



CATERING

Alternative Dietary
for Catering Menu

Gluten-Free

All entrées include a salad, seasonal vegetable, gluten-free rolls, butter, and beverages

Beef

Flank Steak with Horseradish Sauce

Grilled and served with a creamy dill horseradish sauce and mashed potatoes
\$15.95

Pepper Steak Stir Fry

Flank steak stir-fried with tomatoes, peppers, and onions; served over Jasmine rice
\$15.95

Chicken

Salsa Chicken Con Queso

Chicken breast seasoned with Mexican spices, topped with salsa and Monterey jack cheese, garnished with sour cream and black olives, served with Mexican rice and seasoned black beans
\$14.95

Chicken with Lemon and Fresh Herbs

Chicken breast sautéed in lemon, garlic, and white wine, garnished with fresh herbs and lemon zest, served with Chef's choice of starch
\$15.95

Pasta

Creamy Tomato Pasta with Basil

Gluten-free rice pasta served with roasted vegetables and tossed in a light caper sauce
\$13.95

Teriyaki Vegetable Stir Fry

Broccoli florets, carrots, celery, onions, sugar snap peas, and water chestnuts stir-fried with tamari sauce, topped with roasted almonds, and served over Jasmine rice
\$12.95

Vegetarian

Polenta with Sautéed Squash and Zucchini

Summer squash and zucchini sautéed with garlic and olive oil over seasoned polenta, topped with fresh shaved Parmesan cheese
\$14.95

Italian Pasta Salad

Gluten-free rice pasta served cold with tomatoes, red bell peppers, green onions, and pepperoncini, topped with feta cheese and fresh basil
\$13.95

Dairy-Free

All entrées include a salad, seasonal vegetable, appropriate dinner rolls, non-dairy margarine, and beverages

Beef

Flank Steak with Roasted Red Peppers

Flank steak marinated and seasoned with fresh rosemary, grilled and served with roasted red peppers and onion. Served with Chef's choice of starch

\$16.95

Flank Steak with Wild Mushrooms

Marinated and grilled, served with sautéed wild mushrooms. Served with chef's choice of starch

\$16.95

Chicken

Citrus Lime Chicken

Grilled chicken breast marinated in orange, lemon, and lime juices, sliced and served with flour tortillas, salsa, dairy-free sour cream, and seasoned black beans

\$14.95

Chicken and Asparagus

Sautéed chicken cutlets served with asparagus and topped with dairy-free sour cream and sage sauce, served with Chef's choice of starch

\$15.95

Pasta

Vegetables and Pesto Cream

Pasta served with fresh vegetables, tossed in a soy-based pesto cream sauce, and served with garlic toast points

\$14.95

Pasta with Fresh Garlic, Olive Oil, and Fresh Vegetables

Tossed and served with garlic toast points

\$13.95

Vegetarian

Herbed Polenta with Wild Mushrooms

Polenta seasoned with herbs and topped with sautéed wild mushrooms

\$13.95

Mixed Greens and Vegetables

Tossed with roasted pistachios, sunflower seeds, avocado, cucumbers, sliced radishes, and fresh berries dressed with blackberry vinaigrette. Served with sweet breads

\$12.95

Diabetic

Beef

Flank Steak con Ancho Chile Sauce

Grilled with peppers and onions and served with Chef's choice of starch
\$16.95

Beef and Vegetable Lo Mein

Flank steak and vegetables sautéed in a light soy sauce and served on a bed of barley lo mein with an order of vegetable egg rolls
\$16.95

Chicken

Aloha Chicken

Boneless chicken stir-fried with green bell peppers, radishes, and pineapple in a light soy sauce over rice, served with an order of vegetable egg rolls
\$15.95

Chicken and Broccoli

Seasoned chicken breasts sautéed with red onions, garlic, and balsamic vinegar, served with steamed broccoli and Chef's choice of starch
\$15.95

Pasta

Fresh Vegetable Pasta Primavera

Eggplant, zucchini, onions, red peppers, and tomatoes tossed in penne pasta with ricotta cheese and topped with fresh Parmesan cheese
\$13.95

Lasagna Italiano

Spinach and zucchini lasagna layered with cheeses and sauce, baked until golden-brown
\$14.95

Vegetarian

Vegetables with Creamy Cheeses

Zucchini, onions, and red bell peppers marinated, grilled, and served open-faced on deli rye bread with Swiss and cream cheeses
\$13.95

Spinach and Cheese Salad

Spinach tortellini, tomatoes, fresh basil, garlic, spinach, mozzarella and Parmesan cheeses tossed in red wine olive oil vinaigrette, accompanied by garlic toast points
\$13.95

