

WINTER • FALL

Catering

For All Occasions



Entertaining Guidelines

GOOD TO KNOW...

The quantity of food is generally dictated by the time of day that you're entertaining and the types of food you wish to serve. Anytime between 4pm and 8pm would be considered dinner time. The rule here is 1 pound of food per person. The distribution is 1/3 to 1/2 pound protein for the main dish (usually meat, fish, poultry, or tofu), the remainder distributed evenly between the side dishes, typically 1/4 lb. each (one starch, one vegetable).

KEEP IT SIMPLE!

Be sure to build the meal around the main course. While it's nice to have the food be interesting, it may not be the best thing to mix up too many ethnicities or create a meal around too many complex salads. Be sure the foods complement each other and that there are not too many conflicting flavors.

EXPERIMENT!

If you wish to try something unusual, the best place to do this is with appetizers. People like to try new things, but not usually in 1/2 pound increments. Appetizers are a great opportunity to be a bit adventurous! Three to four pieces per person is generally recommended.

SOMETHING FOR EVERYONE

It is always good advice to keep your guests in mind when planning your menu. While it is difficult to meet everyone's individual needs, it is fairly easy to provide a nice, simple salad and a variety of offerings in order to please those who may be on very restricted diets.

LET US HELP!

Remember, as anxiety provoking as a large party can be, planning ahead will alleviate a great deal of pressure. Entertaining doesn't mean you have to do it all by yourself. Here at Whole Foods Market, Fresh Pond, we have a staff of trained professionals who can assist you with all of your entertaining needs. Best time to call is between 8am – 6pm.

KEEP IN MIND...

We ask for 48 hours notice in order to plan ahead as well as guarantee you your order when you need it. All special orders and short-notice orders require a credit card number. A \$20.00 surcharge may be applied to same day orders.

THE ESSENTIAL DETAILS...

Free delivery within a 3 mile limit subject to availability
\$100.00 minimum for free delivery within the 3 mile zone
Delivery fee may be applicable beyond 3 mile limit
30 minute delivery window required on all orders
48 hours notice appreciated
Orders with fewer than 24 hours notice may be subject to a short-order fee
Credit card information is required on all orders with fewer than 24 hours notice
Orders may be charged prior to pick up for your convenience
House accounts available (some restrictions apply)

Enticing Appetizers



PINWHEELS

BY THE DOZEN

Entice your guests with a selection from our ever-popular pinwheel platters. Fresh flatbread stuffed with choice ingredients, rolled and sliced to make the perfect finger food.

Minimum order: one dozen, one variety.

\$22.99 per dozen

SAVORY SMOKED CHICKEN PINWHEEL

A specialty of the house - smoked chicken breast thinly sliced and dressed with fresh tomatoes, crisp romaine, roasted red peppers and garlic aioli

ROAST BEEF PINWHEEL

Succulent roast beef, caramelized onion spread, roasted tomatoes and mesclun greens

SOUTHWESTERN TURKEY PINWHEELS

Southwestern style turkey breast, bacon, lettuce, tomato, and blue cheese dressing

CRANBERRY ROAST TURKEY PINWHEEL

Roast turkey, cranberry relish, sharp cheddar and field greens

ROASTED APPLE AND BRIE PINWHEEL

Apples, brie, dried cranberries, mesclun greens and honey mustard

MEDITERRANEAN PINWHEEL

Roasted red peppers, kalamata olives, spinach, red onion and artichoke hearts with a whipped feta spread

SMOKED SALMON PINWHEEL

Atlantic smoked salmon, crisp romaine, tomato, dill and triple onion cream cheese

TUSCAN TOMATO &

GOAT CHEESE PINWHEEL

Savory roasted marinated tomatoes, peppers, goat cheese and arugula with a kalamata olive tapenade

CALIFORNIA PINWHEEL

Avocado, pepper jack cheese, baby greens, carrots, tomato, onion, honey mustard

TWO BITE SKEWERS

Entice your guests with a selection from our easy-to-serve, ever-popular skewers, made using only the finest ingredients.

2 dozen, one variety minimum.



