

# FRESHTABLE™

CORPORATE AND GROUP CATERING

## ITALIAN CLASSICS

SERVED WITH BREAD STICKS & SMALL SALAD WITH VIAIGRETTE DRESSING

### **BOLOGNESE LASAGNA**

Lasagna noodles layered with Bolognese Sauce (beef), Ricotta and Provolone Cheese And Creamy Bechamel Sauce.

Individual Meal – \$13.50 pp - Minimum of 8

Group Meal ½ pan – \$135.00 - Serves 8-10

### **VEGGIE LASAGNA - Veggie**

Lasagna noodles layered with Zucchini, Eggplant, Peppers , Ricotta and Provolone Cheese and Creamy Bechamel Sauce.

Individual Meal – \$13.50 pp - Minimum of 8

Group Meal ½ pan – \$135.00 - Serves 8-10

### **SPICY ARRABBIATA WITH CHICKEN ITALIAN SAUSAGE AND PENNE**

Penne Noodles tossed with Spicy Marinara Sauce and Housemade Chicken Italian Sausage. Topped with Parmesan Cheese

Individual Meal – \$12.95 pp - Minimum of 8

Group Meal ½ pan – \$129.50.00 - Serves 8-10

### **PRIMAVERA WITH ROASTED VEGGIES – GF Pasta / Dairy Free / Vegan**

Gluten Free Penne Noodles tossed with Roasted Zucchini, Eggplant, Peppers and Onions and Olive Oil, White Wine and Veggie Stock Sauce

Individual Meal – \$12.95 pp - Minimum of 8

Group Meal ½ pan – \$129.50.00 - Serves 8-10

### **OVEN BAKED ZITI WITH BOLOGNESE & SPINACH**

Penne Noodles tossed with Beef Bolognese Sauce and Fresh Spinach. Topped with Provolone and baked till golden brown.

Individual Meal – \$12.95 pp - Minimum of 8

Group Meal ½ pan – \$129.50.00 - Serves 8-10

### **ADD ONS**

- Crispy Fried Cheese Ravioli & Marinara Sauce – \$45.00 Serves 6-8
- Fresh Baked Garlic Breadsticks - \$21.00 – 1 dozen

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## ASIAN INFLUENCE

SERVED WITH JASMINE RICE, TOSHI STYLE SALAD AND SPICY CHILI SAUCE

### **HAWAIIAN PINEAPPLE TERIYAKI – NOT SPICY – Chicken GF / Tofu Vegan**

Chicken Thighs or Tofu marinated, grilled, sliced and tossed in Housemade Pineapple Teriyaki Sauce.  
Choose – Chicken or Tofu & Veggies

Individual Meal – \$10.95 pp - Minimum of 8

Group Meal ½ pan – \$109.50.00 - Serves 8-10

### **CHINESE BEEF & BROCCOLI – NOT SPICY - GF**

Tender Sliced Flank Steak and Fresh Broccoli Stir Fried with a Tamari, Fresh Ginger & Garlic Sauce.

Individual Meal – \$12.95 pp - Minimum of 8

Group Meal ½ pan – \$129.50.00 - Serves 8-10

### **CHICKEN TIKKA MASALA CURRY – A LITTLE SPICY - GF**

Chicken Thighs marinated in yogurt, ginger and Garam Masala and slow cooked in a Traditional Sauce made with Coconut Milk, Garlic, Ginger, Tomatoes, Onion and East Indian spices

Individual Meal – \$11.95 pp - Minimum of 8

Group Meal ½ pan – \$119.50.00 - Serves 8-10

### **THAI CHICKEN OR TOFU GREEN CURRY WITH BASIL – MEDIUM SPICY –**

#### **Chicken GF / Tofu Vegan**

Chicken Thighs, Red Bell Peppers and Bamboo Shoots slow cooked in a Thai Green Curry Sauce made with Coconut Milk, Green Curry Paste, Lime Juice and Fresh Basil

Individual Meal – \$11.95 pp - Minimum of 8

Group Meal ½ pan – \$119.50.00 - Serves 8-10

### **ADD ONS**

- Veggie Spring Rolls with Sweet Chili Sauce \$18.00 – 1 per dozen – vegan
- Sauteed Fresh Veggie - \$2.95 pp - Vegan

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## ALL AMERICAN

SERVED WITH POTATO CHIPS & COLE SLAW

### **RAINBOW PEANUT CHICKEN WRAP – Dairy Free**

Oven Roasted Chicken, Zippy Peanut Sauce, Red Sweet Peppers, Carrots, Green Onion, Cabbage, Spinach and Cilantro wrapped in a large Spinach Tortilla

