, and breakfast breads. Served fresh and warm with full coffee service.

## Parfait & Breakfast Breads

Seasonal fresh fruit with assorted breakfast breads, tasty low-fat yogurt and granola, orange juice and full coffee service.

## Hot Breakfast Buffet

This hearty breakfast buffet includes delicious scrambled eggs, fried potatoes, your choice of bacon or sausage, and full coffee service.

## Sweet & Savory Buffet

Please all palates with egg strata, choice of meat (bacon, sausage, or ham), breakfast potatoes, fresh fruit salad, buttermilk biscuits, juice, and full coffee service.

## Enhancements

### By the Dozen

- Southern Biscuits & Gravy
- Mini Scones
- Assorted Muffins
- Mini Danishes
- Bagels with Cream Cheese
- Assorted Petite Quiche

### Per Person

- Fresh Fruit
- Yogurt Parfaits
- Hard-boiled Eggs
- Granola or Nutri-Grain Bars
- Bottled Juice (Apple, Orange, or Cranberry)
- Yogurt Cup





# Lunch Options

## Box Lunches

### Classic

This lighter version includes your choice of sandwich, assorted bags of chips, fresh baked cookies, and assorted bottled beverages.

**Protein:** Ham, Turkey, or Roast Beef

**Cheese:** American or Swiss

**Bread:** White or Wheat

### Signature

Our signature boxes include your choice of gourmet sandwich, and your choice of side—pasta salad, fresh fruit salad, or garden salad.

- Chicken Salad on Croissant
- Oven Roasted Turkey with Pesto Mayo on Pretzel Bread
- Baked Ham & Swiss with Honey Mustard on Rye
- Roast Beef with Horseradish Spread on Onion Roll
- Grilled Chicken Breast with Chipotle Aioli on Kaiser Roll
- Italian Stacker with Roast Beef, Turkey, Ham, Provolone, and Italian Dressing Drizzle on Ciabatta Roll
- Grilled Vegetable Wrap with Roasted Red Pepper Sauce
- Grilled Chicken Caesar Wrap
- BLT Wrap



## Plated Lunches

Each of our plated lunch selections are served with chef's selection of gourmet dessert, iced tea, and water. China is required for all plated meals.

### Fiesta Chicken Salad

Fresh mixed greens tossed with pico de gallo, black beans, corn, Colby jack cheese, scallions, and cilantro. Topped with grilled chicken and crunchy tortilla strips. Served with delicious dinner rolls.

### Beef Tenderloin Cobb Salad

A bed of mixed greens with tomato, bacon bits, hard-boiled eggs, avocado, and Gorgonzola cheese topped with sliced beef tenderloin. Your choice of balsamic vinaigrette or blue cheese dressing. Served with delicious dinner rolls. May substitute sliced grilled chicken.

### Asian Chicken Salad

Try something unique with our Asian chicken salad. Fresh greens tossed with water chestnuts, green onions, slivered pea pods, and shredded carrots topped with chow mein noodles and sesame ginger vinaigrette. Served with delicious dinner rolls.

### Spinach & Mixed Greens Salad

This flavor packed salad features fresh leafy spinach and mixed greens, dried cranberries, sliced walnuts, red onions, blue cheese, and herbed ranch dressing. Served with platters of sliced grilled chicken, shrimp, and London broiled steak. Served with dinner rolls.

### Grilled Chicken Caesar Wrap

Sliced grilled chicken breast, crisp romaine lettuce, shredded Parmesan cheese, and classic Caesar dressing wrapped in a flour tortilla. Served with fresh fruit cups or potato chips, rosemary potatoes, and fresh vegetable medley.



# Cold Buffet

Each of our cold buffet selections include an assortment of fresh baked gourmet cookies or brownies, and iced tea.

## Chicken & Salmon Salad

Fresh romaine, grilled chicken and salmon, tomato wedges, hard-boiled eggs, handcrafted croutons, and Parmesan cheese. Your choice of classic Caesar or French dressing. Served with dinner rolls.

## American Deli

Deli sliced ham, turkey, and roast beef, Swiss with American cheese, lettuce, tomato, and pickles. Served with your choice of potato salad, pasta salad or potato chips, and breads and rolls.

