

# fresh&co.

FRESH FOOD ON THE GO



corporate catering  
MEETINGS AND EVENTS

[WWW.FRESHANDCONYC.COM](http://WWW.FRESHANDCONYC.COM)



At fresh & co. everything is prepared from scratch in our own kitchens. We use the finest, freshest and when possible locally produced ingredients available. We believe that our customers deserve the best and can appreciate the difference.

**fresh&co.**

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## welcome

At fresh & co. we care about serving you the freshest, healthiest and most natural foods we have available to us. We source our ingredients from local farmers whenever possible to create dishes that are full of flavor and nutrition.

Here are our favorites...

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## full service catering

We provide more than just meals! Our experienced catering team will meet with you and create the perfect event or party. We will assist you with everything from small intimate gatherings and office parties to the largest events.

## special event planning

Don't know where to begin when planning your company meeting or special event? Put us to work!

We can provide everything from great food and a professional service staff to fine linens and full rental services. Whether you're planning a casual breakfast or a high-end luncheon, we can please every palate.

## we believe

- It's what's inside that counts, with people and with food.
- Delicious fresh food should be fast and convenient
- Pure, wholesome, fresh food tastes better than processed.
- It's important to support local family farms committed to organic and sustainable practices.

## eat fresh

### PURE FOOD

Pure, clean foods are free from synthetic fertilizers, pesticides and other additives.

### LOCAL FRESHNESS

We source locally whenever possible. Your food arrives consistently fresh and flavorful.

### ENVIRONMENTALLY FRIENDLY

Our commitment is not only to your healthier eating habits but to our planet as well, so we use all recyclable packaging that is derived from renewable sources. We're doing our part to help the environment and you are too just by eating at fresh & co.

## breakfast platters

ALL PRICES PER GUEST. MIN. 8 GUESTS.

### MORNING FAVORITES 4.25

An Elegant Display of Our Organic Freshly Baked Miniature Muffins, Whole Wheat and Butter Croissants, Hand Rolled Bagels and All Natural Scones

### NEW ENGLAND BREAKFAST BUFFET 8.95

Choice of Whole Wheat French Toast or Seven Grain Granola Pancakes, Turkey Bacon or Sausage Served with Bananas, Strawberries and Vermont Maple Syrup

### HAND-ROLLED BAGELS 3.95

Accompanied by Traditional and Flavored Cream Cheese

### HEARTY BREAKFAST BUFFET 10.95

Farm Fresh Scrambled Eggs with Whole Wheat French Toast and Turkey Bacon or Sausage

### HOT CEREAL BAR 5.95

Organic Steel-Cut Oats or Cream of Wheat Served with Brown Sugar, Honey and Fresh Strawberries

### ORGANIC HOMEMADE

#### GRANOLA & YOGURT 5.95

A Colorful Bowl of Homemade Granola, Low-Fat Vanilla Yogurt and Fresh Fruit

#### CARVED FRESH FRUIT AND BERRIES 5.50

An Elegant Arrangement of Sliced Seasonal Fruit and Assorted Berries

#### WHOLE FRUIT TRAY 4.50

A Medley of Red Delicious and Granny Smith Apples, Valencia Oranges, Bananas, Seedless Grapes and Bartlett Pears

**FRESH FRUIT SALAD 4.95**  
A Medley of Seasonal Fresh Fruit and Berries

#### BREAKFAST WRAPS 4.95

- Whole Wheat Tortillas filled with Turkey Sausage, Vermont White Cheddar, Farm Fresh Scrambled Eggs
- Farm Fresh Scrambled Egg Whites, Peppers, Onions and Hand Rolled Mozzarella
- Turkey Ham, Farm Fresh Scrambled Egg and Brie Cheese

#### SMOKED SALMON PLATTER 10.95

Imported Smoked Salmon Platter Beautifully Presented with Assorted Cream Cheese and Bagels

