

CATERING



WITH THREE LOCATIONS IN THE
SARASOTA/BRADENTON AREA,
WE'RE JUST A PHONE CALL AWAY!

DOWNTOWN SARASOTA
941.702.2900 • EXTENSION 3

LAKWOOD RANCH
941.462.2650 • EXTENSION 3

SHOPPES @ UTC
941.315.4500 • EXTENSION 3

EATFASTNFRESH.COM

SIGNATURE SALADS

SERVES UP TO 12

SERVED WITH 16OZ CONTAINER OF DRESSING

Additional dressing available for 6

ADD A MULTIGRAIN BAGUETTE TO ANY SALAD FOR 3.50

Served with butter

ADD PROTEIN TO ANY SALAD 12

YOUR CHOICE OF:

All-natural Grilled or Spicy Chicken

Boar's Head® Ovengold Turkey / Black Forest Smoked Turkey

Tavern Ham / Add shrimp 18

SUMMER PECAN 42 V/GF

Baby spinach, gorgonzola crumbles, fresh strawberries, dried cranberries and candied pecans. We recommend Raspberry Vinaigrette.

CAESAR 34

Romaine lettuce, shredded parmesan cheese and house-made croutons. We recommend Caesar dressing. Add grilled or spicy chicken 12. Optional Kale Caesar.

GARDEN 34 V

Romaine, baby greens, heirloom tomatoes, cucumber, red onion, carrots and house-made croutons. Your choice of dressing.

BAJA SALAD 42 V

Romaine, shredded cheddar cheese, sweet yellow corn, black beans, red onion, diced tomatoes and tri-colored tortillas chips. We recommend Low-fat Chipotle Ranch dressing.

GREEK 42 V/SF/GF

Romaine, feta crumbles, diced tomatoes, red onion, chickpeas, sliced black olives, cucumber and spicy pepperoncini. We recommend our house-made Greek Vinaigrette.

WALDORF 42 V/GF

Romaine and baby greens, gorgonzola crumbles, diced apples, toasted walnuts, grapes, celery and dried cranberries. We recommend our house-made Honey-Lime Vinaigrette.

CALI CRUNCH 42 V/GF/DF

Romaine, kale, purple cabbage, heirloom tomatoes, hothouse cucumbers, carrots, sunflower seeds and avocado. We recommend our house-made Dijon Vinaigrette.

SPICY THAI KALE 42 V/DF

Romaine, kale, purple cabbage, carrots, red peppers, crispy wontons, scallions, crushed peanuts and toasted sesame seeds. We recommend our Spicy Thai Peanut dressing.

BRUSCHETTA 42 V

Romaine, arugula, heirloom tomatoes, fresh mozzarella, fresh torn basil, house-made croutons and a balsamic glaze drizzle. We recommend our house-made Balsamic Vinaigrette.

COBB 55 GF

Romaine, gorgonzola crumbles, diced tomatoes, egg, crumbled bacon, freshly sliced avocado and grilled chicken. We recommend our house-made Dijon Vinaigrette.

WRAPS & SANDWICHES

SMALL PLATTER 55

Serves up to 10. Choose any 5 Wraps or Sandwiches. Served with 10 bags of chips.

LARGE PLATTER 110

Serves up to 20. Choose any 10 Wraps or Sandwiches. Served with 20 bags of chips.

WRAPS

CHICKEN CAESAR WRAP

Grilled chicken, romaine, parmesan and house-made croutons served with Caesar dressing on a spinach herb wrap. Optional Kale Caesar.

BAJA CHICKEN WRAP

Romaine, shredded cheddar cheese, sweet yellow corn, black beans, red onion, diced tomatoes, grilled chicken and tri-colored tortillas chips, with our Low-fat Chipotle Ranch dressing on a whole wheat wrap.

GREEK WRAP V

Romaine, feta crumbles, diced tomatoes, red onion, chickpeas, sliced black olives, cucumber and spicy pepperoncini with our house-made Greek Vinaigrette on a spinach herb wrap. Add grilled or spicy chicken or hummus.

