Innovation is found through creativity. 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.

Incredible food and amazing service are two of the things we strive to make memorable for you and your guests. 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.
Breakfast Selections

Continental Breakfast
Chef’s selection of assorted pastries, Danish 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, orange juice and full coffee service.

Sweet & Savory Buffet
Please all palates with egg strata, choice of bacon, sausage or ham, breakfast potatoes, fresh fruit salad, scones 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
- Seasonal Fresh Fruit Salad
- Yogurt Parfaits
- Hard-boiled Eggs
- Granola or Nutri-Grain Bars
- Bottled Juice (Apple, Orange or Cranberry)
Boxed Lunch

Selections

Signature Box Lunch
Our signature box lunches are simple yet satisfying. Includes your choice of gourmet sandwich, assorted bags of chips, fresh fruit salad, fresh baked cookies, and assorted bottled beverages.

Sandwich Options
- 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

Salad Box Lunch
The lighter version of the signature box lunch includes your choice of salad with assorted crackers, fresh fruit salad, fresh baked cookies, and assorted bottled beverages.

Salad Options
- Grilled Chicken Caesar Salad
- Grilled Chicken Cobb Salad
- Chef Salad
Plated Lunch Selections

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 delicious 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.
Plated Dinner Selections

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

Wild Greens Salad
Seasonal wild greens topped with feta cheese, red onion, fresh berries, and caramelized walnuts, and raspberry vinaigrette.

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 mushroom, hard-boiled egg, and red onion.

Italian Salad
Crisp Italian greens with artichoke hearts, roasted red peppers, pepperoncini peppers, and parmesan cheese topped with Italian dressing.

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

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 onion. Served with oven roasted rosemary potatoes, and fresh vegetable medley.
**Cold Buffet Selections**

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 delicious 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 assortment of breads and rolls.

**Chicken Caesar Salad**
Crisp romaine, sliced grilled chicken breast, tomato wedges, hard-boiled eggs, parmesan cheese, handcrafted croutons, and classic Caesar dressing. Served with delicious 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 delicious dinner rolls.

**Assorted Wrap**
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 Sandwich**
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
Pasta
Tender pasta served with a savory meat sauce and creamy alfredo sauce. Paired with an Italian salad and garlic bread.

Taco
Soft flour tortillas, corn taco shell, seasoned beef, 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 bread sticks.

BBQ
Choice of three of the following: grilled hamburgers, bratwurst, hot dogs, or garden burgers. Served with buns, choice of potato salad, pasta salad, or potato chips.

Smoke House
This buffet features tender smoked in-house brisket and BBQ 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.

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

Selections

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.

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

Grilled Chicken Breast
Chicken breast prepared marsala style, piccata style, or with lemon and caper 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.

Buffet selections require a minimum of 15 guests.
HORS D’ŒUVRES

By the Dozen, Minimum Order 3 Dozen

Chicken
• Buffalo Chicken Drummies
• BBQ Chicken Drummies
• Chicken Quesadillas with Salsa
• Chicken Tenders with Honey Mustard
• Chicken Satay with Thai Peanut Sauce

Vegetarian
• Assorted Mini Quiche
• Veggie Quesadillas with Salsa
• Stuffed Mushrooms
• Veggie Spring Rolls
• Spanikopita
• Stuffed Artichoke Hearts
• Bruschetta
• Pimento Mac & Cheese Spoons
• Honey Brie Crostinis or Tartlets
• Mini Fruit Tarts
• Seasonal Fruit Skewers
• Herb Cheese Stuffed Cucumbers
• Assorted Tea Sandwiches
• Crudité Shooter

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 Chipotle Lime Aioli
• Shrimp Gazpacho Shooters
• Bacon Wrapped Sea Scallops
• Duck Confit Crostini with Herbed Goat Cheese
• Assorted Dollar Roll Sandwiches
• Antipasto Kabobs
**DIPS & SNACKS**

**Party Trays**

**Serves 25 People**

- Spinach Artichoke Dip with Pita Chips
- Trio of Spreads: Hummus, Feta & Black Olive, 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
- Pretzels with Cheese
- Goldfish Crackers
- Gardetto’s Snack Mix
- Berry & Nut Snack Mix (4 Servings)
- 100 Calorie Snack Pack Assortment

**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, & Gourmet Cracker Tray
- Summer Sausage, Cheese, & Gourmet Cracker Tray
- Brie en Croute with Bread
- Grilled Vegetable Tray
- Artisanal Cheese & Gourmet Crackers

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**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.
American Sub
12” sub with ham, salami, bologna, American cheese with mustard, and mayonnaise. Serves three people.

Italian Sub
12” sub with salami, pepperoni, capicola ham, and provolone cheese with an Italian spread. Serves three people.

Vegetable Sub
12” sub with roasted vegetables with handcrafted red pepper sauce. Serves three people.

Handcrafted Pizza
Your choice of 16” cheese, pepperoni, sausage, meat lover’s, or supreme pizza. Serves three to five people.
**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
- Logo Printed Cookies
- Assorted Muffins
- Assorted Bagels
- Assorted Breakfast Breads

**Stationed Desserts**

Available by the Dozen
- Assorted Mini Desserts
- Chocolate Dipped Strawberries
- Chocolate Seduction Bites
- Assorted Mini Cheesecakes
- Assorted Upscale Mini Desserts
- Mini Parfaits
- Taster Spoons

Per Person
- Ice Cream Sundae Bar
- Banana Split Bar
- Candy Bar (4-5 assorted candies)
- Berry Parfait
- Brownie Parfait

**Beverages**

- Assorted Bottled Soda (12oz)
- Bottled Water (12oz)
- Classic Fruit Punch (per gallon)
- Lemonade (per gallon)
- Orange Juice (per gallon)

- Regular Coffee (per gallon)
- Decaffeinated Coffee (per gallon)
- Iced Tea (per gallon)
- Hot Chocolate (per gallon)