Egg-Free

Beef

Peppered Steak with Brandy Sauce

Flank steak marinated, seared, sliced, and adorned with brandy cream sauce, served with Chef's choice of starch
\$16.95

Beef and Broccoli Jardinière

Marinated flank steak stir-fried in brown bean sauce with broccoli, bamboo shoots, and red bell peppers on a bed of Jasmine rice
\$15.95

Chicken

Chicken and Asparagus

Sautéed chicken cutlets with a hint of lemon, served with asparagus and Chef's choice starch
\$15.95

Chicken a la Mexicana

Mexican-spiced chicken atop spinach with seasoned black beans and mango
\$15.95

Pasta

Roasted Garlic and Wild Mushroom Pasta

Eggless pasta with a garlic and mushroom cream sauce served with Chef's choice of starch
\$14.95

BLT Pasta Salad

Eggless pasta tossed with bacon, tomatoes, and red wine vinaigrette, served on a bed of romaine lettuce, accompanied by garlic toast points
\$14.95

Vegetarian

Greek Tossed Salad

Artichokes, red bell peppers, red onions, sliced cucumbers, and tomatoes tossed in red wine vinaigrette, served on a bed of romaine lettuce topped with goat cheese crumbles, accompanied by garlic toast points
\$14.95

Penne with Roasted Tofu in Garlic Sauce

Marinated tofu, bell peppers, and spinach, tossed in eggless penne pasta and topped with fresh Parmesan cheese, served with garlic toast points
\$14.95

Gluten-Free & Vegan

All entrees include a salad, seasonal vegetable, appropriate dinner rolls, butter, and beverages

Spaghetti with Bolognese Sauce

Rice pasta with eggplant, zucchini, mushrooms, onions, and red bell peppers, tossed in marinara sauce and served with garlic toast points
\$13.95

Spicy Black Beans and Rice with Mangoes

Served with corn tortilla chips
\$11.95

Mandarin Almond Salad

Fresh romaine with mandarin oranges, green onions, and roasted sugared almonds, served with red wine vinegar and olive oil
\$11.95

Aloo Gobi Mattar

An Indian vegetable curry stew made with cauliflower, peas, and potatoes, served with naan bread
\$13.95

Alternative Dietary Appetizers À La Carte

*This page contains both hot and cold hors d' oeuvres.
Priced per dozen*

Cheese and Spinach Quesadillas (gluten-free)

Melted in a crispy corn tortilla, served with salsa and sour cream
\$14.50

Tamari Honey-Glazed Chicken Wings (gluten-free)

Served with carrot and celery sticks and a bleu cheese dipping sauce
\$15.95

Balsamic Antipasti Skewers (vegan, gluten-free)

Skewered olives, cherry tomatoes, artichokes, bell peppers, red onions, and fresh basil leaves, served with a vegan pesto sauce
\$16.95

Prosciutto Cups (gluten-free)

With a spinach and ricotta filling
\$15.95

Seafood Cucumbers (gluten-free)

Cucumber rounds filled with shrimp and smoked salmon, topped with lemon cream and garnished with fresh chives
\$19.50

Chicken Souvlaki Skewers (gluten-free)

Cubed chicken marinated in Greek seasonings, skewered with zucchini, and served with tzatziki sauce
\$18.95

Corn and Avocado Salsa (vegan, gluten-free)

Served with corn tortilla chips
\$28.95 (10 servings)

Homemade Hummus with Fresh Crudités (vegan, gluten-free)

Garlic hummus served with an assortment of raw vegetables
\$34.50 (10 servings)

Desserts

Gluten-Free

Gourmet Brownies or Cookies

\$2.50

Flan

\$3.50

Individual Flourless Chocolate Cake

\$4.95

Shortbread Cookies with Fresh Strawberries and Whipped Topping

\$4.95

Vegan

Coconut Pudding

Soft Tofu blended with coconut and chilled, topped with toasted coconut and macadamia nuts

\$3.50

Dark Chocolate Mousse

Soft tofu blended with cocoa and soymilk, chilled and served with fresh berries

\$3.95

Fresh Fruit Parfait

Soy yogurt layered between fresh fruit and granola, topped with non-dairy topping and garnished with berries

\$3.95

Diabetic

Fresh Strawberries with Chocolate Yogurt Dip

Fresh strawberries alongside chocolate yogurt for dipping

\$3.95

Baked Apples with Gingersnap Topping

Apples baked with oranges, cinnamon, and nutmeg, topped with crushed gingersnaps

\$4.95