



Cold Breakfast

Continental Breakfast: Fresh

fruit, mini bagels, mini muffins, croissants, breakfast pastries, butter, jam, jellies, cream cheese

Salmon Lox Tray: Includes sliced cucumber, red onion capers, tomato and sliced radish

Baskets: Fresh bagels, muffins, scones, butter, cream cheeses and flavored cream cheese

Yogurt Parfait: Includes layers of fresh fruit and granola

Slices or Cut Fresh Fruit Tray: An artful display of varied fruits presented on silver platters

Sliced Breakfast Bread Tray: Carrot bread, apple nut, marble, zucchini, cranberry and banana

Low fat Yogurt Muffin Tray: Assorted yogurt muffins served in a basket with jelly, jam, butter and oleo

Oatmeal Bars

Custom Orders Available

Hot Breakfast Served w/ homemade potatoes

- **Choice of Breakfast Meats** Apple Cured Bacon, Maple Bacon, Regular Bacon, Turkey Bacon Peppered Bacon; Regular and Turkey, Canadian Bacon, Taylor Ham, Pork Sausage; Links or Patties, Turkey Sausage, Chicken Apple Sausage, Ham Steak, Corned Beef Hash
- **Omelets** Mini (2 egg) or Regular (3 egg) Choice of fillings: Cheese, Veggies, or meat We also offer the classics; Ham and Cheese, Mushroom and Swiss, Mexican, and Denver... Just to name a few
- **Belgian Waffles:** Served with real Vermont Maple Syrup
- **Sausage and Gravy:** With Country Biscuits and Scrambled Eggs
- **Steal Cut Oatmeal:** With your choice of dried fruit, nuts, and raisins
- **French Toast:** With your choice of topping, fresh fruit, powder sugar, real Vermont maple syrup, butter, and assorted jellies
- **Buttermilk Pancakes:** Or chocolate chip, banana walnut, blueberry, whole wheat
- **Breakfast Burrito:** Filled with scrambled eggs, breakfast potatoes, and your choice of cheese and breakfast meat
- **Hungry Man Steak and Eggs**

Custom Orders Available





Quiche By the Slice or Pie

- **Taco Quiche:** Salsa, guacamole, sour cream on the side with lettuce and tomato
- **Broccoli Quiche**
- **Apple Walnut Quiche**
- **Sweet Potato & Broccoli Quiche**
- **Spinach Quiche**
- **Gorgonzola & Pear Quiche**
- **Quiche Lorraine**
- **San Juan Quiche:** Chili peppers, onions, mushrooms, maple ham, sun dried tomato served with sour cream and lettuce
- **Roasted Vegetable:** Vegetarian quiche
- **Ham and Aged Cheddar Cheese**

Try One of Our Sliced Quiche With Fresh Fruit on the Side

Custom Orders Available

Salads

- **Shrimp & cucumber salad:** With a dill dressing in half of an avocado
- **Sliced Filet Mignon salad:** With Crostini and a Tarragon Caper Lemon sauce
- **Diva salad:** Cajun chicken, pear apple, toasted almonds, crumbled bleu cheese with a mandarin orange - orange dressing
- **Vegetarian salad:** Baby greens, avocado, fresh mozzarella, olives, almonds and tomato with a parmesan dressing
- **Arugula salad:** With goat cheese, roasted peppers, walnuts and Italian dressing
- **Tossed salad:** With fresh veggies
- **Tabbouleh salad**
- **Oakwood salad:** Baby greens, fresh mozzarella, black olives, almonds and tomato
- **Greek salad:** Romaine, feta cheese, red onion, cucumber, kalamata olive, tomato, cucumber dressing

More Salads Below





More Salads

- **Roasted vegetables over baby greens**
- **Health salad:** Red and green cabbage, carrots, peppers, vinaigrette dressing
- **Caesar salad:** With or without grilled chicken / crab cakes / shrimp
- **Chick pea salad:** With fresh cilantro, parsley, tomato and roasted peppers
- **Greek orzo salad:** Onions, peppers, cucumber, tomato, kalamata olives, feta cheese with vinaigrette dressing lime grilled chicken upon request
- **Cobb salad:** includes egg, bacon, black olives, tomato, avocado, and crumbled bleu cheese served over romaine lettuce with a blue cheese dressing
- **Roasted beet, fig, and goat cheese salad**
- **Roasted turkey:** with mango and cashews
- **Homemade salads:** • Potato • Cole slaw • Ranch Cole slaw • Spicy Cole slaw