TURKEY BACON RANCH WRAP

Romaine, shredded cheddar, diced tomatoes, crumbled bacon, Boar's Head® Ovengold Turkey, freshly sliced avocado and Low-fat Ranch dressing on a whole wheat wrap.

CALI CRUNCH WRAP VV/DF

Romaine, kale, purple cabbage, heirloom tomatoes, cucumbers, carrots, sunflower seeds and avocado with our house-made Dijon Vinaigrette on a whole wheat wrap.

SUMMER PECAN WRAP V

Whole wheat wrap, baby spinach, gorgonzola crumbles, fresh strawberries, dried cranberries and candied pecan with Raspberry Vinaigrette on a whole wheat wrap.

GARDEN WRAP V

Romaine, baby greens, cherry tomatoes, cucumber, red onion, carrots and house-made croutons, with your choice of dressing on a spinach herb wrap.

WALDORF WRAP V

Romaine and baby greens, gorgonzola crumbles, diced apples, toasted walnuts, grapes, celery and dried cranberries, with our house-made Honey-Lime Vinaigrette on a whole wheat wrap.

COBB WRAP

Romaine, gorgonzola crumbles, diced tomatoes, egg, crumbled bacon, freshly sliced avocado and grilled chicken, with our house-made Dijon Vinaigrette on a whole wheat wrap.

SPICY THAI KALE WRAP V

Romaine, kale, purple cabbage, carrots, red peppers, crispy wontons, toasted sesame seeds, peanuts and scallions with our spicy Thai Peanut dressing on a whole wheat wrap.

SANDWICHES

CURRIED CHICKEN SALAD

House-made curried chicken salad with crisp lettuce, red onion and sliced garden tomatoes on Sunflower Multigrain bread.

HAM & SWISS

Boar's Head® Tavern Ham and sliced Swiss cheese, crisp lettuce, sliced garden tomato, onion and tangy Dijon honey mustard on a pretzel roll.

TUSCAN CHICKEN

Sliced grilled chicken, provolone, basil pesto mayo, arugula, red onion and sliced garden tomatoes on baguette with balsamic glaze.

ROAST BEEF & HORSERADISH

Boar's Head® Roast Beef, aged white cheddar, baby greens, sliced garden tomatoes with creamy horseradish sauce on a baguette.

CLASSIC SANDWICH

CHOICE OF BREAD:

- White
- Sunflower Multigrain Bread
- Baguette (50¢ ea.)
- Pretzel Roll (50¢ ea.)

CHOICE OF CHEESE:

- Aged White Cheddar Cheese
- White American
- Swiss
- Provolone
- Smoked Gouda

CHOICE OF PROTEIN:

- Boar's Head® Ovengold Turkey
- Tavern Ham
- Black Forest Smoked Turkey
- Deluxe Roast Beef
- Hummus VV

Crisp lettuce, sliced garden tomato, onion. Mayonnaise and mustard served on the side.

SIDES

SERVES UP TO 6 / PRICE PER QUART

ZESTY MEDITERRANEAN PASTA SALAD 15 V

House-made with cavatappi pasta, cherry tomatoes, red onion, crumbled feta, black olives, Greek Vinaigrette blended with mayonnaise.

SEASONAL FRUIT SALAD 15 V/VV/GF/DF

Freshly cut seasonal fruit. May include cantaloupe, honeydew, strawberries and red grapes.

SEASONAL SIDE (ASK YOUR CATERING COORDINATOR) 15

SPICY THAI PEANUT NOODLE SALAD 15 VV

Pasta, edamame, red bell pepper, carrots tossed with Spicy Thai Peanut dressing and sesame seeds.

