



Breakfast Bunches

Assortment of Bagels, Cheese Biscuits, and Breakfast Breads served with butter, cream cheese, and preserves

3.75

Healthy Alternative

Boiled Eggs, Yogurt Cups with Granola and Fruit Salad

7.10

Continental Express

Breakfast Bunches, Pastries, Seasonal Fresh Fruit Salad and Orange Juice and Coffee Service

8.95

Add Bacon, Sausage Patti or Ham

3.95

Hot Breakfast Choices served with choice of Seasonal Fresh Fruit or Breakfast Pastries

Breakfast Egg Casserole

Eggs, Hot or Mild Sausage, and Cheddar Cheese

8.95

Breakfast Quiche

Choice of Sausage and Gruyere Cheese, Three Cheese, baked in a flaky crust

8.95

Outbreak Munchies

Assorted Fruit Tray, Yogurt with Granola, Cookie Tray, Assorted Granola Bars, Assorted Chips, Assorted Juices or Peach Tea

9.15

Buffets

Southern Buffet

Scrambled Eggs, Cheese Grits, Bacon, Sausage Patties, Biscuits, Seasonal Fresh Fruit, Coffee Service, and Orange Juice

9.25

Southern Buffet Deluxe

Southern Buffet with Salmon Croquettes And choice of Egg Casserole, Quiche, or Breakfast Cereals

11.25

10 persons minimum

All Breakfast Items served on Attractive Plastic Platters and Bowls unless hot items.

Beverages

Orange, Apple, or Cranberry Juice
1.95 per person 8.00 per gallon

Regular or Decaf Coffee to Go

Disposable Thermal Container
Serves 12 (includes cups)

14.95

Phone: 678-242-9639 (Sales)

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www.fat-sisters.com

The Basic Lunch

(10 Person Minimum)

Packaged in a Paper Carton or Platter

8.95

Sandwich of your choice

(Served with Dill spear and Chips)

Buffalo Chicken Tender Wrap

Chunky Chicken Salad

BLT

Classic Roast Beef

Pimento Cheese

Zesty Tuna Salad

Smoked Salmon Wrap

Grilled Portabella Mushroom

Roasted Turkey

Marinated Chicken Breast

Or

House Mix Green Salad Diced

Cucumbers, Tomatoes, Tricolor

Peppers, Fresh Garlic with Lime Vinaigrette Dressing

Add Potato, Fruit or Pasta Salad

3.15 per Person

Add Fresh Baked Cookie

1.75

Cookies: Chocolate Chip, Oatmeal, Island And Lemon

½ Dozen 9.55

Baker's Dozen 18.55

Assorted Desserts:

Lemon Bars, Pecan Squares, and Chocolate Fudge Brownies

3.75

Salads

Chicken Caesar

Grilled or Fried Chicken Breast Strips served on bed of Romaine Lettuce, Fresh Grated Parmesan Cheese, Seasoned Croutons, and Caesar Dressing, Breadsticks, Cookie or Brownie Dessert

10.45

Board Room Lunch

Served with choice of Pasta, Potato, or Fruit Salad, Kosher Dill Pickle, Cookie or Brownie Dessert, Mint and Cutlery include

11.95

Buffalo Chicken Tender Wrap

Buffalo style chicken tenders, blue cheese sauce, lettuce, tomato, in sundried tomato wrap

Chunky Chicken Salad

Served with lettuce on a Flaky Croissant

BLT

Smoked Applewood Bacon, Lettuce, and Tomato served on Whole Wheat Bread

Classic Roast Beef Roast Beef, lettuce, tomato, provolone cheese, and sundried tomato aioli, on hoagie roll

Pimento Cheese

Our Specialty Pimento Cheese, Smoke Bacon, Cucumber Slices, Topped with Alfalfa Sprouts on Bagel Rounds

Zesty Tuna

Light Peppery tuna salad, lettuce, tomato, on Flaky croissant

Smoked Salmon Wrap

Red onions, tomatoes, capers, shredded lettuce, cilantro crème fraiche, on spinach tortilla

Roasted Turkey

Lettuce, tomato, provolone on Focaccia Bun

Grilled Portabella Mushroom

Roasted Red Peppers, Mozzarella, pesto mayo, on Kaiser Roll

Barbeque Beef Brisket

10.95

Thinly sliced with our specialty BBQ sauce on Texas Toast

10.95

Roasted Lamb Sandwich

Tzatziki Sauce, Ripe Vine Tomatoes,
Spicy Pickles, Red Onions

Po' Boys

Fried or Spicy Garlic Shrimp,
Shredded Lettuce and Tomatoes

Salads

Super Salad

Combination of our Chicken Salad, House
Pasta Salad, Seasonal Fresh Fruit Salad,
and House Salad with Lemon Vinaigrette,
Mixed breads, Cookie or Brownie Dessert

