



# The Urban Fresh Catering Menu

## Breakfast

<b>Breakfast Scramble*</b> (min. 6 people) Scramble eggs, a choice of bacon or chicken sausages and roasted potatoes	\$7.95/pp	<b>Breakfast Wrap Platter*</b> (min. 6 people) Choose from our popular breakfast Wraps: breakfast burrito or power wrap	\$7.95/pp
<b>Breakfast Sandwich Platter*</b> (min. 6 people) Choose from our popular breakfast sandwiches: breakfast panini, or sunrise Panini	\$7.95/pp	<b>Granola Parfait</b> (min. 6 people) Build your own parfait, low-fat yogurt, granola, honey, fresh sliced bananas and strawberries	\$7.95/pp
<b>Coffee</b> (serves 12 people) 96 oz of our organic drip coffee, available hot or iced, served with creamer, sweetener and stirrers	\$14.95		

## Lunch

<b>Soups (1 gallon)</b> Roasted mushrooms, tomato carrot, coconut tomato, tortilla chicken, lemon pasta, kale vegetables	\$50.00	<b>Urban Turkey Cobb*</b> Romaine, roasted turkey breast, gorgonzola, bacon, avocado, tomato, boiled egg and balsamic vinaigrette	\$55.00
<b>Chopped Chicken Salad*</b> Green mix, chicken, boiled egg, cucumber, grilled onions, feta, tomato and balsamic vinaigrette	\$52.00	<b>Roasted Beet Salad</b> Arugula, roasted beets, grilled onions, raisin, dried cranberry, almond, feta cheese and balsamic vinaigrette	\$50.00
<b>Antioxidant Salad</b> Romaine, kale, roasted beets, quinoa, roasted red peppers, blueberries and lemon-ginger vinaigrette	\$50.00	<b>Kale Caesar Salad</b> Romaine, kale, parmesan, croutons and caesar dressing	\$50.00
<b>House Salad</b> Romaine, green mix, tomato, cucumber, carrots and house dressing	\$40.00	<b>Pasta Salad</b> Italian pasta with house pesto sauce	\$40.00

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## Lunch

<p><b>Hot Sandwich Platter*</b> (min. 6 people) Choose from our hot sandwiches, each cut into quarters: steak &amp; provolone, cubano, BLT&amp; avo, chipotle chicken panini or grilled veggie Panini</p>	<p>\$9.95 to \$12.95 p.p.</p>	<p><b>Cold Sandwich Platter*</b> (min. 6 people) A platter of our cold sandwiches, each cut in quarters: choice of turkey havarti, tuna salad or vegetarian</p>	<p>\$8.95 to \$10.95 p.p.</p>
<p><b>Burger Bar*</b> (min. 6 people) Build your own burger. Choice of our house beef patty, turkey patty, vegan patty or salmon filets served with toasted sesame brioche, lettuce, tomato, onion, and your choice of dressing (our house special sauce, aioli, chipotle aioli, ketchup, mustard), large side of fries</p>	<p>\$10.95 / p.p.</p>	<p><b>Wrap Platter*</b> (min. 6 people) Choose from our popular wraps: skinny chicken, Thai chicken, turkey spinach, Mediterranean, salmon caesar, chicken caesar and wild mushroom wrap</p>	<p>\$ 9.95 to \$10.95 p.p.</p>

## Extras

<p><b>Pepsi bottles</b> \$2.50</p> <p><b>Smart water</b> \$2.50</p> <p><b>Pellegrino flavored 250ml can</b> \$2.50</p> <p><b>Fresh squeezed Orange Juice</b> \$5.49</p> <p><b>Fresh squeezed Orange Juice 1 gal</b> \$60.00</p> <p><b>Chips („Dirty chips“)</b> \$2.25</p> <p><b>Assorted pastries</b> \$3.25/pc., 8 ppl \$26.00</p>	<p><b>Roasted rosemary potatoes (6-8ppl)</b> \$25.00</p> <p><b>Scramble eggs* 8 people</b> \$16.00</p> <p><b>White rice</b> \$15.99 / <b>Brown rice</b> \$17.99 / <b>Mexican rice</b> \$29.99</p> <p><b>Italian chicken sausages (6-8 people)</b> \$25.00</p> <p><b>Bacon* (6-8 people)</b> \$21.50</p> <p><b>Turkey bacon* (6-8 people)</b> \$25.00</p> <p><b>Assorted toast (6-8 people)</b> \$12.00</p>
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*\* **Disclaimer:** Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

*November 2019 – Prices are subject to change*