CAPRESE SKEWERS

Fresh marinated mozzarella, grape tomatoes, fresh basil
Two dozen \$32.99

COCONUT TOFU SKEWERS

Deep fried tofu rolled in sweet chili sauce and dusted with shredded coconut
Two dozen \$29.99

BUFFALO CHICKEN SKEWERS

Crispy fried chicken tenders served with a creamy blue cheese dressing
Two Dozen \$32.99

GRILLED VEGETABLE SKEWERS

A vibrant assembly of grilled marinated peppers, mushrooms, eggplant, smoked mozzarella and grape tomatoes
Two dozen \$29.99

SESAME SHRIMP SKEWERS

Thai roasted shrimp garnished with sesame seeds and served with a sweet Thai dipping sauce
Two dozen \$44.99

THAI CHICKEN SKEWERS

Tender marinated white meat chicken, sliced, skewered and roasted, accompanied by a tangy peanut sauce
Two dozen \$32.99

GOLDEN SESAME TOFU SKEWERS

Deep fried tofu brushed with a savory sweet sesame glaze, garnished with fresh bell peppers
Two dozen \$29.99

KOREAN BBQ SIRLOIN SKEWERS

These sweet and exotic beef skewers are marinated, flash grilled, and glazed to sweet perfection
Two dozen \$32.99

Ready to Heat Hor D'oeuvres



QUESADILLAS

Eight ready to heat quesadillas can be cut into 24 pieces for the perfect party starter.

\$39.99

Choose one variety per order.

- GRILLED CHICKEN, BELL PEPPERS AND CHEDDAR CHEESE
- MUSHROOM, ONION AND GOAT CHEESE
- BRIE AND CARAMELIZED ONION WITH DRIED CRANBERRIES
- GREEN APPLE AND PEPPER JACK CHEESE

STUFFED MUSHROOMS

Button mushrooms stuffed with choice ingredients ready to heat and serve in 15 minutes

Two dozen \$39.99

Two dozen minimum per variety

- SWEET CRAB WITH GARLIC BUTTER BREADCRUMBS
- SPINACH AND FETA CHEESE WITH ROASTED RED PEPPER
- CHORIZO WITH GRILLED PEPPERS
- CAMEMBERT AND DRIED CRANBERRIES



FRIED EGGROLLS

Two dozen \$49.99

Two dozen minimum per variety

- MUSHU VEGETABLE served with sweet chili sauce
- SHRIMP & VEGETABLE served with a sesame soy dipping sauce
- SPICY CHICKEN served with a traditional plum sauce
- ASIAN BBQ PORK served with a sweet mango chili dipping sauce

MINI MEATBALLS

Two dozen \$49.99

Two dozen per variety minimum

- SWEET & SOUR TURKEY MEATBALLS
- LAMB & FETA with a minted yogurt sauce
- PARMESAN RISOTTO BALLS with a tasty marinara
- CHICKEN MEATBALLS in a Bombay curry sauce

QUICHE

Each quiche serves 4-6 people and is made with fresh ingredients here in store. Can be served hot or room temperature.

\$13.99 each

BROCCOLI & CHEDDAR CHEESE QUICHE

Fresh steamed broccoli paired with tangy cheddar cheese

CARAMELIZED ONION & CHEDDAR CHEESE QUICHE

Slow cooked sweet onion with aged Vermont cheddar cheese

QUICHE LORRAINE

Applewood smoked bacon with imported Swiss cheese

SPINACH, ROASTED RED PEPPER & PARMESAN QUICHE

Fresh spinach, oven roasted peppers, with Reggiano parmesan cheese

ROASTED TOMATO & BASIL WITH RICOTTA QUICHE

Slow roasted tomato, fresh basil, with creamy ricotta

ASPARAGUS & GRUYERE CHEESE QUICHE

Oven roasted asparagus with a nutty, buttery Gruyere cheese

TRIPLE MUSHROOM & CARAMELIZED ONION

Sauteed shiitake, crimini, and button mushrooms and sweet caramelized onions

ROASTED VEGETABLE QUICHE

Roasted sweet potatoes, carrots, parsnips and leeks with sharp cheddar cheese

CHORIZO SAUSAGE AND PEPPER

Sweet and spicy chorizo sausage with roasted red pepper and sharp cheddar cheese

VEGAN QUICHE

Whole wheat dairy free crust, eggless custard, soy cheese and your choice of vegetables



Entertaining Platters



CROWD PLEASER

A collection of European and domestic classic cheeses, including creamy Brie, blue cheese, herb encrusted goat cheese, sliced Havarti and a roasted red pepper feta spread with fresh melon and berries, served with crisp crostini and crackers

Small (serves 10-15) \$49.99
Medium (serves 15-20) \$69.99
Large (serves 20-25) \$99.99