## breakfast meeting packages

### CONTINENTAL BREAKFAST 5.95

Organic Morning Favorites and Organic Coffee

### HUDSON VALLEY BREAKFAST 7.95

Organic Morning Favorites, Organic Coffee and Freshly Squeezed Orange Juice

### L.A. BREAKFAST 8.95

Organic Morning Favorites, Freshly Squeezed Orange Juice, Carved Fruit and Berries

### CHICAGO BREAKFAST 11.50

Organic Morning Favorites, Organic Coffee, Freshly Squeezed Orange Juice and Carved Fruit and Berries

### WEST COAST BREAKFAST 12.95

Seven Grain Breakfast Quesadilla, Organic Granola & Yogurt, Organic Coffee Service and Freshly Squeezed Orange Juice



# beverage services

## **FRESH & CO. ORGANIC COFFEE SERVICE 2.25**

Our Organic Signature Roast or  
Decaffeinated Fresh Brewed Coffee

## **FRESH & CO. ORGANIC TEA SERVICE 2.25**

Our Fair Trade Organic Fresh Brewed Leaf Tea,  
Decaffeinated and Herbal

## **FAIR TRADE HOT CHOCOLATE 3.25**

Our Fair Trade Organic Cocoa with Steamed Milk

## **ORGANIC HOT APPLE CIDER 3.25**

A Cinnamon Spiced Winter Treat

## **FRESH SQUEEZED AND ALL NATURAL JUICES 18.00**

per pitcher (serves 6 to 8)

Valencia Orange, Golden Grapefruit,  
Cranberry or Fresh Pressed Apple Juice

## **BEVERAGE PACKAGE 1.95**

Bottled Spring Water, Canned Soda and Iced Tea

## **HEALTHY BEVERAGE ASSORTMENT 3.25**

Honest Teas, Vitamin Water, Smart Water

we use the finest, freshest  
and when possible locally  
produced ingredients.

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# fresh & co sandwich options

8.95 PER GUEST. MIN. 8 GUESTS.

## baguette sandwiches

**GREEK FETA** Arugula, Tomato, Cracked Olives, Lemon Olive Oil

**GRILLED CHICKEN & MOZZARELLA** Red Onion, Tomato, Arugula with Balsamic Vinaigrette

**ROAST BEEF PARMIGIANA** Arugula, Red Onions, Horseradish Cream

**SMOKED TURKEY HAVARTI** Cheese, Red Onions, Watercress with Dijon Mayo

## healthy sandwiches

SERVED ON SEVEN GRAIN BREAD

**ORGANIC EGG SALAD** Arugula, Cucumber and Parmigiano

**ALL NATURAL CRANBERRY TURKEY SALAD** Toasted Almonds, Dill

**MONTEREY GRILLED CHICKEN** Avocado, Tomato, Red Onion, Organic Mesclun with Chipotle Dressing

**COCONUT CURRY CHICKEN SALAD** with Raisins and Mango

**LEMON GRILLED CHICKEN** Cucumbers, Watercress and Lemon Dill

**DOLPHIN FREE TUNA SALAD** Vine-Ripened Tomatoes, Leaf Lettuce

**THE GARDEN VEGGIE** Avocado, Tomato, Sprouts, Parmigiano, Red Onion with Garden-Herbed Aioli

**TURKEY BLT** Bacon, Tomato, Arugula with Mayo

**ROAST BEEF & WHITE CHEDDAR** Tomato, Arugula, Horseradish-Caper Sauce

**TOMATO & MOZZARELLA** Fresh Basil, Sun Dried Tomato Pesto

**TURKEY HUMMUS** Tomato, Cucumber and Arugula

## crisp panini melts

**SMOKED TURKEY CROQUE MONSIEUR** Bechamel and Gruyère

**GRILLED CHICKEN FUNGI** Munster Cheese and White Truffle Oil

**SMOKED TURKEY CHEDDAR** Avocado, Tomato and Chipotle Spread

**GRILLED STEAK AND FONTINA** Caramelized Onions, Arugula and Caper Sauce

**CHICKEN FRESCO** Avocado, Queso Fresco, Roasted Pepper and Tomatillo Salsa

**CRISPY CHICKEN AND MOZZARELLA** Artichoke, Arugula with Dried Tomato Pesto

**FALAFEL BURGER** Parmigiano, Tomato, Carmelized Onions and Dried Tomato Tahini

## signature lunch packages

ALL PRICES PER GUEST. MIN. 8 GUESTS.  
SANDWICHES PURCHASED A LA CARTE 8.95 EA.

