

HARRISON'S EAT WELL CATERING

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www.HarrisonsEatWellCatering.com

SAMPLE MENUS - LUNCHEON BUFFET-STYLE MEALS

Mix & Match to create your own unique menu! See more menu selections on our A La Carte Menu / 2026

Sandwich Platters

Roast Turkey, Rosemary Chicken Salad, Grilled Pesto Chicken, Italian, Roast Beef & Provolone
Grilled Vegetables w/ Garlic Cheese (v), or Three Cheese (v)

Wrap Platters

Grilled Chicken Caesar, Grilled Chicken & Cheddar, Roast Turkey & Cheese, Italian Antipasto
Roast Beef w/ Provolone, Grilled Vegetable & Hummus (v), Three Cheese w/ mustard (v) or Grilled Portobello (v)

Salads - all salads are (v)

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 White Bean Salad (gf,df)
Cole Slaw (gf), Mardis Gras Slaw (gf,df), Dill Cucumber Salad (gf,df), Chef's Seasonal Quinoa (gf,df)(may contain Nuts)
"Leafy" Green Salads (all are gf): Tossed Garden (df), Caesar, Mixed Greens (df), Greek, Seasonal Salads

Gluten-Free / Low-Carb / Salad Toppings Platters

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

Sweets

Our own fresh-baked Chocolate Chip Cookies, Assorted Fresh Baked Cookies (+Nuts) , Brownies
Chocolate-Dipped Strawberries (gf), Assorted Dessert Bar Quarters (+Nuts), Coconut Macaroons (gf)
Fresh Cut Fruit (v,gf,df), New York-Style Cheesecake with Fresh Berries

Beverages

Assorted Pepsi Products, Flavored Seltzer, Canned Iced Tea & Lemonade, Bottled 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 may be available (minimums apply)

SAMPLE MENU: Sandwich & Salad Sampler for 25- with Delivery

<u>Sandwich Platters</u>		<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Roast Turkey on Italian		5	Sandwiches - cut into quarters	\$14.50	\$72.50
Grilled Pesto Chicken on Baguette		5	Sandwiches - cut into quarters	\$14.50	\$72.50
Grilled Veggies w/ Hummus on Whole Grain	(v)	3	Sandwiches - cut into quarters	\$14.50	\$43.50
<u>Salads</u>					
Sesame Noodles	(v, df)	2	Quarts	\$14.99	\$29.98
Fiesta White Bean Salad	(v, gf, df)	2	Quarts	\$18.99	\$37.98
Dill Cucumber Salad	(v, gf, df)	2	Quarts	\$14.99	\$29.98
<u>Sweets</u>					
Assorted Fresh Baked Cookies & Brownies	+Nuts	6.25	Dozen	\$13.50	\$84.38
Fresh Grapes		13	Oz	\$0.60	\$7.80
<u>Serving Materials</u>					
Disposable/Compostable Serving Materials		25	Per Person	\$1.50	\$37.50
Disposable/Compostable Plates, Napkins, & Other Eating Utensils		25	Per Person	\$1.50	\$37.50
Delivery (Local)					\$33.00
				<u>Subtotal:</u>	\$486.62
				<u>Per Person Cost:</u>	\$19.46

Menus can be scaled to any group size. Feel free to ask!

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

SAMPLE MENU: Wrap & Salad Sampler for 50 - with Delivery

<u>Wrap Platters</u>		<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Grilled Chicken Caesar		22	Wraps-cut in half	\$9.50	\$209.00
Roast Beef & Provolone		22	Wraps-cut in half	\$9.50	\$209.00
Grilled Portobello w/ Balsamic Drizzle	(v)	6	Wraps-cut in half	\$9.50	\$57.00
<u>Salads</u>					
Smoked Mozzarella Pasta Salad	(v)	4	Quarts	\$18.99	\$75.96
Herbed Potato Salad	(v, gf, df)	4	Quarts	\$14.99	\$59.96
Fresh Cut Fruit	(v, gf, df)	2	Quarts	\$18.99	\$37.98
Marinated Mushrooms	(v, trace gluten, df)	2	Qts	\$18.99	\$37.98
<u>Sweets</u>					
Assorted Dessert Bar Quarters	(v)+Nuts	8	Dozen	\$16.99	\$135.92
House-Made Coconut Macaroons	(v, gf)	4	Dozen	\$16.99	\$67.96
<u>Serving Materials</u>					
Disposable/Compostable Serving Materials		50	Per Person	\$1.50	\$75.00
Delivery (Local)					\$33.00
*Host to provide all plates, napkins, & other eating materials					
					Subtotal: \$998.76
					Per Person Cost: \$19.98

SAMPLE MENU #: Value Lunch Sampler for 24 - Pickup

<u>Sandwich Platters</u>		<u>Quan.</u>	<u>Unit</u>	<u>Cost/Unit</u>	<u>Total</u>
Roast Turkey Breast on choice of bread		4	Sandwiches - cut into quarters	\$14.50	\$58.00
Deli Ham & Provolone Cheese on choice of bread		4	Sandwiches - cut into quarters	\$14.50	\$58.00
Three Cheese w/ mustard, lettuce, tomato on choice of bread (v)		4	Sandwiches - cut into quarters	\$14.50	\$58.00
<u>Salads - in deli containers</u>					
Herbed Potato Salad	(v, gf)	2	Quarts	\$14.99	\$29.98
Ranch Pasta Salad	(v)	2	Quarts	\$14.99	\$29.98
Dill Cucumber Salad	(v, gf)	2	Quarts	\$14.99	\$29.98
<u>Sweets (2 per person)</u>					
Assorted Fresh Baked Cookies	+Nuts	4	Dozen	\$13.50	\$54.00
<u>Serving Materials</u>					
In aluminum pans + Deli Containers (recyclable)		4	Each	\$0.50	\$2.00
Pickup					
*Host to provide all plates, napkins, & other eating materials					
					Subtotal: \$319.94
					Per Person Cost: \$13.33

Add Beverages for Delivery/Dropoff

<u>Cold Beverages</u>		
Assorted Pepsi Products	cans	\$1.99
Bottled Water	bottles	\$1.99
Iced Tea w/ lemon, sweeteners, ice	1/2 gal jugs (serves 8)	\$19.99
Lemonade w/ ice	1/2 gal jugs (serves 8)	\$19.99
Cranberry Lemonade Punch w/ ice	1/2 gal jugs (serves 8)	\$20.99
<u>Hot Beverages</u>		
Hot Coffee	96 oz dispenser (serves 10-12)	\$31.99
Decaf	96 oz dispenser (serves 10-12)	\$31.99
Hot Water & Tea Bag Selection (10)	96 oz dispenser (serves 10-12)	\$31.99
- includes creamers, sweeteners, stirrers; served from insulated cardboard dispensers (rated to hold heat for 2 hours by manufacturer)		

SERVICE OPTIONS: Full Service - attendants for food and beverage; certified bartenders available
 Partial Service - buffet attendant only
 Delivery Only // Delivery w/Setup

RENTALS: All food serving equipment is available for all events with service.
 Linen, china, cutlery, glassware, and more available for smaller groups.
 For larger groups, we suggest Best Event Rentals.
 Disposable chafers are available for purchase

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