

2023 Catering Main

REVISED July 2023

symbols: * = no designation, V =vegetarian, PB = plant based, CN=contains nuts, GF = gluten free

Item	allergens	
Breakfast		
Continental		
assorted pastry buffet		
muffin - blueberry	milk, egg, wheat	V
muffin - cranberry orange	milk, egg, wheat, tree nuts	V, CN
muffin - banana nut	milk, egg, wheat, tree nuts	V, CN
muffin - raisin bran	milk, egg, wheat	V
muffin - lemon poppy	milk, egg, wheat	V
muffin - cinnamon coffee cake	milk, egg, wheat, soy	V
muffin - chocolate chip	milk, egg, wheat, soy	V
muffin - triple berry	milk, egg, wheat	V
muffin - carrot raisin	milk, egg, wheat, tree nuts	V, CN
croissant - plain	milk, egg, wheat	V
danish - almond cheese	milk, egg, wheat, tree nuts	V, CN
danish - apple	milk, egg, wheat	V
danish - cheese	milk, egg, wheat	V
danish - cherry	milk, egg, wheat	V
donut holes	milk, egg, wheat, soy	V
breakfast bread - apple nut loaf	milk, egg, wheat, tree nuts	V, CN
breakfast bread - banana nut loaf	egg, wheat, tree nuts	V, CN
breakfast bread -cherry nut loaf	milk, egg, wheat, tree nuts	V, CN
breakfast bread - pumpkin raisin loaf	egg, wheat	V
breakfast bread - zucchini nut loaf	milk, egg, wheat, tree nuts	V, CN
cafe latte cookies	milk, egg, wheat	V
ultimate pastry assortment		
almond croissants	milk, egg, wheat, tree nuts	V, CN
maple bacon donuts	milk, egg, wheat	
chocolate coffee cake	milk, egg, wheat, tree nuts	V, CN
raisin swirl pastry	milk, egg, wheat	V
sunnyside tart	milk, egg, wheat	V
bagel bar	milk, wheat	V
bagel bar with smoked salmon	milk, wheat, fish	*



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Item	allergens	
scone ring with cherry butter	milk, egg, wheat	V
pop tarts - cherry cream cheese	milk, egg, wheat	V
pop tarts - chocolate hazelnut	milk, egg, wheat, tree nuts	V, CN
hot breakfast		
individual egg stratas - spinach & mushroom	milk, egg, wheat	V
individual egg stratas - bacon & cheddar	milk, egg, wheat	*
individual egg stratas - egg white & black beans	milk, egg, wheat	V
breakfast burritos - cheese	milk, egg, wheat, soy	V
breakfast burritos - spinach & feta	milk, egg, wheat, soy	V
breakfast burritos - cowboy	egg, wheat, soy	*
breakfast burritos - avocado	egg, wheat, soy	V
breakfast burritos - sausage & cheese	milk, egg, wheat, soy	*
breakfast sandwiches	milk, egg, wheat, soy	*
morning sliders- bacon, egg, red pepper	milk, egg, wheat	*
morning sliders- sriracha, steak & egg	milk, egg, wheat	*
morning sliders- roasted tomato, egg, pesto	milk, egg, wheat, tree nuts	V, CN
morning sliders- egg white, mushroom, swiss	milk, egg, wheat	V
traditional french toast	milk, egg, wheat	V
stuffed apple with oatmeal	milk	V, GF
belgian waffles	milk, egg, wheat	V
scrambled eggs	egg	V, GF
apple cinnamon bread pudding	egg, wheat, soy, tree nuts	V, CN
full breakfast	milk, egg, wheat	*
home fried potatoes	none	PB, GF
bacon	none	GF
sausage links	none	GF
french toast muffins	milk, egg, wheat, soy	V
everything bagel casserole	milk, egg, wheat	V
breakfast taquitos	milk, egg, wheat, soy	*
cold breakfast		
energy bites	peanuts	PB, CN, GF
super food bars	tree nuts	PB, CN, GF