GOURMET CHIPS

Ms. Vicki's Sea Salt or BBQ / Baked Lays / Stacey's Pita Chips 1.50
Food Should Taste Good - Sweet Potato or Multigrain 1.80 each

EXTRA DRESSING 6 (PER PINT) / 10# BAG OF ICE 2.50

 FAVORITES **DF** DAIRY FREE **GF** GLUTEN FREE **SF** SUGAR FREE **V** VEGETARIAN **VV** VEGAN

UNIQUE IDEAS

SERVES UP TO 15 PEOPLE

Heated items served in disposable chafing dishes. Please order at least 48 hours in advance. Contact the Catering Manager for Groups over 50. Automatic 15% service charge added to any "Unique Ideas" for set-up.

RICE BOWL BARS 180

MEXICALI

- Basmati or whole grain blend
- Shredded aged cheddar cheese
- Diced tomatoes
- Black beans
- Shredded lettuce
- Fire-roasted corn & pepper blend
- Salsa
- Sour cream
- Chipotle Ranch dressing
- Choice of grilled or spicy chicken

Served with tortilla chips and lime wedges.

EL GRECO

- Basmati or whole grain blend
- Feta
- Spinach
- Garbanzo beans
- Kalamata olives
- Diced tomatoes
- Red onions
- Pepperoncinis
- Hummus
- Greek Vinaigrette
- Choice of Grilled or spicy chicken

Served with pita triangles.

ROMA

- Basmati or whole grain blend
- Arugula
- Diced tomatoes
- Goat cheese
- Walnuts
- Grilled chicken
- Balsamic Vinaigrette
- Balsamic glaze drizzle

Served with multigrain baguette and butter.

ZEN

- Basmati or whole grain blend
- Spinach
- Kale
- Carrots
- Edamame
- Purple cabbage
- Cucumbers
- Grilled chicken
- Sesame seeds
- Peanuts
- Choice of dressing: Spicy Thai Peanut, Sweet Ginger Sesame or Creamy Cucumber Wasabi

Served with multigrain baguette and butter.

DESIGN YOUR OWN SALAD BAR 200

Romaine • Baby spinach • Shredded cheddar • Candied pecans
Gorgonzola Strawberries • Dried cranberries • Bacon
Cucumbers • Diced tomatoes • Chopped eggs • Carrots
Croutons • Choice of grilled or spicy chicken

CHOICE OF 2 DRESSINGS:

Raspberry Vinaigrette, Low-fat Ranch, house-made Balsamic Vinaigrette (GF) or house-made Dijon Vinaigrette (GF)

Served with freshly baked multigrain baguette and butter.

SOUP AND SALAD BAR 225

Romaine • Baby spinach • Shredded cheddar • Candied pecans
Gorgonzola Strawberries • Dried cranberries • Bacon
Cucumbers • Diced tomatoes • Chopped eggs • Carrots
Croutons • Grilled or spicy chicken

CHOICE OF 2 DRESSINGS:

Raspberry Vinaigrette • House-made Balsamic Vinaigrette (GF)
Low-fat Ranch • House-made Dijon Vinaigrette (GF)

CHOOSE 4 SOUPS (8 OZ OF SOUP PER GUEST):

Kick'in Crab 'n Corn Chowder • Tomato Basil Bisque
Broccoli Cheddar • Lentil Soup (V/VV/GF) • Seasonal Soup

Served with freshly baked multigrain baguette and butter.

SMALL BITES

SOME OF THESE ITEMS REQUIRE ADDITIONAL
PREPARATION TIME / 48 HOUR NOTICE REQUIRED

BETTER FOR YOU (SERVES 10-15)

HUMMUS & PITA TRAY 25 V/VV/DF

Creamy hummus served with grilled pita bread and cucumber.

VEGETABLE CRUDITE 36 V/GF

Fresh and colorful array of seasonal vegetables served with Low-fat Ranch or Blue Cheese dressing.

TROPICAL FRUIT KEBOBS 36 V/GF

Seasonal fresh fruit skewers served with honey lime yogurt sauce.

SEASONAL FRUIT PLATTER 42 V/VV/GF

Fresh and colorful array of seasonal fruits. May include cantaloupe, honeydew, strawberries, pineapple, blueberries or raspberries.