Custom Orders Available

Vegetables

- **Mixed Vegetables:** Roasted, Steamed, or Grilled
- **String Bean Almondine**
- **Sauteed Broccoli Rabe:** with Sun Dried Tomatoes and Garlic
- **Root Vegetable Medley**
- **Ratatouille**
- **Asparagus with Chive Butter or Hollandaise Sauce**
- **Sauteed Spinach with Garlic and Olive Oil**
- **Caribbean black bean**
- **Mango salsa**
- **Roasted green beans with Greek dressing**
- **Polenta with roasted peppers and bleu cheese**

Potatoes

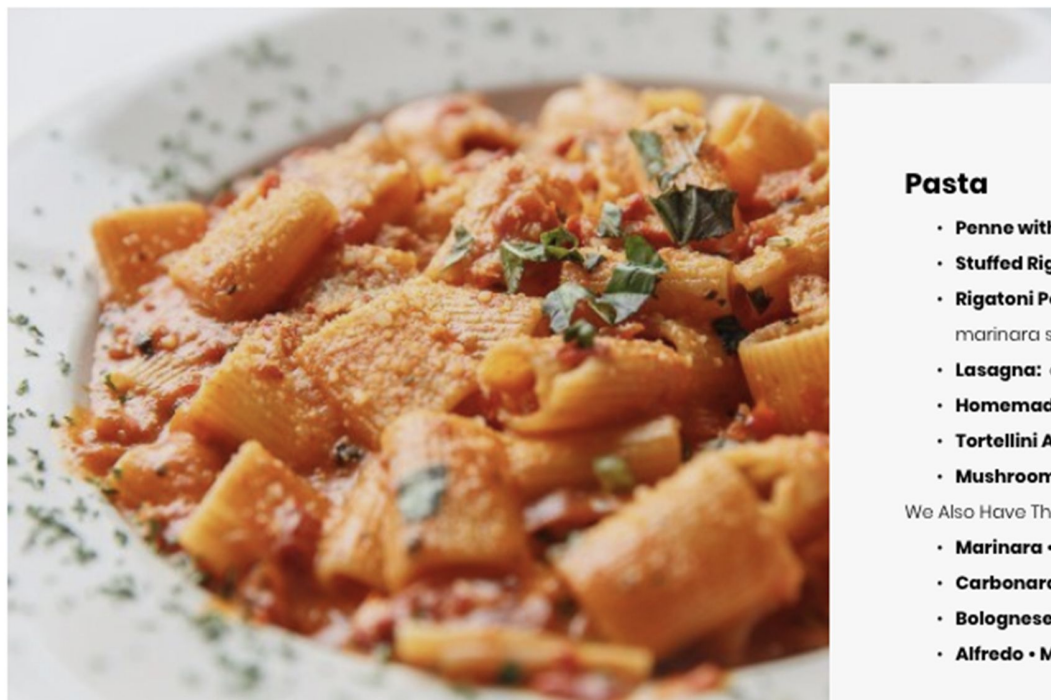
- **Garlic Mashed • Twice baked**
- **Mashed sweet potatoes • Au Gratin**
- **Old fashioned mashed**
- **Sweet Potato; Baked or Mash**
- **Roasted Baby Red Potatoes with Rosemary**

Custom Orders Available



Apps and Snacks

- **Imported & Domestic Cheese • Fresh Sliced Fruit**
- **Snack Meat and Cheese • Hot Canape**
- **Cold Canape • Bruschetta & Crostini**
- **Antipasto • Chicken, Beef, or Shrimp Satay**
- **Shrimp Cocktail • Crab Cakes**
- **Melon with Imported prosciutto**
- **Salmon Lox Platter:** bagel chips, onion, radish, capers, tomatoes and herb cream cheese
- **Hummus platter** - assorted flavored hummus with petite pita bread, feta cheese, baba ghanoush, kalamata olives and stuffed grape leaves
- **Quesadillas:** Chicken and Refried bean • Vegetable and cheese • Chicken & Cheese
- **Vegetable Crudités**
- **Cold Seafood salad platter** - including shrimp, lobster and scallops
- **Cold calamari salad**
- **Boneless all white meat chicken fingers tossed in wing sauce served with bleu cheese & celery**
- **Mexican Taco platter** - cold grilled chicken, lettuce, tomato salsa, sour cream, shredded cheddar cheese and taco shells
- **Panzella salad:** with crostini
- **Fresh Mozzarella platter** - served with tomatoes, roasted peppers, sun dried tomatoes, capers, artichokes, olives and a balsamic dressing
- **Boneless Chicken Fingers:** Fried or Grilled
- **Grilled and roasted vegetable platter**



Pasta

- **Penne with a pink vodka sauce**
- **Stuffed Rigatoni topped with meat sauce**
- **Rigatoni Pomodoro:** prosciutto, capers, onion, marinara sauce
- **Lasagna:** cheese, meat or vegetable
- **Homemade Macaroni and Cheese**
- **Tortellini Alfredo**
- **Mushroom Ravioli with a mushroom sauce**