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Item	allergens	
biscuits with butter & jam	milk, wheat	V
assorted muffins	see above	
quinoa fruit salad	tree nuts	PB, CN, GF
fruit salad	none	PB, GF
fruit platter	none	PB, GF
whole fruit	none	PB, GF
yogurt parfait bar	milk, tree nuts	V, CN, GF
granola	tree nuts	PB, CN, GF
coffee & tea		*
bottled juices - Tropicana		*
fresh orange juice		*
Sandwiches		
classic sandwiches & wraps		
south street hoagie	milk, wheat, soy	*
grilled chicken	egg, wheat, soy	*
roast beef and cheddar	milk, egg, wheat, soy	*
ham and swiss	milk, egg, wheat, soy	*
roasted turkey and havarti	milk, egg, wheat, soy	*
lemon-pepper tuna salad	egg, wheat, soy, fish	*
home-style chicken salad	egg, wheat, soy	*
smoked mozzarella, pesto and roasted tomatoes	milk, wheat, soy, tree nuts	V, CN
portobello mushroom sub	wheat, soy	PB
mediterranean hero	milk, egg, wheat, soy	V
smoked turkey wrap	milk, egg, wheat	*
turkey barbecue wrap	wheat	*
grilled chicken verde wrap	egg, wheat	*
roast beef blue cheese wrap	milk, egg, wheat	*
garden salad wrap	wheat	PB
pan fried eggplant wrap	milk, egg, wheat	V
roasted vegetables and hummus wrap	wheat	PB
signature sandwiches		

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Item	allergens	
sweet chili shrimp salad wrap	egg, wheat, shellfish	*
flank steak & havarti sub	milk, egg, wheat, soy	*
ham & gruyere on pretzel roll	milk, wheat, soy	*
black forest ham & brie	milk, egg, wheat, soy	*
smoked turkey, brie and apple	milk, egg, wheat, soy	*
cajun chicken and havarti	milk, egg, wheat, soy	*
grilled chicken avocado wrap	milk, egg, wheat	*
buffalo chicken wrap	milk, egg, wheat	*
caprese	milk, wheat, soy, tree nuts	V, CN
grilled vegetable wrap	wheat	PB
chicken caprese	milk, wheat, soy, tree nuts	*
ny deli sandwiches		
The Empire State	egg, wheat, soy, fish	*
The Broadway	milk, egg, wheat, soy, fish	*
The Carnegie	milk, wheat, fish	*
Knuckle Sandwich	milk, egg, wheat, soy	*
The Long Islander	milk, egg, wheat, soy	*
The King of Queens	milk, wheat, soy	*
Little Italy Hero	milk, wheat, soy	*
Fried Bologna Sandwich	milk, egg, wheat, soy	*
Jones Beach Vegetarian	milk, egg, wheat	V
deli platter	varies	
hot sub bar	bread: wheat, soy	
hot sub bar - caponata	filling: none	PB
hot sub bar - cheesesteak	filling: milk	*
hot sub bar - chicken meatball	filling: milk, egg, wheat	*
hot sub bar - chicken parmesan	filling: milk, egg, wheat	*
hot sub bar - meatballs (beef & pork)	filling: milk, egg, wheat, soy	*
hot sub bar - sausage & onions	filling: none	*
hot sub bar - bbq turkey	filling: none	*
boxed lunch	varies	

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Item	allergens	
lettuce cups	varies	GF
Soups & Hot Sides		
soups		
new england clam chowder	milk, wheat, clams	*
maryland crab	milk, soy, fish, shellfish	GF
chicken noodle	milk, wheat	*
chicken tortilla	none	GF
tomato and basil	milk	GF
roasted red pepper	milk, wheat	V
minestrone	none	PB, GF
roasted eggplant & chick pea	none	PB, GF
hot sides		
green beans with almonds	milk, tree nuts	CN, GF
roasted broccolini	none	PB, GF
seared baby bok choy	soy	PB, GF
turmeric roasted cauliflower	none	PB, GF
carrot souffle	milk, egg, wheat	V
baby potatoes	none	PB, GF
garlic mashed potatoes	milk	V, GF
rosemary roasted potatoes	none	PB, GF
baked potato bar	varies	GF
macaroni & cheese	milk, wheat, soy	V
farro with wild mushrooms	wheat	PB
rice pilaf	milk	V, GF
whole grain blend	none (gluten from barley)	PB
orange glazed beets	milk	V, GF
cauliflower with lemon parsley dressing	none	PB, GF
gruyere mac & cheese w onion & mushrooms	milk, wheat	V
Salads & Side Dishes		
Dressings & Sandwich Spreads		
marinade - flank steak	soy	PB, GF
marinade - lemon oregano	none	PB, GF

