



# CATERING IDEA BOOK



**Metz**  
CULINARY MANAGEMENT



# WELCOME

We are excited to provide you with our catering menus to assist in the planning your event. Our menus are meant to offer suggestions and represent some of our more popular selections. We continually develop menus and events, incorporating regional preferences and cutting-edge culinary trends.

***Our commitment is to customize menus for your occasion.***

We can meet your every need, from a formal dinner or a banquet-style reception, to simple refreshments for a meeting break, or a drop off sandwich and salad platter. We offer creative menus, elegant presentations and dedicated service to provide your guests with a memorable dining experience.

Budget permitting most menus can be adjusted to meet sustainability and organic concerns. We are always happy to include options based on special dietary needs as well as vegan or vegetarian diets.

***Whatever your need, we always strive to offer fresh, seasonal and whenever possible partner with local or organic vendors.***

***We can also offer sustainable disposables upon request.***

# BREAKFAST





## BREAKFAST

REGULAR AND DECAFFEINATED COFFEE AND A HOT TEA SELECTION IS OFFERED WITH ALL BREAKFAST ITEMS



### QUICK START

**\$4.25**

Assorted Petite Danish, Mini Scones, Assorted Flavored Muffins



### CLASSIC CONTINENTAL

**\$6.00**

Assorted Petite Danish, Mini Scones, Assorted Flavored Muffins, Assorted Bagels with Flavored Cream Cheeses and Butter  
Seasonal Fruit Platter

### LIVE WELL

**\$14.00**

Egg White Scramble with Vegetables, Turkey Bacon and Cajun Sweet Potatoes  
Seasonal Fruit Platter  
Yogurt Chia Parfait Bar

### STEEL CUT OATS BAR

**\$14.50**

Oatmeal, Dried Cranberries, Raisins, Granola, Toasted Sliced Almonds, Flax Seed, Brown Sugar, Honey, Agave Syrup, Cream and Low Fat Milk  
Assorted Baked Muffins  
Seasonal Fruit Platter



### CHIA YOGURT PARFAIT BAR

**\$14.25**

Vanilla Yogurt, Chia Pudding, Berries, Cranberries, Golden Sultanas, Toasted Coconut, Caramelized Walnuts, Granola, Honey and Agave Syrup  
Seasonal Fruit Plater, Assorted Breakfast Pastries



**Best choice for contactless catering**



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# BREAKFAST

**REGULAR AND DECAFFEINATED COFFEE AND A HOT TEA SELECTION IS OFFERED WITH ALL BREAKFAST ITEMS**

## OMELET BAR

**\$14.25**

Fresh Eggs or Egg Substitute with Your Choice of Toppings: Diced Bacon, Ham, Sliced Turkey Links, Broccoli, Sautéed Mushrooms, Green Onions, Spinach, Roasted Peppers, Cheddar, Feta and Chopped Fresh Herbs  
Toasted Breads, Butter, a Selection of Jams, Assorted Danish and Muffins  
Seasonal Fruit Plater

## HOT BREAKFAST BUFFET SELECTIONS

**\$14.00**

*Also Available Plated with Waiter Service*

Scrambled Eggs with Cheddar and Green Onions, Crispy Applewood Bacon and Turkey Sausage Links (Vegan Breakfast Patty Available Upon Request)  
Lemon and Thyme Breakfast Potatoes or Hash Browns  
Assorted Danish and Muffins  
Seasonal Fruit Plater



## BREAKFAST SANDWICH BUFFET

**\$14.25**

*Includes Seasonal Fruit Platter and Home Fries*

### CHOOSE TWO SELECTIONS:

Egg Whites and Turkey Sausage on an English Muffin  
Egg, Bacon and Cheese on an English Muffin  
Egg, Bacon and Cheese on a Croissant  
Egg, Turkey Bacon and Cheese on a Bagel  
Fried Egg and Cheese on an English Muffin  
Vegan Burrito on a Flour Tortilla



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# LUNCH



## LUNCH

**CHOOSE ONE GREEN SALAD OR ONE COMPOSED SALAD PLUS ONE SANDWICH OR WRAP: \$15.95**



### GREEN SALADS

Caesar

Mesclun or Baby Spinach with Italian and Raspberry Vinaigrette  
*(Reduced Fat Dressings are Available Upon Request)*



### COMPOSED SALADS

Italian Pasta Salad, Southwestern Quinoa Salad,  
German Potato Salad, or Creamy Tri-Color Coleslaw.