## Chicken Caesar Salad

Crisp romaine, sliced grilled chicken breast, Parmesan cheese, handcrafted croutons, and classic Caesar dressing. Served with dinner rolls.

## Chef Salad

Crisp mixed greens accompanied by turkey, ham, cheddar cheese, hard-boiled eggs, cucumbers, tomatoes, black olives, and handcrafted croutons. Your choice of ranch or Italian dressing. Served with dinner rolls.

## Assorted Wraps

Treat your guests to a variety of our delicious wraps. Including tasty options like our chicken Caesar wrap, classic BLT wrap, and veggie wrap. Served with fresh fruit salad, hummus, and pita chips.

## Assorted Sandwiches

Need something you can customize? Try our sandwich buffet. Accompany your buffet with a tossed salad or special soup of the day. Served with your choice of potato salad, pasta salad, or potato chips.

### Sandwich Options

- Roast Beef with Horseradish on Onion Roll
- Oven Roasted Turkey on Pretzel Bread
- Grilled Chicken Breast on Kaiser Roll
- Turkey Club on Croissant



# Hot Buffet

Each of our hot buffet selections include an assortment of fresh baked gourmet cookies or brownies, and iced tea.

## Pasta

Tender pasta served with a savory meat sauce and creamy Alfredo sauce. Paired with an Italian salad and garlic bread. Customizable meat and toppings available.

## Taco

Soft flour tortillas, corn taco shells, choice of seasoned beef or chicken, and toppings bar. Toppings include shredded lettuce, tomatoes, sour cream, salsa, jalapeño peppers, and Colby Jack cheese. Served with Spanish rice and refried beans.

## Baked Potato Bar

Individually baked potatoes with toppings bar. Toppings include broccoli, chili, scallions, crumbled bacon, sour cream, and shredded Cheddar cheese. Served with a fresh tossed salad.

## Beef Philly

Sliced, tender beef with grilled onions, mushrooms, green peppers, and Monterey Jack cheese sauce. Served with hoagie rolls, potato chips, and choice of soup or salad.

## Grilled Chicken

Herbed grilled chicken breast paired with pasta primavera, Italian salad, and handcrafted rolls. Served with wild rice and broccoli.

## Backyard Grill

Choose three of the following: grilled hamburgers, bratwurst, hot dogs, or plant-based burgers. Served with buns and choice of potato salad, pasta salad, or potato chips.

## Smoke House

This buffet features tender smoked in-house brisket and pulled pork with fresh rolls and garden salad with ranch dressing. Served with your choice of potato salad, pasta salad or potato chips, or baked beans.





# Plated Dinner

Each of our plated dinner selections is served with fresh baked bread, choice of salad, gourmet dessert, iced tea, water, and coffee. China is required for all plated meals. Customized chef creations are also available.

## Salad Options

### Classic Caesar

Romaine lettuce with tomato wedges, shredded Parmesan, and handcrafted croutons topped with classic Caesar dressing.

### Spinach Salad

Fresh leaf spinach tossed with hot bacon dressing and garnished with sliced mushrooms, hard-boiled eggs, and red onions.

### Tossed Salad

A bed of iceberg lettuce topped with cherry tomatoes, shredded carrots, red onions, and choice of dressing.



