

Catering

RISE & SHINE

FIESTA FRUIT & DIP PLATTER

Sliced seasonal fruit with yogurt dipping sauce.

\$27.99 SERVES 10 • **\$49.99** SERVES 20 • **\$69.99** SERVES 30

QUICHE

Ask about our current selections.

\$14.99 SERVES 6-8

ASSORTED DANISH & PASTRY PLATTER

Fresh baked muffins, danish and pastries.

\$3.49 PER PERSON, 10 PERSON MINIMUM

ASSORTED BAGEL PLATTER

Includes sliced bagels and cream cheese.

\$2.99 PER PERSON, 10 PERSON MINIMUM

ASSORTED BISCUIT PLATTER

Select any combination of two of the following ingredients:
eggs, cheese, sausage, bacon, butter & jelly.

\$3.99 PER PERSON, 10 PERSON MINIMUM

BREAKFAST-IN-A-BAG

Jump-start your day with 365 Fat-Free Yogurt, a Raisin Bran Muffin, a diced mixed fruit cup, and orange juice or water.

\$7.99 PER PERSON

YOGURT PARFAIT

A parfait cup filled with yogurt and topped off with crunchy granola.

\$6.99 PER PERSON

ALLEGRO JOE-TO-GO

Hot coffee in a portable, disposable dispenser.
Creamer, sugar, cups and stirrers included.

\$17.99 SERVES 10

CUP OF SUNSHINE

\$1.49 8oz ORANGE JUICE

\$6.75 64oz ORANGE JUICE



Catering

SANDWICHES & SUCH

CLASSIC SANDWICH PLATTER

Your choice of the following sandwiches on fresh baked bread:

Roast Beef, Turkey, Ham, Vegetable & Hummus,
Chicken Salad and Tuna Salad.

\$6.99 PER PERSON, 10 PERSON MINIMUM

SIGNATURE SANDWICH PLATTER

Your choice of the following on fresh baked bread:

Roasted Turkey & Brie, Roast Beef & Blue Cheese,
Grilled Chicken with Bacon & Swiss, and Grilled Portabello
with Goat Cheese.

\$8.99 PER PERSON, 10 PERSON MINIMUM

WRAPSODY PLATTER

A delicious combination of assorted wraps, cut into pinwheels
and arranged in a tempting display.

\$29.99 SERVES 10 • **\$54.99** SERVES 20 • **\$79.99** SERVES 30

DELI BUILDER

Selection of all-natural meats and cheeses, served with fresh baked
breads...includes lettuce, tomato, onion and condiments.

\$8.99 PER PERSON, 10 PERSON MINIMUM

*Partner the above sandwich platters with chef's choice potato, pasta or fruit salad
and a fresh baked cookie for \$3.49*

BAG LUNCH

Your choice of sandwiches from the classic platter packed
into a bag with your choice of side, fresh fruit, cookie and
365 Everyday Value™ water.

\$10.99 PER PERSON



Catering

SALADS & SIDES

FIELD GREENS SALAD

Mixed greens with dried cranberries, candied pecans, fresh goat cheese and balsamic dressing.

Small **Medium** **Large**
\$19.99 SERVES 6 to 8 • \$34.99 SERVES 12 to 15 • \$69.99 SERVES 25 to 30

GREEK SALAD

Classic combination of romaine hearts with cucumbers, tomatoes, artichokes, olives and feta cheese with Mediterranean vinaigrette.

Small **Medium** **Large**
\$19.99 SERVES 6 to 8 • \$34.99 SERVES 12 to 15 • \$69.99 SERVES 25 to 30

SPINACH GORGONZOLA SALAD

Fresh spinach topped with crumbled blue cheese, roasted garlic, walnuts, red onions and balsamic dressing.

Small **Medium** **Large**
\$19.99 SERVES 6 to 8 • \$34.99 SERVES 12 to 15 • \$69.99 SERVES 25 to 30

CLASSIC CAESAR SALAD

Crisp romaine lettuce, parmesan cheese, croutons and caesar dressing.

Small **Medium** **Large**
\$16.99 SERVES 6 to 8 • \$32.99 SERVES 12 to 15 • \$59.99 SERVES 25 to 30

SALAD SAMPLER

Pick from a variety of tasty pasta, chicken, tuna and potato salads.

Choose three, four or five salads.

Selections based on seasonal availability.

Market Price

SALAD BOWL FOR ONE

Your choice of Chicken Caesar, Turkey Cobb, Greek or Asian Tofu salad, fresh fruit or cookie, and 365 Everyday Value™ Water.

