



# catering menu

take it on a tray!

large wrap tray [serves 15-24] • \$222

**package one** 3 chicken caesar, 5 turkey club, 3 chicken salad, 2 b.l.t.a, 2 skinny [chicken]

**package two** 5 turkey club, 5 chicken salad, 3 b.l.t.a, 2 tuna

**package three** 5 turkey club, 3 b.l.t.a, 3 chicken caesar, 2 tuna, 2 veggies

small wrap tray [serves 8-12] • \$118

**package one** 2 chicken caesar, 2 turkey club, 2 chicken salad, 2 b.l.t.a

**package two** 2 tuna, 2 b.l.t.a, 2 turkey club, 2 chicken salad

**package three** 1 veggie, 1 tuna, 2 chicken salad, 2 turkey club, 1 b.l.t.a, 1 skinny [chicken]

## office bundles

**large** large tray of wraps, 24 bags of chips & 2 dozen assorted mini cupcakes [serves 15-24] • \$310

**small** small tray of wraps, 12 bags of chips & 1 dozen assorted mini cupcakes [serves 8-12] • \$164

## wraps

[gluten free wraps available \*additional charge]

### chicken caesar

grilled chicken tossed with housemade croutons, ceasar dressing, parmesan cheese, red onion, black olives & romaine lettuce in a wheat wrap

### the skinny

grilled chicken, romaine lettuce, cucumber, shredded carrots, tomato, avocado, sprouts, red pepper hummus, lime & spices in a tomato wrap [can be made without chicken]

### tuna salad

light tuna made with celery, onion, mayo, romaine, sprouts, swiss, and avocado in a wheat wrap

### fruity chicken salad

signature chunky chicken, apples, grapes, celery & red onion tossed in a creamy dressing, romaine lettuce & sugared pecans in a wheat wrap

### fiesta

tomato tortilla, fiesta spinach artichoke cream cheese, romaine, pico de gallo, cheddar cheese, salsa, black beans, pickled jalapenos, blue chips. vegetarian or chicken \*\$3 upcharge

### turkey club

bacon, cheddar, romaine, tomato, red onion, sprouts, & dijon mustard mayo in a spinach wrap

### b.l.t.a

applewood bacon, romaine lettuce, tomato, avocado & mayo in a spinach wrap [want a kick of spice? make it chipotle]

### veggie

fiesta spinach artichoke cream cheese, shredded carrots, bell pepper, tomato, cucumber & sprouts in a tomato wrap. [vegan option] sub red pepper hummus

### cali cobb

spinach tortilla, mayo, turkey, bacon, avocado, feta, sprouts, romaine, tomato \*\$3 upcharge

## sandwiches

### veggie

fiesta spinach artichoke cream cheese, shredded carrots, bell pepper, tomato, cucumber & sprouts on wheat berry bread. [vegan option] sub red pepper hummus

### turkey club

bacon, cheddar, romaine, tomato, red onion, sprouts & dijon mustard mayo on swirl rye

### tuna salad

light tuna made with celery, onion, mayo, romaine, sprouts, swiss and avocado on toasted swirl rye

choose any two sandwiches [serves 8-12] • \$112

### tuna deluxe

tuna salad, cucumber, tomato, spinach leaves, red onion, sprouts, drizzle of balsamic on toasted swirl rye

### fruity chicken salad

chunky chicken prepared with diced red onions, celery, apples, grapes & tossed with our sweet dressing blend, romaine & sugared pecans on wheat berry

### cucumber

sprouted sunflower grain bread, herbed cream cheese, salami, cucumber, roasted red peppers, sprouts. vegetarian? "hold the salami"

### tarragon chicken salad croissant

shredded chicken tossed in a creamy tarragon mayo based sauce, cranberries, almonds, celery, with cucumber & sprouts

### blackened tuna

sushi grade, served rare, topped with avocado & sprouts, on a brioche bun, wasabi ranch on the side \$5 upcharge

## box lunch

### brown box it!

this is how it works  
minimum order of 10. choose 3 to 5 options depending on the overall quantity of box lunches. We are happy to talk you through this! Box lunch includes : choice of a wrap, sandwich or salad | potato chips | cream cheese pickle slice | choice of mini cupcake or fruit cup \$18 [salad options >>> skinny | caesar | fruity chicken | the med ]

fruit cup \$4...soup by the cup \$6.50

need beverages? \$3 - 20 oz choices are: coke, coke zero, diet coke, sprite, h2o

## soup

by the quart \$24

**chicken enchilada** our signature chunky chicken, zucchini, corn, black beans, tomato, creamy & just the right amount of spice! served with tortilla strips & sour cream

**red pepper gouda** creamy & full of flavor... vegetarian served with house made croutons

{ cheeseburger chowder, chili, pork poblano, loaded potato, chicken avocado, pepper jack broccoli, chipotle meatball, chicken gnocchi, white chicken chili, taco, tortilla (vegetarian) }

### the skinny

romaine lettuce, tomato, cucumber, shredded carrots, avocado, sprouts, topped with lime & spices. veggie \$50 chicken \$64, shrimp Market

### the med

rotini pasta, fresh spinach, romaine, roasted red peppers, kalamata olives, feta & sweet basil dressing. \$50, chicken \$64, shrimp Market

### fiesta

topped with black beans, cheddar cheese, pico de gallo, guacamole, grilled bell peppers and onions, tortilla strips, served with jalapeno ranch. veggie \$54, chicken \$68, shrimp Market

