



## breakfast buffets

8 minimum per item

### Classic Breakfast\* \$13.90

Scrambled eggs, breakfast potatoes, **choice of bacon and/or sausage**, fruit bowl and biscuits with butter & jelly.

### Belgian Waffle \$15.20

Includes syrup and butter, scrambled eggs and **choice of bacon and/or sausage**. Add berries and fresh whipped cream topping. \$3.75 per person.

### Frittata Muffin \$11.70

2 per person - Includes fruit bowl

**Choice of** up to 2 flavors: Tomato, Mozzarella & Basil; Bacon & Cheddar; Spinach, Mushroom, Garlic, Onion & Feta; or Sausage, Onion, Mozzarella & Tomato.

### French Toast Casserole \$10.95

Served with fruit bowl, **choice of bacon and/or sausage**, syrup and butter pc. Upgrade to Blueberry French Toast Casserole +\$1.00

### Breakfast Scramble \$11.20

Served with fruit bowl, biscuits, butter pc and jam pc.

#### Choice of:

- **Southwest** with sausage, onion, bell pepper, Monterey Jack & cilantro
- **Vegetarian** with tomato, spinach, mushroom & mozzarella
- **Bacon & Cheddar** with tomato & onion
- **Breakfast Potato** with cheddar jack, bell peppers & onion
- **Sausage** with mozzarella, spinach & red bell pepper

**Add Salsa** to breakfast buffet \$.80 per person

## breakfast a la carte

8 minimum per item

### Breakfast Sandwiches \$8.20

**Choice of biscuit, bagel or croissant** with egg, cheddar and **choice of bacon, sausage, turkey sausage or hashbrown.**

### Breakfast Tacos\*

(2 per person) \$7.85

Eggs and cheddar with **choice of bacon, sausage, turkey sausage or potato with onion & bell pepper**, served with salsa on the side. Gluten free corn tortilla available upon request.

### Assorted Mini Pastries (2 per person) \$4.75

Chef assortment of mini croissants, assorted danishes & cinnamon rolls.

### Assorted Croissants \$5.25

Plain and chocolate full size croissants, served with butter and jam.

### Cinnamon Rolls (large) \$4.80

### Assorted Muffins \$4.40

Chef assortment of blueberry, lemon poppyseed, banana nut, apple cinnamon and seasonal selections.

### Assorted Bagels \$5.85

Served with cream cheese pc, jam pc, butter pc.

### Fresh Fruit Tray\* \$3.90

### Yogurt Parfaits\* \$5.00

plain yogurt, granola, and berries. Vegan available by request.

# platters

8 person minimum

Includes bags of kettle chips and cookie tray

Assorted Deli Platter \$14.00

Assorted Premium Sandwich Platter \$15.00

Assorted Wrap Platter \$15.00

# sandwiches and wraps

Includes individual bags of kettle chips and cookie.

Upgrade to gluten free +\$2.50

Deli Sandwich Boxes \$12.00

On deli bread with lettuce and tomato and mustard & mayo on the side. Upgrade to croissant +\$1.00

**Turkey & Swiss**

**Ham & Cheddar**

**Roast Beef & Cheddar +\$2.50**

**Pastrami & Swiss +\$2.50**

**Chicken Salad**

**Tuna Salad**

**Avocado Egg Salad**

Premium Sandwich Boxes \$13.50

With mustard & mayo on the side. Upgrade to croissant +\$1.00

**Italian Club** with ham, salami, sopressata, provolone, green leaf & tomato on a bolillo

**California Chicken** with chicken breast, avocado spread, bacon, lettuce, tomato & swiss on a bolillo

**Turkey & Avocado** with turkey, provolone, avocado spread, green leaf, tomato & cucumber on a bolillo

**Turkey Jack** with turkey, bacon, pepper jack cheese, avocado spread, lettuce & tomato on a bolillo

**Cranberry Tuna Salad** with dried cranberries, red apple, mixed greens & tomato on a ciabatta

**BLT & Avocado** with bacon, lettuce, tomato & avocado spread on a bolillo

**Club** with turkey, ham, bacon, swiss, cheddar, lettuce & tomato on a bolillo

**Chicken Caprese** with chicken breast, fresh mozzarella, tomato, balsamic glaze & basil on a ciabatta

**Vegetarian Caprese** with fresh mozzarella, pesto, tomato, balsamic glaze & basil on a ciabatta \$11.50

**Hummus & Pesto Mozzarella** with hummus, fresh mozzarella tossed in pesto, spinach, cucumber & red bell peppers on a ciabatta

