



Catering  
Limited Release

JAN-APR

# FRESH FORWARD

## The Balanced Start

Wholesome breakfast with oats, egg bites, fruit, and water & coffee service. \$XX.XX/guest

### FRESH FRUIT PLATTER

40 cal per 3oz. serving  

### CHOICE OF TWO (2)

#### GOLDEN MORNING PARFAIT

Spiced banana, chia, oats, granola layered with nonfat Greek yogurt

220 cal each  

#### CHOCOLATE COCONUT CHIA PARFAIT

Cocoa-flavored coconut milk with coconut flakes and chia seeds

390 cal each 

#### BLUEBERRY ZEST PARFAIT

Lemony blueberries layered with nonfat Greek yogurt, chia, oats, and granola

200 cal each  

#### ROASTED STRAWBERRY COCONUT CHIA PUDDING

Layers of roasted strawberries, toasted coconut, and coconut chia pudding

240 cal each 

### CHOICE OF TWO (2)

#### BACON & SWISS EGG BITE

110 cal each 

#### MEDI-EGG BITE

50 cal each  

#### 3-CHEESE EGG BITE

150 cal each  

#### PLANT-BASED CHORIZO & JUST EGG BITE

50 cal each 

### CHOICE OF ONE (1)

#### SMOKED CHICKEN APPLE SAUSAGE

220 cal per 4oz. serving

#### MAPLE CHIPOTLE BACON

230 cal each

#### INCOGMEATO™ SAUSAGE PATTY

150 cal each 

To order or for more information, contact:

[first-last@aramark.com](mailto:first-last@aramark.com) | [www.sample.catertrax.com](http://www.sample.catertrax.com) | 000.000.0000

# The Chopping Block

Chopped salad with crisp greens, vibrant toppings, and your choice of protein. Includes soup, assorted breads, lemon bars or brownies, and beverages.  
\$XX.XX/guest

## CHOICE OF TWO (2) CHOPPED SALADS

### BRUSSELS & BUTTERNUT CHOPPED SALAD

Spinach topped with balsamic onions, butternut squash, apples, wheatberries, goat cheese, Brussels sprouts, dried cranberries, and pumpkin seeds  
200 cal per 4oz. serving 

### UMAMI CRUNCH CHOPPED SALAD

Napa cabbage with kimchi, cucumber, scallion, wheatberries, roasted shiitake, carrot, avocado, and gochujang-glazed mixed nuts  
130 cal per 4oz. serving 

### GREEN GODDESS CHOPPED SALAD

A fresh blend of romaine, cucumber, peas, avocado, corn, radish, scallion, and hard-boiled egg, topped with sunflower seeds  
100 cal per 4oz. serving 

### MEDITERRANEAN CHOPPED SALAD

Iceberg, cucumber, tomato, red onion, kalamata olives, feta, banana peppers with pita chips  
110 cal per 4oz. serving 

## CHOICE OF TWO (2) PROTEINS

### SALT & PEPPER SPICED FLANK STEAK

190 cal per 3oz. serving

### DICED CHICKEN

140 cal per 3oz. serving

### FRESH-BAKED FLAKED SALMON

140 cal per 3oz. serving 

### SALT & PEPPER TOFU

290 cal per 3oz. serving 

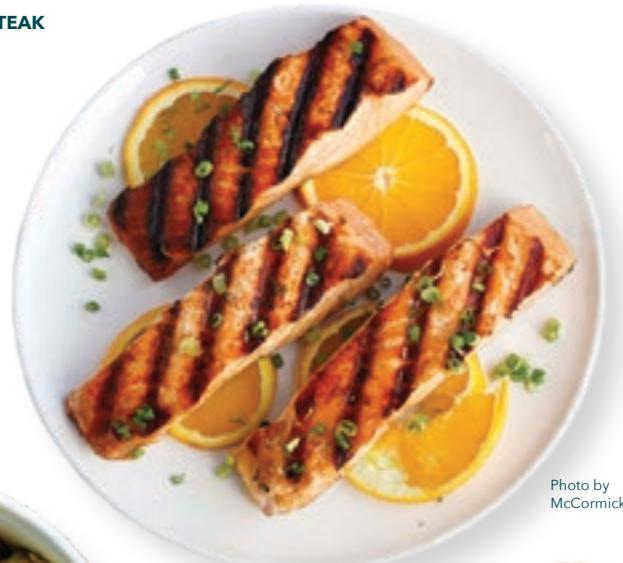


Photo by McCormick



# The Fresh Forward Feast

Choice of one (1) entrée with sides.  
Includes rolls, butter, choice of beverage, and lemon bars or brownies. \$XX.XX/guest

## CHOICE OF ONE (1) VEGETABLE

### MAPLE-ROASTED CARROTS

110 cal per 2oz. serving 

### ROASTED VEGETABLES

60 cal per 3oz. serving 

## SELECT ONE (1) ENTRÉE

### CHICKEN WITH LEMON ARTICHOKE SAUCE

Sauteed chicken simmered in a sauce of fresh lemon, white wine, artichokes, and tarragon  
210 cal per 6oz. serving 