### ARTISAN SANDWICH BOARD

Roast Turkey and Cheddar on Ciabatta  
Turkey Cranberry Croissant Sandwich  
Lettuce Wrap with Mango And Turkey  
Tuscan Mediterranean Flatbread Sandwich  
Californian Chicken on Focaccia  
Ham and Artichoke Mozzarella Baguette  
The Parisian - *Ham and Brie Honey Mustard Panini*  
Black and Bleu - *Roast Beef and Blue Cheese Baguette*  
Mango Shrimp and Avocado Salad Croissant Sandwich  
Classic Ruben Sub Sandwich  
Caprese Ciabatta with Fresh Mozzarella, Tomato and Basil



### IT'S A WRAP!

Buffalo Chicken  
Chicken Caesar  
Power Grain Marinated Grilled Vegetable  
Hummus, Avocado Roasted Vegetable  
Southwest with Vegetables and Black Beans



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# LUNCH



## BOXED LUNCHES

**\$10.95**

*Each box includes sandwich condiments, whole fruit, chips, cookies and water*

- Roast Beef Sandwich
- Buffalo Chicken Wrap
- Classic Italian Wrap
- Rustico Ham and Cheese Flatbread
- Ham and Swiss Cheese
- Turkey and Roasted Tomato Sandwich with Swiss and Spinach
- Turkey and Cheddar Ciabatta
- Grilled Vegetable Reuben Sandwich



## ENTRÉE SALADS TO GO

**\$7.75**

- Chicken Caesar Salad
- Georgia Chicken Peach Salad
- Traditional Chef's Salad
- Cobb Salad
- Poached Salmon with Mesclun Greens, Cucumber, Almonds and a Cider Yogurt Dressing
- Vegetarian Quinoa Salad with Spicy Pumpkin Dressing



## HOUSEMADE SOUP

**\$3.50**

- Broccoli Cheese
- Chicken Noodle
- Beef Barley and Mushroom
- Potato Leek
- Carrot Coriander
- Vegan Curried Vegetable



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# BUFFETS





## BUFFET THEMES

OUR BUFFETS INCLUDE INFUSED FLAVORED WATER, ICE TEA, CONDIMENTS, ASSORTED COOKIES AND BARS



### THE COOK OUT \$15.95

BBQ Chopped Chicken  
Grilled Hamburgers  
Garden Burgers  
Mac n Cheese  
Baked Beans  
Ruby Slaw  
Hawaiian and Brioche Rolls  
Condiments and Toppings



### PURELY PLANT BASED \$15.95

Fiery Bean and Beyond® Beef Chili Bowls and Topping Bar  
Roasted Spaghetti Squash with Mushroom, Garlic and Sage  
Broccoli Rabe Penne Pasta with Smoky Charred Chickpeas  
Autumn Wild Rice Topped with Dried Cranberries and Toasted Almonds  
Creamy Herbed Mashed Potatoes  
Orange Glazed Beet Salad with Carrots and Quinoa  
Chocolate Chai Cupcakes



### FIESTA MEXICANA \$15.95

Grilled Chicken Fajitas  
Vegetarian Fajitas with Peppers and Onions  
Barbacoa Pork  
Mexican Rice  
Black Beans with Sofrito  
Tomatillo Corn Salsa  
Cilantro Crema  
Guacamole  
Warm Tortillas  
Tortilla Chips  
Churros with Chocolate Dipping Sauce



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# BUFFET THEMES

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## SOUTHERN Q

\$15.95

Fried Chicken  
BBQ Chicken Quarters  
Macaroni and Cheese  
Collard Greens  
BBQ Honey Sauce  
BBQ Pulled Pork  
Creamy Coleslaw  
Potato Salad  
Corn on the Cob  
King's Hawaiian® Rolls  
Ice Tea  
Country Peach Cobbler

## RICE AND NOODLE BAR \$15.95

### CHOOSE 2

Rice Noodles  
Lo Mein  
Jasmine Rice  
Brown Rice

### CHOOSE 4

Broccoli  
Napa Cabbage  
Bok Choy  
Mixed Vegetable Stir Fry  
Water Chestnuts  
Grated Carrot  
Mushrooms

### CHOOSE 2

Asian Marinated Pork  
Chicken  
Beef  
Tofu  
Shrimp

### CHOOSE 2

Thai Broth  
Five Spice Beef Broth  
Asian Vegetable Broth

### ACCOMPANIED BY:

Fresh Cilantro, Sauces and Condiments,  
Sliced Scallions, and Toasted Peanuts  
Asian House Salad  
Vegetable and Pork Pot Stickers  
Assorted Cookies and Bars



