



www.frescafoods.com goodeats@frescafoods.com
Catering orders please call Victoria Salamanca (847) 331-6190

breakfast

CLASSIC CONTINENTAL

seasonal fresh fruit
assorted muffins, pastries & bagels with cream cheese
\$6 pp

ORANGINA FRENCH TOAST

orange zest french toast & maple syrup
smoked gouda & sun-dried tomato chicken sausage
herb potatoes
seasonal fresh fruit
\$13 pp

CLASSIC AMERICAN

scrambled eggs
choice of sliced bacon, fresh ham or sun-dried tomato sausage
herb potatoes
breakfast pastries
seasonal fresh fruit
\$13 pp

SALAMANCA EGG CASSEROLE

fresh eggs baked with goat cheese, roasted peppers, baby spinach & zucchini
herb potatoes
choice of sliced bacon or sun-dried tomato sausage
butter croissants
seasonal fresh fruit
\$13 pp

LOS BURRITOS

flour tortillas stuffed with scrambled eggs, cheese, onion, cilantro, tomato & roasted peppers
breakfast potatoes with chorizo
sour cream & spicy chipotle salsa
traditional Mexican breads
seasonal fresh fruit
\$13 pp

SMOKED SALMON DISPLAY

smoked salmon display served with cream cheese, shaved red onion, capers, tomato slices & assorted bagels
fresh fruit display
\$13 pp

OMLETTE STATION

chef prepared omlettes with choice of ingredients, grilled portabello, button mushroom slices, zucchini, roasted peppers, onion, baby spinach, goat cheese, shredded cheddar, boursin, havarti, smoked gouda, swiss, crisp bacon bits, chopped ham, spicy chorizo, jalapenos, garlic, roasted poblanos and green beans. omlette stations include croissants, breakfast breads, fresh fruit display, herb potatoes, sliced bacon & country sausage links, (\$25/hour per chef)
\$18pp

Beverages

SOFT DRINKS \$1.75 each

Coke, Diet Coke, Sprite, & Sunkist
Orange

JUICES \$1.75 each

Apple, Orange, Cranberry, V8, &
Grapefruit

BOTTLED WATER \$1.75 each

MINERAL WATERS \$2 each

STARBUCKS COFFEE, DECAF & TEA

12 Servings Per Gallon with Cream.

ORDERING GUIDLINES

- all phone/email orders must be placed by 5:00pm, on the business day prior to the day you are serving.
- all corporate accounts upon credit approval are net 15.
- orders not cancelled within 24 hours notice will be charged the full amount.
- minimum requirements: all orders must require at least 10 persons.
- disposable products are available @ \$1.50 per person.
- all orders will be charged a \$35.00 delivery charge.
- orders requiring set up rather than drop-off service will be charged a \$25.00 set up fee.

breakfast perks

Yogurt Parfaits with Granola & Fresh Berries
\$3.25 each

Croissant Sandwiches:

Egg, Cheese & Choice of Ham or Bacon
\$6 each

Cereal Bars: \$2.50 each

Assorted Muffins: \$30/dz.

Assorted Bagels & Cream Cheese: \$33/dz.

Assorted Fruit Yogurts: \$2.50 each

Assorted Scones \$30/dz.

Assorted LOW-FAT Muffins \$30/dz.

Sticky Cinnamon Buns \$35/dz

Coffee Cakes \$24/each

(blueberry, strawberry, cheese & raspberry)

Stuffed Croissants \$27/dz

(almond, cream cheese, chocolate, raspberry & strawberry)

Quiche: (serves 6-8) served room temperature

Quiche Lorraine (bacon, cheddar & green onion)

Quiche Florentine (spinach & cheese)

\$24/each

sweet & salty

COOKIE & BROWNIE BASKET \$4.25 pp

COOKIE BASKET

chocolate chip, white chocolate macadamia, oatmeal raisin & peanut butter \$2.25 pp

BROWNIE BASKET \$2 .25 pp

GOURMET BROWNIES & BARS

bourbon spiced pecan bar

caramel pecan brownie

lemon bars

s'more bar

mini lemon bites

\$30/dz

DEVIL'S FOOD MINI BUNDTTS \$30/dz

PETIT FOURS & MINIATURE DESSERTS

\$42/2 dozen minimum

SWEET TOOTH BASKET BREAK

treat your staff to an assorted basket full of treats for a long days work.

snickers, twix, mars, hershey's, ritz cheese crackers, rice

krispie treats, popcorn, potato chips, kit kat, gummi bears, & m & m's

25 ct. \$ 40. 50 ct. \$ 80.