FRESH BREAD BOWLS

- Spinach & Artichoke: Our tasty spinach artichoke dip fills a crusty farmhouse bread, served with crisp crostini and fresh vegetables (serves 10) \$45.99
- Roasted Red Pepper & Feta: Our roasted red pepper feta spread is addictive! Accompanied by crisp crostini, celery, and carrot sticks (serves 10) \$45.99
- Hummus & Pita: Our smooth and creamy hummus is made from a traditional Middle Eastern recipe served with peppers, carrots and fresh pita (serves 10) \$39.99

SHRIMP COCKTAIL PLATTER

Large shrimp presented on a bed of crisp romaine, served with our homemade cocktail sauce and fresh lemon

2 lbs. (serves 10-12) \$43.99
3 lbs. (serves 15-20) \$69.99
4 lbs. (serves 20-25) \$85.99

WINGED TRIO

Our Barbeque, Sweet Chili, and Teriyaki wings garnished with fresh vegetables and a chunky blue cheese dip

3.5 pounds (approximately 50 pieces, serves 10-15) \$39.99
7 pounds (approximately 100 pieces, serves 20-25) \$74.99

CRUDITÉ FARM BASKET

A vibrant selection of fresh, crisp vegetables from our award-winning produce department, served with a choice of blue cheese, herbal yogurt or creamy ranch dressing

Small (serves 10-15) \$24.99
Medium (serves 15-20) \$39.99
Large (serves 20-30) \$49.99

MEZE BASKET

All your Mediterranean favorites: hummus, Baba Ghanoush, tabouli, stuffed grape leaves, mixed olives and feta served with fresh pita bread

Small (serves 10) \$29.99
Large (serves 20) \$59.99

ATLANTIC SMOKED SALMON

Delicious smoked salmon served with red onion, capers, hard-boiled eggs, triple onion cream cheese and thinly sliced Bavarian bread (serves 10-12) \$69.99

FRUIT PLATTER

Peak of the season freshly cut fruit, locally grown when available, garnished with grapes and berries

Small (serves 10-15) \$29.99
Medium (serves 15-20) \$49.99
Large (serves 20-30) \$59.99

SIGNATURE DIP BASKET

Garlic hummus, spinach artichoke dip, whipped feta spread, pita crisps and fresh vegetables (serves 15-20) \$49.99

CHEESE SAMPLER

A tasty sampling of cubed cheeses including Havarti, Swiss, Cheddar, and Muenster (serves 10-15) \$39.99

Cracker Basket available upon request for an additional charge of \$11.99

STUFFED BRIE

Over 2 pounds of creamy brie stuffed and topped with your choice of mildly spicy pepper jelly or sumptuous fig spread accompanied by crisp crostini (serves 10-15) \$49.99

TORTILLA BASKET

Crisp tortillas, fresh salsa, guacamole and queso fresco

Small (serves 6-9) \$24.99
Large (serves 10-12) \$39.99

Sandwiches

Prices are listed per person, with a 10 person minimum

WRAP & ROLL SAMPLER

Lighter than a traditional sandwich, these wraps are the perfect alternative. An assortment of meat and vegetable varieties (great accompanied by one of our traditional side salads)

\$5.99 per person

CLASSIC SANDWICH BASKET

A nice selection of classic and seasonal specialty sandwiches. This basket includes meat and vegetarian choices

\$6.99 per person

SANDWICH BUILDER

Choose three from the following: smoked turkey, Virginia baked ham, roast beef, chicken salad or tuna salad. Your selection is paired with cheddar and provolone cheeses, lettuce, tomatoes, onions, pickles, mustard, mayonnaise, and a basket of assorted bread and rolls

\$8.99 per person

CORPORATE LUNCH

A tray of ready-to-serve gourmet sandwiches, beautifully presented along with the chef's salad of the day and assorted sweets

\$9.99 per person

CORPORATE WRAP BASKET

A basket of wrap sandwiches filled with traditional select deli meats and cheeses as well as vegetarian options presented with chips, pickles and a fresh fruit salad

\$8.99 per person

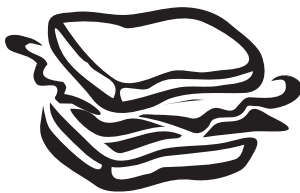
BAGGED LUNCHES

Great for a large gathering or meetings on-the-go, with conveniently labelled individual bags containing a gourmet sandwich, bag of chips, and choice of sparkling or still water.