\$10.99 PER PERSON



Catering

PARTY PLATTERS & HORS D'OEUVRES

CLASSIC CHEESE PLATTER

Chef's selection of all-natural cheeses.

Small **Medium** **Large**
\$29.99 SERVES 10 • \$54.99 SERVES 20 • \$79.99 SERVES 30

CRUDITE PLATTER

Fresh cut seasonal vegetables with your choice of dipping sauce.

Medium **Large**
\$34.99 SERVES 20 • \$49.99 SERVES 30

FIESTA FRUIT AND DIP PLATTER

Sliced seasonal fruit with yogurt dipping sauce.

Small **Medium** **Large**
\$27.99 SERVES 10 • \$49.99 SERVES 20 • \$69.99 SERVES 30

GRILLED VEGETABLE PLATTER

Marinated vegetables grilled to perfection and served with balsamic vinaigrette.

Small **Medium** **Large**
\$34.99 SERVES 10 • \$54.99 SERVES 20 • \$79.99 SERVES 30

VEGETABLE ANTIPASTO PLATTER

Includes marinated mushrooms, artichokes, grilled eggplant, roasted red peppers, roasted onions, garlic and fresh mozzarella.

Served with sliced crusty bread.

Medium **Large**
\$74.99 SERVES 20 • \$109.99 SERVES 30

TRADITIONAL ANTIPASTO PLATTER

Includes all-natural salami, soppressata, prosciutto, provolone, marinated fresh mozzarella, grilled vegetables, marinated artichokes and olives. Served with sliced crusty bread.

Medium **Large**
\$89.99 SERVES 20 • \$124.99 SERVES 30



Catering

PARTY PLATTERS & HORS D'OEUVRES

ASSORTED HORS D'OEUVRES

Spanakopita, spring rolls and assorted mini quiche.

Small • \$29.99 SERVES 10 • **Medium** • \$54.99 SERVES 20 • **Large** • \$79.99 SERVES 30

SIMPLY SATE

Marinated and grilled chicken, beef or shrimp with choice of dipping sauce.

Chicken

Small • \$29.99 SERVES 10
Medium • \$49.99 SERVES 20
Large • \$69.99 SERVES 30

Beef

Small • \$34.99 SERVES 10
Medium • \$59.99 SERVES 20
Large • \$79.99 SERVES 30

Shrimp

Small • \$39.99 SERVES 10
Medium • \$69.99 SERVES 20
Large • \$89.99 SERVES 30

SOUTHERN SPICY CHICKEN TENDERS

Marinated and breaded boneless chicken breast, fried golden brown with choice of dipping sauce.

Small • \$39.99 SERVES 10 • **Medium** • \$69.99 SERVES 20 • **Large** • \$99.99 SERVES 30

WING PLATTER

Our famous wings with two selections of dipping sauces.

Small • \$34.99 SERVES 10 • **Medium** • \$59.99 SERVES 20 • **Large** • \$79.99 SERVES 30

MEZZE PLATTER

A Mediterranean medley that may include tabouli, hummus, babaganoush, marinated feta cheese, mixed olives, stuffed grape leaves and toasted pita chips.

Large
\$84.99 SERVES 30



Catering

PARTY PLATTERS & HORS D'OEUVRES

SMOKED SALMON PLATTER

Sliced smoked salmon, artfully displayed with traditional accompaniments, including capers, red onions, hard-boiled eggs and savory dill spread. Served with crostini.

\$69.99 SERVES 15-20

THE BIG DIPPER

Three of our delicious dips served with your choice of chips and/or bread.

\$39.99 SERVES 20

BRUSCHETTA

Each platter comes with sliced toasted baguettes and assorted toppings, including tomato, fresh mozzarella and basil, grilled portabella and goat cheese, or roasted eggplant and olive tapenade.

\$44.99 SERVES 10 • **\$79.99** SERVES 20

PETITE CRABCAKES

Prepared with our special seasoning, cooked to perfection and served with dipping sauce.

Market Price per dozen

MINIMUM TWO DOZEN

JUMBO SHRIMP COCKTAIL

Served with our zesty cocktail sauce and lemon garnish.

Small • \$54.99 SERVES 10 • **Medium** • \$99.99 SERVES 20 • **Large** • \$149.99 SERVES 30



Catering

PARTY PLATTERS & HORS D'OEUVRES

AFTERNOON TEA SANDWICHES

Choose from a selection of tasty classics, served on white or wheat bread.

