



Fresh Flavors, Fresh Ideas
A Fresh Connection
Catering, Cafe, Bakery

2023 Catering Menu



A la Carte

Breakfast/Brunch Options

Hot & Hearty Breakfast (min. of 30 guests)

- Seasonal Fruit Bowl (2.5 qts)
- Choice of 1 Egg Casserole: all come w/ a hash brown crust (GF)
 - Quick Lorraine - Bacon & Cheddar
 - Mediterranean - Spinach, Olives, Red Peppers, onions, Feta, & oregano
 - Californian - spinach, sundried tomato, goat cheese
- French Toast Bake (Choose 1)
 - Apples & Cinnamon
 - Strawberries & Cream
 - Pumpkin Pie (Seasonal)
- Breakfast Potatoes with Onion and Peppers
- Choose two Meats: (2 pieces per person)
 - Bacon, Canadian Bacon, Ham, Sausage
 - Turkey Bacon, Turkey Sausage (+\$2.00pp)

Simple Breakfast (min. of 30 guests)

- Scrambled Eggs (With or Without Cheddar Cheese)
- Breakfast Potatoes with Onion and Peppers
- Sliced Tomato Platter
- Choose Two Meats: (2 pieces per person)
 - Bacon, Canadian Bacon, Ham, Sausage
 - Turkey Bacon, Turkey Sausage (+\$2.00pp)
- Choose assorted Mini Muffins or Mini Croissants
(Blueberry, Cinnamon and Chocolate Chip) w/ butter and jelly packets

Continental Breakfast (min. of 30 guests)

- Seasonal Fruit Bowl (2.5 qts)
- Yogurt Parfaits Cups
 - Vanilla Greek Yogurt with Fresh Seasonal Berries and Granola
- Assorted Oversized Muffins (Choose Two) or Mini Croissants
 - Blueberry, Chocolate Chip, Cinnamon Coffee CakeButter and jelly packets included



Action Stations

Action Stations are manned by one of our talented Chefs. Giving your guest a live visual perspective of their talent in the art of cooking. *There will be an additional charge per action station for the Chefs.*

Waffle / Pancake Station

Choice Fillings and Toppings (Pick 4)

Fresh Berries, Bananas, Pecans, Chocolate Chips, Whipped Cream, Fruits, Chocolate, Caramel Sauce, Mini Marshmallows

Maple Syrup and Butter included

Omelet Station

Made to Order Omelets with Assorted Breakfast Meats, Vegetables and Cheeses (Cheddar, Swiss, Feta) (Pick 3-5 options)

- Bacon, Canadian Bacon, Ham, Sausage
- Turkey Bacon, Turkey Sausage (+\$2.00pp)

Carving Stations: (Choose 1)

Roast Beef and au jus (+\$7pp)

Roast Turkey and Gravy

Roast Pork Loin w/ Apples and Onions

Maple Glazed Ham

Beef Tenderloin with Horseradish Sauce (+\$9pp)



Sandwiches, Sliders & Dessert Bar

Sandwich Platter Options: (choose up to 2 Sandwiches per order)

(Additional sandwiches +\$5.00 pp)

(Bread choices: Wraps, Kaiser, pumpernickel, rye, white, wheat, and pretzel buns)

1. Mini Cuban Ring or Italian Sub ring
2. Tea or Finger sandwiches
3. Tarragon Chicken and walnut salad
4. Roast beef red onion and cheddar
5. Curried chicken with grape and walnuts
6. Smoked turkey and Provolone and roasted red pepper aioli
7. Spicy Turkey and avocado with roasted red pepper aioli
8. Vegetarian options available

Salad Options:

(Bowl serves 10-12 ppl)

(Bowl serves 13 – 25 ppl)

1. Creamy Ranch Loaded Potato Salad
2. Southern Style Potato Salad
3. Tropical coleslaw with pineapple and mango
4. Veggie Pasta Salad
5. Chips or Whole Fresh Fruit (Apples, Oranges, Grapes)

Slider Bar Options: (choose up to 2 Sandwiches per order)

1. Island Chicken Slider – jerk chicken, grilled pineapple, and mango salsa
2. BBQ Pulled Pork Slider – made with Dr. Pepper style BBQ
3. Homemade Mini Meatball Slider -topped with Nono's savory marinara, fresh mozzarella and basil
4. Portobello Pizza Slider – Baked with roasted red pepper and basil sauce topped with mozzarella and fresh parsley
5. Stuffed Burger Sliders – (Choose 1) blue cheese, cheddar cheese, or Swiss cheese

Add a Slider to your Sandwich Platter or Heavy Appetizer Package for just \$14.95/pp.