\$8.99 per person

Add a fresh baked monster cookie for an additional \$1.00/person

\$9.99 per person



MINI SANDWICH BASKETS

Each basket contains 12 mini sandwiches; 4 of each variety listed. Equivalent to a half sandwich, these mini varieties are perfect for a brunch, open house, light lunch, or afternoon tea.

ONION FOCACCIA BASKET

These mini long rolls are tender, moist, and chewy in texture and are great with the following ingredients:
Prosciutto, provolone, roasted pepper, and baby arugula
Grilled vegetables and goat cheese
Roasted tomatoes with fresh mozzarella and basil
(serves 6-8) \$39.99

BRIOCHE BASKET

These rolls are sweet and light, and always a favorite:
Roast Beef with herbed cream cheese and baby greens
Creamy brie, tomato, onion, mesclun greens, and honey mustard
Smoked Turkey, green apple, and cheddar with cranberry relish
(serves 6-8) \$39.99

TRADITIONAL FRENCH BASKET

Crusty on the outside, light and airy on the inside, these sandwiches are always a great choice:
Black Forest Ham and Havarti with dill
Rare roast beef, cheddar cheese, arugula and dijon mustard
Farmhouse cheddar, roasted tomato, and baby arugula
(serves 6-8) \$39.99

SIDE SALADS

	Small Serves 10 -15	Large Serves 20 -25
POTATO CHIPS	\$8.99	\$12.99
CAESAR SALAD With fresh parmesan cheese and garlic croutons	\$19.99	\$32.99
SPINACH ORZO SALAD Orzo, feta cheese, fresh baby spinach, red onion, kalamata olives and toasted pine nuts tossed with balsamic vinaigrette	\$24.99	\$39.99
AUTUMN MESCLUN SALAD With dried cranberries and goat cheese	\$24.99	\$39.99
TORTELLINI SALAD With roasted tomatoes and smoked mozzarella	\$29.99	\$45.99
MIXED GREEN SALAD With crisp fresh vegetables with a balsamic vinaigrette or blue cheese dressing on the side.	\$19.99	\$32.99

BEVERAGES

Sparkling or Still Water	69¢
Assorted beverages (soda, iced tea, juice)	\$1.29

Delicious Dinners



All platters serve 10 people, are expertly prepared and plated.
Serve at room temperature.

All side dishes, not including side salads, may be served at room temperature or can be ordered **OVEN READY** for reheating.

Please specify when ordering if you would like your side dishes **OVEN READY** •or• **TABLE READY**.

There is a *complementary bread basket* with any order consisting of an entrée, side dish and salad.



SIDE SALADS

MIXED GREEN SALAD

A vibrant selection of crisp fresh vegetables with your choice of creamy blue cheese, parmesan peppercorn or balsamic vinaigrette

Sm (serves 10-15) \$19.99 Lg (serves 20-25) \$32.99

CLASSIC CAESAR

Crisp romaine, garlic butter croutons, grated imported parmesan cheese and a delicious Caesar dressing served on the side

Sm (serves 10-15) \$19.99 Lg (serves 20-25) \$32.99

AUTUMN AND WINTER MESCLUN SALAD

Tender greens, roasted pear, dried cranberries, red onion, crumbled goat cheese and candied walnuts with a balsamic vinaigrette served on the side

Sm (serves 10-15) \$24.99 Lg (serves 20-25) \$39.99

SPINACH SALAD

Baby spinach, sliced mushrooms, red onion, cucumbers served with crumble blue cheese, bacon and a balsamic vinaigrette

Sm (serves 10-15) \$24.99 Lg (serves 20-25) \$39.99

TUSCAN GREENS

Crisp mixed greens, raddichio, arugula, ripe tomatoes, artichoke hearts, kalamata olives and shaved parmesan cheese served with a red wine herb vinaigrette

Sm (serves 10-15) \$24.99 Lg (serves 20-25) \$39.99

ENTRÉES AND SIDES

ROASTED GARLIC SEARED SIRLOIN

with Horseradish Cream

Garlic and rosemary marinated sirloin flash grilled, then roasted to seal in the juices

\$89.99

Herb Roasted Potatoes

Red bliss potatoes tossed with extra virgin olive oil, fresh herbs and sweet red onion

\$24.99

Autumn Mesclun Salad

Baby greens, red onion, candied walnuts, dried cranberries and crumbled goat cheese with balsamic vinaigrette on the side