Small **Medium** **Large**
\$25.99 SERVES 10 • **\$44.99** SERVES 16 • **\$69.99** SERVES 20

WRAPSODY PLATTER

A delicious combination of assorted wraps, cut into pinwheels and arranged in a tempting display.

Small **Medium** **Large**
\$29.99 SERVES 10 • **\$54.99** SERVES 20 • **\$79.99** SERVES 30

FRUIT PLATTER

Delicious selection of seasonal fruits such as pineapple, melon, grapes and assorted berries.

Small **Large**
\$29.99 SERVES 10 • **\$49.99** SERVES 30



Catering

ENTREES

BEEF TENDERLOIN

Seasoned and roasted to perfection, presented with horseradish crème sauce and crusty French bread.

Whole Tenderloins Only
Market Price

LONDON BROIL

Marinated, grilled and sliced, and garnished with grilled onions, mushrooms, garlic and horseradish crème sauce.

Served with crusty French bread.

\$89.99 SERVES 10

GRILLED SALMON

Grilled to perfection. Ask about our current flavor selections.

\$99.99 SERVES 10

GRILLED CHICKEN

Grilled to perfection. Ask about our current flavor selections.

\$69.99 SERVES 10

POACHED SIDE OF SALMON

Fresh poached salmon garnished with cucumbers, red onions, lemons, capers and a savory dill sauce.

\$99.99 SERVES 10

KING RANCH CASSEROLE

Flour tortillas layered with roasted chicken, cheddar cheese, sour cream, salsa and southwestern spices.

\$49.99 SERVES 8-10 **\$89.99** SERVES 16-20

LASAGNA DINNER

Choose from Chef's current selections.

Served with garlic knots and a small Caesar salad.

\$54.99 HALF-PAN, SERVES 8-10 **\$94.99** FULL-PAN, SERVES 16-20

CAROLINA PULLED PORK or FRIED CHICKEN

Served with cole slaw, potato salad and soft rolls.

\$59.99 SERVES 10



Catering

SEASONAL SELECTIONS

HOLIDAY MEALS

Whether you want a no-fuss celebration prepared by our Chefs or prefer to cook some family favorites yourself, Whole Foods Market-Cary's meals and a la carte selections take the hassle out of your holiday meal planning.

During this busy season, you also can order your value meals online (just look for the Prepared Cooked Dinners button when ordering for the holidays at www.wholefoodsmarket.com/holidays)!

HOLIDAY CATERING

Save precious time by ordering one of our scrumptious party platters to complement those favorite dishes and nibbles you want to make for family and friends. . . or make it easy this year and call on Whole Foods Market-Cary catering to prepare all of the hors d'oeuvres and entrée selections you need to make your gathering memorable.

DECEMBER SPECIAL

Receive two dozen FREE Grilled Asparagus wrapped in Prosciutto (a \$27.99 value) with any pre-ordered holiday meal or catering purchase of \$200* or more at Whole Foods Market-Cary.

Offer valid December 1-31, 2008.

**excludes paper products and delivery, when applicable*

For Holiday meals, a la carte selections, value meals and more, simply **Call . . . Click . . . Celebrate!**

Call 919.816.8830 and ask for the "Holiday Table" or order online at www.wholefoodsmarket.com/holidays

To place a catering order, call 919.816.8830



Floral Arrangements

SEASONAL FLORAL ARRANGEMENTS

Let Whole Foods Market-Cary enhance your special occasion or event with our distinctive collection of cut flowers, vase arrangements, seasonal plants and premium orchids.

EXCEPTIONAL BOUQUETS

Create your own custom bouquet to add a splash of color to your event from a delightful selection of seasonal and year-round flowers.

\$8.99 and up

Let us tastefully arrange your Whole Foods Market-Cary bouquet in a vase, or for a nominal fee, we will arrange it in a vase you provide from your home.

Vases \$4.99 and up

PREMIUM ORCHIDS

\$12.99 to \$24.99

CELEBRATE THE SEASON

Seasonal potted plants and flowers create an inviting atmosphere for your home or make a thoughtful hostess gift.

Adorn your home for the holidays with delicate paperwhites, amaryllis and festive poinsettias.

Add a special touch to your memorable holiday gathering with our seasonal centerpieces, cornucopias and wreaths.

From the mountains of North Carolina to Whole Foods Market-Cary, our selection of cut 7' to 8' Frazier Fir Christmas trees are a sensational choice for celebrating this holiday season. Just stop by and a Team Member from the Produce department will assist you.