## THE MEDITERRANEAN

\$15.965

Mediterranean Chickpea Soup  
Chicken Souvlaki Skewers  
Beef Kofta  
Greek Salad with Feta Cucumbers  
and Tomato  
Red Pepper Hummus  
Baba Ghanoush  
Tabbouleh  
Tzatziki Sauce  
Toasted Pita  
Mediterranean Quinoa Salad  
Baklava, Assorted Cookies



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# SIGNATURE SERVED OR BUFFET- LUNCH OR DINNER

LAND AND SEA ENTREES INCLUDE THE CHOICE OF TWO SIDES AND ONE SALAD. PLANT-BASED ENTREE INCLUDES THE CHOICE OF ONE SIDE AND ONE SALAD.

## ENTRÉE CHOICES...BY LAND

Grilled Filet Mignon with Dijon Maple Sauce	\$29.95
Roast Beef Au Jus	\$10.95
Rosemary and Garlic Roast Beef	\$10.95
Five Spice Flank Steak with Chimichurri Sauce	\$15.95
Balsamic Honey Garlic Chicken Breast	\$10.95
Chicken Breast Florentine	\$14.95
Parmesan Chicken Breast	\$10.95
Fried Chicken	\$10.95
Apple Shallot Roasted Turkey	\$10.95
Orange Cranberry Glazed Turkey	\$10.95
Maple Glazed Roasted Pork Tenderloin with Cider Gravy	\$12.95
Mango Chipotle Pork Loin	\$12.95

## ENTRÉE CHOICES...BY SEA

Blackened Pollock Fillet	\$10.95
Almond Crusted Salmon with Lemon and Thyme Butter Sauce	\$14.95
Asian Marinated Salmon	\$14.95
Potato Encrusted Cod	\$11.95
Citrus Herbed Cod	\$11.95

## PLANT BASED OPTIONS

Vegan Vegetable Lasagna	\$14.95
Broccoli Rabe Penne Pasta with Smoky Charred Chickpeas	\$12.95
Chimichurri Stuffed Peppers	\$9.95
Vegan Carrot 'Osso Bucco' with Creamy Polenta	\$10.95

## SIDES

Roasted Baby Potatoes  
Cajun Roasted Sweet Potatoes  
Creamy Herbed Mashed Potatoes  
Quinoa Pilaf  
Wild Rice Pilaf  
Lemon Scented White Rice  
Creamy Polenta  
Tuscan Garbanzo Beans  
Roasted Asparagus  
Fresh Green Bean Provençal  
Honey Roasted Brussels Sprouts  
Roasted Mixed Vegetables  
Steamed Seasoned Broccoli  
Baked Parmesan Cauliflower

## SALADS

Vegan Pasta  
Asian House  
Greek Potato  
Spinach, Berry and Almond  
Pasta with Black Beans and Asparagus  
Caesar Salad  
Mixed Greens





