

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

814-237-4422

EatWell@HarrisonsMenu.com

[www.HarrisonsEatWellCatering.com](http://www.HarrisonsEatWellCatering.com)

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

Below are several examples of menus that may work for your group. Since each group has unique needs, we can mix & match to best fit your group.

#### Sandwich Platters

Roast Turkey, Rosemary Chicken Salad, Grilled Pesto Chicken, Italian, Roast Beef & Provolone  
Grilled Vegetables w/ Garlic Cheese (v), or Three Cheese (v)

#### Wrap Platters

Grilled Chicken Caesar, Chicken & Cheddar, Roast Turkey & Cheese, Italian Antipasto  
Roast Beef w/ Provolone, Grilled Vegetable & Hummus (v), or Grilled 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

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

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

#### 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,df), 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)

#### SAMPLE MENU #1: Salad & Sandwich Sampler for 24 - with Delivery

<u>Sandwich Platters</u>		<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Roast Turkey on Whole Grain		4	Sandwiches - cut into quarters	\$9.99	\$39.96
Grilled Pesto Chicken on Baguette		4	Sandwiches - cut into quarters	\$9.99	\$39.96
Grilled Veggies w/ Garlic Cheese on Wh Gr Ciabatta (v)		4	Sandwiches - cut into quarters	\$9.99	\$39.96
<b><u>Salads</u></b>					
Sesame Noodles	(v, df)	2	Qts	\$12.99	\$25.98
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
<b><u>Sweets</u></b>					
Fresh Baked Cookies & Brownies		5	Dozen	\$8.99	\$44.95
Fresh Grapes		25	oz	\$0.49	\$12.25
<b><u>Serving Materials</u></b>					
Platters (tan/compostable)		3	each	\$4.99	\$14.97
Salad Bowls & Serving Utensils (clear/recyclable)	3,3	6	each	\$0.75	\$4.50
10" Eco-Plates, napkins, forks (compostable)		27	per set	\$0.65	\$17.55
Delivery (Local)					\$30.00
<b><u>Subtotal:</u></b>					\$322.04
<b>Per Person Cost:</b>					\$13.42

\*(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 #2: Salad & Wrap Sampler for 24 - with Delivery**

<u>Wrap Platters</u>		<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Grilled Chicken Caesar		10	Wraps-cut in two	\$6.50	\$65.00
Roast Beef & Provolone		10	Wraps-cut in two	\$6.50	\$65.00
Grilled Vegetable & Hummus	(v)	4	Wraps-cut in two	\$6.50	\$26.00
<b><u>Salads</u></b>					
Smoked Mozzarella Pasta Salad	(v)	2	Qts	\$15.99	\$31.98
Mango-Napa Slaw	(v, trace gluten, df)	1	Qts	\$12.99	\$12.99
Fresh Cut Fruit	(v, gf, df)	2	Qts	\$15.99	\$31.98
<b><u>Sweets</u></b>					
Assorted Dessert Bar Quarters	(v)+N	4	Dozen	\$12.99	\$51.96
House-Made Coconut Macaroons	(v, gf)	2	Dozen	\$12.99	\$25.98
<b><u>Serving Materials</u></b>					
Platters (tan/compostable)		3	each	\$4.99	\$14.97
Salad Bowls & Serving Utensils (clear/recyclable)		6	each	\$0.75	\$4.50
10" Eco-Plates, napkins, forks (compostable)		27	per set	\$0.65	\$17.55
Delivery (Local)					\$30.00
				<b><u>Subtotal:</u></b>	\$377.91
				<b>Per Person Cost:</b>	\$15.75

**SAMPLE MENU #3: Value Lunch Sampler for 24 - With Pickup**

<u>Sandwich Platters</u>		<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Roast Turkey Breast on Italian bread		4	Sandwiches - cut into quarters	\$9.99	\$39.96
Deli Ham & Provolone Cheese on Italian bread		4	Sandwiches - cut into quarters	\$9.99	\$39.96
Three Cheese w/ mustard, lettuce, tomato on Italian bread (v)		4	Sandwiches - cut into quarters	\$9.99	\$39.96
<b><u>Salads - in deli containers</u></b>					
Herbed Potato Salad	(v, gf)	2	Qts	\$12.99	\$25.98
Ranch Pasta Salad	(v)	2	Qts	\$12.99	\$25.98
Dill Cucumber Salad	(v, gf)	2	Qts	\$12.99	\$25.98
<b><u>Sweets</u></b>					
Brownie Quarters		4	Dozen	\$8.99	\$35.96
<b><u>Serving Materials</u></b>					
In aluminum pans (recyclable)		3	each	\$1.50	\$4.50
<i>**Host to provide all serving and eating utensils (local delivery is additional \$30)</i>					
				<b><u>Subtotal:</u></b>	\$238.28
				<b>Per Person Cost:</b>	\$9.93

**TASTY ADDITIONS TO ANY MENU!****Soup:** 6 soups available daily in half pint, pint, or quart containers**Snacks:** Potato Chips, Pretzels, Nuts, Snack Mix**Hot Beverages for Delivery/Drop-Off**

Hot Coffee		96 oz dispenser (serves 10-12)	\$24.99	\$0.00
Decaf		96 oz dispenser (serves 10-12)	\$24.99	\$0.00
Hot Water & Tea Bag Selection (10)		96 oz dispenser (serves 10-12)	\$24.99	\$0.00
<i>- includes creamers, sweeteners, stirrers; served from insulated cardboard dispensers</i>				

**Cold Beverages for Delivery/Drop-Off**

Assorted Pepsi Products	25	cans	\$1.69	\$42.25
Bottled Water	25	bottles	\$1.69	\$42.25
Iced Tea w/ lemon, sweeteners, ice	2	1/2 gal jugs (serves 8)	\$14.99	\$29.98
Lemonade w/ ice	2	1/2 gal jugs (serves 8)	\$14.99	\$29.98
Cranberry Lemonade Punch w/ ice	2	1/2 gal jugs (serves 8)	\$16.99	\$33.98

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**Call us for a custom menu!**