

FIT CATERING



# BREAKFAST

## BREAKFAST COLLECTIONS

All prices are per person and available for 10 guests or more

### Basic Beginnings \$6.99

Assorted Mini Danish and Muffins, Bagels, Gourmet Coffee, Decaf and Hot Tea

### Mini Continental \$11.99

Includes Miniature Muffins, Danish, Croissants and Bagels served with Butter, Fruit Preserves, Cream Cheese, Fresh Seasonal Sliced Fruit, Fresh Assorted Juices, Gourmet Coffee, Decaf and Hot Tea

### Healthy Choice Breakfast \$7.99

Whether in combination with one of our other Breakfast Packages or alone, it's a healthy way to start your day. Includes Individual Cereal Cups, Milk, Ripe Bananas and Assorted Individual Yogurt Cups, Gourmet Coffee, Decaf and Hot Tea



### À la Carte Breakfast

Assorted Bagels with Butter, Cream Cheese and Preserves \$2.25 per person

Fresh Seasonal Sliced Fruit \$4.49 per person

Starbucks Coffee \$3.99

Yogurt Cups \$1.99

Fruit and Yogurt Parfaits \$4.49





## HOT BREAKFAST

---

All prices are per person and available for 20 guests or more  
We can customize any menu upon request. Gluten Free items available.

### American Breakfast \$11.49

Scrambled Eggs, Breakfast Potatoes, Crisp Bacon, Mini Bagels and Danish with Condiments, Gourmet Coffee, Decaf and Hot Tea

### Silver Dollar Breakfast Buffet \$10.49

Silver Dollar Pancakes (three per person) served with Butter, Syrup, Breakfast Potatoes, Breakfast Sausage, Gourmet Coffee, Decaf and Hot Tea

Add Eggs for \$2.50

### Fashionista Breakfast \$16.99

Scrambled Eggs, Breakfast Potatoes, Crisp Bacon, Juices, Sliced Fruit, Mini Bagels, Danish with Condiments, Gourmet Coffee, Decaf and Hot Tea

### Individual Frittatas \$1.50

All of our egg dishes are made with cage free eggs

Disposables and linen for buffet table included

## BREAKFAST ENHANCEMENTS

---

All prices are per person and available for 10 guests or more

### Smoked Salmon Platter \$13.99

Sliced Smoked Salmon, Tomatoes, Red Onion, Capers. Served with Bagels, Cream Cheese, Coffee, Tea, Decaf

### Sliced Fruit Platter \$4.49

Sliced Seasonal Fruit

Disposables and linen for buffet table included



# LUNCH & BUFFET

---

## CLASSIC COLLECTIONS

### Classic Selections \$16.99

We use Artisan Breads and Wraps.

Please choose three (3) of the following:

New Market Tuna on a Multigrain Roll

Turkey and Swiss on Hearty Wheat Bread

Roast Beef with Caramelized Onions, Horseradish Spread on Wheatberry Bread

Ham and Provolone Cheese with Lettuce and Tomato on a Sub Roll

Grilled Vegetable Wrap

Includes Garden Salad, Assorted Cold Beverages, Cookies, Condiments

### The Executive Luncheon \$19.99

We use Artisan Breads and Wraps.

Please choose three (3) of the following:

Chicken Caesar Wrap

Grilled Vegetable Wrap

Turkey Ciabatta with Swiss, Coleslaw and Russian

Tuna Salad Ciabatta with Fresh Romaine and Sliced Tomato

Turkey, Bacon, and Ranch Sub with Lettuce and Tomato

Roast Beef with Bleu Cheese

Ham and Brie with Cranberry

Tarragon Chicken Salad with Grapes Wrap

Grilled Chicken with Honey Mustard

With Choice of Two Salads, Cookies, Condiments, Soda, Water

### Salad Selections

Greek Penne Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives

Tabbouleh with Ground Bulgur, Tomatoes, Parsley, Mint and Scallions combined in an Olive Oil Mix

Roasted Corn and Black Bean Salsa with Red Onions, Red Peppers, Jalapeños, Fresh Cilantro and Fresh Garlic

Roasted Sweet Potato Salad with Green Chiles, Scallions, Celery, Red Peppers and Fresh Cilantro tossed in spicy Caribbean Jerk Seasoning