We Also Have The Following Sauces

- **Marinara • Pomodoro**
- **Carbonara • Seafood Carbonara**
- **Bolognese • Bechamel • Arrabiata**
- **Alfredo • Meat Sauce**



Rice and Grains

- Couscous
- Yellow Rice
- Rice Pilaf
- Fried Rice
- Arborio Rice with saffron and almonds
- Long grain and wild rice
- Pilaf
- Spanish Rice
- Brown Rice
- Jasmine Rice

Custom Orders Available

Soups

- Beef Barley
- Beef Vegetable
- Beef Consume: with Tortellini
- English Yellow Split Pea: with or without ham
- Chicken Orzo, Chicken Noodle or Chicken Barley
- Chicken with Arborio Rice or Chicken and Rice
- Italian Wedding Soup (escarole with mini meatballs)
- French Onion
- Cream of Broccoli: with Cheddar
- Cream of Potato: with Bleu Cheese
- Cream of Spinach
- Egg Drop: with Asparagus

Custom Orders Available





Chicken

- **Chicken Sorrento:** layers of eggplant, ricotta cheese, sautéed chicken, mozzarella cheese with a marinara sauce
- **Chicken Cordon Bleu:** with a Portobello mushroom wine sauce
- **Chicken Franchise:** in a lemon, butter sauce with capers
- **Chicken Campanula:** artichoke hearts, sun dried tomatoes in a burgundy balsamic sauce
- **Grilled Chicken over sautéed spinach**
- **Chicken Puttanesca:** a Puttanesca sauce made with tomatoes, Kalamata olives, capers, anchovy filet and marinara sauce
- **Pan seared Duck Breast:** with pear ginger chutney and Arborio rice with sweet potato and sage
- **Marinated Chicken Breast**
- **Stuffed Chicken Breast:** with feta cheese and spinach
- **Dijon Chicken**
- **Sauteed Chicken Breast:** with lemon and caper sauce
- **Classic Chicken Parmesan**
- **Chicken Marsala**
- **Chicken CorDon Blue**

Custom Orders Available

Beef and Lamb

- **Grilled Filet Mignon:** with a mushroom sauce
- **Latin spiced Filet Mignon:** with fresh esabachi
- **Blackened New York sirloin**
- **Homemade Meat Loaf:** with garlic mashed potatoes and string bean Almondine
- **Rack of Lamb**
- **Cuban roasted loin of pork**
- **Loin of Pork Capricciosa:** breaded and served with Arugula salad, fresh mozzarella and gorgonzola polenta

Custom Orders Available





Veal

- **Veal Marsala:** mushroom marsala wine sauce
- **Veal Milanese:** breaded veal served over fresh baby Arugula with fresh tomatoes
- **Veal Saltimbocca:** layered with sautéed spinach, sautéed chicken and mozzarella cheese
- **Asian Meatballs:** served with noodles
- **Veal Piccata**
- **Osso Bucco**
- **Saltimbucca**
- **Veal Martini:** served with shiitake mushrooms, sun dried tomatoes, and a white wine sauce

Custom Orders Available

Seafood

- **Sea Bass Alla Fiorentina:** Sautéed sea bass over a tomato puree
- **Salmon in a Tarragon Mustard Crust:** served over a bed of sautéed spinach
- **Seared Tuna topped:** with an Asian vinaigrette
- **Lobster Tail:** served with melted butter
- **Grilled Tuna Steak:** over Arugula or Baby Spinach with a side of Tabouli salad
- **Blackened Tilapia**
- **Southwest Ceviche**
- **Lump crab cakes:** with a Roumalade sauce





Specialty Sandwiches

- **Lobster • Shrimp:** Seafood salad on either bread, Crostini or lettuce leaves
- **Swordfish club sandwich:** with peach aioli
- **Spicy Lamb burger:** on a sour dough roll with mint jelly mustard, pickle spears, Romaine lettuce and tomato
- **Portobello mushroom, fresh mozzarella cheese, roasted peppers, pesto, and balsamic**

Classic Sandwiches

- **Roast beef and Cheddar** with horseradish sauce
- **Turkey, spinach, and brie cheese**
- **Grilled Eggplant** with arugala, and fresh mozzarella
- **Peanut Butter and Jelly** 'Everyone's favorite'
- **Grilled Cheese**
- **Hamburger** - your choice of beef, veggie, or turkey
- **Hot Dog**
- **Pulled BBQ Chicken**

Wraps

- **Grilled Chicken:** with roasted peppers, sun dried tomato, fresh mozzarella and balsamic on the side
- **Turkey and Cheddar cheese:** with cranberry sauce, lettuce and mayonnaise
- **Chicken salad / Tuna salad / Grilled chicken / Turkey** (Lettuce and tomato on the side)