### **THE CLASSIC 11.95**

Choose a Selection from Our Sandwich Options and One Side Salad

### **THE FAVORITE 15.95**

Choose a Selection from Our Sandwich Options, One Side Salad and Fresh & Co. Sweet Tray

### **THE DELUXE 17.95**

Choose a Selection from Our Sandwich Options, Two Side Salads, Carved Fruit and Berries and a fresh & co. Sweet Tray

### **SOUP & 1/2 SANDWICH 11.95**

A Selection of fresh & co. Sandwiches and your Choice of a Hearty Soup

### **CHOPPED SALAD & 1/2 SANDWICH 12.50**

A Selection of fresh & co. Sandwiches and Your Choice of a Chef Designed Chopped Salad

### **SOUP & SALAD 11.95**

Your Choice of a Chef Designed Chopped Salad and One of Our Hearty Soups

### **VIP LUNCH 18.95**

Your Choice of an Chopped Salad (see page 9) served with Two of the following:

- Carved Fruit and Berries
- Pasta or Grain Side Salad
- Grilled Vegetables



## eco-boxed lunch to go

CHOOSE FROM OUR BAGUETTES, HEARTY SANDWICHES, OR SIDE SALADS. ADD YOUR CHOICE OF CHIPS, FRESH FRUIT CUP, HOMEMADE COOKIE AND A DRINK.

ECO-BOXES ARE MADE FROM POST CONSUMER RECYCLED MATERIAL.

### **Eco-Box #1 10.95**

Choice of sandwich or salad and a Homemade Cookie

### **Eco-Box #2 11.95**

Choice of sandwich or salad with a bag of chips and a Homemade Cookie

### **Eco-Box #3 12.95**

Choice of sandwich or salad with a Fresh Fruit Cup and a Homemade Cookie

### **Eco-Box #4 13.95**

Choice of sandwich or salad with a Fresh Fruit Cup, Homemade Cookie and a Drink

Same day ordering available.

BOXED LUNCHES | LUNCH PACKAGES | SALAD BOWLS

# chef designed salads

11.95 PER GUEST. MIN. 12 GUESTS.

## 1. SANTA FE SALAD

Cajun Chicken, Organic Mesclun & Romaine, Avocado, Fresh Corn, White Cheddar Cheese, Tomato, Onions and Tortilla Strips.  
We Recommend Smokey Chipotle Dressing.

## 2. MEDITERRANEAN SALAD

Grilled Chicken, Romaine, Red Onions, Tomato, Cucumber, Feta Cheese and Kalamata Olives.  
We Recommend Fat-Free Lemon Herb Dressing.

## 3. ASIAN CHOP-CHOP SALAD

Spinach, Romaine, Edamame, Orange Slices, Snow Peas, Carrots, Red Onions and Chinese Noodles.  
We Recommend Five-Spice Asian or Carrot Ginger Dressing  
With Grilled Tofu or with Grilled Jumbo Shrimp

## 4. STEAK HOUSE SALAD

Grilled Flat-Iron Steak, Romaine, Garlic Croutons, Roasted Red Peppers, Parmigiano Cheese, Tomato, Fried Onions.  
We Recommend Blue Cheese Dressing.

## 5. CALIFORNIA COBB SALAD

All Natural Turkey, Bacon, Organic Spinach & Romaine, Mushrooms, Blue Cheese, Alfalfa Sprouts, Tomato, Cucumbers and Egg Whites. We Recommend Low-Fat Ranch Dressing.

## 6. GRILLED SHRIMP SALAD

Grilled Jumbo Shrimp, Oriental Blend Lettuce, Avocado, Red Onions, Cucumbers, Tomato and Crunchy Noodles.  
We Recommend Organic Sesame Ginger Dressing.