\$39.99

TRADITIONAL POACHED SALMON

A whole side of salmon is artfully presented with cucumber scales and served with a cool cucumber yogurt dill sauce

\$99.99

Roasted Asparagus

Fresh asparagus brushed with lemon infused olive oil, sea salt, and cracked black pepper

\$39.99

Herbed Saffron Rice

A vibrant side dish of rice, Spanish saffron, peas, and fresh herbs

\$29.99

TUSCAN GRILLED CHICKEN

Italian herb-marinated grilled chicken breast thick sliced and arranged with roasted tomatoes, garlic, capers and olives

\$59.99

Tortellini Salad

Tricolor cheese tortellini, crisp peppers, red onion with a light vinaigrette

\$39.99

Grilled Vegetable Platter

Eggplant, colored peppers, red onion, asparagus, zucchini and portabella mushrooms, beautifully presented and sure to be the centerpiece of your table

\$39.99

VERMONT MAPLE GLAZED TURKEY

Thick sliced turkey; tender and moist, glazed with our tasty Vermont Maple glaze

\$59.99

Roasted Root Vegetables

Slow roasted sweet potatoes, carrots, parsnips, Brussels sprouts and leeks

\$32.99

Garlic Green Beans

Tender green beans in a sweet and savory garlic sauce garnished with diced red pepper

\$39.99

Order as written or mix and match sides, salads and entrées.

Bistro Select

Half Pan: Approx. 5 –6 pounds serves 9 –12 \$49.99
Full Pan: Approx. 10 –12 pounds serves 18 –24 \$89.99

LASAGNA

All our lasagne are made with rich egg noodles, whole milk ricotta and parmesan cheese, eggs, basil, and homemade marinara.

TRADITIONAL LASAGNA

Made with all natural quality ingredients: fresh pasta, robust marinara, creamy Ricotta and Reggiano parmesan cheese

GRILLED VEGETABLE LASAGNA

A great vegetarian option made with grilled eggplant, portabella mushrooms, zucchini, peppers, onions, and smoked mozzarella

SPINACH AND MUSHROOM LASAGNA

A classic lasagna made with fresh spinach and mushrooms sautéed in extra virgin olive oil with slivered garlic

FRIED EGGPLANT LASAGNA

A deliciously innovative creation combining crispy, breaded eggplant with a rich marinara and zesty Reggiano parmesan

LASAGNA BOLOGNESE

A perennial favorite made with perfectly seasoned lean ground beef and all the traditional ingredients

VEGAN LASAGNA

Our original recipe is made from roasted corn pasta, flash grilled vegetables and soy cheese- a delicious dairy free alternative to our traditional dish

SIDE SALADS

MIXED GREEN SALAD

A vibrant selection of crisp fresh vegetables with your choice of creamy blue cheese, parmesan peppercorn or balsamic vinaigrette
Sm (serves 10-15) \$19.99 Lg (serves 20-25) \$32.99

CLASSIC CAESAR

Crisp romaine, garlic butter croutons, grated imported parmesan cheese and a delicious Caesar dressing served on the side
Sm (serves 10-15) \$19.99 Lg (serves 20-25) \$32.99

AUTUMN AND WINTER MESCLUN SALAD

Tender greens, roasted pear, dried cranberries, red onion, crumbled goat cheese and candied walnuts with a balsamic vinaigrette served on the side
Sm (serves 10-15) \$24.99 Lg (serves 20-25) \$39.99

SPINACH SALAD

Baby spinach, sliced mushrooms, red onion, cucumbers, and crumbled blue cheese, served with bacon and a balsamic vinaigrette on the side
Sm (serves 10-15) \$24.99 Lg (serves 20-25) \$39.99

TUSCAN GREENS

Crisp mixed greens, raddichio, arugula, ripe tomatoes, artichoke hearts, kalamata olives and shaved parmesan cheese served with a red wine herb vinaigrette
Sm (serves 10-15) \$24.99 Lg (serves 20-25) \$39.99



BISTRO SELECTIONS

EGGPLANT PARMESAN

Sautéed breaded eggplant, zesty marinara and fresh parmesan cheese

CHICKEN PARMESAN

Breaded chicken breast sautéed with extra virgin olive oil, layered with zesty marinara and fresh grated parmesan and mozzarella

DELUXE MACARONI & CHEESE

with broccoli
Rich velvety cheeses and macaroni paired with crispy bacon and tender broccoli, a comforting favorite for all to enjoy
• *Bacon may be served on the side*