BASEBALL BREAK

popcorn, salted peanuts in the shell, soft pretzels & dijon mustard \$6 pp

add vienna chicago style hot dogs \$6 per person

POTATO CHIPS & DIP \$2.75 pp

TRAIL MIX \$3 pp

SALTED CASHEWS or MIXED NUTS \$3 pp

POWER BREAKS

made to order smoothies choice of frozen fruits, berry assortment, banana, cantaloupe, mango, watermelon

blended with choice of juices \$6pp

ICE CREAM SUNDAE BAR

made to order sundaes with choice of toppings, syrup, chopped candy and nuts \$8

ALL AMERICAN CHOCOLATE CAKE

triple layer chocolate cake with chocolate frosting serves 16-24 guests \$45

lunch

NEW YORK DELI DISPLAY

create your own sandwiches

herb roasted turkey breast, seasonal grilled veggies, honey baked ham, albacore tuna salad, roast chicken salad, beef sirloin and fresh mozzarella, basil & tomato, fresh breads & rolls, romaine lettuce, tomato & red onion
assorted cheeses, dijon mustard, mayonnaise, olives, pickles, kettle chips & choice of two side salads
\$12 pp or premade sandwiches \$13 pp

GOURMET DELI DISPLAY

pre-made sandwiches stuffed with charcoal grilled skirt steak, grilled salmon & lemon, roast pork loin & seasonal grilled veggies with boursin cheese, served with baby field greens salad, aged pecorino and balsamic vinaigrette, fresh fruit salad & roasted veggie wild rice
\$15 pp

CALIFORNIA WRAP DISPLAY

flour, sun-dried tomato & spinach tortillas stuffed with grilled caesar chicken, honey baked ham, grilled veggies & portabella mushroom, roasted turkey breast, chipotle spiked skirt steak, albacore tuna salad, roasted chicken salad served with kettle chips, fresh fruit salad & baby field greens and balsamic vinaigrette
\$12 pp (deli display & cali wrap combo \$13 pp)

MINI FRENCH

mini french breads stuffed with roast chicken salad, albacore herb tuna salad, shaved turkey & gouda, shaved ham & havarti, fresh basil, tomato and mozzarella served with kettle chips
\$10 pp

HOT SANDWICH BOARD

meatballs in marinara sauce or chipotle glazed
Italian beef & roasted peppers
grilled italian sausage & peppers
pulled bbq pork
beef & sausage with roasted pepper (add \$2 extra)
\$10 pp (minimum order of 10 per item)

HOME MADE SOUPS \$3 pp

chicken fideo, broccoli cheddar, minestrone soup and chipolte roasted corn cream soup

EXECUTIVE LUNCH BOXES

sleek 4 compartment black boxes includes two mini french sandwiches, wild rice pilaf salad, fresh fruit salad & chocolate brownie
albacore tuna salad, roasted chicken salad, grilled veggies, boursin & portabella, honey baked ham, roasted turkey breast, santa fe skirt steak & caprese \$13

salads, veggies & grains

add a side salad, veggie or grain for \$2.50 per person to any buffet order, minimum of 10 guests per order.

ensalada de pasta penne pasta, zesty tomato sauce, parmesan & basil

ensalada de la casa baby field greens, aged cotija cheese, grilled red onion, roasted red peppers & balsamic vinaigrette

roasted sweet corn cilantro butter & roasted peppers

balsamic green beans

ensalada fresca baby spinach, strawberries, mango, cucumber & orange vinaigrette

caesar salad romaine, house croutons, parmesan & Caesar dressing

fresh tomato, mozzarella & basil

roasted baby new potatoes & herbs

home style potato salad

chipotle macaroni & cheese

grilled veggie couscous salad

lunch/dinner

STEAK & CHICKEN FAJITA BAR

grilled chicken & skirt steak with red onions & roasted peppers
served with corn & flour tortillas
mexican rice
pinto beans or roasted corn salad
shredded cheese
sour cream
pico de gallo
guacamole
tortilla chips
\$18 pp
cheese/veggie enchiladas \$6 pp

CHIMICHURRI KEBABS

herb and garlic grilled steak & chicken skewered with roasted veggies
served with white rice & steak potatoes
baby field greens & fresh rolls
\$14 pp