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Item	allergens	
sauce - roasted red pepper	none	PB, GF
sauce - olive tapenade	none	PB, GF
sauce - tahini	none	PB, GF
salad dressing - asian	soy	PB, GF
salad dressing - garlic tahini dressing	milk, soy	V, GF
salad dressing - green goddess	milk	V, GF
salad dressing - tomato basil vinaigrette	none	PB, GF
salad dressing - creamy balsamic dressing	egg	V, GF
salad dressing - white balsamic dressing	egg	V, GF
salad dressing - orange blossom	none	PB, GF
salad dressing - italian dressing	milk	V, GF
salad dressing - caesar	milk, egg, soy, fish	GF
salad dressing - santa fe (black bean & corn salad)	none	PB, GF
salad dressing - <i>Ken's Ranch</i>	milk, egg	V, GF
salad dressing - <i>Ken's Blue Cheese</i>	milk, egg	V, GF
honey mustard dressing	egg	V, GF
lemon caper mayonnaise	egg	V, GF
horseradish dill dressing	milk, egg	V, GF
chipotle mayo	egg	V, GF
pesto	milk, tree nuts	V, GF
bbq sauce (<i>Ken's Cannonball</i>)	none	PB, GF
red pepper spread	milk	V, GF
hummus	none	PB, GF
edamame hummus	soy	PB, GF
mayonnaise	egg	V, GF
tomato basil relish	none	PB, GF
<i>Frank's</i> buffalo sauce	none	PB, GF
lighter side salads		
fruit salad	none	PB, GF
garden salad (salad is PB without dressing)	depends on dressing	V, GF

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Item	allergens	
caesar salad	milk, egg, wheat, soy, fish	*
citrus spinach salad	none	PB, GF
greek salad	milk	V, GF
roasted potato salad vinaigrette	egg	V, GF
bow tie pasta primavera	wheat	PB
lemon vegetable pasta	milk, egg, wheat	V
pasta tomato and corn	egg, wheat	V
cheddar & apple	milk, egg, tree nuts	V, CN, GF
lemon cucumber couscous salad	wheat	PB
signature side salads		
mesclun with sugared walnuts & blue cheese	milk, egg, tree nuts	V, CN, GF
chipotle potato salad with bacon	egg	GF
baby spinach with strawberries & pecans	milk, egg, tree nuts	V, GF
tomato, basil & feta	milk	V, GF
chopped vegetable salad	none	PB, GF
mango and jicama	none	PB, GF
couscous with feta and roasted veggies	milk, wheat	V
roasted grape salad	milk, egg, tree nuts	V, CN, GF
quinoa fruit salad	tree nuts	PB, CN, GF
quinoa salad	none	PB, GF
pesto pasta salad	milk, wheat, tree nuts	V, CN
bibb lettuce w pistachios & dried pears	milk, tree nuts	V, CN, GF
gourmet sides		
grilled vegetable assortment	none	PB, GF
grilled vegetable salad	milk	V, GF
fresh mozzarella with tomatoes and basil	milk	V, GF
chicken fettuccini with dill	egg, wheat	*
tortellini primavera	milk, egg, wheat	V
sweet potato mango salad	milk, tree nuts	V, CN, GF
grilled asparagus with roasted tomatoes	none	PB, GF
pappardelle pasta salad	milk, egg, wheat	V
potato and edamame salad	soy	PB, GF