## 7. CLASSIC CAESAR SALAD

Romaine Lettuce, Garlic Croutons and Parmigiano Cheese.  
We Recommend Caesar Dressing.  
With Chicken, Steak or Jumbo Shrimp

## 8. FIESTA CHICKEN SALAD

Home-Fried Chicken, Romaine Lettuce, Fresh Corn, Tomato, Red Onions and Tortilla Strips. We Recommend Low-Fat Tex-Mex Ranch Dressing.

# custom chopped salads

13.95 PER GUEST. MIN. 15 GUESTS.

## SELECT YOUR FAVORITE TYPE OF GREENS

Organic House Blend	Iceberg Lettuce
Organic Baby Spinach	Oriental Blend
Italian Blend	Romaine Hearts

## PICK EIGHT TOPPINGS

Bell Peppers	Kalamata Olives
Broccoli	Cheddar Cheese
Celery	Organic Alfalfa
Cherry Tomatoes	Organic Chic Peas
Croutons	Organic Kidney Beans
Farm Fresh Eggs	Parmigiano Cheese
Cucumbers	Raisins
Carrots	Red Onions
Edamame	Roasted Peppers
Fresh Corn	Sesame Noodles
Fried Onions	Sliced Beets
Green Peas	Sunflower Seeds
Fresh Apples	Snow Peas
Hearts of Palm	Tortilla Strips
	Tomatoes

## PICK TWO PREMIUMS

Artichoke Hearts	Grilled Portobello
Avocado	Grilled Tofu
Craisins	Sundried Tomatoes
Egg Whites	Slivered Almonds
Grilled Asparagus	Walnuts

## PICK TWO CHEESES

Crumbled Blue Cheese	Mozzarella Cheese
Feta Cheese	White Cheddar Cheese
Low-Fat Swiss Cheese	

## PICK TWO PROTEINS

Grilled Chicken	Tuna Salad
House-Roasted Turkey	Crispy Chicken
Albacore Tuna	Grilled Jumbo Shrimp
Cajun Chicken	Grilled Flat-Iron Steak
Smoked Turkey	Bacon

## CHOOSE THREE DRESSINGS

### CLASSIC

Caesar  
Blue Cheese  
Thousand Island  
Extra Virgin Olive Oil  
Fresh Lemon Juice  
Aged Balsamic Vinegar

### TRENDY

House Balsamic Vinaigrette  
Five-Spice Asian  
Smokey Chipotle  
Spicy Thai Basil  
Japanese Carrot Ginger

### FAT-FREE/CARB-FREE

Fat-Free Lemon Herb  
Fat-Free Raspberry Vinaigrette  
Carb-Free Tomato-Basil

### LOW-FAT

Low-Fat Spicy Tex Mex  
Low-Fat Peppercorn Ranch

### ORGANIC

Organic Sesame Ginger

## side salads

SERVED AS AN ACCOMPANIMENT TO OUR SIGNATURE LUNCH PACKAGES; SEE PAGE 7.  
PLEASE ASK YOUR CATERING EXPERT FOR THE SALAD SPECIAL OF THE DAY.  
SALADS PURCHASED A LA CARTE 4.50 PER GUEST.

