



2018 Catering Guide



Allergies & Intolerances



Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.

While we make every effort to avoid cross-contact, the potential for cross-contact does still exist. We encourage guests to ask to speak to the Chef or Manager regarding any questions about the ingredients contained in the food being considered.

The **FIT** Advantage

Looking for a better choice, but don't want to sacrifice flavor or cost?

We've got you covered! Reach for FIT! These delicious choices will have you changing the way you think of better-for-you options. Choose from 100% FIT menus or add-on a FIT beverage or side to your menu, it's up to you! Choosing FIT will also help your budget; FIT items are discounted in catering the same as in the café.

Seal of Approval

Look for this seal of approval and know you are on your way to better choices. These are decisions you can feel good about. Our dietitian has vetted these just for you! Each item will have nutrition information when you place your order as well as at your event. You can even add these items to MyFitnessPal or Loselt.



breakfast

Full Beverage Service

Freshly Brewed Regular and Decaffeinated Coffee, Assorted Soda, Bottled Water and Mighty Leaf Tea
\$3.99 pp

Hotel Breakfast Buffet

French Toast, Pure Maple Syrup, Scrambled Eggs and Ham (Egg Whites Available Upon Request), Smoked Bacon, Pork Sausage Patties, Home Fries, Seasonal Fresh Fruit, Breakfast Pastries, Butter, Preserves, Cream Cheese, Freshly Squeezed OJ
Coffee and Tea Service
\$14.99 pp

FIT Hot Breakfast

- Roasted Vegetable, Mozzarella Mini Frittata
- Cheddar, Egg White Mini Frittata

Turkey Sausage, Sweet Potato Hash, Whole Wheat Pancakes, Seasonal Fruit Compote, Seasonal Fresh Fruit
Freshly Squeezed Orange Juice,
Coffee and Tea Service
\$14.99 pp

Breakfast Sandwiches

Selection of breakfast sandwiches:

- Egg Whites, Spinach, Tomato, Wheat English Muffin **FIT**
- Canadian Bacon, Egg, American Cheese, Toasted English Muffin
- Superfood, Egg White Mozzarella, Wheat English Muffin **FIT**

Freshly Squeezed OJ, Coffee and Tea Service
\$11.99 pp

Greek Yogurt Bar

Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service
\$9.99 pp

Hot Cereal Bar

Oatmeal **FIT**, Cream of Wheat **FIT**, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service
\$9.99 pp

Something Else

Fresh Fruit Granola Yogurt Parfaits **FIT** \$2.79 pp
Fresh Fruit Platter **FIT** \$4.00 pp
Hard Boiled Eggs **FIT** \$1.59 pp
Bagels and Cream Cheese \$1.99 pp
Freshly Squeezed Orange Juice \$2.99 pp
Freshly Brewed Iced Tea \$1.99 pp
Assorted Bottled Juices & Water \$1.99 pp
Coffee Service \$3.00 pp



Lunch - sandwiches

Deli Platter Lunch

To include:

Deli Platter – In-house Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad
Cheese – American, Swiss, Provolone, Jack Cheese
Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers
Breads – Rolls, Ciabatta, Baguette, Wraps, Lettuce Wrap
Spreads – Mayo, Mustard, Honey Mustard, No-nut Pesto
Homemade Potato Chips, Freshly Baked Cookies, Signature Bars, Full Cold Beverage Service

\$ 13.99 pp

FLIK Mini Soup and Sandwich Sampler

Petite Sandwiches On Mini Rolls:

Roast Beef, Arugula, Horseradish Cream, Sourdough Roll
Grilled Chicken, Cajun Mayo, Mini Roll
Smoked Turkey, Brie Cheese, Spinach, Honey Mustard, Mini Ciabatta
Grilled Vegetable Muffaletta, Olive Relish
Tuna Salad, 7-grain Roll

Chef's Soup of the Day
Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers
Baby Green Salad, Two Dressings, Chef's Salad of the Day, FLIK Potato Chips, Freshly Baked Cookies, Signature Bars

\$14.99 pp

Flatbread & Panini's

- Chicken Pesto Fresh Mozzarella Flatbread
- Smoked Turkey, Honey Mustard, Spinach, Swiss Cheese Panini
- Smoked Ham, Tomato, Arugula, Brie Cheese, Grilled Pita
- Grilled Vegetable, Red Pepper Hummus, Sandwich Thin **FIT**

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers
Baby Green Salad, Two Dressings, Chef's Salad of the Day, FLIK Potato Chips, Freshly Baked Cookies, Signature Bars

\$11.99 pp

FIT Sandwich Lunch

Chicken, Avocado, Tomato Wrap or Ciabatta
Chicken, Pesto Mozzarella Ciabatta
Turkey Chipotle Light Mayonnaise Wrap
Southwest Tuna Avocado Wrap
Balsamic Vegetable Goat Cheese Ciabatta
FIT Green or Grain Salad
FIT Oatmeal Raisin Cookies

\$ 13.99 pp

Lunch Additions

FIT Hummus & Vegetable Crudité \$ 2.29 pp
Garden Salad \$ 2.29 pp
Guacamole \$ Tortilla Chips \$ 3.99 p



Lunch - salads

Caesar Salad Buffet

Crisp Romaine Lettuce and Baby Spinach

Tomatoes, Olives, Cucumbers, Mushrooms, Broccoli, Carrots

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp
Grilled Balsamic Glazed Tofu

