



breakfast

wellness fruit and yogurt 8.00 ea
low-fat or greek yogurt, sliced fruit, granola, nuts, raisins, craisins juice, water, coffee service

steel cut oatmeal 6.00 ea
hot steel cut oatmeal, dried cranberries, honey, hot tea, regular and decaf coffee

classic continental 9.00 ea
mini muffins, mini pastries, bagels, sliced fruit, cream cheese, butter, fruit preserves, juice, water, coffee

breakfast graze 9.00 ea
spinach and rosemary frittata, sweet potato hash, greek yogurt parfait with fresh berries and granola, coffee and hot tea with lemon and honey

classic hot breakfast 9.00 ea
scrambled eggs, home fries or tater tots, bacon or sausage, sliced fruit, juice, water, coffee service

beverage

coffee service 2.25 ea
coffee, hot tea, decaf

beverage service 4.25 ea
coffee, hot tea, decaf, soda and bottled water

bottled water 1.50 ea

bottled soda 2.00 ea

energy drinks 3.30 ea

bottled juice 1.70 ea

bottled iced tea 2.00 ea

bai beverages 2.30 ea

gatorade 3.00 ea

a la carte

whole seasonal fresh fruit 2.00 ea

sliced fresh fruit 4.00 ea

fresh start 2.75 ea

individual chia and superfood parfaits
cardamom raisin, apple almond, kiwi
cucumber

fat free yogurt cups 2.50 ea

individual yogurt parfaits 2.50 ea

choice of banana and candied
pecan, blueberry and lemon, pear
and walnut

"better for you" sandwich thins 3.50 ea

mozzarella, tomato pesto,
denver egg white, egg white ham
and swiss, egg white and cheddar

toast 3.75 ea

choose three: avocado and mango,
caprese, avocado and bacon,
smoked salmon

mini breakfast sliders 2.50 ea

choose up to three: egg and cheese,
southwestern potato, egg and jack
cheese, any breakfast meat, egg &
cheese

scrambled eggs 2.25 ea

sausage or bacon 2.25 ea

black pepper biscuits and gravy 2.25 ea

fresh baked buttermilk biscuits with
scratch-made sausage gravy



the fresh fork



deli

salad selections: pesto pasta,
grain salad, caesar or garden salad

hot mini sandwiches 12.00 ea
eggplant parmesan, cubano, meatball parm,
bakers chips, choice of side salad & mini
chocolate mousse parfaits

mini sandwiches 10.00 ea
selection of 3 mini sandwiches, choice of
side salad, bakers chips & cookies

turkey pesto	buffalo chicken
ham & turkey	grilled chicken & brie
italian	roasted beet & feta
tuna salad	chicken salad
caprese	roast beef & cheddar

artisan 1/2 sandwich and soup combo 9.00 ea
selection of 3 artisan sandwiches, choice
of side salad, bakers chips & cookies

all american	roasted turkey & apple
caprese	italian combo
chicken caesar	chicken pita

traditional 12.00 ea
assortment of traditional sandwiches,
served on an assortment of rolls & wraps,
choice of side salad, bakers chips & cookies

turkey & american cheese
roast beef & cheddar
black forest smoked ham & swiss
grilled vegetables & mozzarella cheese

gourmet boxed lunch 13.00 ea
assortment of wraps and sandwiches,
choice of side salad, bakers chips & cookies

roast beef & fontina	sesame vegi wrap
mediterranean flatbread	ham & brie
curry chicken salad	turkey artichoke
cider glazed turkey	
turkey gouda	

platters

seasonal vegetable skewers sm (10-15) 55.00 | lg (16-20) 75.00
roasted or grilled in-season delicious vegetables

artisan cheese board sm (10-15) 80.00 | lg (16-20) 125.00
selection of artisan cheeses, crostini, grapes and nuts

chips and dips sm (10-15) 36.00 | lg (16-20) 58.00
classic tortilla chips with pico, guacamole and salsa

chicken caesar salad sm (10-15) 55.00 | lg (16-18) 80.00
grilled and marinated sliced chicken over romaine garnished
with parmesan cheese and croutons

italian meats and cheese sm (10-15) 75.00 | lg (16-20) 98.00
all the classics accompanied with olives, peppers,
pepperoncini, roasted tomato