9.25

Hot Lunch Selections

10 Person Minimum

*Served with Herb Cheddar Biscuits and
Butter*

12.25

Mushroom Chicken

Seasoned Marinated Breast of Chicken in a
light Mushroom Sauce Served with Side,
Vegetable, and Salad

Stuffed Meatloaf

Top Sirloin or Ground Turkey stuffed with
Parmesan, Mozzarella, Monterey Jack
Cheeses, Spinach topped with our rich
Tomato Sauce served with Side and Salad

Roasted Chicken

Lemon Pepper Roasted Chicken topped
with a Salsa Verde and Served with Salad,
Vegetable and side

Cajun Tilapia

Cajun spiced Tilapia lightly baked with a
Corn Relish Served with vegetable, Side, and
Salad

*The Following Meals include a
Vegetable, Side, and Salad*

14.25

Grilled Spicy Shrimp

Spicy Large Shrimp Satay

Jerk Chicken Caribbean flavored
Chunks Chicken served over Black
Beans

Marinated Beef Kabobs

Beef Tenderloin, Peppers, Onions With
Spicy Au Jus

Buffets

*Includes Assorted Dessert Bars and
Peach Tea* 18.00

Italian-

Chicken Piccata, Baked Ziti with Italian
Sausage, Angel Hair Pasta Tossed with
Shrimp in a Garlic Butter Sauce, Caesar
Salad, and Garlic Bread

Mexican-

Fajita bar with Chicken, Taco Bar with Beef,
Mexican Rice, Black Beans, Tortilla
Chips with Salsa & Guacamole & Cheese
Dip, Tossed Greens with Salad Shells
(Minimum of 10 people cannot order with other
items)

Vegetable

Sautéed Medley Vegetables, Steam Zesty
Broccoli, Sauté Whole Green Beans with
Bacon

Side

Rice Pilaf, Yellow Rice, Bake Sweet Potato,
Angel Hair Pasta, Vegetable Primavera

Salad

Seasonal Fresh Fruit Salad, Caesar Salad, or
Mix Green Salad (Cranberries and Pecans)
with House Vinaigrette

Dressings

Ranch, Balsamic Vinaigrette, Caesar,
Orange Vinaigrette or Mustard
Vinaigrette

Beverages

Sweet or Un-sweet Tea (Gallon)	6.50
Peach Tea (Gallon)	7.50
Assorted Sodas (12oz)	1.95
Bottled Water	1.25
Regular or Decaf Coffee	14.95
Ice and Cups	.50

Party Trays and Tidbits

Deli Deluxe Tray

Chicken Salad, Tuna Salad, Pimento Cheese, Honey Baked Ham, Smoke Turkey, Swiss, Provolone, Prepared on Whole Wheat, Croissants, Pumpernickel, Rye Breads, Pickle Spears, Chips and Condiments

12.95 per person

Party Bites

(Choose 3)

Potato Chip A la Carr
Chicken Satay with Peanut Sauce
Chili Lime Salmon Satay
Vegetable Spring Rolls
Portabella Puff
Stuffed Chicken Breast topped with Goat Cheese <i>(Serves 10-15 people)</i>
49.95

Dips

(Served with Assorted Toast Point or Tortilla Chips)

Tomato Bruschetta
Spinach and Artichoke Dip
Hummus

13.95

Trio of Gourmet Cheese and Fruit Platter

Crab Cheese with Sundried Tomato
Cheddar Cheese Heart with Raspberry Preserve
Italian Cheese with Pesto and Roasted Almonds

(Serves 10-15 People)

35.95



*Prices and Items are subject to change without notice

All Day Meeting Package

Breakfast

Assortment of Bagels, Pastries, Seasonal Fruit, Orange Juice, and Coffee with the following choices:

Please choose one: Bacon or Sausage

Please choose one: Grits, Oatmeal, Granola /Milk, Boiled Eggs, or Scrambled Eggs

Lunch

Please choose one Hot Lunch selection to include one choice Vegetable and one choice Side. All Lunches includes Rolls and Caesar Salad:

Pan Seared Chicken

Marinated Chicken Breast topped with Feta and Roasted Tomatoes

Pecan Crusted Chicken

Our Freshly Italian Breadcrumbs and Pecan Coated Chicken Breast Light

Meatloaf

Southern home Beef Meatloaf topped with Tomato Sauce

Preserved Tilapia

Baked Tilapia in our homemade lemon preserves and herbs

Vegetables

Steam Medley, Honey and Basil Carrots, Italian Green Beans

Sides

Cilantro Steam Rice, Roasted Red Potatoes, Corn Hash

Desserts (one choice)

Pound Cake, Chocolate Cake, Cheesecake

Beverage (One Choice)

Lemonade, Sweet Tea, Un-Sweet Tea

Outbreak Munchies

Large Gourmet Popcorn, Brookies, Assorted Chips,

Assorted Granola Bars, Assorted Sodas, Water

\$20.95pp

*Groups of 20 and up