



## 2017 Summer Chef Specials

All specials require a 10 person minimum.

### Breakfast Specials

#### **Summer Breakfast**

Mini Parfaits with Fresh Seasonal Berries and Granola  
Roasted Summer Vegetable Frittata (Served room temp or hot)  
Assorted Mini Pastries and Muffins  
Fresh Sliced Fruit Tray  
\$12.99pp

#### **Breakfast**

A Trio of Breakfast Quiche's (1.25pp)  
Mushroom, Onion and Goat Cheese  
Swiss cheese and Bacon  
Leek, Onion and Parmesan Cheese  
Breakfast Breads  
Low Fat Greek Yogurt with Granola  
Fresh Sliced Fruit  
\$12.99pp

#### **Burrito Breakfast**

Mini Breakfast Burrito's (1.5pp) Egg, Chorizo & Sriracha Aioli and Egg, Potato & Cheese  
Assorted Breakfast Breads  
Fresh Sliced Fruit Platter  
Mini Yogurt Parfaits  
\$11.99pp

Add: Freshly Brewed Regular and Decaf Coffee - \$1.99pp

Add: Hard Boiled Eggs on a half shell with Fresh Herbs - \$1.99pp

Add: Bagels and Cream Cheese - \$2.99pp

Add: Bacon or Sausage - \$2.99pp

## Lunch Specials

### **Summer BBQ**

Barbecue Chicken (1-1.25pp/mixed pieces)  
100% All Beef Hot Dogs  
Homemade Baked Beans  
Yukon Ranch Potato Salad or Baked Mac and Cheese  
Mixed Fresh Green Salad with Balsamic Vinaigrette or Shallot Vinaigrette  
Fresh Baked Cookies & Brownies  
\$17.99pp

\*Add Regular or Turkey Burgers (\$4.99 pp) Add BBQ Ribs (\$5.99 pp)

\*Added protein is per person required price for all guests.

\*48 Hour Notice Required for Turkey Burgers or Ribs.

### **Southern Taste**

Chef's Grilled or Baked Catch of the Day Fish  
Baked Macaroni and Cheese  
Black eye Peas Salad  
Crunchy Pickle, Lettuce, sliced Red Onion, Tartar Sauce  
French Bread  
Lemon Bars  
\$16.95pp

### **Stuffed Baked Potato**

A steaming large (1pound) baked Idaho potato served with toppings of cheddar cheese, green onion, sour cream, and main topping choice of Barbecued Pork or Chicken Breast.  
Accompanied with mixed green salad, cole slaw and cookies  
\$12.99pp

### **Pulled Pork Sandwiches**

Barbeque slow cooked, pulled pork on a Kaiser roll  
Crunchy pickle & Vinegar Slaw  
Potato Salad or Chips  
Assorted Cookies  
\$12.99pp

### **4th of July Fireworks**

Cheeseburger Sliders (1.25pp)  
Buttermilk Fried Chicken or Baked Chicken (mixed pieces - 1.5pp)  
Yukon Ranch Potato Salad  
Cucumber, Tomato, Red Onion Salad  
Mexican Style Grilled Corn w/parmesan, lime and chili  
Watermelon Salad with Feta and Fresh Basil  
\$20.99pp

### **Hot Dog Bar**

100% All Beef Hot Dogs  
Dilled Redskin Potato Salad & Macaroni Salad  
Potato Chips & Pickle Spears  
Toppings to include...  
Tomatoes, Cheese, Onions, Sport Peppers, Ketchup, Mayo, Relish & Mustard  
Chocolate Chip Cookies  
\$13.99pp

### **Beat the Heat Budget**

Buffalo Chicken Mac & Cheese  
Fuji Apple Salad with mixed field greens, romaine lettuce, vine-ripened tomatoes, red onions, pecans, Gorgonzola cheese and apple chips with a white balsamic apple vinaigrette  
Chocolate Dipped Rice Krispies  
\$14.99pp

### **Summer Grill**

Grilled Lemon and Oregano Chicken  
Summer Herb Potato Salad  
Grilled Peppers and Goat Cheese Green Salad, Sugar Baby Watermelon Vinaigrette  
Jalapeno Cornbread  
\$14.99pp