Mini Dessert Bar Options: (Choose up to 2 options)

- **Cupcakes** – any flavor
- **Cannoli's** w/ chocolate chips
- **Shooters:** Key Lime Pie, or Chocolate Mousse, or Strawberry Cheesecake. (Pick any 2)
- **Cookies**
- **Brownies**
- **Apple/Fruit Country Cobbler** (Seasonal Mixed Berry or Peach options available)
- **Bread Pudding** - Kalua Chocolate Chip or Cinnamon Raisin



Salad Options

Selection of a Package Menu permits

Small Bowl (10 -12 pp)

Large Bowl (24 – 30 pp)

- **Fattoush** Romaine, Mint, Garlic, Cucumbers, Roma Tomatoes, Red Onion, Crumbled Pita Chips
- **Greek Salad Style** Romaine, Greek Olives, Green Peppers, Red Onion, Pickled Beets, Greek Peppers, Feta Cheese and Greek Dressing
- **Mediterranean Orzo** Veggie Orzo Pasta, Zucchini, Squash, Red Peppers, Onion, Feta, Cucumber with Lemon Vinaigrette
- **Sweet Summer Salad** Fresh Berries, Feta and Almond Slices Raspberry Vinaigrette
- **Garden Salad** Iceberg Lettuce, Cucumbers, Green Pepper, Tomatoes, Red Onion, Carrots, and Red Cabbage
- **Caesar Salad Style** Romaine, Shaved Parmesan, Croutons (veg)
- **Creamy Ranch Loaded Potato Salad,**
- **Southern Style Potato Salad**
- **Tropical coleslaw with pineapple and mango**
- **Veggie Pasta Salad**

Choice of Dressing:

Ranch, Italian, Balsamic Vinaigrette, Blue Cheese, and Raspberry Vinaigrette

Heavy Appetizers Packages

*Ideal for cocktail hours. Mix & Match Tapas from Hot or Cold menus below.
 Sliders are available at a slight upcharge as well.*

Deluxe Appetizer Package	Choose up to 4 items	Min. 30 Guest
Premium Appetizer Package	Choose up to 6 items	Min. 30 Guest

Hot/Warm Appetizers

- ◆ Pear and Goat Cheese Tarts (VG)
- ◆ Pigs in a blanket w/ maple mustard sauce
- ◆ Italian Sausage and Sage Stuffed Mushrooms w. provolone
- ◆ Pulled Chicken or Pork Sliders with house made BBQ Sauce (+\$3)
- ◆ Baked Goat Cheese, caramelized onions, and pancetta on Puff Pastry
- ◆ Mini Spanakopita w/ Tzatziki Sauce (VG)
- ◆ Firecracker Roasted Cauliflower w/ Sriracha aioli & Lime
- ◆ Tostones Plantain stuffed with Pineapple/Mango Salsa
- ◆ Chicken Sausage, sundried tomato in Puff Pastry Bites
- ◆ Portobello Wellington (VG)
- ◆ Bacon Wrapped Plantains or Shrimp (+\$6)
- ◆ Mini Beef Wellington w/ whole grain mustard (+\$9)

Cold Appetizers

- ◆ Fruit & Cheese Platter w/ Crackers (Gourmet Boards +\$4 pp)
- ◆ Lemon Goat Cheese Mousse w/ Wine Poached Pear Tart
- ◆ Mediterranean Bruschetta Crostini tomatoes, garlic, artichoke, feta, kalamata olives
- ◆ Smoked Salmon Mousse with Lemon Dill Cream Cheese (+\$5)
- ◆ Roasted Red Pepper Hummus and Veggie Tray
- ◆ Antipasto Platter – Cherry tomato, green olive, salami, hard provolone cheese
- ◆ Shrimp Cocktail Shooters w/ Mango salsa or Traditional Cocktail Sauce (\$6)
- ◆ Caprese Platter – Tomato, Mozzarella cheese, Basil and Balsamic glaze
- ◆ Kielbasa Sausage and Cheese Skewers with Sweet Gherkins.



EVENT PACKAGE MENUS

Package Menu Details

The Package menus were designed to provide customized food options for any special event. Our menus allow the Event Host to build their ideal “carte du jour” by selecting their Appetizers, Salad, Entrées, and Sides. Mixing and matching is allowed from the various internationally inspired menus.

