



CATERING A FIRESERVICE EVENT

BREAKFAST BUFFET SAMPLE ONE:

Coffee & tea service with low fat milk (avoid cream & artificial creamers).

Fruit-infused water and fresh squeezed fruit juices.

FAGE Plain Greek yogurt: Total (whole fat) and Total 2%, accompanied by choices of pure honey, raw walnut pieces and raw pistachios, and fresh fruits as accompaniments.

Additional fresh fruits, whole grain breads with extra virgin olive oil and high-quality cheeses.

Village- style Greek Pites (Pies) Spanakopites and Prasopites (Traditional spinach and leek pies)

BREAKFAST SAMPLE TWO:

FAGE Greek yogurt Total and 2% (**PLAIN**) served with Local honey or Greek honey and Raw Walnuts, almonds and/or pistachios

Fresh fruit (mix of loose fresh blueberries, raspberries and blackberries, and other whole fruit)

Hard Boiled Eggs

Scrambled eggs or omelets with mushrooms, spinach and peppers

Whole Wheat and/or other Whole Grain sliced bread for toasting.

Natural peanut butter (unsweetened)

Almond Butter (unsweetened)

Extra Virgin Olive Oil

100% juice – orange and pomegranate

Coffee, tea, water (provide 2% and skim milk, please avoid cream, half and half and artificial creamers)

LUNCH BUFFET SAMPLE ONE: "Mezedes" (Greek Tapas)

Fresh fig halves with halloumi or fresh mozzarella cheese slice, wrapped with prosciutto slice

Dolmades (Grape leaves stuffed with brown rice and lentils)

Mini skewers of chicken kebabs

Whole-grain flat breads (brushed with extra virgin olive oil, lightly toasted on the grill and sprinkled with oregano)

Variety of freshly prepared Mediterranean Dips: Melitzanosalata or Baba Ganoush (Mediterranean eggplant salad), Tzatziki, Hummus

Fresh spinach and cheese pies

Variety of fresh fruits

Fruit-infused waters, Coffee & tea service

LUNCH SAMPLE TWO

Tuscan or other roasted Turkey breast and Provolone sandwiches on whole wheat bread (high quality mustards and EVOO-based vinaigrettes for sauces)

Chickpea salad – add lemon, garlic, herbs and extra virgin olive oil-based dressing at buffet or on side

Hummus and whole wheat pita chips [may request several different hummus flavors, eg sundried tomato]

Fresh, in-season fruit

Greek style olives and cheeses drizzled with EVOO

Bottled water, seltzers and/or fruit-infused water

Coffee, tea, water (provide 2% and skim milk, please avoid cream, half and half and artificial creamers)

LUNCH SAMPLE THREE

Grilled Chicken salad: Grilled chicken breast, Romaine Hearts, Radicchio, Lettuce, Homemade Croutons,
Grated Parmesan Cheese. Serve with EVOO vinaigrette.

Grilled vegetable salad. Serve with EVOO vinaigrette.

Pasta Salad. Serve with EVOO vinaigrette.

Fruit salad

Bottled water, seltzers and/or fruit-infused water

Coffee, tea, water (provide 2% and skim milk, please avoid cream, half and half and artificial creamers)

BUFFET STYLE LUNCH OR DINNER SAMPLE ONE:

Horiatiki Salata (Greek village salad): Greek feta, tomato, cucumber, green and red pepper slices, oil cured Greek olives, large capers, red onion, and peperoncini with dressing of extra virgin Greek olive oil, red wine vinegar, oregano, garlic, sea salt, pepper.

Kalamata Chicken (Greek-style roasted chicken with Kalamata olives) and Farro pilaf.

“Pappoutsakia” (Greek-style stuffed small eggplants, filled with a whole grain pilaf, pine nuts and garbanzos)

Whole-grain flat breads (brushed with EVOO, lightly toasted on the grill and sprinkled with oregano)

Fruit-infused waters, Coffee & tea service.

DINNER BUFFET SAMPLE TWO:

Build your own Chicken Gyro or Chicken Shawarma: whole wheat pita bread, brushed with EVOO and lightly toasted; marinated chicken breast grilled and shredded or finely sliced; fresh tomatoes, onion and parsley finely diced; choice of sauces- Tzatziki (Greek yogurt sauce), hummus and/or tahini sauce.

Tabbouleh salad with lemon-EVOO dressing

Grilled vegetable platter (eggplant, zucchini, peppers and grilled mushroom medley) drizzled with red wine vinaigrette.

Bottled water, seltzers and/or fruit-infused water

Beer and wine service

Coffee, tea, water (provide 2% and skim milk, please avoid cream, half and half and artificial creamers)

Dessert: fresh fruit medley and Greek yogurt served with walnuts and honey.

DINNER BUFFET SAMPLE THREE:

Build your own Chicken Fajitas: whole wheat and whole corn tortillas; marinated chicken breast grilled and thickly sliced; fresh tomatoes; EVOO-sautéed onions and peppers; fresh parsley finely diced; choice of salsas: guacamole (prepared fresh with EVOO), pico de gallo, salsa verde, salsa rojo.

Mexican Black bean soup

Mixed garden salad with red wine-EVOO vinaigrette.

Grilled vegetable platter (“Poblano” peppers (remove skin), green and red peppers, and grilled mushroom medley) drizzled with red wine vinaigrette.

Bottled water, seltzers and/or fruit-infused water

Beer and wine service

Coffee, tea, water (provide 2% and skim milk, please avoid cream, half and half and artificial creamers)

Dessert: fresh fruit medley, dark chocolates and Spanish Flan.