CHICKEN BROCCOLI & ZITI

Sliced chicken breast, fresh broccoli and ziti in a creamy cheese sauce

CHICKEN MIRABELLA

Chicken thigh roasted in a red wine and balsamic reduction with prunes, olives, capers, and Tuscan herbs

BEEF STROGANOFF

Lean ground beef with egg noodles in a smooth, savory sour cream tomato sauce

TUNA NOODLE CASSEROLE

A homemade favorite of tender ziti, creamy sauce, fresh vegetables, and chunk tuna

CHICKEN POT PIE

Rich gravy, carrots, peas, and onions, filled to the brim with tender white and dark meat chicken, topped with a flaky crust

CHICKEN MARSALA

Tender white meat chicken dredged in seasoned flour, sautéed in butter and extra virgin olive oil, simmered in a rich stock with plump mushrooms and a full bodied Marsala wine

CRISPY CHICKEN TENDERS

Crowd pleasing for kids and adults alike, served with creamy ranch dressing and a sweet and tangy barbeque sauce.
Crispy Chicken is also available in a spicy buffalo version served with blue cheese dressing

COUNTRY BEEF STEW

A hearty stew of perfectly seasoned tender beef and roasted root vegetables all smothered in a rich beef gravy, perfect for those winter nights

TURKEY TETRAZZINI

A casserole of white meat turkey and creamy gravy over egg noodles, and topped with buttered garlic bread crumbs

ROASTED VEGETABLE POT PIE

Sweet potatoes, carrots, leeks, parsnips, red potato, pearl onion, and celery are slowly roasted in a savory vegetarian gravy

Healthy Flavors

Our healthy flavors menu is designed with you in mind. These healthy recipes using only the freshest ingredients are paired with sensible portion sizes to create a delicious new dimension to your catering choices.



All platters serve 10 people, are expertly prepared and plated.

Serve at room temperature.

All side dishes, not including side salads, may be served at room temperature or can be ordered **OVEN READY** for reheating.

Please specify when ordering if you would like your side dishes

OVEN READY •or• TABLE READY.

There is a *complementary bread basket* of fresh, whole grain rolls with any order consisting of an entrée, side dish and salad.

STEAMED CHICKEN IN BLACK BEAN SAUCE

Tender white meat chicken steamed and tossed with fresh Asian vegetables and a savory black bean sauce \$59.99

Sweet Brown Rice and Edamame

Sweet brown rice steamed with edamame, carrots, scallion and nori, gently seasoned with mirin and sesame seeds \$24.99

Thai Mango Slaw

Ripe mango, napa cabbage, purple cabbage, red onion, peppers and scallion tossed with a light brown rice vinaigrette \$24.99

POACHED SALMON

Salmon fillet poached with fresh dill and lemon, artfully decorated with cucumber scales and served with low fat herb yogurt sauce \$99.99

Lemon Cranberry Quinoa Salad

This ancient grain is tender and nutty and is perfectly complemented by sweet tart dried cranberries and a light lemon vinaigrette \$29.99

Roasted Asparagus

Tender asparagus oven roasted with light olive oil, cracked black pepper and sea salt \$32.99

GRILLED VEGETABLE STACKS

Flash grilled eggplant, zucchini, summer squash, tomato, basil and fresh mozzarella \$49.99

Brown Rice Pilaf

Brown rice and whole wheat orzo steamed in a roasted vegetable stock with olives and fresh herbs \$24.99

Tuscan Greens

Arugula, raddichio, red leaf lettuce, red onion, cucumber and ripe tomato served with a low fat balsamic vinaigrette \$24.99

APPLE GLAZED TURKEY

Roasted turkey breast sliced and served with a light apple glaze \$69.99

Wheat Berry Salad

Hearty wheat berries with roasted apples and walnuts in a light balsamic dressing \$29.99

Roasted Root Vegetables

Sweet potato, parsnips, carrots, fennel and leeks roasted with a light olive oil, sea salt and cracked black pepper \$29.99

TUSCAN GRILLED CHICKEN BREAST

Marinated chicken breast grilled over an open flame and served with a fresh tomato salsa \$59.99

Vegetable Barley

Sweet root vegetables, roasted peppers and hearty barley make this a satisfying side dish \$29.99

Grilled Vegetables

Grilled eggplant, zucchini, asparagus, peppers, onion and portabella mushroom \$39.99

Genji Sushi



Genji is a premier provider of all-natural sushi and Japanese cuisine. Our Mission is to help our customers lead a healthy daily lifestyle by serving the highest quality Japanese-inspired cuisine with all-natural, fresh and nutritious ingredients. At Genji, we follow the strictest food safety standards and seek out environmentally-friendly sources.