fruit kebobs sm (10-14) 36.00 | lg (16-20) 48.00
best in season fruit arrangement with honey yogurt sauce

side salad sm(10-15) 24.00 | lg (16-20) 36.00
pesto pasta, grain salad, caesar or garden salad

chef's seasonal salad sm(10-15) 55.00 | lg (16-20) 75.00
the best of what the season has to offer

roots & seeds

individual salads from our fresh 'roots & seeds' brand

tuscan 6.00 ea
crisp seasonal lettuce blend, sun dried tomato,
artichoke hearts, kalamata olive and cucumber,
balsamic vinaigrette
add grilled chicken 2.50 ea
add grilled shrimp 4.00 ea

salmon caesar 9.00 ea
romaine lettuce, house made croutons, shaved
parmesan, creamy caesar dressing and
grilled wild caught salmon

turkey cobb 8.00 ea
house roasted turkey, seasonal lettuce blend, bacon, hard
cooked egg, ranch dressing

seared steak 9.00 ea
perfectly seasoned and grilled flank steak with peppers,
cucumbers, olives, tomato and red onion, dijon vinaigrette



the fresh fork



global crafting

masala

16.00 ea

all the aromas, complexity and depth our indian offerings in the café can be brought to your next meeting. start with fragrant basmati rice, warm naan bread and a lentil daal. choose two proteins and sauces, and we'll compliment the buffet with two chutneys and mango lassi

proteins: chicken, lamb, shrimp, pork

saucers: coconut curry, vindaloo, makhni

bok choy

12.00 ea

bok choy is a quick service pan-asian concept utilizing chef-created and authentic asian cooking sauces to create a plethora of delicious composed dishes accompanied by steamed rice (white or brown), fried rice, or lo-mein noodles and egg rolls

choose two of the following proteins:

orange peel beef	twice-cooked pork
teriyaki chicken	sweet and sour chicken
kun pao tofu	black bean garlic chicken,
pepper beef	general tso's chicken

za'tar

16.00 ea

our middle eastern concept za'tar brings classic dishes and flavors with a twist, and its vegetable centric ingredients list is a great choice for health-conscious and vegetarian clients. enjoy these old-world favorites and build your own pita or plate with our signature chicken or beef/lamb shawarma, falafel, traditional vegetable toppers, hummus and tabbouleh

piccola italia

14.00 ea

continuing one of our most popular choices, the pasta bar allows you the flexibility in choosing several comforting sauces and proteins as well. we pair your customized choices with garlic bread, caesar salad, authentic grated and shredded cheeses and fresh herb garnish.

choose two of each:

saucers: pomodoro, bolognese, pesto, tomato cream, alfredo

pasta: penne, rigatoni, spaghetti, rotini, shells

proteins: meatballs, grilled chicken, sausage, shrimp, ground turkey

big city barbeque

15.00 ea

fad, craze, or all the rage....bbq is here to stay. ask any region in the usa who has the best bbq and you'll get as many answers as regions itself! were gonna keep this simple, as all great bbq should be, choose two proteins, two sides, and we'll throw in the sauces, cornbread, rolls, fixin's and salad

proteins: carolina chopped pork, shredded brisket, smoked links, smoked half chicken

sides: collards, ranch beans, mac n cheese, potato salad, macaroni salad, corn pudding, corn on the cob, sweet potato casserole

pico mesa

14.00 ea

freshly prepared meats along with bold latin spices comes together with an array of colors and textures. enjoy a traditional taqueria style event for your next meeting or celebration. choose two meat proteins and one vegetarian option to compliment all the ingredients to build a rice bowl, taco, or taco salad

beef barbacoa

chicken tinga

ground beef or turkey

citrus pork

citrus chicken



the fresh fork



create

made to melt 12.00 ea

kicked up grilled cheese! choose up to three and we'll include bakers chips & tomato basil bisque soup:
mozzarella, honey, & basil or
texas toast, pepper jack, bacon & tomato,
or grilled haloumi pita

taco cantina 14.00 ea

choose up to three, includes chips, pico,
sour cream, toppings & sauces

grilled shrimp
pollo asado
al pastor pork
beer battered fish

crispy potato & chiles
braised short rib
tacos calabacitas
cochinita pibil

za'tar 13.00 ea

chicken, beef and vegetable kebobs with
orange and fennel salad, hummus & pita

nice thai 14.00 ea

build your own green or yellow curry rice
bowls with chicken, pork or tofu. includes
hot & sour noodle salad & spiced nuts