### **Chef's Table #1**

Arugula Salad with Toasted Hazelnuts, Ricotta Salata and Balsamic Vinaigrette  
White Bean Crostini  
Jumbo Lump Crab Cakes with Roasted Red Pepper Coulis  
Roasted Chicken Breast with Mango-Poblano Salsa  
Roasted Herb Potatoes  
Spring Peas and Carrots  
Fresh Fruit Tarts  
\$29.99pp

### **Chef's Table #2**

Fresh catch of the Day with Market Swiss chard, Cherry Tomato and Spring Garlic  
Niman Ranch Pork with Orzo & Summer Vegetables accompanied by a Yogurt, Mint, Cucumber and Lime Gremolata  
Grilled Summer Vegetables  
Spinach, Quinoa, and Sun Gold Sherry Tomatoes, Sherry Vinaigrette  
Grilled Peach Cobbler  
\$29.99pp

## **Ambient Menus**

(Served Room temperature, requiring no Chafing dishes/no sterno)

### **Summer Lovin'**

Grilled Moroccan Chicken Breast served over a fresh Apricot and Cous Cous Salad with Frisse and Dried Cherries  
Roasted Ancho Pork Loin  
Grilled Summer Corn and Pepper Relish  
Roasted Summer Vegetables  
Rice Krispy Treats  
\$21.99pp

### **Backyard BBQ Buffet**

Flame Kiss Jerk Chicken over Summer Squash & Zucchini served with Mango Salsa  
Watermelon, Feta & Fresh Basil Salad  
BLT Salad with Crisp Romaine, Applewood Smoked Bacon, Roma Tomatoes  
Individual Peach Crumbles  
\$16.99pp

### **Oriental Sun**

Grilled Orange Garlic Chicken over Rice Noodles  
Sun-dried Tomato & Pesto Seared Salmon over Grilled Julienne Vegetables  
Napa & Red Cabbage Asian Salad with Ginger Dressing  
Coconut Ginger Pudding with Asian Pears  
\$19.99pp

### **Taste of Summer**

Grilled Chicken Breast with honey roasted pears, arugula and blue cheese  
Mustard and Herbed Crusted Salmon  
Grilled Summer Vegetables with a Red Pepper Aioli  
Assorted Dessert Bars  
\$18.99pp

### **Latin Buffet**

Ancho Lime Chicken served over a Corn, Avocado & Black Bean Salsa  
Chopped Salad w/ black beans, roasted corn, bell peppers, tomato, avocado, Cilantro Lime Dressing  
Tortilla Chips served with Roasted Tomato Salsa & Mango Guacamole  
Tres Leches Panna Cotta  
\$18.99pp

## **Create your Own Packages:**

### **Market Selection Ambient Buffets**

Select 1 Chilled Entrée, 2 Summer Side Salads and 1 Dessert - \$16.99pp

Select 2 Chilled Entrées, 2 Summer Side Salads and 1 Dessert - \$20.99pp

#### Market Selection Entrées (Choice of 1 or 2)

Pesto Flank Steak: Grilled Pesto Marinated Flank Steak

Grilled Chicken Bruschetta: Tender Boneless Marinated Chicken topped with Tomato Bruschetta Style Topping

Roast Pork Adobo: Center Cut Pork Loin marinated in Cider Vinegar, Garlic, Oregano and Ground Black Pepper

Garden-Style Salmon: Oven Baked Salmon with a Parmesan-Herb Vegetable Crumb Topping

#### Side Salads (Choice of 2)

Summer Salad: Fresh Strawberry, Orange & Grapefruit on Salad Greens w/Mixed Berry Vinaigrette

Mojito Salad: Tomato, Jicama, Radish and Crisp Romaine tossed with Mojito-Style Vinaigrette

Spicy Sweet Potato Salad: Roasted Sweet Potatoes, Green Chiles, Bell Pepper and Cilantro tossed with a Spicy Citrus Dressing

Grilled Summer Vegetables served with a Red Pepper Aioli

Quinoa with roasted garlic, tomatoes, cranberry and spinach

Hearty Grain and Tomato Salad: Quinoa, Couscous, Roasted Corn, Tomato, Bell Pepper and Cilantro tossed with Herbed Vinaigrette