Chickpea Salad with Fresh Cucumbers, Red Onions, Green and Red Peppers, Celery and Garlic with Lemon Seasoning

Cous Cous Salad with Baby Spinach and Dried Cranberries

Caesar Salad

Traditional Coleslaw

Red Skinned Potato Salad

Traditional Garden Salad





## ENTREE SALADS

All prices are per person and available for 20 guests or more

### Grilled Chicken Chef Salad \$14.29

Grilled Chicken, Ham, Swiss, Cheddar over Mixed Greens with seasonal Fresh Vegetables

### Traditional Cobb Salad \$15.49

Grilled Chicken over Chopped Greens with Diced Bacon, Hard Boiled Eggs, Fresh Avocado and Blue Cheese Crumbles

### Chicken Caesar Salad \$14.99

Grilled Chicken, Shredded Parmesan Cheese and Seasoned Croutons over Fresh Romaine

### Salmon Caesar Salad \$16.29

Grilled Salmon, Shredded Parmesan Cheese and Seasoned Croutons over Fresh Romaine

Add Shrimp for \$3.00

### Classic Box Lunch \$13.99

Please call FIT Catering Office at 212.217.5775 for a full list of available Box Lunch Offerings. Selections may vary.

Includes Sandwich or Wrap, Fruit, Cookie, Chips and Water



# LUNCH & BUFFET BUFFETS

Served with Artisan Rolls and Butter, Assorted Soda and Water  
(20 Person Minimum)

## Traditional American \$19.99

Baby Spinach Salad, Roasted New Potatoes, Fresh Herbed Vegetables, Grilled Lemon Rosemary Chicken and Whole Wheat Rolls

## Latin Flavors \$19.99

Mexican Chopped Salad, Cumin Black Beans, Cilantro Lime Rice, Grilled Flatbread, Chipotle Orange Roasted Chicken, Carne Asada con Papas Rancheros, and Sopaipillas

## Simply Italian \$19.99

Panzanella, Broccoli with Lemon Zest, Fresh Garlic Bread, choice of Chicken Parmesan or Sausage and Peppers, and Rotini Marinara

## The Mediterranean \$19.99

Greek Salad, Marinated Olives, Tabbouleh Salad, Roasted Vegetables, and Grilled Lemon Chicken

## The Sicilian \$19.99

Romaine Salad with Parmesan Peppercorn Dressing and Homemade Seasoned Croutons, Roasted Broccoli, Confetti Rice, Grilled Garlic Ciabatta, Chicken Marsala, Rigatoni and Meatballs

## Southern BBQ \$19.99

Barbecued Baked Beans, Cheddar Bacon Mashed Potatoes, Coleslaw, Biscuits with Gravy, and choice of Oven-roasted BBQ Chicken or Ribs

## Lazy BBQ Menu \$20.99

Baked Beans, Coleslaw, Macaroni and Cheese, Cornbread Fiesta Muffins, with choice of Crispy Country Chicken, Sliced Brisket or Pulled Pork

Add Dessert for \$2.50





## LUNCH & BUFFETS

---

Build Your Own Buffet: Select two starters, one entrée, two sides, and one dessert  
(20 Person Minimum)

### Buffet Starters

Seasonal Garden Salad with Balsamic Vinaigrette  
Classic Caesar Salad  
Baby Spinach Salad with Bacon, Hard Boiled Eggs and Gorgonzola Vinaigrette  
Greek Salad with Crumbled Feta  
Crudités with Dipping Sauce  
Traditional Hummus, Roasted Peppers with Toasted Pita

### Buffet Entrees

Grilled Chicken Breast with Cider Marinade \$18.99  
Roasted Turkey with Cranberry Relish \$19.99  
Chicken and Shrimp Creole \$18.99  
Herb Roasted Salmon with Tziziki Sauce \$19.79  
Grilled Flank Steak with Black Beans and Chimi Churri \$19.99  
Farfalle with Sun-dried Tomatoes and Sautéed Spinach \$17.29

### Buffet Sides

Italian Seasoned Green Beans  
Goat Cheese and Roasted Garlic Mashed Potatoes  
Pan Roasted Vegetables with Herb Vinaigrette  
Penne with Marinara Sauce  
Marinated Roasted Red Potatoes  
Rice Pilaf

### Buffet Finishes

Dutch Apple Pie  
New-York Style Cheesecake  
Spiced Carrot Cake  
Chocolate Mousse Cake  
Chopped Fruit Salad  
Fresh Baked Cookies  
Brownies and Blondies

### Don't see what you'd like?

Our talented chefs are delighted to create special menus that accommodate your culinary preferences and budget. Please contact our Catering Director at 212.217.5775 to arrange a personal consultation.