### ORGANIC BARLEY

Scallions, Corn, Red Pepper and Sherry Shallot Vinaigrette

### THAI JASMINE RICE

Hints of Coconut and Cilantro

### MEDITERRANEAN ORZO

Tomato, Feta and Olives

### FARM FRESH MOZZARELLA & HEIRLOOM TOMATO

Olive Oil and Basil

### LOCAL CHAR GRILLED VEGETABLES

Aged Balsamic Reduction

### TOMATO & CUCUMBER

with Feta Cheese

### WHOLE WHEAT SOBA NOODLES

Zesty Sesame Ginger Dressing

### RIGATONI PESTO

Roasted Peppers and Pignoli Nuts in a Basil Vinaigrette

### PENNE BROCCOLI

Roasted Garlic and Virgin Olive Oil

### TRI COLOR PASTA PRIMAVERA

Roasted Vegetable Mèlange

### ORGANIC WHOLE WHEAT PASTA SALAD

Fresh Mozzarella and Tomatoes and a Cherry Tomato Vinaigrette

### ORGANIC BABY SPINACH

Egg, Bacon and Red Onion

### ASIAN GREENS

Mandarin Orange, Toasted Almonds and Scallion

### FRESH ORGANIC FIELD GREENS

with Fresh Garden Vegetables

### ISRAELI CHOPPED SALAD

Tomatoes, Cucumbers and Dill

### CLASSIC CAESAR SALAD

### TRADITIONAL GREEK SALAD

### BOWTIE CHICKEN CAESAR SALAD

### FRESH & CO. HOUSE SALAD

Field Greens, Seedless Grapes, Sun Dried Cranberries, Blue Cheese, Candied Walnuts and Caramelized Pears

## hearty soups

5.95 PER GUEST. MIN. 15 GUESTS. 24 HOUR NOTICE REQUIRED.

**L** LOW FAT

**V** VEGETARIAN

WE MAKE OUR SOUPS FRESH DAILY, USING MARKET FRESH INGREDIENTS.

SERVED WITH A SELECTION OF ARTISAN BREADS.

SOUP SELECTION IS SEASONAL. ASK YOUR CATERING REPRESENTATIVE FOR OUR DAILY SELECTIONS.

FRESH & CO CHICKEN NOODLE **L**

ORGANIC SPLIT GREEN PEA **L V**

GARDEN TOMATO VEGETABLE **L V**

TURKEY CHILI

LOBSTER BISQUE

POTATO & CHEDDAR

TOMATO RAVIOLIETTI

FIVE STAR MUSHROOM

ORGANIC TUSCAN WHITE BEAN **V**

JALAPEÑO CRAB

## event & cocktail baskets

### **SOUTH SEAS 185.00**

AN ECLECTIC, NOUVELLE-STYLE USE OF INGREDIENTS IMBUING FLAVORS OF THE PACIFIC ISLANDS AND THE ORIENT – SIMPLY SUBLIME.

- Angus Beef Yakitori
- All Natural Sesame Crusted Chicken
- Wild Caught Coconut Shrimp
- Spring Rolls
- California Roll
- Pickled Ginger and Wasabi
- Soy Scallion Dipping Sauce

### **MIDDLE EASTERN**

#### **MEDITERRANEAN 135.00**

A TAPESTRY OF TRADITIONAL FLAVORS DIRECT FROM THE SHORES OF THE MEDITERRANEAN SEA

- Sage Grilled Chicken Kebabs
- Grilled Wild Caught Shrimp Kebabs
- Stuffed Grape Leaves
- Grilled Eggplant
- Olive Tapenade
- All Natural Hummus
- Feta & Sun-Dried Tomato Dip
- Kalamata Olives
- Assorted Flat Breads

### **BACKYARD BBQ 185.00**

FUN FINGER FOODS THAT ARE BEST ENJOYED WITH FRIENDS.

- All Natural Crispy Chicken
- Mini Maryland Crab Cakes
- Angus Beef Sliders
- Angus BBQ Beef on Jalapeno Biscuit
- Honey Mustard
- Maytag Blue Cheese Dressing

### **FAR EAST 185.00**

A CULMINATION OF CULINARY INFLUENCES FOR AN “EAST MEETS WEST” FUSION STYLE SENSATION.

- Angus Beef Saté
- Wild Lemongrass Shrimp Saté
- Sweet Chile Chicken Saté
- Grilled Asparagus Spears
- Vegetable Wonton
- Ginger Carrots and Snap Peas
- Spicy Peanut Dipping Sauce

### **TASTE OF INDIA 195.00**

EXOTIC HERBS AND SPICES THAT ARE MORE WARMING THAN FIERY, THIS IS OUR TAKE ON THIS ANCIENT NORTHERN INDIAN COOKING TECHNIQUE.