## salads [serves 6 - 8]

### caesar

romaine lettuce, red onion, black olives, parmesan cheese blend, housemade croutons & caesar dressing \$55 chicken \$68 shrimp Market

extra dressings: 1/2 pints: ranch, jalapeno ranch, balsamic, mango pineapple \$6 sweet basil & caesar \$10

### melon & goat cheese

baby spinach, avocado, red onion, sprinkled with a bit of chile-lime seasoning & sugared pecans. served with a mango-pineapple vinaigrette. veggie \$54, chicken \$68, shrimp Market

### garden salad

baby spinach, sprouts, cucumber, tomato, shredded carrots, red onion, egg, parmesan & croutons choose: ranch, caesar, balsamic or oil & vinegar. veggie \$56, chicken \$68, shrimp Market

### bruschetta

romaine lettuce, tomato, red onion, black olives, feta served with crostinis & balsamic vinaigrette. veggie \$54, chicken \$68, shrimp Market

prices subject to change

# want more? we got it!

## cream cheese pickles!

kosher pickle smothered in cream cheese, wrapped in a thinly sliced deli meat & sliced for bite-sized enjoyment ~ delish! [75 slices] \$62  
VEGETARIAN? No Problem! Enjoy them wrapped in a tortilla!

## fruit platter

served with chile lime seasoning \$65

## veggies & hummus

variety of fresh veggies [serves 8-12] \$65

## chicken skewers [serves 20] \$118

## chilled shrimp [serves 20] market

## cucumber stacks

fresh cucumber slice topped with red pepper hummus, sprouts and a sprinkle of a chile lime seasoning [serves 20] \$44

## whipped feta served with garlic toasts & cucumbers \$68

## blackened tuna

with pickled ginger & wasabi ranch [serves 20] market

## fruity chicken salad

our signature fruity chicken salad, chunks of chicken, apples & grapes, diced celery & onion in a creamy tangy dressing pint \$16 • quart \$30

## chipotle beef lollipops

slow simmered in a chipotle tomato sauce, complimented by a mild white cheese crumble, a black bean sauce & fresh cilantro \$118

## lettuce wraps

fresh cantaloupe and avocado, red onion, goat cheese, lime and spice served with mango-pineapple vinaigrette \$115

## fajita bar

[serves 20] chicken, carnitas or veggie, tortillas, salsa, pico de gallo, lettuce, cheese, sour cream \$295 • steak \$345

## taco bar

[serves 20] ground beef + chorizo, shredded lettuce/cabbage mix, tomato, cheddar cheese, salsa, street corn sauce. choose walking taco style [doritos or blue tortilla chips], lettuce wraps or flour tortillas \$320

## charcuterie box [serves 20]

[19x14x4 box size] meats, cheeses, dips, nuts, fruit, veggies, deviled eggs, cream cheese

pickles, crackers & more \$235

jumbo charcuterie cupcakes dozen \$150

beer bread base, herbed cream cheese

"frosting", salami or pepperoni rose, artisan cheeses, olive, cream cheese pickle, nuts

## cupcakes!

made from scratch, melt in your mouth, your very own handful of yum!

## chocolate, red velvet, carrot

jumbo size 1 dozen \$68

mini 4 dozen \$88 • mini dozen \$24

\*upcharge for specialty flavors

looking for a FOOD TRUCK?

we got you!

call 563.551.4050 or email us at [catering@cafefreshkitchen.com](mailto:catering@cafefreshkitchen.com)

## chips & dips

blue chips \$12

salsa made in house pint... \$9

## roasted red pepper hummus

1/2 pint... \$8 • pint... \$16 • quart... \$30

## guacamole

made fresh daily, chunks of avocado, diced tomato, onion, cilantro, fresh lime pint... market • quart... market

## spinach artichoke dip

our signature spinach artichoke fiesta cream cheese dip ~ tastes great hot or cold! pint... \$18 • quart... \$36

## get the skinny

Large orders are on a first come, first serve basis

we request a 24 hour notice for all large orders...however if you have a last minute need, please call us to determine availability. all catering orders must be secured with a credit card. P.S. we have a food truck now too! Please consider us for your events!

## payment

all catering orders are secured with a credit card, card will be charged day of the order" we are happy to accept, visa, mastercard, discover & american express (transaction fee may apply), corporate checks or cash. Cancellation policy: less than 72 hours, 50% is due, less than 48 hours 100% will be due & charged to the card on file. Private parties onsite or food truck events a nonrefundable deposit equalling 1/3 of the estimated party cost is due at time of booking, canceling 7 days prior, if we are unable to fill the spot, 50% of estimated party cost is due, less than 72 hours the entire balance will be charged to the card on file.

Please understand days prior to an event fresh product has been ordered, received & paid for in preparation for your event, as a small business we can not absorb these costs.

## we deliver!

by appointment

our minimum delivery order is \$125 for your convenience a flat \$35

delivery charge will be added to orders of \$299 or less,

for orders over \$300, a 10% charge will be applied

our delivery personnel will unpack and set up your order at your request. the delivery fee is added for the driver.

## table service available upon request:

if needed we are happy to supply you with picnic ware, plates & soup cups for an additional charge per setting.

## gratuity!

we do not automatically add a gratuity or service charge. If you would like to acknowledge the crew who consulted, prepared & packed up your order that gratuity will be split directly between them & very much appreciated!

## to place your order

we'd love to help! give us a call at 563.551.4050 > if we're busy helping other clients please leave a message & we will return your call asap! or shoot us a text at 309.798.1714 to start the conversation. email > [catering@cafefreshkitchen.com](mailto:catering@cafefreshkitchen.com)

\*please do not submit emailed orders without prior communication & confirmation.

