

The background features a light beige textured surface with a central dark green horizontal band. Above and below this band are faint, golden-brown line drawings of various food items: lettuce, tomato slices, a sandwich, a pineapple slice, a strawberry, and a cucumber.

FRESH IDEAS

Catering
Guide



We know catering. We have a passion for everything food, especially food + design. Memorable catered events require the talent of seasoned professionals who understand the many facets that differentiate a good event from a great event.

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.



FEATURED

Breakfast Selections	pg 3
Boxed Lunch Selections	pg 4
Plated Lunch Selections	pg 5
Plated Dinner Selections	pg 6
Cold Buffet Selections	pg 7
Hot Buffet Selections	pg 8
Dinner Buffet Selections	pg 9
Hors d'Oeuvres	pg 10
Dips & Snacks	pg 11
Party Trays	
Afternoon Breaks	
Party Subs & Pizzas	pg 12
Bakery Items	pg 13
Stationed Desserts	
Beverages	

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

*Grilled Chicken
Caesar 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*

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.

SALAD OPTIONS

Wild Greens

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.

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

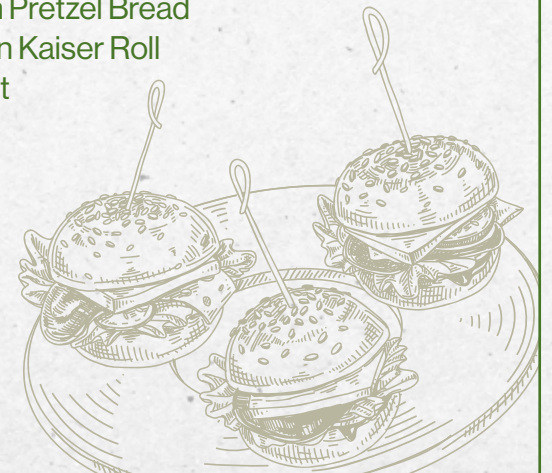
Treat your guests to a variety of our delicious wraps. Including tasty options like our chicken Caesar wrap, classic BLT wrap, and veggie wrap. Served with fresh fruit salad, hummus, and pita chips.

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



Hot Buffet SELECTIONS

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.

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.

DINNER BUFFET

SELECTIONS

Buffet selections require a minimum of 15 guests.

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.

*Shrimp
Scampi*



HORS D'OEUVRES

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

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

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

Other

- Duck Confit Crostini with Herbed Goat Cheese
- Assorted Dollar Roll Sandwiches
- Antipasto Kabobs

*Jumbo Shrimp
Cocktail*



DIPS & SNACKS

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



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

PARTY SUBS & PIZZAS

*Handcrafted
Pizza*

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)

*Gourmet
Cupcakes*