SMALL VEGETABLE SUSHI PLATTER

48 pcs (serves 6-8)
Includes: Avocado, Cucumber and Carrot, Vegetarian, Avocado Cucumber, & Spicy Garden Rolls with Genji's original Ginger Miso Dressing
White Rice \$39.99

LARGE VEGETABLE SUSHI PLATTER

100 pcs (serves 14-18)
Includes: Avocado, Cucumber and Carrot, Vegetarian, Avocado Cucumber, Spicy Garden, & Inari Cucumber Rolls, with Inari & Genji's original Ginger Miso Dressing
White Rice \$66.99

SMALL MIXED SUSHI ROLL PLATTER

48 pcs (serves 6-8)
Includes: Tuna and Salmon, Avocado Cucumber, California, Spicy Shrimp Tempura, & Shrimp California Rolls
White Rice \$40.99

LARGE MIXED SUSHI ROLL PLATTER

104 pcs (serves 14-18)
Includes: Tuna, Salmon and Avocado, Cucumber, California, Shrimp California, Spicy Shrimp Tempura, Spicy Tuna Cucumber, & Salmon Avocado Rolls
White Rice \$79.99

'Sushi' is a style of cuisine based on pairing toppings and fillings with rice, which is seasoned with vinegar. Contrary to popular belief, sushi is not synonymous with raw fish.

Toppings and fillings can include: vegetables, eggs, mushrooms, meat or fish (raw or cooked). Sushi ingredients contain tremendous amounts of nutrients and provide health benefits. In addition, it's perfectly OK to eat sushi with your fingers, making it Japan's favorite "fast food."

SMALL COOKED SUSHI PLATTER

44 pcs (serves 6-8)
Includes: Cucumber, California, Shrimp California, Eel Cucumber, & Spicy Shrimp Tempura Rolls, with Shrimp and Eel Nigiri
White Rice \$43.99

LARGE COOKED SUSHI PLATTER

78 pcs (serves 14-18)
Includes: Avocado Cucumber, Vegetable, Shrimp California Rolls, California, Scorpion, Eel Cucumber, & Spicy Shrimp Tempura Rolls, with Shrimp and Eel Nigiri
White Rice \$81.99

SMALL NIGIRI & ROLL PLATTER

48 pcs (serves 6-8)
Includes: Tuna, Salmon and Cucumber, & California Rolls, with Tuna, Salmon, Shrimp and Eel Nigiri
White Rice \$55.99

LARGE NIGIRI & ROLL PLATTER

86 pcs (serves 14-18)
Includes: Tuna, Salmon, Avocado and Cucumber, California, Spicy Shrimp Tempura, & Tokyo Rolls, with Tuna, Salmon, Shrimp and Eel Nigiri
White Rice \$99.99

Items may be substituted, depending on availability.

A NOTE REGARDING SUSHI AND RAW SEAFOOD
Some varieties of our products contain uncooked seafood. Those populations without adequate immune systems such as young children, the elderly, and those with liver disease or compromised immunity may have an increased risk of becoming ill if exposed to food borne illness. Please keep refrigerated or consume without delay.

Sweet Selections



GOOD MORNING BREAKFAST BASKET
 Fresh brewed coffee with the fixings, fresh squeezed orange juice and assorted breakfast pastry
 \$49.99 serves 10

BAGEL BREAKFAST BASKET
 Fresh brewed coffee with the fixings, fresh baked bagels with cream cheese, butter and jam and a fresh fruit platter
 \$64.99 serves 10

HEALTHY OPTIONS BREAKFAST
 Fresh squeezed orange juice
 Low fat vanilla yogurt, granola and fresh fruit made ready to create your own breakfast parfait
 \$29.99 serves 10

THE FRENCH CONNECTION
 Two quiche of your choosing, fresh fruit salad, coffee and fresh squeezed orange juice
 (see quiche menu for choice options)
 \$49.99 serves 10

