

*Below are menus for buffet-style meals. At this time, some of our menu items and services may be limited.  
Please check with our catering department for the most up to date availability.*

## HARRISON'S EAT WELL CATERING

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### 2021 SAMPLE MENUS - HEALTHY LUNCHEON BUFFET-STYLE MEALS

Our suggestion for a healthy combination!

#### SAMPLE MENU #1: Light Lunch for 24 - with Delivery

##### Platters

Balsamic Vinaigrette		1	Half Pint in fresh pepper bowl	\$10.99	\$10.99
- with Fresh Veggies	(v, gf, df)	6	Doz. Pieces	\$4.99	\$29.94
Mango Salsa	(v, gf, df)	1	Pint	\$21.99	\$21.99
- with Gluten Free Corn Chips	(v)	3	Doz. Pieces	\$5.99	\$17.97

##### Wrap Platters

Roast Turkey & Cheese		10	Wraps	\$6.50	\$65.00
Italian Antipasto		10	Wraps	\$6.50	\$65.00
Grilled Vegetable & Hummus	(v)	4	Wraps	\$6.50	\$26.00

##### Salads

Herbed Potato Salad	(v, gf, df)	2	Qts.	\$12.99	\$25.98
Fiesta Black Bean Salad	(v, gf, df)(vegan)	1	Qts	\$12.99	\$12.99
Mango-Napa Slaw	(v, gf, df)	1	Qts	\$12.99	\$12.99

##### Sweets

House-Made Coconut Macaroons	(v, gf)	5	Dozen	\$12.99	\$64.95
Fresh Whole Strawberries	(v, gf, df)	1.75	Dozen	\$12.99	\$22.73

##### Serving Materials

Premium Platters - White Oval (recyclable)		4	each	\$5.99	\$23.96
Salad Bowls & Serving Spoons (clear/recyclable)		6	each	\$0.75	\$4.50
10" Eco-Plates, napkins, forks, knives (compostable)		27	per set	\$0.80	\$21.60
Cocktail Napkins (compostable) (for dessert)		36	per set	\$0.10	\$3.60
Delivery (Local)					\$30.00

**Subtotal:** \$460.19  
**Per Person Cost:** \$19.17

#### SAMPLE MENU #2: Vegetarian Lunch for 24 - with Delivery

##### Platters

Fresh, Sliced Fruit & Grapes	(v, gf, df)	24	1 oz portions	\$1.25	\$30.00
- Assorted Cheeses	(v, gf)	24	1 oz portion	\$1.25	\$30.00
- with crackers & toasts		2.5	Doz. Pieces	\$4.99	\$12.48
Chargrilled Vegetables w/ sliced portobello	(v, gf, df)	3	Qts.	\$15.99	\$47.97

##### Salads

Mixed Greens w/ Balsamic Vinaigrette	(v, gf, df)	3	Gallon	\$29.99	\$89.97
Fiesta Black Bean Salad	(v, gf, df)	2	Qts	\$12.99	\$25.98
Dill Cucumber Salad	(v, gf, df)	2	Qts.	\$12.99	\$25.98
Marinated Mushrooms	(v, trace gluten, df)	2	Qts	\$15.99	\$31.98

##### Sweets

Filo Cups w/Lemon/Lime Mousse & Fresh Berry		3	Dozen	\$21.99	\$65.97
Chocolate Dipped Pretzel Rods	(v)	3	Dozen	\$21.99	\$65.97

##### Serving Materials

Premium Platters - White Oval (recyclable)		4	each	\$5.99	\$23.96
Extra Large Salad Bowls (clear/recyclable)		3	each	\$4.99	\$14.97
Salad Bowls & Serving Spoons (clear/recyclable)		10	each	\$0.75	\$7.50
10" Eco-Plates, napkins, forks, knives (compostable)		27	per set	\$0.80	\$21.60
Cocktail Napkins (compostable) (for dessert)		36	per set	\$0.10	\$3.60
Delivery (Local)					\$30.00

