

*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

2022 SAMPLE MENUS - HEALTHY LUNCHEON BUFFET-STYLE MEALS

Our suggestion for a healthy combination!
See more menu selections on our A La Carte Menu.

SAMPLE MENU #1: Lunch for 50 - with Delivery

Platters

Balsamic Vinaigrette		1	Half Pint in fresh pepper bowl	\$11.99	\$11.99
- with Fresh Veggies	(v, gf, df)	12	Doz. Pieces	\$4.99	\$59.88
Mango Salsa	(v, gf, df)	1	Pint	\$22.99	\$22.99
- with Gluten Free Corn Chips	(v)	3.5	Doz. Pieces	\$5.99	\$20.97

Wrap Platters

Roast Turkey & Cheese		20	Wraps	\$7.50	\$150.00
Italian Antipasto		20	Wraps	\$7.50	\$150.00
Grilled Vegetable & Hummus	(v)	10	Wraps	\$7.50	\$75.00

Salads

Herbed Potato Salad	(v, gf, df)	4	Qts.	\$12.99	\$51.96
Fiesta Black Bean Salad	(v, gf, df)(vegan)	4	Qts	\$14.50	\$58.00
Mango-Napa Slaw	(v, gf, df)	4	Qts	\$14.50	\$58.00

Sweets

House-Made Coconut Macaroons	(v, gf)	10.5	Dozen	\$13.99	\$146.90
Fresh Whole Strawberries	(v, gf, df)	2	Dozen	\$13.99	\$27.98

Serving Materials

Premium Platters - White Oval (recyclable)		9	each	\$6.99	\$62.91
Salad Bowls & Serving Spoons (clear/recyclable)		12	each	\$0.75	\$9.00
10" Eco-Plates, napkins, forks, knives (compostable)		55	per set	\$0.80	\$44.00
Cocktail Napkins (compostable) (for dessert)		75	per set	\$0.10	\$7.50
Delivery (Local)					\$30.00

Subtotal: \$987.07
Per Person Cost: \$19.74

SAMPLE MENU #2: Light Vegetarian Lunch for 24 - with Delivery

Platters

Fresh, Sliced Fruit & Grapes	(v, gf, df)	24	1 oz portions	\$1.25	\$30.00
- Assorted Cheeses	(v, gf)	24	1 oz portion	\$1.25	\$30.00
- with crackers & toasts		2.5	Doz. Pieces	\$6.99	\$17.48
Chargrilled Vegetables w/ sliced portobello	(v, gf, df)	3	Qts.	\$16.99	\$50.97

Salads

Mixed Greens w/ Balsamic Vinaigrette	(v, gf, df)	3	Gallon	\$29.99	\$89.97
Herbed Potato Salad	(v, gf, df)	2	Qts	\$12.99	\$25.98
Fiesta Black Bean Salad	(v, gf, df)	2	Qts	\$14.50	\$29.00
Dill Cucumber Salad	(v, gf, df)	2	Qts.	\$12.99	\$25.98

Sweets

Assorted Fresh Baked Cookies		6	Dozen	\$9.99	\$59.94
------------------------------	--	---	-------	--------	---------

Serving Materials

Premium Platters - White Oval (recyclable)		3	each	\$6.99	\$20.97
Extra Large Salad Bowls (clear/recyclable)		3	each	\$4.99	\$14.97
Salad Bowls & Serving Spoons (clear/recyclable)		10	each	\$0.75	\$7.50
10" Eco-Plates, napkins, forks, knives (compostable)		27	per set	\$0.80	\$21.60
Cocktail Napkins (compostable) (for dessert)		36	per set	\$0.10	\$3.60
Delivery (Local)					\$30.00

Subtotal: \$457.96
Per Person Cost: \$19.08

**(v) indicates VEGETARIAN; (gf) indicates GLUTEN-FREE (prepared in a kitchen that uses products containing gluten); (df) indicates DAIRY-FREE*

SAMPLE MENU #3: Salad & Toppings for 24 - with Delivery

Platters

Poached Salmon -with Chef's Garnish	(gf, df)	24	2 oz portions	\$3.99	\$95.76
Grilled Chicken - thin sliced	(gf, df)	24	2 oz portions	\$2.99	\$71.76

Salads

Tossed Garden Salad - with vinaigrette & ranch dressing	(v, gf, df)(vegan) (v,gf,df) / (v)	1.5	Gallon	\$29.99	\$44.99
Mixed Greens w/ Balsamic Vinaigrette	(v, gf, df)	1.5	Gallon	\$29.99	\$44.99
Sesame Noodles	(v,gdf)	2	Qts.	\$12.99	\$25.98
Chef's Seasonal Quinoa	(v, gf, df)	2	Qts.	\$16.99	\$33.98
Marinated Mushrooms	(v, trace gluten, df)	2	Qts	\$16.99	\$33.98

Baked Goods

Parkerhouse Rolls, sliced	(v, df)	2.5	Dozen	\$7.99	\$19.98
---------------------------	---------	-----	-------	--------	---------

Sweets

Assorted Fresh Baked Cookies		6	Dozen	\$9.99	\$59.94
Fresh Cut Fruit Bowl	(v, gf, df)	2	Qts	\$16.99	\$33.98

Serving Materials

Premium Platters - White Oval (recyclable)		3	each	\$6.99	\$20.97
Extra Large Salad Bowls (clear/recyclable)		3	each	\$4.99	\$14.97
Salad Bowls & Serving Spoons (clear/recyclable)		16	each	\$0.75	\$12.00
10" Eco-Plates, napkins, forks, knives (compostable)		27	per set	\$0.80	\$21.60
Cocktail Napkins (compostable) (for dessert)		36	per set	\$0.10	\$3.60
Delivery (Local)					\$30.00

Subtotal: \$568.47
Per Person Cost: \$23.69

Additional menu choices below. See our A La Carte Menu for more info and additional selections.

Gluten-Free / Low-Carb / Salad Toppings Platters

*Grilled Chicken Breast, Poached Salmon, Sesame Poached Salmon, Grilled Chicken Skewers
Roast Turkey Breast, Rosemary Chicken Salad, Grilled Vegetables & Portobello (v)*

Salads

*Herbed Potato Salad (gf,df), Fresh Cut Fruit (gf,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)
"Leafy" Green Salads (all are gf): Tossed Garden (df), Caesar, Mixed Greens (df), Greek, Seasonal Salads*

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), New York-Style Cheesecake with Fresh Berries*

Beverages

*Assorted Pepsi Products, Flavored Seltzer, Canned Iced Tea & Lemonade, Bottled Water, Pellegrino, Fruited Water
Fresh Brewed Iced Tea (unsweetened), Lemonade, Cranberry Lemonade, Coffee, Decaf, Hot Tea*

Serving Materials

*Platters, bowls, serving utensils, plates, napkins, eating utensils, tablecloths (disposable or rented linen)
Service staff available (minimums apply)*

***(v) indicates VEGETARIAN; (gf) indicates GLUTEN-FREE (prepared in a kitchen that uses products containing gluten); (df) indicates DAIRY-FREE**