dim sum 12.00 ea

chicken, pork and vegetable dumplings,
spring rolls, egg rolls, assorted dipping
sauces, pickled vegetables & coconut rice
pudding

roots and seeds 12.00 ea

build your salad of choice with a variety of
seasonal raw and grilled vegetables, leafy
greens, grains and toppers. choose two
proteins and we'll supply the appropriate
dressings

grilled chicken, grilled flank steak
grilled tofu

seared salmon or grilled shrimp add \$2.00

chef table

provide your guests the ultimate meeting
experience with a live chef-attended station
customized to your preference. ask for details

classic creations \$18.00

#1 – grilled north atlantic salmon with lemon
dill sauce, braised tomatoes & lentils, grilled
asparagus, caesar or garden salad & cookies

#2 – grilled marinated flank steak, roasted red
bliss potatoes, sautéed garlic spinach, caesar
or garden salad & cookies

#3 – chicken francoise, brown rice, sautéed
garlic spinach, caesar or garden salad &
cookies

#4 – grilled chicken pesto, tortellini alfredo,
roasted plum tomatoes & grilled eggplant,
caesar or garden salad & cookies

custom selections available!



the fresh fork



snacks

brownies	2.00 ea
cookies	2.00 ea
dark chocolate trail mix	4.25 ea
superfoods nut mix	4.50 ea
warm soft pretzels	2.50 ea
spiced peanuts	2.25 ea
fresh whole fruit	2.00 ea
mini dessert bars	3.50 ea
mini cupcakes	2.00 ea

themed breaks

wellness break	7.00 ea
vegetable crudité, low fat dip, low fat yogurt, granola, dried fruit, nuts & sliced fruit	
cookies and milk	5.00 ea
variety of our all-butter cookies, just like grandma baked along with cold chocolate, strawberry and regular milk, fun toppers and sauces for you to end your meeting with smiles from ear to ear	
bruschetta	6.00 ea
classic bruschetta, caramelized onion spread, spinach artichoke spread and flatbread crisps	
happy hour	9.00 ea
classic bar foods, sliders, flatbreads and pretzels with beer sauce, along with seasonal signature mocktails to enhance the experience	
afternoon combo	8.00 ea
house baked cookies & brownies, assorted soda & water & coffee & hot tea service	

celebration

full sheet, ½ sheet, ¼ sheet cakes,
specialty desserts and cupcakes

call our catering team to
elevate your event!



the FRESH FORK



why choose fresh fork?

- we offer innovative food of the highest quality
- options range from classic to contemporary to authentic ethnic cuisine
- menus can be customized and personalized to accommodate your business and cultural needs
- food safety is assured, and we're serve safe certified
- you can count on speed in responding to your catering needs
- ordering and service is easy and efficient
- we offer the best value for your dollar



policies

How It Works

Catering orders will include all necessary plates, utensils, napkins and condiments in quantities consistent with your order. We also supply all food and beverage equipment needed to ensure food is served properly. China and linen service can be rented for your event at an additional charge. Our catering attendants will deliver, set-up and pick up your order at your requested location. A fee will incur if there is missing service ware.

Last Minute Orders

We ask for a 24 hour notice for catering orders but understand that last minute needs do arise. Please contact the catering office for your last minute needs and we will make every effort to accommodate them.

Don't see what you are looking for?

Contact our Catering Manager and we will develop a customized menu that fits your needs.

Additional Service

If you are hosting an important all-day event or a large scale meeting that requires more attention than just a set up, delivery and pick up, we can arrange for you to have a catering attendant to tend to any immediate needs that arise. Speak to our catering manager to schedule an attendant to make sure your event is a success!

Special Events

Are you looking to host a seated dinner or cocktail reception?

We can plan and execute your event. Set up a meeting with our Catering Manager to go over your ideas!

Cancellations

Catering orders are made specifically for your meeting, therefore cancellations must be made 24 hours in advance. When this is not possible, please let us know if we can deliver your order to another location. Cancellation fees may apply.

contact

Adam Drake | 506 Café on the Green | 609-452-2900
Erick Ariza | 101 Centrum Cafe | 609-987-1771
carnegiecatering@compass-usa.com



the FRESH FORK