# SERVED MEALS

# PLATED MEAL COLLECTIONS

All prices are per person

Includes Salad, Entrée, Dessert, Fresh Rolls, Butter, Water and Coffee Service  
(20 Person Minimum)

Herb Crusted Rack of Lamb, Yukon Gold Whipped Potatoes, Haricot Verts \$31.99

Arugula and Cheese Ravioli with Lemon Cream Sauce \$21.99

Seared NY Strip Steak, Herb Roasted Potatoes and Grilled Baby Vegetables \$22.99

Roasted Halibut, Artichoke & Fennel Oven Roasted Baby Carrots, Lemon Confit \$33.99

Almond Roasted Pork Chops, Cauliflower Puree Sweet Potato Hash \$21.99

Lemon Roasted Chicken Breast, Baby Spinach, Fingerling Potatoes \$20.99

Grilled Salmon with Lemon Dijon Dill Sauce, Braised Lentils with Asparagus \$19.99

## Salads

Butter Lettuce, Grape Tomatoes with Green Goddess Dressing

Classic Caesar Salad with Parmesan and Garlic Croutons

Spring Mix with Goat Cheese, Dried Cherries and Balsamic Vinaigrette

Classic Wedge Salad with Blue Cheese, Tomato and Crumbled Bacon

## Desserts

Red Berry Crumble Tart with Berry Sauce

Chocolate Mousse Cake

Fruit Tarts with Whipped Cream

Marble Cheesecake







# RECEPTIONS

# RECEPTIONS

All prices are per person and available for 20 guests or more. For a complete list of Hors D'Oeuvres, please contact the Catering Director at 212.217.5775 or lebet-jay@aramark.com.

## Cold Hors D'Oeuvres

- Smoked Salmon Roll on Cucumber Round
- Sesame Crusted Ahi Tuna
- Blue Cheese Mousse on Walnut Bread
- Vegetable Ratatouille on Focaccia
- Chicken Salad in Phyllo Cup
- Cumin Rubbed Tenderloin with Chive Cream
- Prosciutto with Melon
- Tomato-Mozzarella Skewers

## Hot Hors D'Oeuvres

- Vegetarian Spring Rolls with Ginger-Soy Dipping Sauce
- Spanakopita
- Maryland Crab Cakes with Cajun Rémolade
- Short Rib and Manchego Empanada
- Kale and Edamame Dumpling
- Vegetable Samosas
- Mini Ruebens
- Sesame Chicken
- Coney Island Franks

## Butlered Hors D'Oeuvres

(Based on a One Hour Reception)

- Choose six (6) hors d'oeuvres for \$17.99 per person
- Choose eight (8) hors d'oeuvres for \$19.99 per person
- \$6.99 per person for each additional hour

## Stationary Hors D'Oeuvres

(Based on a One Hour Reception)

- Choose three (3) hors d'oeuvres for \$13.99 per person
- Choose four (4) hors d'oeuvres for \$15.99 per person
- Waiters may be required at an additional charge



## Additions

- Fresh Seasonal Fruit \$4.49 per person
- Antipasto Platter served with Marinated Vegetables, Italian Meats and Assorted Cheeses \$7.29 per person
- Domestic Cheese Platter served with Crackers & Fruit Garnish \$5.99 per person
- International Cheeses served with Crackers & Fruit Garnish \$7.99 per person
- Crudite served with Ranch \$3.99 per person



# RECEPTIONS

# RECEPTION STATIONS

Add one of the following stations to your reception  
All prices are per person and available for 20 guests or more

## Mediterranean \$10.99

Seasonal Roasted Vegetables, Tabbouleh Salad, Marinated Olives, Greek Salad, and Hummus with Pita Chips