Individual Meal - \$10.95 pp - Minimum of 6

Group Meal - \$10.95 pp - Minimum of 15

### **FRESH TABLE WEST COAST WRAP**

Oven Roasted Chicken, Crisp Bacon, Guacamole, Cheddar Cheese, Romaine and Mayo wrapped in a large Spinach Tortilla

Individual Meal - \$10.95 pp - Minimum of 6

Group Meal - \$10.95 pp – Minimum of 15

### **BBQ CHICKEN CHOP WRAP**

Oven Roasted Chicken, Pepper Jack Cheese, Romaine, Corn, Tomatoes, Black Beans, Tortilla Strips, Ranch Dressing and BBQ drizzle wrapped in a large Spinach Tortilla

Individual Meal - \$10.95 pp - Minimum of 6

Group Meal - \$10.95 pp – Minimum of 15

### **FRESH TABLE WRAP GROUP MEAL**

Combination of our 3 Wraps – Rainbow Peanut Chicken, West Coast & BBQ Chicken Chop – Cut in ½'s

Group Meal - \$10.95 pp – Minimum of 15

### **CLASSIC RUEBEN SANDWICH**

Thin sliced Corned Beef, Swiss Cheese, Sauerkraut and 1000 Island Dressing griddled on Rye Bread

Individual Meal - \$10.95 pp - Minimum of 6

Group Meal - \$10.95 pp – Minimum of 15

### **GRILLED THREE CHEESE SANDWICHES WITH TOMATO BASIL SOUP (Soup Veggie & GF)**

Cheddar, Jack and Provolone Cheeses grilled on Old Fashioned Country Bread.

Served with Housemade Creamy Tomato Basil Soup – Veggie

+ add Bacon \$1.50 pp

Individual Meal – \$11.95 pp - Minimum of 6

Group Meal - 15 pp - \$179.25 & 30 pp - \$358.50

### **ADD ONS**

Creamy Tomato Basil Soup - \$45.00 – 1 gallon (Veggie & GF)

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## FRESH TABLE SALADS

SERVED WITH A FRESH BAKED BREAD STICK – CHICKEN & DRESSINGS SERVED ON THE SIDE

### **ASIAN CRUNCH – Dairy Free**

Romaine, Celery, Green Onions, Almonds, Chow Mein Noodles, Oven Roasted Chicken, Rice Wine Sesame Dressing

Individual Meal - \$11.95 pp - Minimum of 6

Group Meal - \$85.00 Large Bowl 6-8 pp – Entree / 14 -16 - Side

### **BBQ CHICKEN CHOP**

Romaine, Oven Roasted Chicken, Pepper Jack Cheese, Corn, Tomatoes, Black Beans, Tortilla Strips, Ranch Dressing and BBQ drizzle

Individual Meal - \$11.95 pp - Minimum of 6

Group Meal - \$85.00 Large Bowl 6-8 pp – Entree / 14 -16 - Side

### **CLASSIC COBB**

Romaine, Oven Roasted Chicken, Crisp Bacon, Tomato, Fresh Avocado, Hard Cooked Egg, Blue Cheese Crumbles and Blue Cheese Dressing

Individual Meal - \$11.95 pp - Minimum of 6

Group Meal - \$85.00 Large Bowl 6-8 pp – Entree / 14 -16 - Side

### **BEVERLY HILLS CHOP**

Romaine, Oven Roasted Chicken, Salami, Provolone and Parmesan Cheese, Fresh Basil Tomato, Garbonzo Beans, Herbed Vinaigrette

Individual Meal - \$11.95 pp - Minimum of 6

Group Meal - \$85.00 Large Bowl 6-8 pp – Entree / 14 -16 - Side

### **CHIPOTLE KALE CHICKEN CAESAR**

Romaine, Oven Roasted Chicken, Baby Kale, Corn, Black Beans, Toasted Pepita Seeds, Mexican Cheese, Tortilla Strips, Chipotle Caesar Dressing

Individual Meal - \$11.95 pp - Minimum of 6

Group Meal - \$85.00 Large Bowl 6-8 pp – Entree / 14 -16 - Side

### **ADD ONS**

Housemade Creamy Tomato Basil Soup - \$45.00 – 1 gallon (Veggie & GF)



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## BLUE WATER TACO BEST SELLERS