Please ask for other wrap selections as we have a large variety

Custom Orders Available



Box Lunch's

- **The Classic Sandwich Box Lunch** - Served with one and a half sandwiches, side salad, fresh fruit cup, piece of cheese and crackers, a pieces of whole fruit and a dessert
- **Salad Box Lunch** - Your choice of salad, dinner roll and butter fresh fruit cup, piece of cheese and crackers, a pieces of whole fruit and a dessert
- **Hot Box Lunch** - Your choice of hot entree, dinner roll and butter fresh fruit cup, piece of cheese and crackers, a pieces of whole fruit and a dessert

All Boxed Meals include utensils and condiments

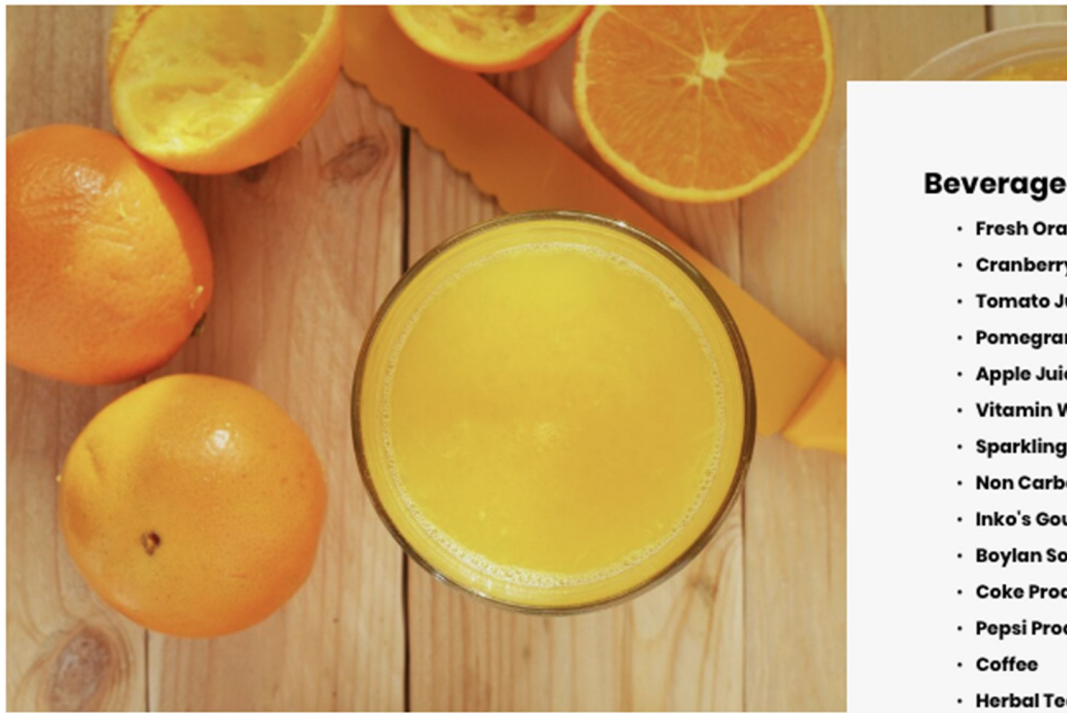


Desserts

- **Homemade rice pudding**
- **Homemade pumpkin rice pudding**
- **Homemade cookies**
- **Homemade brownies**
- **Italian pastries**
- **Italian mini pastries**
- **Key lime mousse tart**
- **Tiramisu**
- **NY cheesecake Waist watchers (low calories)**
- **Low Fat Chocolate cake**
- **Low Fat Key Lime pie**

Custom Options Available





Beverages

- Fresh Orange Juice
- Cranberry Juice
- Tomato Juice
- Pomegranate Juice
- Apple Juice
- Vitamin Water
- Sparkling Water
- Non Carbonated Water
- Inko's Gourmet Ice Tea
- Boylan Soda
- Coke Products
- Pepsi Products
- Coffee
- Herbal Tea
- Milk

Ask for custom options

Dressings

- Salsa Mustard
- Green Goddess
- Mandarin Orange
- Arugula Mayonnaise
- Chipotle Mayonnaise
- Pesto Mayonnaise
- Balsamic Mayonnaise
- White Tea Honey
- Green Tea Dijon
- Sonoma Ranch
- Raspberry Ranch
- Raspberry Caesar
- Creamy Caesar
- Caesar Italian
- Fat Free Raspberry
- Fat Free Buttermilk Ranch
- Bleu Cheese
- Fat Free Bleu Cheese
- Fat Free or Original Raspberry Bleu Cheese

Custom Orders Available