Hand Cut Croutons, Shredded Parmesan Cheese, Regular And Low-fat Caesar Dressing

Freshly Baked Focaccia

Freshly Baked Cookies, Apricot Oatmeal Bars **FIT**

\$17.99 pp

FIT Grain Salad Bowl

Mixed Baby Greens and Arugula
Quinoa, Wheat Berries

Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Roasted Broccoli and Cauliflower Florets, Chopped Walnuts, Sunflower Seeds, Goat and Parmesan Cheese

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp

Green Goddess Dressing and Raspberry Dressing

Apricot Oatmeal Bars **FIT**,
Seasonal Fruit Platter

\$ 16.99 pp

De-Constructed Cobb Salad Lunch

Iceberg Wedges and Arugula
Tomatoes, Roasted Corn, Avocado, Chopped Egg, Red Onion, Cucumber, Apple-wood Bacon, Crumbled Bleu Cheese and Shredded Cheddar

Grilled Marinated Breast of Chicken
Chunk Albacore Tuna
Grilled Portobello Mushrooms

Ranch and Balsamic Dressings
House-made Cornbread
Freshly Baked Cookies
Oatmeal Raisin Cookie Sandwiches **FIT**
Full Cold Beverage Service

\$ 15.99 pp



The **FIT** Advantage

Follow **FIT** to skimp on calories, not on taste.
Add one to your catering order today.

lunch - buffets

Regional American BBQ

Texas BBQ Beef Brisket, Carolina Pulled Pork Potato Salad, Cole Slaw Vinaigrette **FIT**, Maple Molasses Baked Beans, Tossed Salad ,Ranch and Vinaigrette Dressings
Corn Bread with Honey Butter
Watermelon Agua Fresca, Pecan Bars, Freshly Baked Cookies, Brownies
Full Cold Beverage Service
\$18.99 pp

Classic Italian

Chicken Parmesan, Penne ala Vodka with Peas, Traditional Caesar Salad, Tomato Fresh Mozzarella Salad, Roasted Broccoli and Red Peppers **FIT**, Garlic Bread
Lemon Mint Agua Fresca, Mini Cannoli's, Freshly Baked Cookies
Full Cold Beverage Service
\$16.99 pp

Authentic Mexican Taqueria

Chicken Tinga **FIT**, Pork Carnitas, Soft Flour Tortillas, Arroz Verde **FIT**, Black Bean Sofrito
Tortilla Chips, House-made Guacamole, Fire Roasted Tomato Salsa, Mexican Crema, Pickled Red Onions, Cilantro, Limes
Pineapple Lime Aqua Fresca or **FIT** Infused Water, Coconut Rice Pudding, Freshly Baked Cookies, Brownies
\$17.99 pp



Comfort Classics – Build Your Own

Soup of the Day or Traditional Caesar Salad
Choose 2 entrée's:

Roasted Turkey Breast, Pan Gravy **FIT**
Braised Chicken Thighs Cacciatore **FIT**
Turkey Meatloaf, Mushroom Gravy
Grilled Salmon Filet, Cucumber Relish **FIT**
Rosemary Rubbed Pork Loin, Apple Relish
Chicken Marsala, Portobello Mushrooms

Choose 3 of the following:

Smashed Yukon Potatoes
Brown Rice Pilaf **FIT**
Green Beans and Carrots **FIT**
Balsamic Roasted Vegetables **FIT**
Steamed Broccoli with Lemon Zest **FIT**

Cucumber Mint Agua Fresca or **FIT** Infused Water,
Freshly Baked Cookies, Brownies
\$ 21.99 pp

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breaks – afternoon



Latin Chips and Bar

Corn Tortilla Chips, Fried Plantain and Yucca Chips, Traditional and Black Bean Dip, Jalapeno Cheese Sauce, Corn and Tomato Salsa and Chilled Limeade
\$5.99 pp

Global Guacamole

Southwestern Guacamole
Very Green Guacamole
Curry Spiced, Garbanzo Guacamole
Baked Crisp and Chips, Carrot Sticks
Virgin Sangria
\$8.99 pp

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FIT Grilled and Raw Vegetables

Grilled Eggplant, Zucchini, Summer Squash Asparagus, Raw Carrots, Red Peppers, Buffalo Greek Yogurt Dip, Greek Yogurt Ranch Dip, Infused Water
\$6.99 pp

Bruschetta Break

Assorted Crisps and Flatbreads; Tomato Basil, Kalamata Olive and Cranberry Pear Toppings, Flax Seed Granola Bars, Strawberry Lemonade
\$7.99 pp

FIT Hummus Break

Traditional Chick Pea Hummus, Roasted Pepper Hummus, Assorted Crisps and Pita, Unsweetened Mint Iced Tea
\$6.99 pp

FIT Air Popped Popcorn Break

Sweet Caramel Spiced Popcorn, White Cheddar, Cinnamon Toast, Watermelon Mint Water
\$6.99 pp

Italian Cookie Break

Biscotti, Lady Fingers and Amaretti Cookies, Chilled Mochaccino
\$7.99 pp

Artisan Cheese

A selection of local, Domestic & Imported Cheeses, Dried Fruits, Nuts, Crostini's and Crisps, Cucumber Mint Agua Fresca
\$12.99 pp