## Entrée Options

### Grilled Citrus Salmon

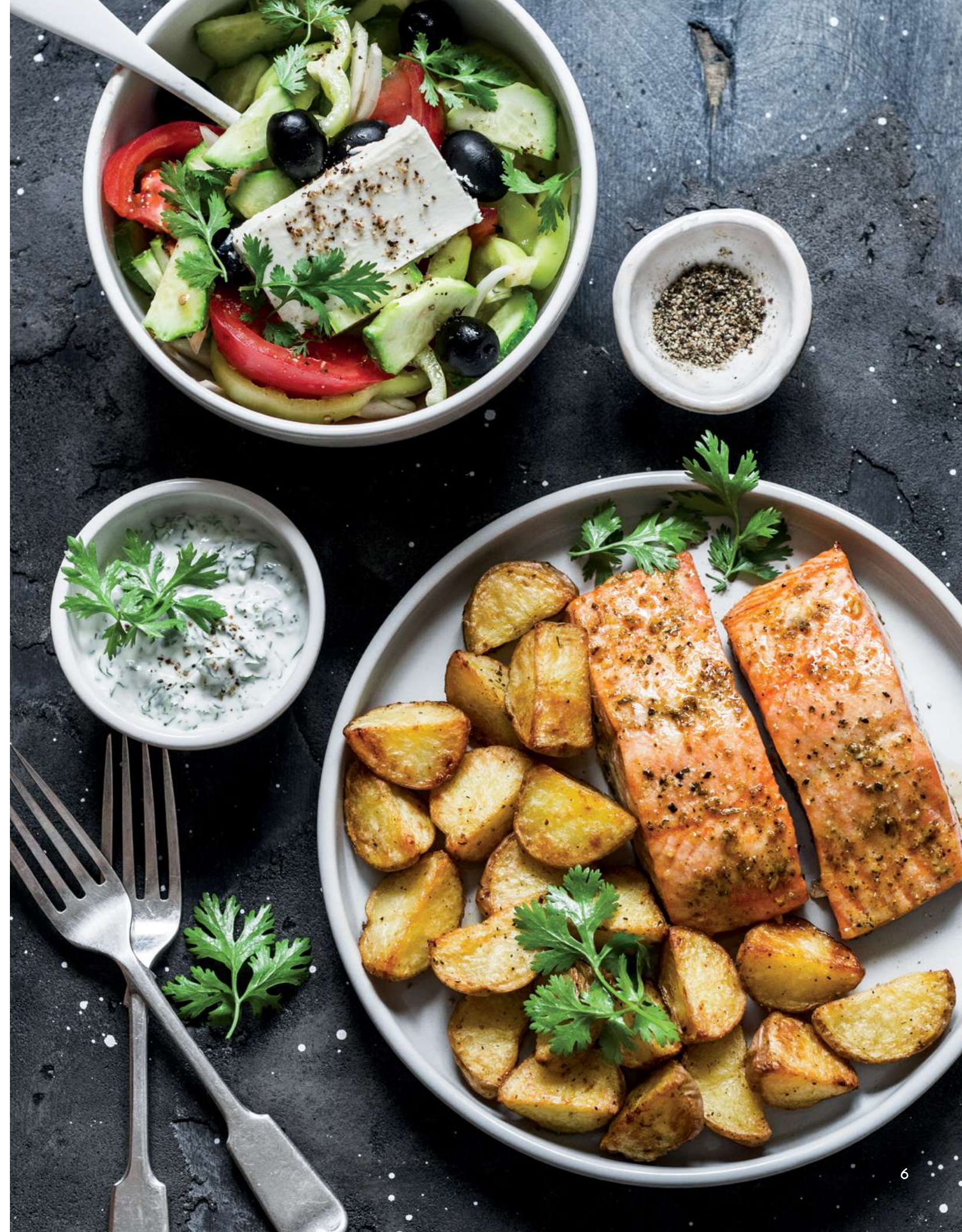
Fresh salmon infused with a citrus blend of lemon, lime, and oranges by our chefs then grilled to perfection. Served with oven roasted rosemary potatoes and fresh vegetable medley.

### Beef Tenderloin

Slow roasted beef tenderloin with Bordelaise sauce served with a wild mushroom ragout, oven roasted rosemary potatoes, and fresh vegetable medley.

### Salsa Fresca Chicken

This bold Tex-Mex option is smothered in Monterey Jack cheese and topped with fresh tomatoes, cilantro, and sweet onions. Served with oven roasted rosemary potatoes and fresh vegetable medley.







# Dinner Buffet

Each of our dinner buffet selections are served with salad, fresh baked bread, gourmet dessert, and iced tea. Add our soup of the day or fresh fruit salad to any buffet option. Gluten-free items available upon request. Buffet selections require a minimum of 15 guests.

## Carved Beef & Chicken

Tender, sliced roast beef with a demi-glace, herb crusted chicken breast with seasonal vegetables, and roasted garlic new potatoes.

## Grilled Chicken Breast

Chicken breast prepared Marsala style, piccata style, or with herbed cream sauce. Served with rice pilaf and fresh vegetable medley.

## Pork Loin

Sliced herb crusted pork loin with creamy au gratin potatoes and fresh vegetable medley.

## Shrimp Scampi

Fresh jumbo shrimp sautéed with garlic, lemon, and white wine served over herbed linguine. Served with breadsticks and fresh vegetable medley.