Signature Wrap Boxes \$13.50

**Italian Chicken** with kalamata olives, feta, red bell pepper, artichoke, spinach, sundried tomatoes & balsamic glaze

**Buffalo Chicken** with chicken breast tossed in buffalo sauce, green leaf, celery, blue cheese & carrots

**Mediterranean Chicken** with hummus, feta, spinach, red onion & cucumber

**Turkey & Strawberry** with spinach, goat cheese & balsamic glaze

**Pesto Chicken**, with spinach, sundried tomato & mozzarella

**Chicken Caesar** with romaine, tomato, parmesan & caesar dressing

**Southwest Chicken** with corn, black beans, Monterey Jack, pico de gallo & avocado spread

**Southwest Steak** with corn, black beans, Monterey Jack, pico de gallo & avocado spread +\$2.50

**Veggie & Avocado Hummus** with avocado spread, hummus, red bell pepper, cucumber, spring mix & carrots

**Vegetarian Greek** with green leaf, tomato, kalamata olive, cucumber, feta & red onion tossed in vinaigrette dressing. Add chicken +\$1.00

# salad boxes

Includes rolls with butter & a cookie. All dressings served on the side.

Classic Salads \$11.50

**Caesar Salad** with romaine, parmesan, croutons & Caesar dressing

**House Salad** with green leaf, tomato, cucumber, shredded carrots, croutons & ranch dressing

**Greek Salad** with green leaf, tomato, kalamata olive, cucumber, red onion, feta & vinaigrette dressing

Premium Salads \$12.40

**Mixed Berries and Greens Salad** with spring mix, berries, feta, pecans & balsamic vinaigrette

**Spinach & Strawberry Salad** with spinach, strawberries, almonds, goat cheese & strawberry vinaigrette

**Mediterranean Salad** with spring mix, tomatoes, red onion, kalamata olives, feta & tomato vinaigrette

**Harvest Salad** with spinach, green apple, walnuts, red onion, cranberries, blue cheese & balsamic dressing

**Southwest Salad** with green leaf, tomato, corn, black beans, red onion, avocado, Monterey Jack & cilantro vinaigrette +\$1.20

**Cobb Salad** with green leaf, tomato, bacon, hard-boiled egg, avocado, blue cheese & ranch dressing +\$1.20

# add-ons

• Add chicken to salad \$2.70

• Add steak or roasted salmon to salad \$6.50

• Add fruit cup to box lunch - small \$1.80; large \$3.25

\* Items that can be gluten free, please request gluten free when placing your order.

## hot buffets

10 minimum per item, vegetarian options available upon request.

### Pasta\* \$14.30

Includes Caesar salad & rolls with butter. Gluten free pasta available for +\$1.00 per person. **Choice of up to 2 pastas:**

- **Roasted Vegetable** – bowtie pasta with bell peppers, squash, onions, mushrooms, mozzarella and marinara with choice of chicken or sausage.

- **Penne Bolognese**

- **Penne Alfredo** with choice of chicken or sausage.

- **Spaghetti with Meatballs**

### Kabobs with Bell Peppers & Onions\*

Chicken \$15.00; Beef \$25.00;

Combo \$20.00; Vegetarian \$13.00

Includes house salad with ranch & vinaigrette and rolls with butter

#### Choice of sauce and rice:

- **Teriyaki with White Rice**

- **Herb with Herb Rice**

- **Sweet Chili with White Rice**

### Baked Potato Bar\* \$9.70

With cheddar, sour cream, butter, bacon, chives and house salad with ranch & vinaigrette dressing. Add bbq chopped beef or bbq chopped chicken, \$4.50 per person.

### Jambalaya\* \$11.50

**Choice of** sausage and/or chicken. Includes house salad with ranch & vinaigrette and cornbread.

### Burger Bar\* \$14.00

**Choice of** Hamburgers, Chicken or Combo. Includes kettle chips, green leaf, tomato, diced onion, cheddar, swiss, hamburger buns, mustard, ketchup & mayo on the side. Add pickles \$.60 per person. Add bacon \$2.90 per person. Gluten free bun, add \$2.00 per person.

### Chili Bar\* \$13.50

Beef chili served with Fritos, cheddar cheese, sour cream and diced red onions. Includes house salad with ranch & vinaigrette and cornbread

### Beef & Chicken Fajitas\* \$19.50

Includes flour tortillas, cheddar cheese, sour cream, pico de gallo and chips & salsa, with your **choice of** rice and beans. Corn tortillas available upon request.

