



# CATERING

 **Armstrong**

Food by **FLIK**

# BREAKFAST

## Full Beverage Service

Freshly Brewed Regular and Decaffeinated Coffee, Assorted Soda, Bottled Water and Tea

## Healthy Start

Freshly Baked Low-Fat Muffins, Sliced Tea Bread, Low-Fat Yogurt Parfaits, Fresh Fruit Cups, Orange Juice, Strawberry Smoothie, Coffee and Tea Service

## Greek Yogurt Bowls

Individual bowls of Greek Yogurt topped with House-Made Granola, Seasonal Berries Raisins, Dried Cranberries, Pure Maple Syrup, Orange Juice, Coffee and Tea Service

## Avocado Toast

Individually plated thick-cut 7 Grain Bread topped with Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Cilantro Sprigs, Orange Juice, Coffee And Tea Service

## Fresh Fruit and Berries

Individually plated freshly sliced seasonal fruits, strawberries, blueberries with Greek yogurt and Toast No-Nut Granola

## Something Else

Fresh Fruit Granola Yogurt Parfaits  
Fresh Fruit Cups  
Individually Wrapped Bagels, Cream Cheese, Jam  
Assorted Bottled Juices and Water  
Full Coffee Service

## Hot Breakfast

### Individual Containers of Your Favorite Hot Breakfast Combinations

Choose any (2) Varieties, minimum 10 people  
24 Hour Notice for Hot Food Orders

Scrambled Eggs, Bacon, Pork Sausage, Home Fries

Canadian Bacon, Egg and Cheese English Muffin Sandwich

Breakfast Burrito – Scrambled Eggs, Tomatoes, Jack Cheese, Tomato Salsa

Vegetable Egg White, Low Fat Swiss Frittata

Country French Toast, Grilled Ham, Pure Maple Syrup



# LUNCH - SANDWICHES

## DELI SANDWICHES

### Design Your Own

choose any 4 sandwiches and 2 sides

**All sandwiched individually wrapped.**

### All American Favorites

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Smoked Ham, Arugula, Swiss Cheese, Ciabatta

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

All-White Meat Waldorf Chicken Salad, Diced Apples, Celery

### Italian

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

### Asian / Bahn Mi

With pickled vegetables, cilantro, Sriracha mayo

Roasted Curried Cauliflower

Grilled Sweet Chili Glazed Chicken

### Vegetable

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll

Avocado Toast, 7 Grain Bread, Tomato, Cucumber, Cilantro

### From the Sea

Tuna Salad, Cucumber, Whole-Grain Roll

Cajun Shrimp Salad, Toasted Roll

Smoked Salmon, Scallion Cream Cheese, Red Onion, Bagel

### Sides

 choose any 2 items below

Baby Green Salad

Caesar Salad

Red Bliss Potato Salad

Cole Slaw

Fresh Fruit Salad

House-made Potato Chips

All Sandwich Lunches include individually wrapped cookies and brownies or Signature Bars, Full Beverage Service

### Lunch Additions

Individual Bowls of Soup

House-Made Potato Chips

Hummus and Vegetable Crudité Cups

Guacamole and Chip Cups



# LUNCH - SALADS

## Salads

### Individual Containers of Specialty Salads

Choose 3 types

Grilled Chicken Caesar

Baby Spinach, Strawberry, Goat Cheese

Tomato Mozzarella Caprese over Arugula

Quinoa Grain Bowl, Roasted Vegetables  
and Parmesan Cheese

Barbecue Chicken Chop Salad, Buttermilk  
Ranch Dressing

Mediterranean Greek Salad with Grilled  
Chicken

Tuna Niçoise Salad, Lemon Thyme  
Vinaigrette

Seared Salmon, Sunflower Seed Salad,  
Strawberry Poppyseed Vinaigrette  
additional \$