SERVED WITH CHIPS AND SALSA

### MEXICO CITY STREET TACOS

3 – Corn Tortilla (GF) Tacos topped with Onions and Cilantro. Served with Mexican Rice and Black Beans. Served on the side with individually packed: Guacamole, Medium House Salsa, Sour Cream and Pico de Gallo

Choose 1 – Tinga Chicken, Carnitas Pork, Carne Asada Steak, Veggie Chorizo – **Vegan**

Individual Meal - \$12.95 pp - Minimum of 6

Group Meal - \$12.95 pp - min 15

### RANCHERO FAJITAS

Protein of Choice with Sautéed Peppers and Onions. Served on the side with Individually packaged: Flour Tortillas (2) or Corn Tortillas (3), Guacamole, Medium House Salsa, Sour Cream and Pico de Gallo. Served with Mexican Rice and Black Beans.

Choose 1 – Tinga Chicken, Carnitas Pork, Carne Asada Steak, Veggie Chorizo – **Vegan**

Individual Meal - \$12.95 pp - Minimum of 6

Group Meal - \$12.95 pp - Minimum 15

### BLUE WATER SIGNATURE BURRITOS

Wrapped Large Flour Tortilla with Protein of Choice, Rice, Cheese and Black Beans.

Served on the side with individually packed: Guacamole, Medium House Salsa, Sour Cream and Pico de Gallo

Choose 1 – Tinga Chicken, Carnitas Pork, Carne Asada Steak, Veggie Chorizo – **Vegan**

Individual Meal - \$12.95 pp - Minimum of 6

Group Meal - \$12.95 pp - Minimum 15

### TRADITIONAL ENCHILADAS

2- Flour Tortilla Enchiladas filled with Protein of Choice and topped with Roja Sauce and Cheese.

Served on the side with Individually packaged: Guacamole, Medium House Salsa, Sour Cream and Pico de Gallo. Served with Mexican Rice and Black Beans.

Choose 1 – Tinga Chicken, Carnitas Pork, Carne Asada Steak, Veggie Chorizo – **Vegan**

Individual Meal - \$12.95 pp - Minimum of 6

Group Meal - \$12.95 pp - Minimum 15

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## BREAKFAST

SERVED WITH ALL AMERICAN TATER TOTS

### ALL AMERICAN WRAPS OR BOWLS

Scrambled Eggs, Cheddar & Jack Cheese, Meat of Choice, Tater Tots wrapped in a Tortilla  
Choice of Bacon, Sausage or Veggie Chorizo - **Vegan**

Served with a side of All American Tater Tots, Ketchup and Hot Sauce

Individual Meal – \$8.95 pp - Minimum of 6

Group Meal – \$8.95 pp - 15 pp Minimum

### CLASSIC DELI STYL BREAKFAST SANDWICHES

Scrambled Eggs, Cheddar & Jack Cheese, Meat of Choice on a Toasted Roll.

Choice of Bacon, Sausage or Veggie Chorizo – **Vegan**

Served with a side of All American Tater Tots, Ketchup and Hot Sauce

Individual Meal – \$9.95 pp - Minimum of 6

Group Meal – \$9.95 pp - 15 pp Minimum

### VEGGIE SCRAMBLE - **GF**

Scrambled Eggs, Fresh Spinach, Mushrooms, Onions, Sweet Peppers, Cheddar & Jack Cheese

Served with a side of All American Tater Tots, Ketchup and Hot Sauce

Individual Meal – \$9.95 pp - Minimum of 6

Group Meal – \$9.95 pp - 15 pp Minimum

### BLUE WATER TACO BREAKFAST BURRITOS

Scrambled Eggs, Cheddar & Jack Cheese

Choice of Bacon, Sausage, Veggie Chorizo – **Vegan**

Served with a side of Tater Tots, Salsa, Sour Cream, Guacamole and Ketchup

Individual Meal – \$8.95 pp - Minimum of 6

Group Meal – \$8.95 pp - 15 pp minimum

### ADD ONS

Bacon or Sausage Links - \$2.50 (2 pieces)

### DESSERT

- Double Fudge 2 Bite Brownie Bites – \$20.00 – 1 Dozen
- Chocolate Chip Cookies- \$20.00 – 1 Dozen

### BEVERAGES

- San Pellegrino Sodas – 12oz cans - \$2.50 ea – Lemon & Blood Orange
- Bottled Water - \$2.25 ea
- Cans – Coke, Diet Coke, Sprite, Dr. Pepper, Diet Dr. Pepper, Pepsi, Diet Pepsi – 12oz cans - \$2.25 each
- Orange Juice – 16oz bottles - \$2.99 ea