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# SIGNATURE HORS D'OEUVRES SERVED OR BUFFET-LUNCH OR DINNER

## SIGNATURE HORS D'OEUVRES - HOT

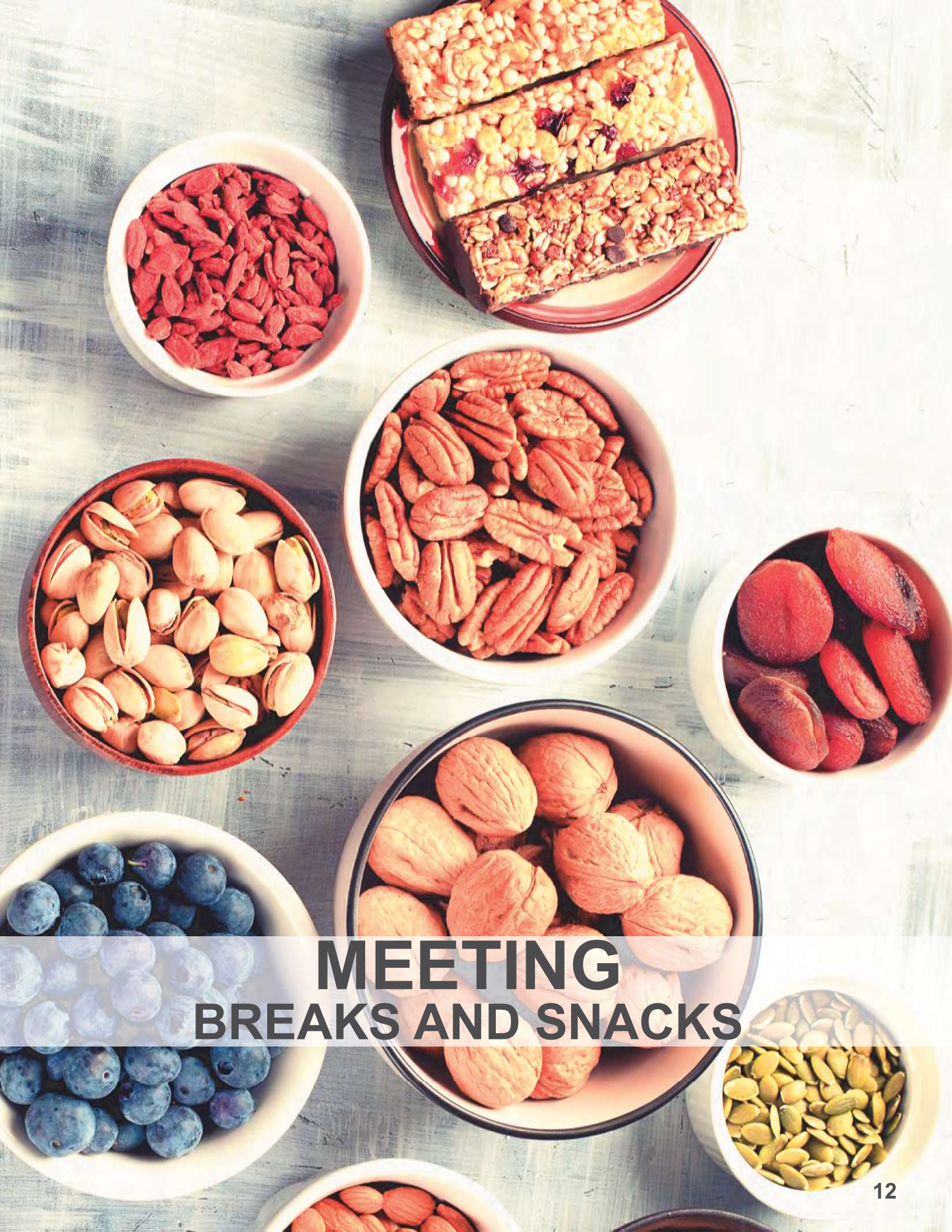
Spanakopita with Tzatziki Dipping Sauce	\$3.95
Petite Quiche	\$3.45
Coconut Shrimp with Lime Cilantro Cream	\$5.95
Pan Seared Mini Crab Cakes with Cajun Remoulade	\$4.95
Vegan Crab Cakes with Cajun Remoulade	\$4.95
Chicken Satay with Peanut Dipping Sauce	\$4.95
Meatballs in Marinara with Crispy Basil	\$3.95
Spiced Sweet Potato and Grilled Portobello Petite Taco	\$4.95
Corn Fritters with Honey-Jalapeño Aioli	\$2.95
Bacon Wrapped Scallops	\$4.95
Crab Stuffed Mushrooms	\$4.95
 Hot Spinach Dip with Tortilla Chips	\$3.95
Buffalo Chicken Dip	\$3.95
Pork Pot Stickers	\$3.95
Vegetable Pot Stickers	\$3.95

## SIGNATURE HORS D'OEUVRES - COLD

 Domestic Cheese Board with Crackers and Fruit	\$4.95
Seasonal Fruit Platter with Honey-Yogurt Dip	\$3.95
Antipasto Skewers	\$2.45
Smoked Salmon, Dill, Chive Cream Cheese and Capers Canapés	\$4.95
Shaved Roasted Beef with Horseradish Crostini	\$3.95
Pulled Pork Canapés with Salsa Fresca, Lime Crème and Fresh Cilantro	\$3.95
Bruschetta with Kalamata Olives, Roasted Tomato and Fresh Basil	\$2.95
Caprese Mini Skewers	\$1.95
Seared Tuna with Chili Garlic Aioli	\$1.95
Shrimp with Asian Slaw and Drizzled Sriracha Honey	\$3.95
Boursin and Roasted Vegetable Pinwheels	\$3.95
Lemon-Herb Garlic Chanterelle and Brown Mushroom Canapés	\$3.95
Honey Brûlé Petite Fruit Kabobs	\$2.95
White Grapes Rolled in Goat Cheese and Pistachio	\$1.95
 Gourmet Cheese Board Featuring Imported, Domestic Cheese, Fruit Garnish, Parmesan Herb Baguette and Crackers	\$5.95



