



Breakfast

Continental Breakfast **\$15.50 per guest**

Fresh fruit salad with berries, mini bagels, muffins, scones, mini croissants with butter, cream cheese, preserves

Served with coffee and tea

Better 4U Continental Breakfast **\$15.50 per guest**

Individual yogurt, fresh fruit salad with berries, whole bananas

Served with coffee & tea

Hot Breakfast **\$20.50 per guest**

Scrambled eggs, French toast or pancakes, smoked bacon or turkey sausage links, hash browns

Served with coffee & tea

Better 4U Hot Breakfast **\$21.50 per guest**

Choice of two frittatas - bacon/cheddar, mushroom/onion, spinach/tomato, or ham/Swiss - available with eggs or egg whites, roasted potatoes with onions and peppers, fresh fruit salad with berries

Served with coffee & tea

Breakfast Sandwiches **\$11.50 per guest**

Assortment of classic breakfast sandwiches including egg and cheese on a kaiser roll or wrap, with choice of ham, bacon, or sausage

Served with coffee & tea

A La Carte Breakfast **(prices per guest)**

Fresh fruit salad with berries: \$7.75

Overnight Oats Bar: served with fresh berries, banana, raisins, almonds, honey: \$10.75

Frittata: bacon/cheddar, mushroom/onion, spinach/tomato, or ham/Swiss. Available with eggs or egg whites: \$12.00

Individual Greek yogurt: \$4.75

Fruit cup, yogurt / granola parfait: \$7.25

Breakfast pastries: \$7.75

Mini assorted bagels & flavored cream cheese: \$7.75

Smoked salmon, sliced tomato, Bermuda onion and capers: \$13.25

Hard-boiled eggs (2): \$4.75

Tea breads: \$4.75

Please notify us of any dietary restrictions

Customized menus are available upon request
Prices, menus and availability are subject to change without notice



Snack Time

Eye Opener | \$14.25 per guest

Muffins, yogurt parfaits

Mini Bagel Bonanza | \$14.25 per guest

Mini bagels with cream cheese and preserves, bananas

Sunrise | \$14.25 per guest

Fresh fruit salad with berries, Greek yogurt, granola

Afternoon Breaks

New York Twist* | \$12.00 per guest

Warm pretzels bites with honey mustard dip

South of the Border | \$12.00 per guest

Tortilla chips with salsa and guacamole

Crunchy Snacks | \$4.75 per guest

Classic chips and pretzels

Roasted Garlic Hummus* | \$9.50 per guest

Served with baked pita chips

Gourmet Cheese Display | \$12.00 per guest

Served with dried fruit and crackers

Vegetable Market Basket with Ranch Dip | \$12.00 per guest

Crudite with assorted fresh vegetables

Antipasto Platter | \$16.75 per guest

Prosciutto, Genoa salami, pepperoni, roasted vegetables, fresh mozzarella and cherry tomato salad, imported olives, marinated roasted red peppers, rosemary focaccia

Assorted Cookies and Brownies | \$6.00 per guest

Choice of: Cookie platter, Chocolate brownie platter, Sliced fresh fruit and berries platter

Sweet Indulgence Platter* | \$6.00 per guest

A decadent assortment of cookies and brownies

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Hand-Helds

Signature Sandwiches & Wraps \$23.95 per guest

Includes tossed green salad, cookies, chips

Select up to three (3):

Roasted Turkey | Balsamic onions, sliced avocado, cheddar cheese

Turkey Caesar Wrap | Fresh turkey breast, Caesar dressing, garlic croutons in a spinach wrap

Roast Beef | Garlic aioli, fresh mozzarella, arugula, tomato

Roast Beef* | Roasted red peppers, red onion, tomato, avocado, balsamic dressing

Grilled Chicken* | Pesto, fresh mozzarella, tomato and spinach

Buffalo Chicken Wrap | Romaine, blue cheese crumbs, tomato, ranch dressing, buffalo sauce

Ham | Italian combo: ham, salami, pepperoni, provolone cheese, lettuce, tomato, red onion, oil and vinegar

Ham Wrap | Swiss, avocado, honey mustard

Tuna Wrap | Tuna salad, Swiss, bacon, lettuce, tomato

Vegetarian | Avocado, bell pepper, red onion, shredded carrots, cucumber, lettuce, tomato, Italian dressing on a spinach wrap

Vegan | Fresh mozzarella, roasted red peppers, tomatoes and pesto on dairy free focaccia

Side salads \$5.00 per guest

Signature red bliss potato, Caesar, tossed green salad with balsamic vinaigrette, cucumber and tomato, Southwestern black bean and corn (vegan/gluten free), pesto pasta salad.