## Salad Additions

Individual Bowls of Soup

House-Made Potato Chips

Hummus and Vegetable Crudité Cups

Guacamole and Chip Cups



# LUNCH — HOT FOOD

## Individual Containers of Your Favorite Hot Food Combinations

Choose any (2) Varieties, minimum 10 people  
24 Hour Notice for Hot Food Orders

### Poultry

Chicken Parmigiano, Linguini, Marinara Sauce

Roast Turkey, Mashed Potatoes, Rosemary Gravy

Chicken Masala Portobello Mushrooms, Rice Florentine

Chicken Teriyaki, Jasmine Rice

### Meat

Southwestern Spiced Flank Steak Burrito Bowl, Cilantro Rice, Guacamole, Tomato Salsa

Turkey Meatloaf, Mushroom Gravy

Rosemary Rubbed Pork Loin, Apple Relish  
Roasted Red Bliss Potatoes

### Seafood

Seared Salmon Filet, Corn Relish, Cous Cous

Cajun Blackened Catfish, Red Beans and Rice

Shrimp Sampi with Tomatoes, Rice Pilaf

### Vegetarian

Eggplant Parmigiano, Roasted Broccoli

Vegetable and Chickpea Curry, Basmati Rice

Quinoa and Vegetable Stuffed Peppers

## Lunch Additions

Individual Bowls of Soup

Tossed Baby Greens Salad



## Desserts

Chocolate Chip Cookies

Oatmeal Raisin Cookies

Truffle Chocolate Brownies

Lemon Bars

Raspberry Linzer Bars

Salted Caramel Vanilla Crunch Cake

Raspberry White Chocolate Cheese

Apple Strudel Sticks

Marble Pound Cake

# BREAKS

## **Greek Yogurt Parfaits**

Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Raisins, Toasted Pumpkin Seeds, Low-Fat Granola

## **Smoothie Shooters**

Individual Shooters - Strawberry Banana, Golden Pineapple Ginger, Orange Creamsicle, Granola Bars

## **Power Break**

Individually Packaged Dried Fruit, Nuts, Granola Bars, Berries and Pomegranate Juice



## **Latin Chips and Guacamole Cups**

Freshly made Guacamole with Tomato Corn Salsa and Yucca and Plantain Chips

## **Hummus Crudité Cups**

Traditional Chickpea Hummus with Broccoli Florets, Pear Tomatoes, Carrot and Celery Sticks

## **Air Popped Popcorn Break**

Individual Popcorn Boxes with Sweet Caramel Spiced Popcorn, White Cheddar and Cinnamon Toast

## **Artisan Cheese Box**

Individual Boxes with Local and Imported Cheeses, Dried Fruit, Grapes, Crackers and Crisps

# RECEPTIONS

## PASSED HORS D'OEUVRES

### Cold

#### Vegetable

Goat Cheese Lollipops, Grapes  
Heirloom Tomato Avocado Toast, Balsamic Glaze  
Vietnamese Spring Roll, Shitake Mushrooms, Carrot Ginger Sauce  
Butternut Squash, Ricotta Bruschetta, Maple Honey

### Sea

Mini Lobster Roll  
Smoked Salmon Crostini, Dill Cream  
Tuna Tartar, Sesame Cone

### Land

Curried Chicken Salad, Toasted Coconut  
Sliced Tenderloin, Ciabatta Crisp, Tomato Basil Relish  
Prosciutto, Burrata Cheese, Pesto, Focaccia Crisp

### Hot

#### Vegetable

Wild Mushrooms Ragu Tart, Reggiano Cheese  
Mini Cheddar Grilled Cheese, Tomato Dipping Sauce  
Vegetable Samosas, Curried Yogurt  
Carrot Ginger Shooter, Spiced Pepitas

### Sea

Sesame Crusted Salmon Skewer, Yuzu Dipping Sauce  
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce  
Maryland Crab Cakes, Remoulade  
Seared Yellowfin Tuna, Lotus Chip

### Land

Chicken Teriyaki Dumplings, Tamari  
Chorizo Hushpuppy, Smoked Paprika Aioli  
Korean Bulgogi Grilled Flank Steak Skewers  
Mushroom Arancini, Truffle Parmesan Cream  
Indian Spiced Lamb Meatballs, Yogurt Mint Sauce