Corporate
 Meal includes 2 sides.

| Select protein: |  | Select vegetable: |  | Select grain/starch: |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $\square$ | BBQ Chicken (quarter) | $\square$ | Black Beans | $\square$ | Couscous |
| $\square$ | BBQ Pork Spareribs | $\square$ | Broccoli | $\square$ | Garlic Mashed Potatoes |
| $\square$ | Grilled Scallion-Ginger Chicken Cutlet | $\square$ | Butter Beans | $\square$ | Mac $n 5$ Cheeses |
| $\square$ | Grilled Chimichurri Chicken Cutlet | $\square$ | Cabbage | $\square$ | Orzo |
| $\square$ | Grilled Chicken Wings (select finishing sauce: Asian | $\square$ | Collards | $\square$ | Peas $n$ Rice |
|  | / BBQ sauce / Buffalo / Honey Mustard / Jerk / | $\square$ | Corn Medley | $\square$ | Quinoa Pilaf |
|  | Lemon Pepper / Parmesan Garlic) | $\square$ | Glazed Carrots | $\square$ | Rice |
| $\square$ | Grilled Jerk Chicken Cutlet | $\square$ | Okra and Tomatoes |  | - Brown |
| $\square$ | Grilled Jumbo Shrimp (+\$2) | $\square$ | Red Beans |  | - Jasmine |
| $\square$ | Fried Chicken (quarter) | $\square$ | Roasted Brussels Sprouts |  | - Red |
| $\square$ | Fried Jumbo Shrimp (+\$2) | $\square$ | Roasted Mixed Vegetables |  | - Yellow |
| $\square$ | Fried Salmon (+\$3) | $\square$ | Spinach with Black Eye Peas | $\square$ | Roasted Potatoes |
| $\square$ | Fried Whiting (filet) | $\square$ | String Beans | $\square$ | Sweet Potato Whipped |
| $\square$ | Braised Chicken Cutlet in Mushroom white wine |  |  |  |  |
| $\square$ | Braised Chicken Cutlet in Roasted cherry tomato |  |  |  |  |
| $\square$ | Seared Jumbo Salmon Cake (+\$2) |  | vegetables and grain/starch optio |  |  |
| $\square$ | Seared Jumbo Crab Cake (+\$3) |  |  |  |  |
| $\square$ | Baked Glazed Ham |  |  |  |  |
| $\square$ | Roasted Turkey Breast with gravy |  |  |  |  |

## 

Select entree:
$\square \quad$ Cauliflower \& Lentil Curry over Brown Rice

- Sweet Potato Black Bean Chili with Brown Rice
- Chickpea Tikka Masala with Jasmine Rice

ㅁ Sweet Potato Chickpea Curry over Jasmine Rice
ㅁ Cuban Jackfruit Bowl (with black beans, coconut lime rice and plantains)

- Caramelized Onions and Cherry Tomato Pasta

ㅁ Mushroom \& Beet Bolognese Sauce with Pasta

- Sweet \& Sour Veggies over Jasmine Rice


## 

## Includes a cheddar herb biscuit

Select entree:

- Jumbo Shrimp \& Creamy Cheesy Grits
$\square$ Gumbo (made with chicken, shrimp, and turkey sausage)(served with rice)
- Jambalaya (made with chicken, shrimp, and turkey sausage)


## 

Meal Salad (large size)
\$9.00 Serves 1

Dressings are made in-house.

## Select salad:

ㅁ Mixed greens, cherry tomatoes, sliced cucumbers, shredded carrots.
ㅁ Baby spinach with dried cranberries, grated carrots, goat cheese, slivered almonds.

Select protein:

- Grilled Chicken breast (sliced)
- Grilled Skirt Steak (+\$2
- Grilled Jumbo Shrimp (+\$3)
- Seared Salmon (+\$4)

Select dressing:
ㅁ Fig balsamic
ㅁ French

- Lemon vinaigrette
- Ranch


## 

| Side Salad (small size) | Select salad: |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| \$2.50 Serves 1 | Mixed greens, cherry tomatoes, sliced cucumbers, shredded carrots. |  |  |  |  |  |
|  | Baby spinach with dried cranberries, grated carrots, goat cheese, slivered almonds. |  |  |  |  |  |
| Dressings are made in-house. |  |  |  |  |  |  |
|  | Select dressing: |  |  |  |  |  |
|  | - Fig balsamic | - French |  | Lemon vinaigrette | $\square$ | Ranch |
| Potato Salad <br> \$2.50 per person (minimum 4 people) | Mixed potatoes, diced veggies, pickle relish, and chopped boil eggs in mayo dressing. |  |  |  |  |  |
| Pasta Salad <br> \$2.50 per person (minimum 4 people) | Wheat pasta, diced veggies, fresh herbs, and black olives in balsamic vinaigrette. |  |  |  |  |  |



```
Corn Muffins
$1.00 per muffin
(minimum 4 muffins)
```

Yeast Rolls
$\$ 1.00$ per person
(minimum 4 rolls)
Select flavor:
$\square \quad$ Plain
$\square \quad$ Garlic Herb
$\square \quad$ Multi-grain with Everything Topping



## 

Select beverage:
ㅁ Fruit Lemonade (\$20 per gallon / \$10 per ½ gallon / \$5 per quart)

- Fruit Green Tea ( $\$ 20$ per gallon / $\$ 10$ per $1 / 2$ gallon / $\$ 5$ per quart)

ㅁ Lemonade ( $\$ 15$ per gallon / $\$ 8$ per $1 / 2$ gallon / $\$ 4$ per quart)

Select flavor:

- Fruit Punch
- Lemony Lemon
- Mango

[^0]Catering in

Helpful

| Hot Buffet Kit <br> $\$ 10.00$ per kit | One kit holds pans for 2 food items. Keeps food hot for an hour or more. Wire rack and water pan <br> are reusable. |
| :--- | :--- |
| Tableware |  |
| $\mathbf{\$ 0 . 7 5}$ per person | Plate, napkin and plastic cutlery |

## Delivery fee:

- Free - up to 5 miles
- $\$ 2.50$ - over 5 and up to 10 miles
- $\$ 5.00$ - over 10 and up to 15 miles
- $\$ 7.50$ - over 15 and up to 20 miles

Please inform us if a person in your party has a food allergy.
Our food may contain wheat, egg, dairy, soy, nut or fish allergens.

SafeServ Certified
The Convenient Feast llC

Phone: 301.787.9693
Email: customer.service@convenientfeast.com

Website: www.convenientfeast.com


[^0]:    ~ 12 ounces per serving - Gallon serves 10 / ½ Gallon serves 5 / Quart serves 3