### Street Tacos\* \$18.50

**Choice of up to 2 meats;** marinated beef, marinated chicken or pulled pork. Includes flour & corn tortillas, cotija cheese, cilantro, avocado, pico de gallo, chips & salsa, cilantro lime rice and street corn.

### Enchilada Buffet\* \$14.50

**Choice of up to 2:** Chicken with Tomatillo Sauce, Beef with Enchilada Sauce or Cheese with Enchilada Sauce. Includes **choice of** rice & beans and chips & salsa. Upgrade to Beef Fajita Enchiladas +\$3.25 per person

### Classic Taco Bar\* \$14.60

Chicken and ground beef tacos with flour tortillas. Includes shredded lettuce, diced tomatoes, shredded cheddar & sour cream. Includes **choice of** rice & beans and chips & salsa. Upgrade to fajita beef +\$3.75. Corn tortillas available upon request.

**Add queso** \$2.80 per person. **Add guacamole** \$3.20 per person.

## entrées

8 minimum per item. Includes rolls with butter.

### Chicken

#### SoCal Chicken\* \$10.50

Fajita marinated chicken breast topped with pico de gallo, bacon, avocado & monterey jack cheese.

#### Sundried Tomato & Goat Cheese Chicken\* \$10.20

Chicken breast in a lemon butter sauce with sundried tomatoes, fresh basil and topped with goat cheese.

#### Chicken Parmesan \$9.50

Breaded chicken breast topped with marinara and mozzarella.

#### Tuscan Chicken\* \$8.60

Boneless chicken breast in a sundried tomato cream sauce.

#### Chimichurri Chicken\* \$8.60

Boneless chicken breast baked in a citrus chimichurri sauce.

#### Broccoli & Cheese Stuffed Chicken\* \$9.60

Chicken breast stuffed with a broccoli and cheddar filling.

#### Cajun Smothered Chicken\* \$9.95

Cajun seasoned chicken breast topped with bell peppers, mushrooms, onions and monterey jack cheese.

#### Greek Chicken\* \$8.50

With olive, tomato and feta topping.

#### Pesto Chicken\* \$9.90

Choice of pesto marinated or pesto crusted boneless chicken breast.

### Beef

#### Meat Lasagna \$10.90

Beef lasagna with three cheeses and house made marinara.

#### Flank Steak Pinwheels\* \$19.00

Stuffed with spinach, feta and roasted red peppers,

#### Stuffed Peppers\* \$13.90

Bell peppers with a ground beef and rice filling, topped with cheddar jack.

#### Chimichurri Flank Steak\* \$17.50

Marinated flank steak topped with chimichurri sauce.

#### Mexican Lasagna\* \$11.00

Ground beef with onion, corn, salsa, corn tortillas, diced chilies and cheddar jack, with sour cream on the side. Served with chips and salsa.

#### Mozzarella Stuffed Meatloaf \$10.20

Topped with marinara.

### Seafood

#### Herb Roasted Salmon\* \$14.20

Roasted salmon fillet with fresh rosemary, thyme and garlic.

#### Baked Salmon \$14.35

With a honey mustard and pecan panko crust.

# entrées continued

**Parmesan Crusted Tilapia\* \$9.00**  
Tilapia filet with a parmesan and basil topping.

**Mahi Mahi\* \$18.30**  
With Thai sweet chili sauce.

## Pork

**Baked Pork Tenderloin\* \$8.30**  
marinated pork tenderloin topped with an herb butter sauce.

## Vegetarian (no minimum)

**Stuffed Portobello Mushrooms\* \$11.20**  
With spinach, onion, tomatoes and parmesan.

**Stuffed Eggplant Boats \$8.90**  
With onion, garlic, tomato, feta, parsley and breadcrumbs.

**Quinoa Stuffed Bell Peppers\* \$10.00**  
With quinoa, tomatoes, black beans, corn, red onion and Monterey Jack.

**Vegetable Strudel \$9.90**  
Puff pastry stuffed with tomato, zucchini, yellow squash, mushroom and mozzarella.

## sides

8 minimum per item

### Classic Salads \$3.90

House Salad\*  
Caesar Salad\*  
Greek Salad\*  
Fruit Salad\*  
Classic Potato Salad\*

### Starches \$2.40

Roasted Potatoes & Onions\*  
Mashed Potatoes\*  
Parmesan Potato Wedges\*  
Lemon Parsley Roasted Potatoes\*  
Angel Hair with Garlic & Herbs  
Cilantro Lime Rice\*  
Spanish Rice\*  
Herb Rice\*  
Lemon Rice Pilaf\*