# Hors d'Oeuvres

By the dozen—minimum order of 3 dozen.

## Chicken

- Buffalo Chicken Drumsticks
- BBQ Chicken Drumsticks
- Chicken Quesadillas with Salsa
- Chicken Tenders with Honey Mustard
- Chicken Satay with Thai Peanut Sauce

## Beef

- Swedish or BBQ Meatballs
- Toasted Ravioli with Marinara
- Beef Tenderloin Crostinis
- Mini Tacos

## Pork

- BBQ Smokies
- Potstickers with Soy Sauce
- BLT Stuffed Cherry Tomatoes
- Polenta Cake with Andouille Sausage

## Seafood

- Crab Rangoon
- Jumbo Shrimp Cocktail
- Mini Crab Cakes with Remoulade
- Shrimp Gazpacho Shooters
- Bacon Wrapped Sea Scallops

## Other

- Assorted Dollar Roll Sandwiches
- Antipasto Kabobs

## Vegetarian

- Assorted Mini Quiche
- Veggie Quesadillas with Salsa
- Stuffed Mushrooms
- Veggie Spring Rolls
- Spanikopita
- Stuffed Artichoke Hearts
- Bruschetta
- Pimento Mac & Cheese Spoons
- Mini Fruit Tarts
- Seasonal Fruit Skewers
- Herb Cheese Stuffed Cucumbers
- Assorted Tea Sandwiches
- Crudité Shooter







# Breaks and Parties

## Dips and Snacks

Serves 25 People

- Spinach Artichoke Dip with Pita Chips
- Trio of Spreads: Hummus, Feta & Black Olive, and Tomato Pico with Pita Chips
- Buffalo Chicken Dip with Tortilla Chips
- Handcrafted Potato Chips with French Onion Dip
- Tortilla Chips & Salsa
- Crab Dip with Fried Wontons
- Queso with Tortilla Chips
- Soft Pretzels with Cheese
- Goldfish Crackers
- Gardetto's Snack Mix
- Berry & Nut Trail Mix (4 Servings)

## Party Trays

Serves 25 People

- Bread Bowl with Spinach Dip
- Assorted Cheese Tray with Gourmet Crackers
- Vegetable Tray with Ranch or Dill Dip
- Seasonal Fresh Fruit Tray
- Assorted Cheese, Fruit, and Gourmet Cracker Tray
- Summer Sausage, Cheese, and Gourmet Cracker Tray
- Grilled Vegetable Tray
- Artisanal Cheese and Gourmet Crackers

## Afternoon Breaks

### Sweet & Salty Break

Fresh baked assorted cookies, fudge brownies, assorted bagged chips or pretzels, and assorted bottled beverages.

### Healthy Break

Seasonal fresh fruit tray, Nutri-Grain bars, granola bars, individual yogurt, and bottled water.

### Snack Attack

Pretzels, mixed nuts, Goldfish crackers, Gardetto's snack mix, and assorted bottled beverages.

### South of the Border Break

Black bean salsa, pico de gallo, guacamole tortilla chips, and assorted bottled beverages.

## Handcrafted Pizzas

Your choice of 16" cheese, pepperoni, sausage, meat lover's, or supreme pizza. Serves 3–5 people.





# Bakery, Beverages, and Desserts

## Bakery Items

Available by the dozen

- Gourmet Fresh Baked Cookies
- Doughnuts
- Brownies
- Dessert Bars
- Rice Krispie Treats
- Gourmet Cupcakes
- Mini Pastries
- Scones
- Assorted Mini Muffins
- Assorted Muffins
- Assorted Bagels
- Assorted Breakfast Breads



## Stationed Desserts

By the dozen

- Assorted Mini Desserts
- Chocolate Seduction Bites
- Assorted Mini Cheesecakes
- Assorted Upscale Mini Desserts
- Mini Parfaits

Per Person

- Ice Cream Sundae Bar
- Banana Split Bar

## Beverages

- Assorted Bottled Soda (12oz)
- Bottled Water
- Lemonade (per gallon)
- Orange Juice (per gallon)
- Regular Coffee (per gallon)
- Decaffeinated Coffee (per gallon)
- Iced Tea (per gallon)
- Hot Chocolate (per gallon)





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