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Item	allergens	
other sides		
breads ala carte		
gourmet breads	varies	V
assorted dinner rolls	varies	V
jalapeno corn bread	milk, egg, wheat, soy	V
garlic knot rolls	milk, wheat	V
individual chips & pretzels	check package	*
premium chips	check package	*
energy bites	peanuts	PB, CN, GF
super food bars	tree nuts	PB, CN, GF
deli salads - cole slaw	egg	V, GF
deli salads - macaroni salad	milk, egg, wheat	V
deli salads - potato salad	milk, egg	V, GF
Entrée Platters		
flank steak	milk, egg, soy	GF
beef tenderloin (GF without rolls)	milk, eggs, wheat	*
cajun chicken	none	GF
red pepper salmon	fish	GF
lemon oregano chicken	eggs (in the side sauce only)	GF
flat iron steak with green goddess dressing	milk	GF
Entrée Salads		
grilled chicken caesar	milk, egg, wheat, soy, fish	*
mediterranean chicken salad	milk, egg, soy	GF
asian beef salad	soy	GF
taco salad with chili	varies	*
chef's salad	milk, egg	GF
cobb salad	milk, egg	GF
chicken carbonara salad	milk, wheat	*
crudite salad with citrus tofu croutons	milk, egg,wheat, soy	V
Hot Entrées		
fajitas - beef	milk, wheat, soy	*
fajitas - chicken	milk, wheat, soy	*

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Item	allergens	
fajitas - shrimp	milk, wheat, soy, shellfish	*
fajitas - mushrooms	milk, wheat, soy	V
grilled skewers - beef	wheat, soy (butter in rice)	*
grilled skewers - chicken	wheat, soy (butter in rice)	*
grilled skewers -shrimp	wheat, soy, shellfish (butter in rice)	*
crab cakes	egg, wheat, soy, fish, crab	*
salmon with brown sugar soy glaze	soy, fish	GF
etouffee	milk, wheat, soy, fish, shellfish, clam juice	*
beef brisket with guinness gravy	gluten from beer	*
flat iron steak with chimichurri sauce	none	GF
orange rosemary chicken	milk	GF
chicken saltimbocca	milk	GF
chicken dijonaise	milk, wheat	*
lemongrass chicken	none	GF
lentil loaf	none	PB, GF
quinoa stuffed peppers	milk	V, GF
vegetable gratin	milk, tree nuts	V, CN, GF
grain & vegetable bowls	varies	
napa chicken	milk	GF
calzones - italian	milk, egg, wheat	*
calzones - chicken	milk, egg, wheat	*
calzones - spinach	milk, egg, wheat	V
calzones - cheese steak	milk, egg, wheat	*
chili - southwestern	gluten from beer	*
chili - white turkey	gluten from barley	*
chili - vegetarian	none	PB, GF
chili - sweet potato	gluten from beer	PB
lasagna - cheese	milk, egg, wheat	V
lasagna - meat	milk, wheat	*
lasagna - vegetable	milk, egg, wheat	V
lasagna - turkey	milk, egg, wheat	*
baked ziti - classic	milk, wheat	V

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Item	allergens	
chicken parmesan with pasta	milk, wheat, soy	*
eggplant parmesan	milk, egg, wheat	V
moroccan chicken	none	GF
mahi mahi with walnut sundried tomato pesto	tree nuts, fish	CN, GF
swordfish pow-pow	fish	GF
Hot Buffet		
Hot Buffet Starch Choices		
pasta	wheat	*
rice - white, brown or jasmine	milk (can be prepared w/o butter)	GF
roasted potatoes	none	PB,GF
Hot Buffet Meat Choices		
grilled chicken	none	GF
meatballs (beef & pork)	milk, egg, wheat, soy	*
meatballs (chicken)	milk, egg, wheat	*
sausage	none	GF
flank steak	soy	GF
shrimp	shellfish	GF
Hot Buffet Sauce Choices		
	allergens are for the sauce only	
florentine	milk, wheat	V
rosemary alfredo	milk, wheat	V
island curry	none	PB, GF
cacciatore	none	PB, GF
teriyaki	wheat, soy	PB
pomodoro	none	PB, GF
sherried mushroom	milk, wheat	V
provencal	none	PB, GF
caponata	none	PB, GF
Desserts		
sweet tooth		
	milk, egg, wheat, soy	V
chocolate chip cookie	milk, egg, wheat, soy	V
oatmeal raisin cookie	milk, egg, wheat, soy	V