- Grass Fed Baby Lamb Chops
- Natural Tandoori Chicken Kebabs
- Curried Shrimp Kebabs
- Vegetable Samosas
- Cucumber & Red Pepper
- Mango Chutney
- Spicy Harissa Yogurt Dip

### **THAI 185.00**

PURE AMBROSIA WITH ENTHUSIASTIC USE OF HERBS AND SPICES AND A UNIQUE BALANCE OF FLAVORS THAT IS DISTINCTLY THAI.

- Wild Caught Coconut Shrimp Saté
- Curried Angus Beef Saté
- Lemon Ginger Chicken Saté
- Vegetable Spring Rolls
- Thai Cucumber Salad
- Peanut and Sweet Chili
- Dipping Sauce

### **CRUDITES & DIP BASKET**

#### **4.95 PER GUEST**

Fresh-from-the-garden vegetables in the raw; Baby Zucchini, Asparagus, Cherry Tomatoes, Baby Carrots, Broccoli, Celery, Red Pepper, Our Signature Dip

### **CHEESE BOARD**

#### **7.95 PER GUEST**

Fromage, formaggio, queso... a selection of hand-crafted imported and domestic cheeses garnished with dried fruit and nuts...anyway you slice it, a taste experience that will delight any ardent cheese lover.

### **FRUIT SKEWER BASKET**

A “Floral Arrangement” of Fresh Fruit Skewers arranged in a Basket served with Organic Vanilla Yogurt Dip.

SMALL 60.00

MEDIUM 90.00

LARGE 140.00

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# sweet & savory

ALL PRICES PER GUEST.

## SWEET MOMENTS

### FRESH & CO. SWEET TRAY 4.95

Gourmet Cookies and Brownies  
Garnished with Chocolate Covered  
Strawberries

### MINI SPECIALTY PASTRIES 6.95

Mini Fruit Tarts, Eclairs, Cannolis,  
Napoleons and Cream Puffs

### FRUIT KEBABS 6.95

Fresh Cubed Fruit on Skewers Served  
with a Honey Yogurt Dipping Sauce

### PETITS FOURS AND TRUFFLES 5.95

A Decadent Assortment of Sweets  
to Entice Your Senses

### CARVED FRESH FRUIT 5.50

An Elegant Arrangement of  
Sliced Seasonal Fruit and  
Assorted Berries

## ITALIAN BUTTER COOKIES AND BISCOTTI 5.95

Traditional Homemade Italian Butter  
Cookies and Biscotti presented with  
Fresh Berry Garnish

### MINI CUP CAKES 4.50 PER GUEST

Chocolate and Vanilla Frosted Treats

### CHOCOLATE DIPPED

### STRAWBERRIES 3.95

Sweet Strawberries Smothered  
with Dark Belgian Chocolate

### DEATH BY CHOCOLATE 5.95

A Selection of Our Most Decadent  
Chocolate Treats

## TORTILLA CHIPS & DIP 5.95

Authentic Tri-Color Tortilla  
Chips with Handmade Guacamole  
and Fresh Pico de Gallo

### NATURES SNACK MIX 6.95

Roasted Nuts, Wasabi Peas,  
California Trail Mix, Dried Fruit  
and Crunchy Granola



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fresh & co. catering will make sure that every detail of your next meeting, party, or event is handled with impeccable professionalism and service. Working with our catering planner, you will be offered competitive pricing and outstanding service; guaranteeing each event or meeting will exceed your highest expectations and exacting standards. Our impressive selection of all natural and organic foods is bound to impress clients and guests alike.

Next time you have a board meeting, training seminar, holiday gathering or corporate function, let fresh & co. catering handle every detail so you don't have to.

## our policy

**ORDERS** may be placed Monday through Friday, 6:00am to 5:00pm. Some items may require 24 hours notice. To insure availability of all farm fresh items please place your order as early as possible.

**PAYMENT** is accepted by Cash, Company Check, American Express, Visa, or Master Card. House account inquiries are welcomed. Orders may be subject to a deposit. One full business day notice is required for cancellations.

**DELIVERY** to all parts of the city is available by special arrangement and at an additional charge.

**HELP US SAVE OUR PLANET** one plate at a time. Please advise us if you need paper and plastic utensils for your meeting or event.



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