

Platter Buffet

(min 10 people)

Good Morning Buffet - \$11.00 pp

Fresh Bagels, Muffins, Croissants & Breakfast Breads w/ Butter, Cream Cheese & Jams - Fresh Fruit & Cheese Tray
Assorted Chilled Juices
Plates - Knives - Forks - Serviettes

Sandwich Buffet - \$12.00 pp

1 ½ Sandwich per person (Assorted Breads - Historic Grain - Potato Onion - Harvest Rye - Pumpernickel)
Fillings (Roast Beef, Turkey, Black Forest Ham, Egg Salad, Albacore Tuna, Chicken Salad, Veggie)
Choice of Salad
Cookie Tray
Assorted Juices & Water
Plates - Knives - Forks - Serviettes

Add Soup for \$1.00 pp

Wrap Buffet - \$12.25 pp

10 inch Wraps (White & Whole Grain)
Fillings (Roast Beef, Turkey, Black Forest Ham, Egg Salad, Albacore Tuna, Chicken Salad, Veggie)
Choice of Salad
Cookie Tray
Assorted Juices & Water
Plates - Knives - Forks - Serviettes

Add Soup for \$1.00 pp

Sub, Bagel, Croissant or Ciabatta Roll Buffet - \$12.25 pp

Fresh Sub Bun, Bagels, Croissants or Ciabatta Rolls
Fillings (Roast Beef, Turkey, Black Forest Ham, Egg Salad, Albacore Tuna, Chicken Salad, Veggie)
Choice of Salad
Cookie Tray
Assorted Juices & Water
Plates - Knives - Forks - Serviettes

Add Soup for \$1.00 pp

Substitutue A Carrot Cake or Triple Chocolate Brownie to any of the above for an additional .50 pp

Go Green!

Be Environmentally Friendly.

We can prepare your lunches with reusable platters and bowls. Just request our Green Service when you place your order. We will pick up the trays, platters & bowls later!

Grilled Chicken Salads

Caesar, Greek or South Western Salad w/ Grilled Chicken, Assorted Drinks, Cookie Tray - \$12.75 pp

Large Salad made with Fresh Organic Romaine or Baby Greens & freshly Grilled Chicken Breast with all the fixin`s with a fresh Cheddar Cheese Stick

Caesar (Organic Romaine - Freshly Grilled Chicken Breast - Grated Baby Parmesan - Garlic Foccacia Croutons - Caesar Dressing - Cheese Stick - Lemon Wedge)

Greek (Organic Romaine - Fresh Grilled Chicken Breast - Red & Green Peppers, Red Onion, Tomato Fresh Feta Cheese, Kalamata Olives- Greek Dressing - Garlic Cheese Stick - Lemon Wedge)

South Western (Organic Romaine - Fresh Grilled Chicken Breast - Shredded Cheddar Cheese - Red Onion - Tomato - Black Beans - Multi Grain Tortillas - Southwestern Dressing - Lemon Wedge)

House Salad - (Assorted Organic Baby Greens, Red Onion, English Cucumber, Baby Cherry Tomatoes - Shredded Carrots - Olive Oil & Balsamic Vinegarette)

(The Following Require a minimum of 10 People)

Just Sandwiches (Arranged On Trays) \$5.50 pp

Includes 1 1/2 Sandwiches per person
Roast Beef, Black Forest Ham, Turkey, Egg Salad, Tuna Salad, Chicken Salad, Veggie
Breads (Multi Grain - White - Whole Wheat - Dark Rye - Potato Onion - Meditteranean)

Just Wraps (Arranged On Trays) \$5.75 pp

Roast Beef, Black Forest Ham, Turkey, Egg Salad, Tuna Salad, Chicken Salad, Veggie
Wraps (Whole Grain - White)

Just Desserts (Arranged On Trays) \$3.95 pp

An assortment of classic pastry including
Baklava, Coconut Macaroon Squares, Carrot Cake, Banana Cake, Triple Chocolate Brownies & Butter Tarts

(Does not include utensils etc)

Coroporate BBQ's Offered for Up To 200 People (call for details)

The Following Hot Meals Can Be Delivered
Delivered in Stainless Steam Tables for stylish buffet serving - Keeps food hot and fresh
Paper Plates, Utensils, Serviettes Included -
Service can be provided at additional cost.

Rotisserie Chicken - Starting at \$14.50 pp

1/4 of Our Free Range, Naturally Raised Chicken rubbed with Healthy Plates signature seasonings and roasted in our Rotisserie Oven - served with Garlic Rosemary Roastie Potatoes, Caesar Salad, Cheddar Garlic Biscuits and Dipping Sauce

Chicken Broccoli Cashew Nut Stir Fry - Starting at \$13.75 pp

Chicken Breast Stir fried with fresh broccoli in our House Stir Fry Sauce - Topped with Cashew Nuts & Served with Whole Grain Wild Rice House Salad

Chicken Parmesan - Starting at \$14.25 pp

Chicken Breast Baked in Whole Grain Bread Crumbs & Parmesan Cheese served over Fresh Linguini topped with homemade Marinara Sauce, Mozzarella & Parmesan Cheeses
Caesar Salad

Creamy Pesto Tortellini - Starting \$13.75 pp

Three Cheese & Spinach Tortellini in our rich Creamy Pesto Sauce with Garlic Sautee'd Cremini Mushrooms
Caesar Salad

Meat or Vegetarian Lasagna - \$13.75 pp

Traditional Meat - Fresh Whole Grain Pasta layered with 3 cheeses, fresh spinach & mushrooms, basil, oregano & organic garlic with a rich meaty tomato sauce (only leanest ground beef used) Vegetarian - Fresh Whole Grain Pasta layered with 4 cheeses, 6 garden- fresh vegetables, fresh basil, oregano and organic garlic
Caesar Salad

Maple Glazed Salmon - \$14.75 pp

Wild Pacific Salmon Filet Baked in a Maple, Balsamic Sauce, served with Curried Sweet Potatoes, Fresh Green Beans, Organic Baby Carrots & Toasted Almonds
House Salad