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Item	allergens	
lemon cooler cookie	milk, egg, wheat, soy,coconut	V, CN
cafe latte cookies	milk, egg, wheat	V
blondies	milk, egg, wheat	V
brownies	milk, egg, wheat, soy	V
chocolate covered pretzels	milk, wheat	V
ultimate sweet tooth		
chocolate chip cookie	milk, egg, wheat, soy	V
oatmeal raisin cookie	milk, egg, wheat, soy	V
petite cheesecake	milk, egg	V, GF
peanut butter fudge bars	milk, egg, wheat, peanuts	V, CN
dolce americana		
petite cheesecakes	milk, egg	V, GF
chocolate dipped macaroons	milk, wheat, coconut	V, CN
caramelita	milk, wheat, tree nuts	V, CN
cannoli	milk, wheat	V
espresso madeleines	milk, egg, wheat	V
dessert bars		
blondies	milk, egg, wheat	V
brownies	milk, egg, wheat, soy	V
caramelitas	milk, wheat, tree nuts	V, CN
cherry crumble bars	milk, wheat	V
chocolate pecan bars	milk, egg, wheat, tree nuts	V, CN
lemon bars	milk, egg, wheat	V
peanut butter fudge bars	milk, egg, wheat, peanuts	V, CN
red velvet cheesecake bars	milk, egg, wheat, soy	V
salted caramel chocolate chip bars	milk, egg, wheat	V
mini cookies & fruit	see cookie allergens	
chocolate extravaganza		
mini triple chocolate cookies	milk, egg, wheat, soy	V
brownies	milk, egg, wheat, soy	V
guinness cup cakes	milk, egg, wheat, soy	V

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Item	allergens	
peanut butter fudge bars	milk, egg, wheat, peanuts	V, CN
quinoa chocolate bites	tree nuts	PB, CN, GF
assorted cookies		
mini chocolate chip	milk, egg, wheat, soy	V
mini white chocolate macadamia	milk, egg, wheat, soy, macadamia nuts	V, CN
mini triple chocolate	milk, egg, wheat, soy	V
large chocolate chip	milk, egg, wheat, soy	V
large Hope's royale	milk, egg, wheat, soy, macadamia nuts	V, CN
large triple chocolate	milk, egg, wheat, soy	V
large lemon cooler	milk, egg, wheat, soy,coconut	V, CN
large oatmeal raisin spice	milk, egg, wheat, soy	V
cafe latte cookies	milk, egg, wheat	V
sandwich cookies - carrot cake	milk, egg, wheat, tree nuts	V, CN
sandwich cookies - french macaroons	milk, egg, tree nuts	V, CN, GF
sandwich cookies - chocolate cherry	milk, egg, wheat, soy	V
sandwich cookies - lemon snaps	milk, egg, wheat	V
sandwich cookies - red velvet	milk, wheat	V
fruit skewers	none	PB, GF
cherry empanadas	milk, wheat	V
raspberry financiers	milk, egg, wheat, tree nuts	V, CN
beignets - chocolate hazel nut	milk, egg, wheat, soy, tree nuts	V, CN
beignets - red fruit	milk, egg, wheat	V
petite cheesecakes	milk, egg	V, GF
quinoa chocolate bites	tree nuts	PB, CN, GF
cup cakes	milk, egg, wheat, soy	V
cup cake bites	milk, egg, wheat, soy	V
french cakes and pastries		
chocolate dipped palmiers	wheat	V
espresso madeleines	milk, egg, wheat	V
raspberry financiers	milk, egg, wheat, tree nuts	V, CN
beignets - chocolate hazel nut	milk, egg, wheat, soy, tree nuts	V, CN
beignets - red fruit	milk, egg, wheat	V

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Item	allergens	
dessert shots - key lime	milk, egg, wheat	V
dessert shots - chocolate mousse	milk, egg	V, GF
dessert shots - bananas foster	milk, egg, tree nuts	V, GF
dessert shots - salted caramel cheesecake	milk, egg, wheat	V
dessert shots - tiramisu	milk, egg, wheat	V
dessert shots - opera	milk, egg, tree nuts	V, CN, GF
chocolate satin torte	milk, egg	V, GF
peach and brie galette w fresh basil	milk, egg, wheat	V
cream cheese cherry tart	milk, egg, wheat	V
brown butter bourbon cake	milk, egg, wheat	V
chocolate bug bars	tree nuts	CN, GF