## Asian Fusion \$12.99

Egg Rolls, Pot Stickers and Sweet and Spicy Boneless Chicken Wings served with Sweet Chile Dipping Sauce and Gourmet Dessert Bars

# BREAKS

All prices are per person and available for 10 guests or more

## Energy Break \$4.99

Raise the bar with an assortment of Granola, Fruit Filled Bars or Breakfast Bars

## The Healthy Alternative \$8.99

Get healthy with Assorted Apples, Oranges, Bananas and Pears along with Yogurt Cups, Trail Mix and Granola Bars

## The Candy Bar \$8.99

Assorted Favorites that we all love and remember

## American Tea \$10.99

Assorted Gourmet Tea Sandwiches and Scones served with Jam, Honey, Cream Cheese, Assorted Petits Fours and Shortbread Cookies

## Grown Up Mac and Cheese \$17.99

Gourmet Roasted Garlic and Smoked Gouda Mac & Cheese with Poblano Peppers - served with Chicken, Mushrooms and Shrimp

## Carving Station \$21.99

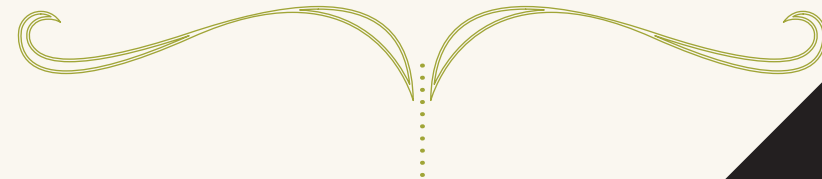
Sirloin of Beef, Herb Roasted Turkey, Scalloped Potatoes and Creamed Spinach

## Snack Attack \$5.99

Enjoy Assorted Chips, Honey Peanuts, Trail Mix and Specialty Cookies and Brownies

## Coffee Break \$6.99

Regular and Decaf Coffee, Tea, Fresh Baked Cookies, Lemon Bars, Raspberry Bars and Brownies



## BEVERAGES

Regular and Decaffeinated Coffee, Tea \$2.29 per person

Starbucks Regular and Decaffeinated Coffee, Tea \$3.99 per person

Hot Chocolate \$1.99 per person

Iced Tea \$1.99 per person

Lemonade \$1.99 per person

Bottled Water \$1.99 per person

Assorted Sodas (Can) \$1.99 each

Assorted Soda - 20oz \$2.99 each

Assorted Juices \$1.99 each

Sparkling Apple Cider (bottle) \$8.95 each

Sparkling Pelligrino Water \$2.99 each

## DESSERTS

Bakery-fresh Brownies \$2.49 per person

Gourmet Dessert Bars \$4.99 per person

Custom Artisan Cupcakes \$2.99 per person

Fresh Baked Cookies \$2.49

Mini Italian Pastries \$4.95





# ORDERING ADDITIONAL GUIDELINES

## Labor

Labor charges are based on the need for additional staffing for all events. Labor charges are also incurred based on location, size, menu, and timing of event.

Labor charges are as follows:

- 5 hour minimum for wait staff
- All functions requiring servers must have a captain at a rate of \$52.00 per hour
- Additional servers will cost \$32.00 per hour
- Events that require china service must also include waiter service and will be charged accordingly.

## Extra Staffing

Select events may require extra staff in the kitchen or staff may have to be brought in on holidays, weekends, or when school is not in regular semester. The charge for the kitchen staff is the following: **\$250 per chef per day**

## Linen Service

For events requiring linen service and table cloths, they will be provided for all buffet tables at no charge. Any requests for additional skirting or table cloths, including for seating tables, will be priced accordingly. Generally, the cost for table cloths is \$8 per table cloth, and for skirting, \$30 per skirt.

## China Service (based on availability)

In-house china can be used for events up to 25 people at a fee of \$3.50 per person. Any special request that requires additional rental items will be priced accordingly.

## Customized Menu

If you do not see a menu that fits your event, we will be happy to create a customized menu to accommodate your event and budget. We are happy to work with you for all your catering needs.



## Contact Us Today!

212.217.5775  
lebet-jay@aramark.com

Please call our Catering Manager at 212.217.5575  
and we will do our best to accommodate all requests.

Prices effective until 08/01/2016

©2015 Aramark. All rights reserved.