Green beans tossed with Walnut-Miso sauce

Watermelon Salad with Feta and Fresh Basil

Cucumber Tomato Salad: Fresh Cucumbers, Plum Tomatoes, Red Onion and Basil tossed in an Italian Vinaigrette

Summer Zucchini Slaw: Shredded Zucchini and Carrot, Feta and Red Onion tossed with a Tangy Vinaigrette

#### Dessert (Choice of 1)

Strawberry Grilled Pound Cake: Grilled Pound Cake with Minted Strawberries and Whipped Topping

Strawberry-Peach Sopapillas: Warm Cinnamon-Sugar Dough Puffs with Strawberry-Peach Topping  
Fresh Fruit Bowl

Fresh Baked Cookie & Dessert Bar Platter

### **Farmer`s Classic Sandwiches/Wraps**

Select two Sandwiches, one Side Salad, one Dessert, with chips - \$14.99pp

Select two Sandwiches, two Side Salads, one Dessert, with chips - \$16.99pp

#### Farmer`s Classic Sandwiches (Choice of 2)

Sriracha Berry Chicken Ciabatta: Grilled Chicken, Kale Spring Mix and Tomato with Sriracha Berry Chutney on Whole Grain Ciabatta

Turkey Avocado Wheatberry Sandwich: Turkey, Avocado and Cucumber with a Tangy Herbed Spread on Wheatberry Bread

Southwest Tuna Ciabatta: Tuna with Black Beans, Roasted Corn and Salsa on Whole Grain Ciabatta with Spinach and Cucumber

Chicken Caprese Wheat Wrap

Turkey Bacon Sun Dried Tomato Wrap

Hummus and Vegetable Wrap: Hummus, Summer Squash Slaw, Cucumber, Tomato and Spinach rolled in a Flour Tortilla

#### Side Salads (Choice of 2)

Summer Salad: Fresh Strawberry, Orange & Grapefruit on Salad Greens w/Mixed Berry Vinaigrette

Mojito Salad: Tomato, Jicama, Radish and Crisp Romaine tossed with Mojito-Style Vinaigrette

Spicy Sweet Potato Salad: Roasted Sweet Potatoes, Green Chiles, Bell Pepper and Cilantro tossed with a Spicy Citrus Dressing

Grilled Summer Vegetables served with a Red Pepper Aioli

Quinoa with roasted garlic, tomatoes, cranberry and spinach

Hearty Grain and Tomato Salad: Quinoa, Couscous, Roasted Corn, Tomato, Bell Pepper and Cilantro tossed with Herbed Vinaigrette

Green beans tossed with Walnut-Miso sauce

Watermelon Salad with Feta and Fresh Basil

Cucumber Tomato Salad: Fresh Cucumbers, Plum Tomatoes, Red Onion and Basil tossed in an Italian Vinaigrette

Summer Zucchini Slaw: Shredded Zucchini and Carrot, Feta and Red Onion tossed with a Tangy Vinaigrette

#### Dessert (Choice of 1)

Strawberry Grilled Pound Cake: Grilled Pound Cake with Minted Strawberries and Whipped Topping

Strawberry-Peach Sopapillas: Warm Cinnamon-Sugar Dough Puffs with Strawberry-Peach Topping

Fresh Fruit Bowl

Fresh Baked Cookie & Dessert Bar Platter

### **Build Your Own Salad Bar**

Includes: Fruit Salad, Rolls or Flatbread, and Cookies

#### *Choose Two:*

Baby Spinach, Romaine, Spring Mix, Baby Arugula

#### *Choose Five Toppings:*

Mushrooms, Roasted Sweet Corn, Cucumbers, Roasted Peppers, Fresh Diced Green or Red Peppers, Tomatoes, Broccoli, Cauliflower, Sunflower Seeds, Edamame, Candied Walnuts, Garlic Parmesan Croutons, Dried Cherries, Shredded Parmesan, Bamboo Shoots, Gorgonzola Cheese, Shredded Cheddar, Grilled Chicken, Hardboiled Egg, Grilled Tofu

#### *Choose 2 Dressings:*

Balsamic Vinaigrette, Caesar, Cilantro Lime, Poppyseed, Shallot Vinaigrette, Champagne Vinaigrette, Chipotle Ranch Dressing, Ginger Vinaigrette, Blue Cheese Dressing, Roasted Tomato Vinaigrette, Vinaigrette Du jour (please inquire)

