

## Great Beginnings

### Assorted Pastry Tray

Just baked assortment of muffins, scones, croissants, raspberry Danish and low-fat breads.....\$2.75 pp  
with bagels and cream cheese .....\$3.50 pp

### Bagel Tray

An assortment of fresh baked bagels served with cream cheese, butter and jelly.....\$3.50 pp

### Eye Opener

Assorted pastries, bagels and cream cheese, orange juice, our rich blended coffee .....\$6.95 pp

### Healthy Start

An assortment of power, bran and banana-nut muffins, yogurt, granola and juice.....\$7.50 pp

### The Continental

Assorted pastries, bagels and cream cheese with seasonal fruit and orange juice.....\$7.95 pp

### Yogurt Bar

Seasonal berries, vanilla yogurt and topped off with granola (min 10) .....\$4.95 pp

Please give 48-hours notice for hot breakfast items

### All American

Scrambled eggs, breakfast potatoes, bacon (min 10) .....\$8.95 pp

### The Breakfast Sandwich

Egg, ham and cheese served on a croissant (min 10) .....\$4.95 pp

Add breakfast potatoes and fresh fruit (min 10) .....\$8.95 pp

### Wake Up Pancakes

Buttermilk pancakes with maple syrup, breakfast potatoes and bacon (min 10) .....\$8.95 pp

### Breakfast Burrito Bar

Scrambles eggs, roasted potatoes, bacon, sausage, cheese, jalapenos, tortillas and sriracha crema (min 10) .....\$12.50 pp

### Soufflé

Choose from Florentine, Lorraine or broccoli and cheese served with fresh fruit and orange juice.

Medium (serves 10) .....\$80

Large (serves 20) .....\$150

### Fresh Seasonal Fruit Platter

Small (serves 10 – 15) .....\$30

Medium (serves 15 – 20) .....\$50

Large (serves 30 – 40) .....\$75

## A la Carte

(single serving)

Fresh Fruit cup .....\$4.25

Greek Yogurt (8oz) .....\$2.50

Kind Bars .....\$2.25

Donut (Gluten Free) .....\$2.75

Milk (½ pint) .....\$1.50

Variety of 100% juice (10oz) .....\$1.89

Protein Box (grilled chicken, hard-boiled egg, sliced cheese and grapes) .....\$5.95

## Coffee and Tea

Small Air Pot (serves 8 – 10) .....\$17

Medium Urn (serves 20 - 30) .....\$40

Large Urn (serves 50 or more) .....\$70

Hot Tea (serves 8 - 10) .....\$15

## Lunch is Served

### The Senior Associate

A selection of gourmet sandwiches, a side salad and cookie .....\$10.95 pp

### The Decision Maker

A variety of meats and cheeses, freshly baked rolls and bread, lettuce, tomatoes, pickles, spreads and chips (min 10) .....\$10.95 pp

### All Wrapped Up

An assortment of wraps served with a side salad and chips .....\$10.95 pp

### Just Bag It

Sandwich, chips and cookie .....\$9.95 pp

### Create Your Own Salad Bar

Mixed greens, grilled chicken, eggs, tomatoes, cucumbers, onions, bacon, cheese, black olives, croutons and bread basket (min 10) .....\$11.95 pp

### The Salad Trio

Tuna, chicken and pasta salads all served on a bed of lettuce with tomatoes, grain bread and fresh whole fruit (min 10) .....\$10.95 pp

### Entree Salad

Choose from chef, cobb, Greek, tuna, chicken salad, chicken or salmon Caesar salad (add 3.00 for salmon Caesar) .....\$8.95 pp

### Side Salad

Choose from Caesar, mixed greens, Greek, house, tortellini, cucumber and tomato, potato salad, basmati, quinoa or cole slaw .....\$3.25 pp

with chicken.....\$5.95 pp

## Hot Entrees

Please give 48-hour notice (min 10)