When choosing a package menu, the price you pay is calculated by headcount of guests and is all-inclusive by providing Elegant Disposable Dinnerware and Cutlery, Buffet Linens, and complimentary choice of Iced Tea (Sweet or Unsweet) or Lemonade, and Citrus Infused Water.

Depending on the type of event, and serving style, having Waitstaff comes highly recommended for portion control. We base cost on the number of guests attending. Finalization of attending guests, any changes to your menu, and specifications like food allergens are due no later than 4 weeks prior to event.

All packages include a choice of Salad (1), Salad can be substituted for one Side

[Custom Orders: Shellfish: Fish: , and Beef: , Scallops not available]



Southern Barbeque Menu

Appetizers

- Buffalo Roasted Cauliflower w/ Ranch Dressing
- Pigs in a Blanket with Maple Mustard Sauce
- Kielbasa and Cheese Skewers w/ Pickles (GF)
- Deviled Eggs Choice of traditional, avocado-bacon, or sriracha
- Cheesy Cauliflower Bites with Sriracha Mayo Dip (GF)
- Vegetable Tray with Spinach Artichoke Dip (GF)
- Cucumber Slices with a Lemon Dill Cream Dip

Entrées

- Dr Pepper Pulled Pork
- BBQ Pulled Chicken
- Southern Style Baked Chicken Quarters
- Slow Roasted Pork with Apples & Onions
- Southern Shrimp and Grits (+\$6pp)
- Coffee Rubbed Beef Brisket (+9pp)

Sides

- Baked Sweet Potatoes with Cinnamon Sugar
- Creamy Mac & Cheese made with or without bacon
- Creamy Mashed Potatoes (GF)
- Seasoned Rice Pilaf
- Sautéed Green Beans with Shallots, White Wine, and Butter
- Collard Greens with Ham & Onions ask for pepper or hot sauce
- Ranchero Beans with Pork
- Traditional Cole Slaw
- Cheesy Corn Bread



Classic Italian Menu

Appetizers

- Italian Bruschetta and Crostini
- Caprese Platter with Balsamic Glaze
- Chicken Sausage & Sun-Dried Tomato Puff Pastry
- Mushroom and Asiago Sausage Rolls
- Cocktail Meatballs Choice of Marinara, Sweet Chili, or Swedish Style
- Antipasto Pinwheels (Cold)
- Portobello Mushroom Mini Bites or Pizzette

Entrées

- Roasted Rosemary-Garlic Flank Steak (+\$8pp)
- Chicken Parmesan with Marinara and Fresh Mozzarella
- Savory Chicken Marsala
- Chicken Piccata
- Penne Pasta with Sausage and Peppers in Red Sauce (on side)
- Tortellini with Wild Mushroom Sauce
- Portobello Wellington
- Roasted Vegetable Cous Cous w/ Pesto
- Penne Alfredo (+\$2 Vegetables, +\$4 Chicken, and +\$6 Shrimp)

Sides

- Lemon Ziti with Roasted Asparagus (VG)
- Traditional Baked Ziti
- Steamed Mixed Vegetables in Garlic Butter
- Pasta Primavera with either Marinara, Alfredo, or Pesto
- Creamy Garlic Smashed Potatoes with Parmesan Cheese
- Zucchini in Stewed Tomatoes
- Rosemary Roasted Mixed Veggies
- Steamed Mixed Vegetables in Garlic Butter



American Comfort Menu

Appetizers

- Pigs in a Blanket with Maple Mustard Sauce
- Kielbasa and Cheese Skewers w/ Pickles
- Vegetable Tray with Spinach Artichoke Dip
- Chicken Sausage & Sun-Dried Tomato Pillow Puffs (hot)
- Cocktail Meatballs choice of Marinara, Sweet Southern Chili, or Swedish Style
- Deviled Eggs Choice of traditional, avocado-bacon, or sriracha
- Ham (or Turkey) & Cheese Pinwheels (cold)
- Firecracker Cauliflower Bites (VG)

Entrées

- Slow Roasted Pork with Apples & Onions
- Herb Roasted Turkey with Gravy
- Sliced Ham with Spiced Maple Glaze
- Roasted Beef Pot Roast w/ onions, carrots celery (+\$7 pp)
- Beuf Bourgeon (+9 pp)
- Mama's Meatloaf
- Shepherd's Pie
- Deconstructed Cordon Bleu
- Vegan Mushroom Bourguignon (VG)

