

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

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[www.HarrisonsEatWellCatering.com](http://www.HarrisonsEatWellCatering.com)

### 2022 SAMPLE MENUS - MEETINGS AND BREAKS

See more menu selections on our A La Carte Menu and Luncheon Sample Menus.

#### Morning Foods

Fresh Cut Fruit (gf,df), Whole Fruit (gf,df), Granola, Hard Boiled Eggs (gf,df), Yogurt  
Assorted Morning Baked Goods, Morning Breads. Whole Grain Bread, Baguettes  
Sweet Potato Hash (gf), Breakfast Potato Skins - cheese & veg or cheese & bacon (gf)  
Chef's Quiche of the Day or choose Quiche Lorraine or Spinach, Tomato & Feta Quiche, Assorted Mini Quiche

#### Cold Hors D'Oeuvres

Herb & Garlic Cheese (gf) w/ Crisps & Fresh Veggies, Grilled Vegetables (gf,df) w/ Savory Spreads & Crackers  
Assorted Cheeses (gf) & Crackers, Rosemary Chicken Salad w/ Cucumber Rounds (gf), Marinated Mushrooms (v,df)  
Fresh Sliced Fruit (gf,df), Mango Salsa (gf,df) & Tostada Triangles, Hummus w/ pita crisps & fresh veggies

#### Snacks & Treats

Healthy Granola/Snack Bars, Vegan Snack Bars (Luna/Cliff), Mini Pretzels, Potato Chips (gf),  
Snack Mix, Trail Mix, Almond/Craisin/Dark Chocolate Mix (gf), Fresh Whole Fruit (gf)

#### Sweets

Our own fresh-baked Chocolate Chip Cookies, Assorted Fresh Baked 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

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

#### Service

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

#### SAMPLE MENU #1: AM Break for 50 - Food Only, With Delivery

<u>AM BREAK</u>	<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Assortment - morning baked goods	50	Pieces	\$1.79	\$89.50
Fresh, Sliced Fruit (v, gf, df)	50	1 oz portions	\$1.25	\$62.50
<u>Service</u>				
Premium Platters - White Oval (recyclable)	3	each	\$6.99	\$20.97
Plastic tongs (recyclable)	3	each	\$1.75	\$5.25
6" Eco-Plates, napkins, forks (compostable)	55	per set	\$0.50	\$27.50
Delivery (in State College area)				\$30.00
			<b>Subtotal:</b>	\$235.72
			<b>per person:</b>	\$4.71

#### SAMPLE MENU #2: PM Break for 50 - Food & Beverages, With Delivery

<u>PM BREAK</u>	<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Classic Hummus (v, gf, df)	1	Pint	\$22.99	\$22.99
- with Fresh Veggies (v, gf, df)	4.25	Doz. Pieces	\$4.99	\$21.21
Mango Salsa (v, gf, df)	1.25	Pint	\$22.99	\$28.74
- with Tostada Triangles	4	Dozen	\$5.99	\$23.96
Fresh Baked Cookies & Brownie Quarters	8.5	Pieces	\$9.99	\$84.92
<u>Beverages</u>				
Bottled Water	30	bottles	\$1.69	\$50.70
Assorted Pepsi Products	25	cans	\$1.69	\$42.25
<u>Service</u>				
Premium Platters - White Oval (recyclable)	3	each	\$6.99	\$20.97
Spoon for hummus/salsa (compostable)	2	pieces	\$0.20	\$0.40
6" Eco-Plates & Cocktail Napkins (compostable)	75	each	\$0.35	\$26.25
Delivery (in State College area)				\$30.00
			<b>Subtotal:</b>	\$352.38
			<b>per person:</b>	\$7.05

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