### Chicken or Tofu Stir Fry

Served with Asian vegetables and rice .....\$13.95 pp

### Healthy Baked Chicken

Baked lemon pepper chicken breasts served with roasted baby potatoes and fresh vegetables .....\$14.50 pp

### Chicken Marsala

Chicken breast topped with marsala wine and mushrooms and served with roasted baby potatoes and garden salad .....\$14.95 pp

### Guiltless Chicken Parmesan

Baked chicken topped with fresh mozzarella cheese and marinara sauce. Served with rotini pasta, salad and garlic bread. ....\$14.95 pp

### Blackened Chicken Pasta

Sliced chicken strips mixed with penne pasta and a light cream sauce. Served with your choice of salad and fresh bread basket .....\$14.95 pp

### Chicken Piccata

Sautéed Chicken breast in a light lemon butter caper sauce. Served mashed potatoes, side salad and fresh bread basket. ....\$14.95 pp

### Chicken Caprese

Grilled Chicken breast, grape tomatoes, fresh mozzarella and basil. Served with pesto pasta, side salad and fresh bread basket. ....\$14.95 pp

### Chicken with Peppers and Onions

Sautéed Chicken breast with peppers and onions with a red marinara sauce and spaghetti. Served with a salad and fresh bread basket. ....\$14.95 pp

### Chicken Florentine

Chicken Breast with fresh spinach, onions and a light cream sauce. Served with pasta or rice and salad. ....\$14.95 pp

### Lasagna

Baked meat or veggie lasagna served with a house salad and garlic bread .....\$13.95 pp

### Baked Ziti or Manicotti

Served with your choice of salad and a fresh bread basket. ....\$13.95 pp

### Tri Colored Cheese Tortellini

Cheese filled tri-colored tortellini in a creamy alfredo sauce or red marinara sauce. Served with your choice of salad and a fresh bread basket. ....\$13.95 pp

### Seared Salmon

Salmon with balsamic glaze served with rice pilaf and mixed vegetables .....\$15.95 pp

### Mixed Grill

Atlantic salmon, grilled London broil, tender sliced chicken breast, grilled vegetables, roasted baby potatoes and a house salad (all served at room temperature).....\$17.99 pp

### Shrimp Scampi

Sautéed shrimp with butter, lemon and olive oil, diced tomatoes and fresh herbs. Served with linguini and a salad. ....\$16.95 pp

### Stuffed Pepper

Red and Green peppers stuffed with ground beef, rice, onions and fresh garlic. Served with mashed potatoes and a salad. ....\$14.95 pp

### Barbecue

Tender pulled pork served with fresh baked rolls, cole slaw and potato salad .....\$13.50 pp

### Beef Stroganoff

Tender cubes of beef mixed with a sour cream mushroom sauce. Served with egg noodles, salad and fresh bread basket. ....\$16.95 pp

### Fajitas Bar

Chicken cooked with peppers and onions served with warm tortillas, diced tomatoes, cheese, salsa, sour cream and Mexican rice .....\$14.95 pp

### Taco Bar

Spicy taco meat served with warm tortillas, diced tomatoes, shredded lettuce, cheese, salsa, sour cream and Mexican rice .....\$14.95 pp

### Baked Potato Bar

Build your own baked potato. Toppings include chili, sour cream, shredded cheddar, onions, scallions, tomatoes, butter and bacon.....\$11.95 pp

## Snacks

### Sweet-n-Salty

Cookie, mixed nuts, chips and soda (min 10) .....\$6.95 pp

### Sweet-n-Healthy

Cookie, brownie, fresh fruit and soda (min 10) .....\$7.95 pp

### Snack Basket

Garnola bars, chex mix, mixed nuts with chocolate and soda (min 10) .....\$5.95 pp