Sides

- Roasted Herbed Red Potatoes
- Steamed Mixed Vegetables in Garlic Butter
- Creamy Garlic Smashed Red Potatoes
- Sweet Potato Casserole w/ Candied Pecans & Marshmallow
- Seasoned Wild Rice Pilaf
- Roasted Root Vegetables carrots, sweet potatoes, parsnips, beets, onion, olive oil
- Herb Seasoned Bread Stuffing
- Creamy Corn Casserole
- Mac-n-Cheese (Add Bacon +\$4)
- Green Beans with Garlic Butter



Mediterranean Menu

Appetizers

- Mediterranean Bruschetta & Crostini tomatoes, garlic, artichoke, feta, black olives
- Mini Spanakopita with Tzatziki Sauce
- Veggie Tray with Roasted Red Pepper Hummus
- Chicken Sausage & Sun-Dried Tomato Puff Pastry
- Pear & Goat Cheese Tarts
- Dip Platter (**PICK 2**) W/ Pita and Veggies (Dips: Hummus-Lemon or Roasted Red Pepper, Olive Tapenade, or Spinach-Artichoke)

Entrées

- Mediterranean Style Roast Pork Loin w/ tomatoes, peppers, black olives, and onions
- Kibbeh Nayyem w/ Laban
- Rosemary & Lemon Chicken w/ Champagne Caper Sauce
- Roasted Eggplant Bake – tomato, steamed veg. and Herbed Goat Cheese
- Lamb Kabobs w/ Tomato & Peppers (+\$9)

Sides:

- Roasted Red Potatoes with Garlic and Herbs
- Creamy Garlic Smashed Potatoes with Parmesan Cheese
- Steamed Broccoli and Cauliflower with Garlic Butter (VG)
- Roasted Broccoli w/ Parmesan
- Rosemary Roasted Mixed Veggies (VG)
- Seasoned Rice Pilaf
- Mediterranean Veggie Medley (VG)
- Mediterranean Couscous with Feta and Spring Vegetables. Made to be eaten cold. (VG)
- Roasted Brussels Sprouts & Burst Cherry Tomato Spaghetti Squash (VG) (+\$4 pp)



Latin Inspired Menu

Appetizers

- Tortilla Chips and Salsa (+\$2 pp for Guacamole)
- Seasoned Beef Empanadas
- Spiced Chicken Empanadas
- Chorizo Stuffed Mushrooms
- Plantain Cups with Mango Salsa (VG)

Entrées

- Chicken & Chorizo Paella w/ Peas, Green Olives & Pimento Peppers
(Add Shrimp, Mussels, Clams, and Calamari +\$10)
- Spanish Style Hanger Steak w/ Chimichurri Sauce (+\$9)
- Chicken or Ground Beef, Grilled Vegetable Fajita or Taco Bar (Pick 2)
- Ropa Vieja Shredded Beef in red sauce w/ flavors of onion, bell pepper, garlic, cumin, and cilantro
(+\$7pp)
- Champagne Chicken with caper sauce
- Spanish Style Garlic Shrimp w/ Cilantro Rice (+\$6 pp)
- Mojo Pork Slow-Roasted
- Pernil – Seasoned, marinated and Dry-roasted pork

Sides

- Fiesta Sautéed Corn w/ Peppers and Onions (VG)
- Seasoned Black Beans (Vg)
- Yellow Rice with or without Green Peppers and Onions
- Cilantro Lime Rice (Vg)
- Seasoned Pinto Beans (Vg)
- Elote (Street Corn) On the cob, w/ green onion and queso fresco
- Baked Sweet Plantains (Vg)
- Yucca Cubano Boiled Cassava Root w/ Garlic, Lemon & Onion (VG)

Asian Menu

Appetizers

- Vegetable egg rolls (VG)
- Krab Rangoon -Krab meat, cream cheese, garlic and sesame, wrapped in wonton with citrus soy (+\$7)
- Vegetable Spring rolls - Julienned vegetables, basil, sweet chili marinated rice noodles wrapped in rice paper (Cold - +\$4 pp)
- Chicken Satay with peanut sauce
- Scallion Potato Cake -Chinese 5 spice shredded potatoes w/ Thai chili dipping sauce