**Subtotal:** \$527.93  
**Per Person Cost:** \$22.00

\* (v) indicates VEGETARIAN; (gf) indicates GLUTEN-FREE (prepared in a kitchen that uses products containing gluten); (df) indicates DAIRY-FREE

additional sample menus on page 2

**SAMPLE MENU #3: Salad & Toppings for 24 - with Delivery**

**Platters**

Poached Salmon -with Chef's Garnish	(gf, df)	24	2 oz portions	\$3.99	\$95.76
Grilled Chicken - thin sliced	(gf, df)	24	2 oz portions	\$2.75	\$66.00

**Salads**

Tossed Garden Salad - with vinaigrette & ranch dressing	(v, gf, df)(vegan) (v,gf,df) / (v)	1.5	Gallon	\$29.99	\$44.99
Mixed Greens w/ Balsamic Vinaigrette	(v, gf, df)	1.5	Gallon	\$29.99	\$44.99
World Spice/Craisin/Nut Quinoa	(v, gf, df)	2	Qts.	\$15.99	\$31.98
Edamame/Mango/Bean Salad	(v, gf, df)	2	Qts.	\$15.99	\$31.98
Fresh Cut Fruit	(v, gf, df)(vegan)	2	Qts	\$15.99	\$31.98

**Baked Goods**

Parkerhouse Rolls, sliced	(v, df)	2.5	Dozen	\$6.99	\$17.48
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**Sweets**

Lemon White Chocolate Chunk Cookies	(whole wheat)	6	Dozen	\$8.99	\$53.94
Fresh Grapes	(v, gf, df)	24	1 oz portions	\$0.49	\$11.76

**Serving Materials**

Premium Platters - White Oval (recyclable)		4	each	\$5.99	\$23.96
Extra Large Salad Bowls (clear/recyclable)		3	each	\$4.99	\$14.97
Salad Bowls & Serving Spoons (clear/recyclable)		16	each	\$0.75	\$12.00
10" Eco-Plates, napkins, forks, knives (compostable)		27	per set	\$0.80	\$21.60
Cocktail Napkins (compostable) (for dessert)		36	per set	\$0.10	\$3.60
Delivery (Local)					\$30.00

**Subtotal:** \$536.98  
**Per Person Cost:** \$22.37

**Additional menu choices below. See our regular luncheon menu for more info and additional sample menus.**

**Gluten-Free / Low-Carb / Salad Toppings Platters**

*Grilled Chicken Breast, Poached Salmon, Sesame Poached Salmon, Grilled Balsamic Beef, Roast Turkey Breast  
Rosemary Chicken Salad, Grilled Vegetables & Portobello (v)*

**Salads**

*Herbed Potato Salad (gf,df), Fresh Cut Fruit (gf,df), Sesame Asparagus (df), Grilled Veggies (gf,df)  
Marinated Mushrooms (df), Smoked Mozzarella Pasta Salad, Ranch Pasta Salad, Sesame Noodles (df)  
Fiesta Black Bean Salad (gf,df), Cole Slaw (gf), Mango-Napa Slaw (gf,df), Dill Cucumber Salad (gf,df)  
Chef's Seasonal Quinoa (gf,df), Seasonal Salads  
"Leafy" Green Salads (all are gf): Tossed Garden (df), Caesar, Mixed Greens (df), or Greek*

**Sweets**

*Our own fresh-baked Chocolate Chip Cookies, Lemon White Chocolate Chunk Cookies, Brownies, Assorted Dessert Bar Quarters  
Lemon Bar Triangles, Chocolate-Dipped Strawberries (gf), Filo Cups w/ Lemon-Lime Mousse & Berry, Coconut Macaroons (gf)  
Fresh Grapes/Strawberries (gf), Double Chocolate Decadence Cake, New York-Style Cheesecake with Fresh Berries*

**Beverages**

*Assorted Pepsi Products, Bottled Water, Canned Iced Tea & Lemonade, Pellegrino  
Fresh Brewed Iced Tea (unsweetened), Lemonade, Cranberry Lemonade  
Coffee, Decaf, Hot Tea*

**Serving Materials**

*Platters, bowls, serving utensils, plates, napkins, eating utensils, tablecloths (all disposable)*

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**Call us for a custom menu!**