BREAKFAST AS YOU LIKE IT
 Minimum order 10 pieces

- BAGELS & CREAM CHEESE \$1.25 ea
- BREAKFAST PASTRY & MUFFINS \$2.00 ea
- BOX OF COFFEE & FIXINGS 13-8OZ CUPS \$15.99
- BOX OF TEA & FIXINGS 13-8OZ CUPS \$14.99 (hot water and assorted teas)
- FRESH SQUEEZED ORANGE JUICE 1/2 Gal. \$7.99
- FRESH SQUEEZED GRAPEFRUIT JUICE 1/2 Gal \$7.99

FRUIT PLATTERS
 Seasonal sliced fruits with grapes and berries
 Small (serves 10-15) \$29.99
 Medium (serves 15-20) \$49.99
 Large (serves 20-30) \$59.99

ASSORTED MINI COOKIES
 Chocolate Chip, Oatmeal Raisin, Snickerdoodles and Double Chocolate
 \$12.99 two dozen

DELUXE MINI COOKIES
 Madeleines, black & whites, and jam drizzled cookies
 \$19.99 two dozen

SEASONAL SPECIALS
 \$27.99 per dozen
 \$49.99 per two dozen
 Save \$5.99 when ordering two dozen (regularly \$55.98)

DELUXE MINI PASTRIES
 Fresh Fruit Tarts, Eclairs, and Napoleons

ASSORTED BARS AND BROWNIES
 Brownies: Traditional, Walnut, Fudge, Peppermint & Cappuccino
 Bars: Lemon and Congo

PETIT FOUR ASSORTMENT
 Chocolate, vanilla, raspberry and lemon

DECADENT TRIPLE CHOCOLATE PLATTER
 White chocolate peanut butter tartlet, petite rum truffle, milk chocolate apricot tartlet

SEASONAL FRESH FRUIT TARTS
 6 Inch (serves 4-6) \$17.99
 9 Inch (serves 8-10) \$26.99

CHOCOLATE PEAR TART
 Sweet, succulent pears delicately poached in a lightly spiced syrup arranged on a layer of rich ganache in a sweet tart shell
 9 Inch (serves 8-10) \$26.99

SEASONAL FAVORITE
CARAMELIZED APPLE BREAD PUDDING
 Ready to heat and serve with sweet cream on the side.
 Half pan(serves 9-12) \$27.99

SHEET CAKE
 Available with 48 hours notice

- 1/4 sheet (serves 20) \$44.99
- 1/2 sheet (serves 40) \$84.99
- 1 full sheet (serves 80) \$149.99

Call our Bakery Team for flavor combinations
 (617) 491 - 0040



The Finishing Touch...



DON'T FORGET THE FLOWERS

Our expert floral designers are here to help you with the finishing touch.

BOUQUETS AND ARRANGEMENTS

Available from \$24.99 – \$99.99

Seasonal and holiday arrangements are also available.

Call our Floral Team for further information (617) 491-0040

Please be sure to mention if you have a floral arrangement with your catering order—this will ensure that your order is complete upon delivery or pick up.



WHOLE FOODS MARKET QUALITY STANDARDS

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available.

Our business is to sell the highest quality foods we can find at the most competitive prices possible. We evaluate quality in terms of nutrition, freshness, appearance, and taste. Our search for quality is a never-ending process involving the careful judgment of buyers throughout the company.

- WE CAREFULLY EVALUATE EACH AND EVERY PRODUCT WE SELL.
- WE FEATURE FOODS THAT ARE FREE OF ARTIFICIAL PRESERVATIVES, COLORS, FLAVORS, SWEETENERS, AND HYDROGENATED FATS.
- WE ARE PASSIONATE ABOUT GREAT TASTING FOOD AND THE PLEASURE OF SHARING IT WITH OTHERS.
- WE ARE COMMITTED TO FOODS THAT ARE FRESH, WHOLESOME AND SAFE TO EAT.
- WE SEEK OUT AND PROMOTE ORGANICALLY GROWN FOODS.
- WE PROVIDE FOOD AND NUTRITIONAL PRODUCTS THAT SUPPORT HEALTH AND WELL-BEING.

Whole Foods Market's Quality Standards team maintains an extensive list of unacceptable ingredients. However, creating a product with no unacceptable ingredients does not guarantee that Whole Foods Market will sell it. Our buyers are passionate about seeking out the freshest, most healthful, minimally processed products available.

For any occasion — business meetings, weddings, rehearsal dinners, galas, premiers, open houses, bar mitzvahs, bat mitzvahs or holiday parties — Whole Foods Market Catering can create a memorable event just for you!