Entrees

- Pork fried rice -Sesame and Soy roasted pork loin w/ jasmine rice, aromatic vegetables, English peas, fried egg, scallions, garlic and ginger
- Ponzu marinated flank steak (+\$7 pp)
- Garlic & sesame shrimp with jasmine rice
- Vegetable stir fry - Snow peas, carrots, bell peppers, napa cabbage, onions, peas, garlic & ginger, sauteed in sesame oil and finished with ponzu and cilantro
- Vegetable Pad Thai - Rice noodles served with sauteed vegetables, tossed in a Thai peanut sauce and toasted cashews, with lime
 - Add: Steak (+\$8), Chicken or Shrimp (+\$6)
- Sweet & Sour Chicken
- Sesame Bourbon Salmon - Grilled Salmon glazed with bourbon soy sauce and toasted sesame seeds
- Sesame glazed Short Rib (+\$7)

Sides

- Steamed broccoli and toasted ginger
- Jasmine rice
- Lo Mein noodles in sesame soy
- Stir fry vegetables
- Kim chi
- Steamed buns w/ Marinated Vegetables
 - Add: Pork, shrimp or chicken (+\$6 pp)



Vegetarian / Vegan Menu

Vegan Butter and Cream Substitutes available

Appetizers

- Caprese Platter with Balsamic Glaze
- Curried Cauliflowerets with Hummus
- Stuffed Plantain Cups with mango & onions
- Portobello Mushroom Mini Wellington Bites or Pizzettes
- Portobello Pesto Bite

Entrées

- Vegan Mushroom Bourguignon
- Sweet Potato Cous-Cous with Roasted Vegetables
- Portobello Wellington
- “Creamy” Lemon Ziti with Roasted Asparagus (Vg)
- Roasted Brussels Sprouts and Burst Cherry Tomato Spaghetti Squash (+\$4 pp)
- Succulent Tortellini with Nut Wild Mushroom Sauce (Vg)
- Pasta Puttanesca – with Basil, Olives and oregano
- Eggplant Ratatouille
- Mediterranean Couscous with Feta and Spring Veggies
- Sweet Potato, cauliflower, garbanzo bean bowl
- Quinoa and Wild Rice Lentil & Butternut Squash or Sweet Potato Stew

Sides

- Mediterranean Medley- Zucchini, Squash, Red Pepper, Red Onion in Olive Oil, Lemon & Herbs
- Smashed Potatoes with Lemon Vinaigrette (VG)
- Baked Sweet Potatoes with cinnamon-sugar
- Coconut and Turmeric Seasoned Jasmine rice
- Dijon Grilled Potato Salad with Arugula
- Baked Fingerling Potato Rounds
- Brown Rice Pilaf with Baby Spinach
- White Rice Pilaf with Kale, Sauteed Veggies
- Seasonal Quinoa Pilaf with Cucumber, Artichokes roasted red peppers and Lemon Vinaigrette
- Early Summer Light Veggie Sauté, and Sauteed Spinach in Tomato Fennel Sauce

Vg = Vegetarian with cheese, VG - VEGAN



Terms and Conditions & Cancellation Schedule

Payment Terms: A deposit of 50% is due upon acceptance of the quote. Final Headcount & Payment is due no later than two - four weeks prior to the event.

The quote and Banquet Event Order serves as the Caterers Contract which is required for all events. Prices are effective as of the date of this quote and are subject to change after 6 months due to fluctuations in market pricing and distribution costs.

A Fresh Connection Catering accepts: Cash (ACH/Wire), check or credit card. (There will be a 3.5% fee added to all Credit Card charges)

Cancellation Policy: Any cancellation prior to the event will result in a 25% fee of the invoiced amount to recover administrative and overhead expenses. If cancellation is within 30 days of the event date, the Caterer reserves the right to keep the 50% deposit as rentals and other costs may already have been expensed. If cancellation is within 2 weeks of the event date, 100% of the total estimated charges for the cancelled function is due immediately. Cancellation Fees will be credited towards a future event if executed within one year of cancellation.

Additional Services Schedule

Depending on the type of event you are having, and serving style of food, providing Waitstaff to your function usually comes highly recommended for portion control.



Delivery Fee and Service Fees

The Delivery Fee varies upon location. ***Service Fees*** supports proper transport of food and tools, from our kitchen to your venue. The quote/order may reflect a Caterers fee, often mistaken as gratuity, this fee supports overhead and administrative costs of managing your event. Due to the increase of distribution, food and labor costs as of January 1, 2022 our Service Fee has increased to 23% of food and service items.

If you see a “***venue fee***” on a quote, this is due to certain venues charging AFCC to serve your function. For example, the City of St. Pete charges 15% of food costs at their venues such as the Coliseum and Sunken Gardens. A “Disposal Fee” may apply to a quote when a venue does not allow us to dispose of waste at their facility.