### Premium Salads \$4.50

Mixed Berries and  
Greens Salad\*  
Spinach & Strawberry\*  
Mediterranean Salad\*  
Southwest Salad\* +\$.50  
Harvest Salad\*

### Vegetables \$3.00

Green Beans\*  
Roasted Broccoli & Cauliflower  
with garlic & parmesan  
Roasted Zucchini & Tomatoes\*  
Roasted Vegetables\*  
Lemon Butter Broccoli\*  
Refried Beans\*  
Street Corn\*  
Black Beans\*  
Balsamic Brussels Sprouts\*  
Garlic Parmesan Roasted  
Asparagus +\$.100

# assorted dessert trays

by the person, 10 person minimum per tray

**Cookie Tray \$2.00 each**

**Brownie Tray \$2.50 each**

**Dessert Bar Tray \$2.50 each**

**Cookie & Brownie Tray \$2.25 each**

**Assorted Dessert Tray \$2.40 each;** includes cookies, brownies and dessert bars

**Petite Bites (2 per person) \$3.00 per person;** includes tea cookies, brownie bites and bar bites

**Gluten Free Brownies (no minimum)**  
\$3.00 each

**Mini Cheesecake Tray \$3.20 each;** includes classic, lemon, strawberry, cookies & cream and seasonal selections.  
Minimum 2 business days notice required.

**Mini Bundt Cake Tray \$3.90 each;** includes confetti, red velvet, lemon blueberry and season selections. Minimum 2 business days notice required.

\*\*\*For full cake options, contact your catering coordinator

## beverages

**Regular and Decaf Coffee**  
(serves 12) \$24.90  
Includes creamer and sugar.

**Hot Tea (serves 12) \$24.90**  
Hot water with assorted tea bags,  
includes lemons.

**Orange Juice by the Gallon**  
(serves 16) \$26.00

**Assorted Individual Juices \$2.25**  
10 oz Apple, Orange and assorted Cranberry

**Iced Tea and Sweet Tea**  
by the Gallon (serves 8-12) \$18.00; Includes ice, lemon and sugar.  
Upgrade to Peach Tea +\$.500

**Homemade Lemonade**  
by the Gallon (serves 8-12) \$18.00; Includes ice. Upgrade to  
Strawberry or Wildberry +\$.500

**Assorted Canned Soda  
or Bottled Water \$1.75**  
Coke, Diet Coke, Coke Zero,  
Sprite, Dr. Pepper, Diet Dr. Pepper.

## disposables

**Ice Bucket 10lbs \$3.50**

**Cups and Napkins for 10 \$2.50**

[www.forkandflavorcatering.com](http://www.forkandflavorcatering.com)

**832.615.2355**

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### **Ordering Policy**

Your order will be confirmed when you receive an order confirmation from one of our sales staff. Please confirm delivery, contact and menu details on your order confirmation and contact us immediately if changes need to be made.

We accept orders placed online, by email or by phone. We may contact you to confirm details of your order when placed online or by email. Please do not consider online or emailed orders confirmed until you receive the order confirmation from one of our sales staff.

### **New Order and Order Modification Deadline**

Breakfast: new orders and modifications must be confirmed by 12:00 pm on the business day before the delivery.

Lunch: new orders and modifications must

be confirmed by 3:00 pm on the business day before the delivery.

### **Order Cancellations**

All cancellations must be made by 12:00 pm on the business day before the delivery. Any orders cancelled after 12:00 pm the day before will be charged 50% of the order. Any orders cancelled on the same day will be charged 100%

### **Delivery Minimums**

\$100 food and beverage minimum for all deliveries. Does not include tax and delivery.

### **Delivery Set Up**

All orders will include black disposable plates, napkins, eating utensils, serving utensils, cups, ice and condiments that are needed to serve the meal. Chafing equipment available for an additional cost.

### **Deliveries**

Delivery fees start at \$20. Gratuity is not included in delivery fee. We schedule a 30 minute delivery window for all deliveries. Additional time may be needed for large orders. We offer deliveries Monday – Friday between 7 am and 4 pm. Call for availability for after hour and weekend deliveries. Service charge may be added for after hour and weekend deliveries.

### **Payment**

We accept Visa, Mastercard, Discover or American Express. All new clients must pay their first order by credit card. Corporations may be eligible for account set up with net 10 or net 30 terms after their first order. All credit cards will be authorized when order is placed and will be charged within 24 hours after your order has been delivered.

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