2019 Appetizers

June 2019

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Item	allergens	
Hot hors d'oeuvre		
miniature crab cakes	egg, wheat, soy, tree nuts (coconut), shellfish	CN
cajun barbecue shrimp	milk, soy, wheat, fish, shellfish	*
cocktail meatballs - beef & pork, BBQ	milk, egg, wheat, soy	*
cocktail meatballs - beef & pork, sweet & sour	milk, egg, wheat, soy	*
cocktail meatballs - beef & pork, red pepper tomato	milk, egg, wheat, soy	*
cocktail meatballs - beef & pork, teriyaki	milk, egg, wheat, soy	*
cocktail meatballs - chicken, BBQ	milk, egg, wheat	*
cocktail meatballs - chicken, sweet & sour	milk, egg, wheat, soy	*
cocktail meatballs - chicken, red pepper tomato	milk, egg, wheat	*
cocktail meatballs - chicken, teriyaki	milk, egg, wheat, soy	*
cheesesteak cigars	milk, egg, wheat	*
lamb meatball skewers	milk, eggs, wheat, tree nuts	CN
jalapeno chicken poppers	milk, wheat, soy	*
jalapeno chicken poppers - chipotle ranch	milk, egg	*
jerk chicken bites	wheat, soy	*
chicken chorizo taquitos	milk, wheat, soy	*
chicken skewers - hoisin sauce	wheat, soy	*
chicken skewers - honey mustard	none	GF
chicken skewers - red curry sauce	soy	GF
chicken skewers - thai orange	wheat, soy	*
stuffed foccacia rounds - chicken	milk, wheat	*
stuffed foccacia rounds - italian meats	milk, wheat	*
stuffed foccacia rounds - veggie	milk, wheat, tree nuts	V, CN
honey sriracha chicken wings	milk, soy	GF
buffalo chicken wings	spicy version: none; mild version: milk	GF
buffalo wings - blue cheese dressing	milk, egg	GF
dumpling - edamame	wheat, soy	PB
dumpling - chicken lemongrass	wheat, soy, fish (anchovy)	*
dumpling - pork	wheat, soy	*
miniature calzones - cheesesteak	milk, egg, wheat	*
miniature calzones - italian meats	milk, egg, wheat	*

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Item	allergens	
miniature calzones - spinach	milk, egg, wheat	V
arancini & red pepper tomato sauce	milk, egg, wheat, soy	V
risotto cakes	Cakes: milk, egg Sauce: tree nuts	V, CN, GF
spanakopita	milk, wheat	V
sliders - crab cake	egg, wheat, soy, tree nuts (coconut), shellfish	CN
sliders - cheeseburger	milk, egg, wheat	*
sliders - chicken meatball	milk, egg, wheat	*
sliders - portobello mushroom	egg, wheat, soy	V
sliders - cordon bleu chicken	milk, egg, wheat	*
chicken & biscuit roll up	milk, egg, wheat	*
boursin stuffed mushrooms	milk, wheat	*
rosemary chicken tarts	milk, wheat	*
Additional Hors D'oeuvre		
spiced shrimp cocktail	shellfish; sauce: soy, fish	GF
sweet chili shrimp	shellfish	GF
basil shrimp artichoke picks	shellfish	GF
cananpe - marinated shrimp	milk, wheat, soy, shellfish	*
cananpe - smoked salmon	milk, wheat, soy, fish	*
fusion flank steak skewers	skewers: soy; dip: wheat, soy	*
antipasto picks	milk	GF
petite chicken veggie skewers	soy	GF
red curry tofu skewers	soy	PB, GF
caprese skewers	milk, dressing: egg	V, GF
ham biscuits	milk, egg, wheat	*
petite brioche sandwiches - turkey	milk, egg, wheat	*
petite brioche sandwiches - ham	milk, egg, wheat	*
roulade medallions - eggplant	milk, egg, wheat, tree nuts	V, CN
roulade medallions - smoked turkey	milk, egg, wheat	*
roulade medallions - roast beef	milk, egg, wheat	*
roulade medallions - italian meats	milk, wheat	*
focaccia cocktail sandwiches - chicken	milk, egg, wheat, tree nuts	CN
focaccia cocktail sandwiches - prosciutto	milk, wheat	*