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# MEETING BREAKS AND SNACKS



## MEETING - BREAKS AND SNACKS

### BREAK PACKAGES

*All Breaks Served with Assorted Sodas and Bottled Water, in Addition to the Beverages Listed Below*



#### BRAIN FOOD BREAK **\$7.95**

Pistachio Granola, Roasted Almonds, Banana Chips and Dried Fruit  
Zucchini Walnut Bread  
Carrot Raisin Bran Muffins  
Assorted Flavored Greek Yogurts  
Assorted Bottled Juice and Vitamin-Infused Waters



#### GREAT GREENS **\$7.95**

Fresh Granny Smith Apples  
Diced Honey Dew Melon and Green Grape Clusters  
Fresh Broccoli Florets, Sliced Celery Sticks and Pesto Ranch Dressing  
Guacamole with Tortilla Chips  
Pistachios Perrier®



#### “BETTER FOR YOU” INDIVIDUALLY PACKAGED SNACKS **\$10.95**

trEAT4u Sunshine Blend  
Chia ReCharge Stix Mix™  
ReCharge® Dark Chocolate Energy Boost  
Nature's Bakery® Gluten Free Fig Bars  
Rhythm® Kale Chips  
Beanfield® Chips



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#### MOVIE NIGHT! **\$7.95**

Selection of Flavored Popcorn  
Chocolate Raisins Dots, Gummy Bears and Cracker Jack®  
Nachos, Chips and Salsa  
Assorted Sodas/Flavored Carbonated Waters and Bottled Water



#### BEVERAGE

Freshly Brewed Coffee	\$2.25
Freshly Brewed Decaffeinated Coffee	\$2.25
Assorted Gourmet Teas, Served with Honey and Lemon	\$2.25
Orange or Cranberry Juice	\$2.25
Bottled Water	\$1.75

Half-and-Half, Low Fat Milk, (Dairy Free Creamer Available on Request)  
Iced Tea with Lemon  
Fruit or Cucumber Infused Waters

#### SPRITZER BAR **\$5.95**

S.Pellegrino® or Perrier® with Fruit Nectars, and a Selection of Berries and Herbs  
Fruit Canned Soda  
Canned Flavored Carbonated Water  
Bottled Water  
Sparkling Bottled Water



<b>Chex™ Mix</b>	<b>\$3.95</b>
<b>Pretzels</b>	<b>\$1.50</b>
<b>Assorted Granola Bars</b>	<b>\$1.50</b>
<b>Mixed Nuts</b>	<b>\$2.95</b>
<b>Hummus and Pita</b>	<b>\$3.95</b>
<b>Pico de Gallo and Tortilla Chips</b>	<b>\$2.95</b>



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# BAKESHOP



## DESSERTS

Carrot Cake	\$3.95
Gluten Free Flourless Chocolate Cake	\$4.95
Creme Brulee Cheesecake	\$6.45
Three Layer Chocolate Cake	\$2.95
Decadent Peanut Butter Chocolate	\$6.95
Tiramisu	\$6.45
Churros with Chocolate Dipping Sauce	\$3.95
Chocolate Chai Cupcakes	\$1.95
Baklava	\$3.95
Country Peach Cobbler	\$1.95
Assorted Petite Danish	\$1.95
Mini Scones	\$3.95
Assorted Flavored Muffins	\$2.95
Seasonal Speciality Dessert from our Bakery	\$5.95



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# PROCEDURES

## **ORDERING PROCESS**

To allow the best possible service please, whenever possible, allow 5 business days, particularly for larger events. We will of course accommodate last minute requests whenever possible.

## **GUEST COUNTS**

We request a confirmed number of attendees 48-hours prior to any event to ensure that we can organize your event effectively.

## **CANCELLATION**

Please give a minimum of 48-hours notice of the event date.

## **SERVICE WARES**

Rentals for china wares, cutlery, glassware are available with pricing provided by your catering contact. Plated service is available.

## **FOOD SAFETY**

Perishable foods with sensitive temperature holding will be picked up within a safe time frame. Sensitive foods cannot be left on display for prolonged periods of time. Should to-go containers be needed, they will be provided for a minimal charge per your catering contact.

## **SPECIAL DIETS**

Special diets will always be accommodated upon request.

