



Catering menu-healthy options-breakfast

(6 person minimum on all orders)

ASSORTED FRUIT PLATTER

\$3.99 /person

A mixture of ripened sliced pineapple, cantaloupe, and honeydew, topped with fresh berries.

CLASSIC HOT OATMEAL

\$2.99 /person

Classic style oatmeal served hot with dried cranberries, honey, mixed nuts, and brown sugar.

EGG BEATERS FRITTATAS

\$4.99 /person

Create your own individual crustless quiche, choose from spinach, roasted vegetables, mushroom, onions, tomato, red peppers, ham, bacon, sausage, Feta, Cheddar, American cheeses, and many other selections to satisfy all peoples liking. Gluten Free.

EGG WHITE BREAKFAST SANDWICHES

\$4.99 /person

Substitute any of our egg sandwiches for low fat and cholesterol free egg whites. Bacon, Ham, Sausage, Tomato, Spinach, Avocado, or Cheese on your choice of bagel, croissant, english muffin or bread. Gluten Free Available.

FRUIT SALAD

\$6.99 /lb

A mixture of fresh cut honey dew, pineapple, and canteloupe. Topped with fresh berries.

LOW FAT GREEK YOGURT WITH HONEY & NUTS

\$3.49 /person

Plain Greek style yogurt served with mixed nuts and honey.

LOWFAT GREEK YOGURT PARFAIT

\$3.49 /person

Low-Fat Greek yogurt, mixed berries, and homemade granola. Served in individual cups or make your own.