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Item	allergens	
focaccia cocktail sandwiches - turkey	milk, egg, wheat	*
focaccia cocktail sandwiches - roast beef	milk, egg, wheat	*
focaccia cocktail sandwiches - eggplant	milk, egg, wheat, tree nuts	V,CN
bacon candy	none	GF
Displays		
surf and turf	soy, shellfish	GF
charcuterie board	milk, wheat, soy, peanuts, tree nuts	CN
primo antipasto	milk, wheat	*
mexican fiesta	milk, wheat	V
mezze station	milk, wheat, tree nuts	V, CN
Dips		
crab	milk, egg, wheat, soy, fish, shellfish	*
jalapeno clam	milk, egg, wheat, soy, clams	*
buffalo chicken	Dip: milk Bread: wheat, soy	*
avocado corn salsa	none	PB
artichoke and sun-dried tomato	Dip: milk Bread: wheat, soy	V
classic - spinach	milk, egg, wheat, soy	V
classic - shrimp	milk, egg, wheat, soy, shellfish	*
bacon beer and cheddar dip	milk, gluten from beer	*
philly cheesesteak dip	milk, egg, wheat, soy	*
Mediterranean Spreads		
roasted tomatoes, basil and olives	Dip: none Bread: milk, wheat	V
roasted vegetable caponata	Dip: none Bread: milk, wheat	V
garlic hummus	Dip: none Pita: wheat	PB
edamame hummus	Dip: soy Pita: wheat	PB
red pepper feta cheese	Dip: milk Pita: wheat	V
potato chips, pretzels & dip	varies	
Fruits, Vegetables & Cheeses		
artisan cheese platter	fruit: none cheese: milk Mixed nuts: peanuts, tree nuts flatbread: wheat, soy Carr's crackers: milk, wheat	V, CN

2019 Appetizers

June 2019

symbols: * = no designation, V =vegetarian, PB = plant based, CN=contains nuts, GF = gluten free

Item	allergens	
executive cheese platter	fruit: none cheese: milk flatbread: wheat, soy Carr's crackers: milk, wheat	V
fruit and cheese platter	fruit: none cheese: milk flatbread: wheat, soy Carr's crackers: milk, wheat	V
fruit platter	none	PB, GF
crudite platter	Vegetables: none Dip: milk	V, GF

2019 Catering Main						
Sandwich Breads						
Item	Pack	Source	Item Number	Price	per sandwich	Allergens
Sliced Breads - 3# pullman						
pullman - sourdough	loaf	Uptown Baker's	039PS	\$4.95	\$0.4125	wheat, soy
pullman - whole grain	loaf	Uptown Baker's	021PLS	\$4.95	\$0.4125	wheat, soy
pullman - honey grain	loaf	Uptown Baker's	030PS	\$4.95	\$0.4125	wheat, soy
pullman - wheat	loaf	Uptown Baker's	020PS	\$4.95	\$0.4125	wheat, soy
pullman - rye	loaf	Uptown Baker's	035PS	\$4.95	\$0.4125	wheat, soy
pullman - marble rye	loaf	Uptown Baker's	026MS	\$4.95	\$0.4125	wheat, soy
potato baguette	1 - 22"	Uptown Baker's	445SCR	\$1.60	\$0.5333	wheat, soy
4 oz. whole wheat sub	pack of 6	Uptown Baker's	002R46S	\$4.40	\$0.7333	wheat , soy
ciabatta roll	pack of 6	Uptown Baker's	022RGS	\$4.73	\$0.7883	milk, wheat, soy
kaiser roll - plain	pack of 12	Uptown Baker's	0047BS	\$6.62	\$0.5517	eggs, wheat, soy
kaiser roll - wheat	pack of 12	Uptown Baker's	0051BS	\$6.62	\$0.5517	eggs, wheat, soy
challah roll - K twist	pack of 6	Uptown Baker's	D023S	\$4.40	\$0.7333	eggs, wheat, soy
pretzel bun (<i>IGF</i>)	case of 48	Production Center		\$50.00	\$1.04	milk, wheat, soy
Gourmet Bread Basket						
Epi Stalk	each	Uptown Baker's	011ER	\$1.80		wheat, soy
Raisin Walnut small	each	Uptown Baker's	008	\$4.50		wheat, soy, tree nuts
7 Grain small	each	Uptown Baker's	032	\$3.50		wheat, soy
focaccia bread						milk, wheat
tortillas - <i>Father Sam's or Tysons</i>						wheat
tortillas - <i>La Banderita</i>						wheat, soy
tortillas - Kontos gluten free						soy