OFF THE TRAY (SERVES 15)

SEASONAL FRUIT & CHEESE TRAY 55 V/GF

Fresh and colorful array of seasonal fruits and assorted Boar's Head® cheeses.

CHILLED SHRIMP TRAY 56

Succulent shrimp served your choice of Asian sauces: Sweet Ginger Sesame, Cucumber Wasabi or Spicy Thai Peanut.

ANTIPASTO TRAY 50 V/GF

Display of roasted red peppers, artichokes, provolone cheese, ciliegine mozzarella, Kalamata olives and spicy pepperoncini.

MEDITERRANEAN TRAY 50 V

A feast of Mediterranean favorites: feta cubes, cucumber, red pepper strips, Kalamata olives, pepperoncini peppers served with hummus and grilled pita triangles.

BRUSCHETTA 36 VV/DF

Fresh garden tomatoes diced and tossed with garlic, sea salt, freshly ground pepper, fresh basil and aged balsamic glaze. Served with garlic crostini.

BAKED SPINACH & ARTICHOKE DIP 40 V

Served warm with garlic crostini for dipping.

ON STICKS (SERVES 15)

GRILLED CHICKEN PESTO KEBOBS 50 GF

Chicken and cherry tomatoes skewers basted with basil pesto.

PETITE CAPRESE KEBOBS 40 V

Herb and olive oil marinated ciliegine mozzarella, fresh basil and grape tomatoes drizzled with balsamic glaze.

CHICKEN SATAY 55

Thai seasoned chicken skewers served with Spicy Thai Peanut sauce.

BEEF SATAY 60

Thai seasoned flank steak skewers served with spicy Thai peanut sauce.

VALUE MEETING PACKAGES

NO SUBSTITUTIONS OR ALTERATIONS

A SMALL GATHERING 90 (SERVES UP TO 10)

CHOICE OF ONE: Caesar Salad / Garden Salad
Pasta Salad (2 quarts) Fruit Salad (2 quarts)

SMALL WRAP/SANDWICH PLATTER
(INCLUDES ONE EACH OF THE FOLLOWING):

- Turkey Bacon Ranch Wrap
- Classic Turkey with cheddar on multigrain
- Greek Wrap with hummus (V) or chicken
- Chicken Caesar Wrap
- Classic Ham with Swiss on multigrain

ONE DOZEN CHOCOLATE CHUNK COOKIES

CHOICE OF ONE GALLON:

Iced Tea / Lemonade / 10 Zephyrhills Bottled Water

SOUP N SALAD LUNCH 110 (SERVES UP TO 12)

CHOICE OF ONE:

Caesar Salad / Garden Salad / Cali Crunch Salad

CHOICE OF THREE QUARTS OF SOUP (SERVED WITH CRACKERS):

Tomato Basil Bisque / Broccoli Cheddar
Lentil (V/VV/GF) / Seasonal Soup

ONE DOZEN CHOCOLATE CHUNK COOKIES

CHOICE OF ONE GALLON: Iced Tea / Lemonade

12 Zephyrhills Bottled Water

ADD A BAG OF ICE FOR 2.50

BOXED MEALS

10 BOX MINIMUM

- Please order 24 hours in advance.
- Boxed lunches are served in individual containers. Please order no more than three different menu items for orders over 15.
- Custom (Avery) labeled meals with individual names or menu items are available for \$1.00 additional per box.

BASIC BOXED LUNCH 10 (PER PERSON)

Choice of any Classic Sandwich or Curried Chicken Salad sandwich, bagged chips, condiments and a fresh baked chocolate chunk cookie.

EXECUTIVE BOXED LUNCH 12.50 (PER PERSON)

Choice of any wrap, Ham & Swiss, Pesto Chicken, Tuscan Chicken or Roast Beef & Horseradish sandwich, bagged chips, fresh fruit salad and a choice of a chocolate chunk cookie or dessert bar.

SIGNATURE SALAD BOXED LUNCH 12.50 (PER PERSON)

Choice of any signature salad. Served with multigrain baguette with butter, fresh fruit salad and a choice of a chocolate chunk cookie or dessert bar.