HERB CRUSTED BEEF TENDERLOIN

fresh herb roasted beef tenderloin
garlic mashed potatoes & sweet corn salad
baby field greens, grape tomatoes, red onion, balsamic vinaigrette & fresh rolls
\$25 pp

ATLANTIC SALMON & ARTICHOKE SALSA

grilled salmon & artichoke/ plum tomato salsa
white rice & balsamic green beans
fresca salad & fresh rolls
\$24 pp

ARROZ CON POLLO

grilled breast of chicken infused with sofrito/saffron
white rice & roasted cilantro potato wedges
baby field greens salad & fresh rolls
\$13 pp

POLLO POBLANO EN SALSA VERDE

chicken breast stuffed with goat cheese, roast poblano & red peppers
white rice, black beans & sweet plantains
fresh bread and butter
\$14 pp

POLLO MILANESA

breaded chicken breast baked with a spicy plum tomato sauce, farmer cheese & basil
veggie lasagna, baby field greens & french bread
\$13 pp

TANDOORI INDIAN SPICED CHICKEN

grilled chicken on the bone with aromatic spices turmeric, cumin, cloves, garlic, paprika, pepper, served with jasmine rice,
flat breads and baby greens with cucumber, tomatoes and balsamic vinaigrette
\$13 pp

HERB ROASTED PORK LOIN

fresh herb crusted roasted pork loin & orange zest juices served with garlic butter mashed potatoes
grilled asparagus & baby portabella mushrooms, baby field greens and balsamic & mini crusty French breads
\$18

stationary displays, hor d' oeuvres & more

FRESH FRUIT TRAY

seasonal sliced fresh fruits & berries with fruit sauce \$3.75pp

IMPORTED & DOMESTIC CHEESE BOARD

herbed goat cheese, baked brie, cheddar, boursin, smoked gouda, havarti, cheddar, swiss, blue cheese, fresh berry garnish & carr's crackers \$9 pp

GRAND CHEESE & VEGGIE DISPLAY

herbed goat cheese, baked brie, cheddar, boursin, smoked gouda, havarti, cheddar, swiss, blue cheese, fresh berry garnish & carr's crackers, grilled peppers, asparagus en balsamic, zucchini, green beans, portabello/button mushroom, pesto French sliced baguette \$12pp

PICO DE GALLO

plum tomato, chipotle & homemade chips \$2.95pp

GRILLED VEGGIES

seasonal grilled vegetables zucchini, green beans, grape tomatoes, sugar snap peas, broccoli florets, asparagus served with hummus, ranch or artichoke \$4.25pp

ARTICHOKE & SPINACH

served with pita \$2.75

PLUM TOMATO, ARTICHOKE, GARLIC, BASIL, OLIVE OIL BRUSHETTA \$2.75

SMOKED SALMON & CREAM CHEESE PINWHEELS \$2.75

DEVEILED EGGS \$2.25

HAAS GUACAMOLE & CHIPS \$3

PROSTITTO WRAPPED ASPARAGUS \$2

FANTAIL SHRIMP COCKTAIL \$3

QUESADILLAS

chipotle spicy chicken, baby spinach & veggie and cilantro crusted skirt steak served with sour cream & salsa verde \$6 pp

RUSTIC SATE DISPLAY

cumin spiced steak, pineapple shrimp & thai chicken \$8pp

MINIATURE QUICHE DISPLAY \$1.75

MINI BURGERS & FIXINGS \$5

PULLED PORK MINI SANDWICHES \$4

MINI CHIPOTLE MEATBALL TORTA \$4

EMPANADAS SIRLOIN, CHIPOTLE CHICKEN & VEGGIE \$3

BUFFALO CHICKEN WINGS, CELEERY & RANCH \$3

SPRING VEGETABLE EGG ROLLS \$2.25

GYOZA/POT STICKERS PORK \$2.50

CHIPOTLE/BBQ & TERRIYAKI MEATBALLS \$2

FRESH MINI CRAB CAKES \$v4

SUSHI & SASHIMI PLATTER

Assorted nigiri, sashimi, maki rolls accompanied by pickled ginger, wasabi & soy sauce \$6

CELEBRATION PAELLA DISPLAY

Shrimp & chicken paella with fresh peas \$10pp

CAMARONES BORACHOS, TEQUILA SHRIMP \$2.25

PLEASE CONSULT YOUR CATERING MANAGER FOR CUSTOM EVENT PROPOSALS including LINEN, STAFF & LIQUOR