Classic Sandwiches & Wraps \$22.75 per guest

Includes tossed green salad, cookies, chips

Select up to three (3):

Grilled Chicken Caesar Salad Wrap | Fresh chicken breast, Caesar dressing, garlic croutons in a spinach wrap

Turkey Wrap | Fresh turkey breast, provolone cheese, arugula, roasted red peppers, EVOO & vinegar, kaiser roll

Chicken Salad Wrap* | Fresh chicken salad, avocado, spinach, tomato

Roast Beef Sandwich* | Fresh mozzarella, chipotle mayo, lettuce, tomato, ciabatta roll

Grilled Vegetable Sandwich | Roasted red peppers, fresh mozzarella, multi-grain roll

Better 4U Sandwiches & Wraps \$22.75 per guest

Grilled Chicken Wrap | Fresh chicken, fresh mozzarella, basil, tomato, EVOO, red wine vinegar

Mozzarella Wrap | Fresh mozzarella, roasted red peppers, tomatoes, pesto sauce, whole wheat wrap

Grilled Vegetable Wrap | Fresh mozzarella, pesto, balsamic glaze, whole wheat wrap

Roasted Turkey Sandwich | Avocado, lettuce, tomato, banana pepper, balsamic vinaigrette

Tuna Sandwich | Tuna salad, Swiss, lettuce, tomato, onion, multi-grain bread

Boxed Lunch Collection \$22.00 per guest

Three classic sandwiches with chips, hand fruit, house-made cookies

Side salad protein add-ons: Grilled chicken: \$4.75, Salmon: \$9.50, Tofu: \$3.50

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Special Lunch Selections

We are the Heroes! | \$600.00

3-foot Party Hero feeds 25-30 guests - Choose 1

Italian combo | Chicken Margherita |
Chicken Parmesan | Buffalo chicken |
Philly cheese steak

Side salad - Choose 1

Cole slaw | potato salad | macaroni salad

Build It! | \$25.00 per guest

Served by a dessert platter - 48 hour notice

Chicken Fajita Bar* | Soft shell tortillas,
seasoned chicken strips, sauteed peppers
and onions, Pico de Gallo, cilantro aioli, sour
cream, shredded cheddar.
Served with Spanish rice and re-fried beans

Authentic Mexican Taco Bar | Mexican
seasoned beef, pulled chicken, hard and soft
tortillas, Pico de Gallo, sour cream, shredded
cheddar, shredded lettuce.
Served with Spanish rice and re-fried beans

"Build Your Own" Sliders | Hot pulled
chicken, fried shrimp, or charred cauliflower

Accompaniments: sweet and sour cole slaw,
mango chutney, pico de gallo, chipotle BBQ
sauce, roasted garlic aioli. Served with
oven-roasted potato fries

Action Salad Station!

Farmers Market Salad - Design Your Own Salad | \$18.00 per guest

Accompanied by fresh baked cookies

Base/Greens (pick 2) | Romaine, iceberg, our
house lettuce mix, spinach, arugula, kale

Vegetables (pick 4) | tomato, cucumber,
shredded carrot, mushroom, red onion, green
and red peppers, corn, green peas, black olives

Beans (pick 1) | chick pea, kidney, black bean,
lentil

Cheese (pick 1) | shredded mozzarella, cheddar,
shredded Parmesan, crumbled bleu cheese, feta

Protein (pick 1) | grilled chicken, breaded
chicken, chopped egg

Dressing (pick 1) | house balsamic, blue
cheese, honey mustard, ranch, Italian, Russian,
Caesar, oil and vinegar

Premium Upgrades: Bacon, avocado, fresh
mozzarella, \$4.25 per guest | steak, \$5.50 per
guest salmon, \$7.25 per guest

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Chef's Selection Hot Lunch

**Pick two entrees and two sides, served with dessert platter
\$28.75 per guest, 48 hour notice required**

Chicken

Chicken Marguerite | Fresh mozzarella, tomatoes and basil in a light pink sauce (house made marinara with garlic, onions and light cream)

Chicken Milanese | Parmesan-crusted chicken cutlet, a Stamford Lab favorite!

Chicken Scarpiello* | Chicken breast sauteed with garlic, fresh hot peppers with freshly-squeezed lemon

General Tso's Chicken | The Asian classic with tender chicken and bell peppers in a traditional General Tso's sauce

Beef

Tenderloin Tidbits* | Tender tournadoes of beef, in a light beef demi-glace mushroom sauce

Balsamic flank steak | Perfectly cooked flank steak in a balsamic marinade topped with tomato bruschetta

Pasta Bolognese | Pasta with a zesty meat sauce with fresh shredded Parmesan cheese

Fish

Seared Salmon* | A thick salmon steak, seared to perfection served with lemon aioli

Grilled Teriyaki Shrimp Skewers | Grilled teriyaki BBQ shrimp

Pasta/Vegetarian

Penne a la Vodka* | The traditional penne dish with a silky tomato cream sauce

Penne Pomodoro | Roma tomato, fresh basil, white wine tomato broth

Pasta Primavera | Grilled fresh vegetables with a light pesto sauce

Eggplant Rollatini | Breaded eggplant rolled with an herb ricotta

Stuffed Bell Pepper | Seasonal bell peppers, brown rice, pico de gallo, shredded cheddar cheese, served with roasted tomato sauce

Sides | add \$4.00 per guest

Tossed salad with
balsamic vinaigrette

Caesar salad

Brown rice pilaf

Moroccan couscous

Roast baby red potatoes

Steamed Jasmine rice

Grilled vegetables

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