FRESHLY BAKED COOKIES

Assorted freshly baked cookies may include chocolate chunk, white chocolate macadamia and S'mores.

SMALL (12 COOKIES) 13 / LARGE (24 COOKIES) 24

COOKIE AND BAR SAMPLER

Assorted freshly baked cookies & delectable dessert bars.

SMALL (FEEDS UP TO 20) 29 / LARGE (FEEDS UP TO 40) 58

SWEETS

SOUPS

BY THE QUART / SERVED WITH CRACKERS, CUPS & SPOONS

**KICK'IN CRAB 'N CORN
CHOWDER 18** 

TOMATO BASIL BISQUE 18

BROCCOLI CHEDDAR 16

**LENTIL 16
V/VV/GF**

**SEASONAL
SOUP 16**

BEVERAGES

ALL BEVERAGES SERVED WITH CUPS AND ICE
TEA SERVED WITH SWEETENERS AND LEMON

BOTTLED

HUBERT'S LEMONADE 2.50

HUBERT'S DIET LEMONADE 2.50

HUBERT'S STRAWBERRY LEMONADE 2.50

FIJI WATER 2.50

ZEPHYRHILLS 1.80

SAN PELLIGRINO SPARKLING WATER 2.20

SAN PELLIGRINO LIMONATA 2

SAN PELLIGRINO ARANCIATA 2

PERRIER 2.20

COCA-COLA (20 OZ) 2

DIET COKE (20 OZ) 2

SPRITE (20 OZ) 2

DR. BROWNS 2 EACH

Diet Cherry / Cherry / Diet Crème
Crème / Root Beer / Ginger Ale

GALLONS 10

HARNEY & SONS

- Unsweetened Tea
- Sweet Tea
- Unsweetened Raspberry
- Unsweetened Citrus Green

LEMONADE

ARNOLD PALMER

½ Lemonade,
½ Unsweet Tea

2 LITERS 4

COCA-COLA

DIET COKE

SPRITE

CATERING POLICIES

Fast n Fresh excels at corporate and small gathering catering. From the Boardroom to a backyard soiree, let us make your meeting, or event, a success.

DELIVERY Delivery available Monday-Friday, 10am-5pm. Delivery minimums begin at \$100 and increase based on distance from nearest location. Delivery subject to driver availability. We recommend reserving delivery dates at least 72 hours in advance, when possible. Weekend or after hours delivery is available with a minimum \$400 order and an additional service charge of 18%. Speak with a Catering Coordinator regarding delivery minimums and delivery fees at the time of placing your order.

ORDERING Orders must be placed 24 hours in advance so that we may give each order the time and attention it deserves. All items are made to order and some items may require extra preparation time. Please refer to the catering menu for items that require advance ordering. We will do our best to accommodate last minute requests, however, selections may be somewhat limited.

CANCELLATIONS All orders require a valid credit card to reserve your time with our Catering staff. 24 hour notice is required to cancel any order. Cancellations received after 2pm the day before a scheduled delivery day will incur a 25% charge of the order total.

Same day cancellations will be charged for the full amount.

GRATUITIES Our Catering Staff prepares each order with care. We strive to replicate an in-store dining experience. Please consider showing your appreciation for their efforts by leaving a gratuity. We recommend 10-18% of the pre-tax total. Delivery fees are not considered gratuities and are used to cover the cost of operating the delivery vehicle.

Prices and menu items are subject to change without notice.

Allergy Statement: Many of our products contain, or come into contact with, common allergens such as wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish. Although efforts are made to avoid cross-contamination of allergens, Fast n Fresh does not guarantee that cross-contamination will not occur. Before placing your order, please inform your server if someone in your party has an allergy.

CONTACT

Catering Office:

(941) 462-2650 extension 3

Email: catering@eatfastnfresh.com

Proudly Featuring

Boar's Head
PREMIUM DELI MEATS & CHEESES

Summer 2015