### ORANGE-GLAZED GRILLED SALMON

Grilled citrus-thyme-marinated fresh salmon brushed with an orange herb glaze  
160 cal per 3oz. serving 

### BLUE CHEESE & CHIVE-CRUSTED STEAK

Strip steak topped with a rich blue cheese & chive crust  
490 cal per 9oz. serving

### TOFU PARMESAN

Crispy breaded tofu topped with spaghetti sauce and melted plant-based mozzarella  
420 cal per 6oz. serving 

# Balanced Boost

Wellness shots and energy bites to recharge and refocus. \$XX.XX/guest

## CHOICE OF TWO (2)

### CHOCOLATE BERRY SMOOTHIE

Strawberries, banana, chocolate, and yogurt  
100 cal per 4oz. serving

### CITRUS CARROT SMOOTHIE

Mango, orange, carrot, honey, chia seeds, and apple juice  
90 cal per 4oz. serving 

### COCONUT MANGO SMOOTHIE

Mango, coconut, strawberries, yogurt, and apple juice  
310 cal per 4oz. serving 

### BANANA BERRY SMOOTHIE

Banana, strawberries, orange, turmeric, and apple juice  
50 cal per 4oz. serving 

## CHOICE OF TWO (2)

### CHERRY VANILLA ENERGY BITES

Cherries, dates, vanilla, flax seeds, and oats  
45 cal each 

### PUMPKIN NUT ENERGY BITES

Pumpkin, pecans, cinnamon, oats, chia seeds, and yogurt  
40 cal each 

### COFFEE ENERGY BITES

Walnuts, almonds, dates, pumpkin seeds, and chia seeds, coffee and cocoa  
120 cal each 

### BANANA BREAD ENERGY BITES

Banana, walnuts, peanut butter, dates, and oats  
60 cal per 4oz. serving 

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request. The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles (e.g., trays/bowls used) vary significantly in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

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# Crunch Time

Game-day favorites including wings, chips, and craveable dips. \$XX.XX/guest

## TORTILLA CHIPS

280 cal per 2oz. serving 

## PITA WEDGES

25 cal each 

## CHOICE OF THREE (3) DIPS

### HUMMUS

330 cal per 5oz. serving  

### ROASTED RED PEPPER HUMMUS

230 cal per 4oz. serving   

### PIMENTO CHEESE DIP

60 cal per 1oz. serving 

### SPINACH & ARTICHOKE DIP

90 cal per 1oz. serving

### BUFFALO BLUE CHEESE DIP

100 cal per 1oz. serving

## TACO DIP

50 cal per 1oz. serving

## GUACAMOLE

150 cal per 3oz. serving 

## BLACK BEAN SALSA

35 cal per 1oz. serving 

## SALSA ROJA

20 cal per 1oz. serving 

## CHOICE OF TWO (2) WINGS

(Buffalo wings include blue cheese dressing; BBQ wings include ranch; both are accompanied by celery)

### BBQ CHICKEN WINGS

380 cal per 12oz. serving

### BUFFALO CHICKEN WINGS

410 cal per 11oz. serving

### BONELESS BBQ CHICKEN WINGS

640 cal per 8oz. serving

### BONELESS BUFFALO CHICKEN WINGS

440 cal per 7oz. serving

# Shareable Boards

Each platter serves 12

Contact our team for additional options

## FRUIT & CHEESE BOARD

Goat cheese, Swiss cheese, smoked Gouda, cheddar, strawberries, grapes, pita chips, and crostini \$XX.XX

250 cal per 5oz. serving 

## MEZZE BOARD

Mediterranean feast with hummus, falafel, dolma, feta, and vibrant sides \$XX.XX

250 cal per 6 oz. serving 

## CHEESE & CHARCUTERIE BOARD

Our fruit and cheese platter with assorted cured meats \$XX.XX

310 cal per 5 oz. serving

## PINWHEELS & PICKLES

Flavor-packed pinwheel platter featuring turkey, Italian meats, roast beef, chicken, and portobello pinwheels \$XX.XX

150 cal each

# Zero Proof Collective

A refreshing mix of chilled mocktails and warm, cozy toddy-style sips. \$XX.XX/guest

## CHOICE OF TWO (2) BEVERAGES

### CITRUS CLOUD

Zesty orange and cream mocktail  
100 cal per 10oz. serving

### SUNSET SPLASH

Orange, pineapple, cherry, and sparkling water  
110 cal per 10oz. serving

### BLUEBERRY "NO" JITO

Blueberry and mint sparkling mocktail  
140 cal per 10oz. serving

### MOCK-IRISH COFFEE

Freshly brewed coffee with hints of caramel and vanilla, topped with whipped topping and cocoa  
140 cal per 8oz. serving

### CARAMEL APPLE MOCK-TODDY

Spiced apple cider with caramel, whipped topping, and sea salt  
250 cal per 8oz. serving



Vegan



Vegan



Eat Well



Plant Forward