### Fresh Fruit Kabobs

One seasonal fresh fruit kabob per person (min 10) .....\$1.95 pp

### Chips

Assorted chips and pretzels .....\$1.50 pp

Mixed Nuts.....\$2.50 pp

### Bars

Assorted Kind bars .....\$2.00

Assorted protein bars .....\$2.95

## Appetizer Break

\* Ask about additional appetizer items

### Petite Sandwich Assortment

A selection of meats, salads and vegetarian items, served on freshly baked petite breads (min 10) .....\$4.95 pp

### Cheese and Cracker Tray

Fine cheeses, including brie and cheddar, served with assorted crackers (min 10) and fresh grapes.....\$3.95 pp

Add seasonal fruit .....\$5.50 pp

### Bruschetta Tray

Fresh mozzarella and tomatoes on herbed rounds (min 10) .....\$3.95 pp

### Dip Tray

Choose one of dip trays (min 10) .....\$3.95 pp

Spinach dip with tortillas

Southwest salsa with tortillas

Southwest layer dip with tortillas

Hummus with pita triangles

Baba ghanoush with pita triangles

Tzatziki served with pita triangles

### Fresh Veggie Tray

Fresh vegetables served with a dipping sauce (min 10) .....\$3.95 pp

### Pineapple Tree

An assortment of salami, pepperoni and cheese arranged on a fresh pineapple (serves 20) .....\$75

### Roasted Veggie Tray

Zucchini, eggplant, summer squash, portabella and red peppers (serves 20) .....\$75

### Caprici salad

Sliced tomatoes, fresh mozzarella, basil, lettuce, balsamic vinegar (serves 20) .....\$75

### Fresh Seasonal Fruit Platter

Small (serves 10 – 15) .....\$30

Medium (serves 15 – 20) .....\$50

Large (serves 30 – 40) .....\$75

### Chicken Tray

Choose from our popular chicken trays (serves 20) .....\$75

Spicy chicken wings severed with celery and blue cheese

Chicken tenders with honey mustard

### Chicken or Beef Satay

Choose from chicken or beef served with a spicy peanut sauce (serves 20 - 25) .....\$75

### How to Please a Crowd

Choose from our delicious appetizer trays

Mini crab cakes (25 count) .....\$90

Bacon wrapped scallops (25 count) .....\$90

Spanakopita plate (serves 20 - 25) .....\$75

Swedish meatballs (serves 20 - 25) .....\$70

Chilled shrimp cocktail platter (serves 20 - 25) .....\$90

## Ask about Additional Services

Espresso Bars

Smoothie Bars

Custom BBQ Events

Prices may be subject to change without notice.

## Delicious Desserts

### Sweet Temptations

An assortment of freshly baked cookies and brownies .....\$3.50 pp

### Bar Tray

A selection of our decadent brownies and bars .....\$3.25 pp

### Cookie Tray

A variety of freshly baked cookies .....\$2.95 pp

### Petite French Pastries

An assortment of cream puffs, eclairs, napoleons, petit fours .....\$3.95 pp

### Cookie Tray

1 cookie per person .....\$1.50 pp

2 cookies per person .....\$2.95 pp

Chocolate Chip Cookie (gluten free) .....\$2.50

## Beverages

(single serving)

Assorted cans of soda .....\$1.50      Sparkling water .....\$1.95

Bottled water .....\$1.50      Bottled soda .....\$2.25

Variety of 100% juice (10oz) .....\$1.89      Bottle juice (Snapple, Nantucket) .....\$2.50

## Cafe Blu Commitment

We are committed to providing you the highest quality products with reliable service at a competitive price. All orders are presented with quality disposable platters, plates, utensils and napkins at no additional charge. Please do not hesitate to ask about additional items or other special requests not shown on this menu.

## Orders

A 24 hours notice is requested, however, we will try to make every attempt to accommodate last minute requests. For last minute requests please call for availability. There is no charge for cancellation made 24 hours prior to scheduled delivery. 10 person minimum.

## Payment

We take MasterCard, Visa and American Express.

All corporate accounts are due within 30 days.



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