\$14.99/pp minimum 15 people

#### Add Protein Topping:

Ahi Tuna topping \$4.99pp

Blackened Salmon topping \$2.99pp

Flank Steak Slices \$2.99pp

Cilantro Lime Shrimp topping \$3.99pp

*\*added items above must be for all guests. Can split proteins however 1/2 and 1/2.*

### **Healthy Light Summer Side Salad Additions - \$3.99pp to any regular priced Buffet**

Summer Salad: Fresh Strawberry, Orange & Grapefruit on Salad Greens w/ Mixed Berry Vinaigrette

Mojito Salad: Tomato, Jicama, Radish and Crisp Romaine tossed with Mojito-Style Vinaigrette

Spicy Sweet Potato Salad: Roasted Sweet Potatoes, Green Chiles, Bell Pepper and Cilantro tossed with a Spicy Citrus Dressing

Grilled Summer Vegetables served with a Red Pepper Aioli

Quinoa with roasted garlic, tomatoes, cranberry and spinach

Hearty Grain and Tomato Salad: Quinoa, Couscous, Roasted Corn, Tomato, Bell Pepper and Cilantro tossed with Herbed Vinaigrette

Green beans tossed with Walnut-Miso sauce

Watermelon Salad with Feta and Fresh Basil

Cucumber Tomato Salad: Fresh Cucumbers, Plum Tomatoes, Red Onion and Basil tossed in an Italian Vinaigrette

Summer Zucchini Slaw: Shredded Zucchini and Carrot, Feta and Red Onion tossed with a Tangy Vinaigrette

### **Beverage Additions to ANY Buffet**

Housemade Lemonade - per person - \$1.59

Fresh Brewed Unsweetened Iced Tea - per person - \$1.49

**Celebrate National Dairy Month this summer with our  
Ice Cream Refreshers!**

Edy's Brand Drumsticks, Ice Cream Sandwiches, Cookie  
Sandwiches, Haagan Dazs Bars, Fruit Bars - \$3.50 each

**Ice Cream Social**

Vanilla and Chocolate Ice Cream  
Chopped nuts, caramel sauce, chocolate sauce, whipped cream,  
sprinkles, maraschino cherries, sliced strawberries and crushed oreos - \$7.99 pp  
Add waffle cones or bowls \$1.20 pp  
Server available for additional fee

**Smoothie Bar \$6.29pp**

(6oz smoothie/2oz total toppings)  
Kale and banana, Strawberry, Mango or Lemon Honey Smoothies with  
Fresh Strawberries, fresh Blueberries, dried Papaya chips, walnuts, Granola, Oatmeal

Salty Bars

**Popcorn Bar \$5.99pp**

Buttered Popcorn, Caramel Popcorn and Cheddar Flavored with  
Parmesan Cheese, Cajun Spices, Bittersweet Cocoa, Habanero, Ranch and Black Pepper& Sea Salt

**Pretzel Bar \$7.29 pp**

Soft Pretzel sticks, Swiss Cheese Fondue, Chicken Buffalo Dip, Dijon Mustard, Yellow Mustard,  
Pickles and thinly sliced Westphalia Ham

**SUMMER PROMOTIONS!**

Friday, July 21 is National Junk Food Day!! Does your office have a sweet tooth? Or are they  
constantly craving salty snacks? Well, this summer is the time to indulge with 1<sup>st</sup>&fresh Catering!!

- **Purchase ANY regular menu priced Buffet for 50 or more guests and receive a FREE  
Ice Cream Social for 20 guests!**
- **Book your next Reception over \$2,000 in Food/Beverage before August 31<sup>st</sup>, 2017 and  
choose any Sweet or Salty Bar from the Summer Specials, for up to \$200 FREE to be  
delivered to your office anytime! Must be redeemed by September 15<sup>th</sup>, 2017.**

To place an order, please email us at [orders@1st-fresh.com](mailto:orders@1st-fresh.com), call us at 312-701-0890 or online  
at [www.1st-fresh.com/chicago](http://www.1st-fresh.com/chicago)