

OLIVE OIL BRINED CHICKEN BREAST - \$12

CREOLE STYLE MAC & CHEESE, SAUTÉED VEGETABLES, SOUTHERN GREENS SALAD WITH SPICED PECANS & VIDALIA ONION VINAIGRETTE, BREAD & BUTTER.

FRESH & BASIK

ROSEMARY GRILLED CHICKEN BREAST - \$13

ROASTED POTATOES, SAUTEED VEGGIES, MIXED GREENS WITH BALSAMIC, BREAD & BUTTER.

MIDDLE EASTERN TWO MEAT KABOB STAND - \$15

GROUND SIRLOIN & CHICKEN ON SKEWERS, PITA, BASMATI RICE, SAUTÉED VEGGIES, HUMMUS, TZATZIKI & A GREEK SALAD.

CAROLINA BBQ STAND - \$14

SHREDDED BBQ BEEF & CHICKEN, BUNS, BAKED BEANS, POTATO SALAD, & COLE SLAW.

PASTA AMARILLO - \$12

PENNE TOSSED WITH SOUTHWESTERN SPICES, BLACK BEANS, CORN, CILANTRO, & GRILLED CHICKEN. SERVED WITH A CHOPPED SALAD WITH HOUSEMADE RANCH DRESSING, & JALAPENO CHEDDAR CORNBREAD.

BEEF BURGUNDY - \$13

SIRLOIN TIPS, HERB FLAVORED EGG NOODLES, CHEF'S VEGGIES, MIXED GREEN, BREAD & BUTTER

APPLEWOOD SMOKED BBQ FLANK STEAK - \$15

ROASTED POTATOES, CHEF'S VEGGIES, MIXED GREENS, BREAD & BUTTER

PAN ROASTED SALMON - \$13

WITH PEASANT STYLE BUTTER SAUCE, MASHED POTATOES, CHEF'S VEGETABLE, MIXED GREEN SALAD, BREAD & BUTTER

BEVERAGES

SPARKLING WATER - \$2

BOTTLED WATER - \$1.5

SODA - \$1.5

COFFEE - \$2

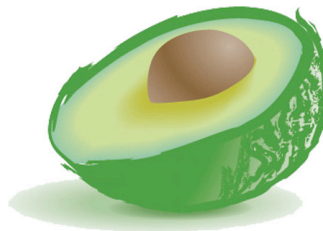
ADD \$1 FOR DECAF

DELIVERY FEE - STARTS AT \$20

MISSION STATEMENT

FRESH LUNCH CATERING IS A CORPORATE CATERING SERVICE OFFERING BUSY PROFESSIONALS A BALANCED RANGE OF NUTRITIOUS, COLORFUL, & MOUTHWATERING MENU OPTIONS, USING THE FRESHEST INGREDIENTS TO INCREASE PRODUCTIVITY, ENERGY AND ALL AROUND WORK PLACE WELL-BEING.

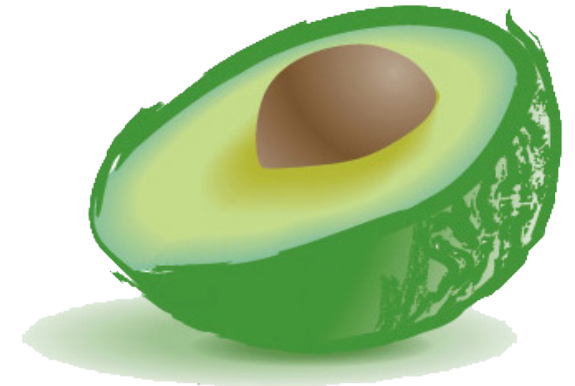
EATING WELL IN THE OFFICE JUST WORKS BETTER!



FRESH LUNCH

by **basikneads catering**

Eat Well. Work Better.



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Eat Well. Work Better.

Menu

703.459.0878

4592 Eisenhower Avenue
Alexandria, VA 22304

www.freshlunchcatering.com
orders@freshlunchcatering.com

ALL PRICING IS PER PERSON

FRESH STARTS -MIN 15 PEOPLE

WASHINGTONIAN BREAKFAST - \$ 7

A SELECTION OF MUFFINS, BREAKFAST PASTRIES, NEW YORK HOT BAGELS SERVED WITH CREAM CHEESE, JAMS AND BUTTER, & SEASONAL FRUIT BOWL

MEXICAN BREAKFAST BURRITO STAND -\$ 10

SOFT FLOUR TORTILLAS, SCRAMBLED EGGS, BACON CRUMBLES, SAUSAGE, SHREDDED CHEDDAR, DICED BELL PEPPER, PICO DE GALLO, GUACAMOLE, JALAPENOS & SLICED FRUIT DISPLAY

OLD SCHOOL - \$ 9

HERB SCRAMBLED EGGS, BACON, SAUSAGE LINKS, HOME FRIES, SLICED FRUIT, CROISSANTS & BAGELS W/ JAMS, BUTTER & CREAM CHEESE

PARFAIT BAR - \$ 8.5

FRESH FRUIT BOWL, VANILLA YOGURT, GRANOLA, ASSORTED MUFFINS & BAGELS W/ JAMS, BUTTER & CREAM CHEESE

SANDWICH/WRAP PLATTERS -MIN 15 PEOPLE

ALL SANDWICH/ WRAP PLATTERS COME WITH HOMEMADE PICKLES & COOKIES

THAT'S A WRAP -\$ 12

CHEF'S SELECTION OF BUFFALO CHICKEN, THAI BEEF, VIETNAMESE CHICKEN, ROAST BEEF & BRIE, TURKEY COBB (CHOICE OF TWO SIDES)

WORKING SANDWICHES -\$10*

CHEF'S SELECTION OF HERB FLAVORED CHICKEN SALAD, TUNA, HAM & SWISS, TURKEY & CHEDDAR, ROAST BEEF & SWISS (CHOICE OF ONE SIDE)

EXECUTIVE SANDWICHES -\$12*

CHEF'S SELECTION ITALIAN ON FOCACCIA, TURKEY & BRIE ON SOURDOUGH, ROAST BEEF & BLUE CHEESE ON KAISER, MUFFALETA IN CIABATTA, CHICKEN SALAD CLUB ON MULTI-GRAIN, SLICED CHICKEN BREAST & RED PEPPERS ON BAGUETTE, VEGETARIAN (GRILLED VEGGIES AND FRESH MOZZARELLA) ON CIABATTA (CHOICE OF TWO SIDES)

*BUILD YOUR OWN SANDWICH BAR FOR \$ 13

SIDES

CREOLE POTATO SALAD, GRILLED VEGGIE COUS COUS OR QUINOA, MEDITERRANEAN PASTA SALAD, MIXED GREENS, TOMATO & CUCUMBER, CHIPS, SOUTHWESTERN CORN & BEAN, CLASSIC MACARONI SALAD, OR CAESAR

SALAD BOWLS

SMALL BOWL (FOR 12-16) \$50
LARGE BOWL (FOR 28-32) \$95

CHOPPED-SEASONAL SELECTION OF VEGETABLES AND HOUSE-MADE DRESSINGS

CAESAR-ROMAINE HEARTS, HOUSE MADE CROUTONS & SHREDDED PARMESAN TOSSED WITH CREAMY CAESAR

GREEK-ROMAINE HEARTS, TOMATO, CUCUMBER, BLACK OLIVES, OLIVES, PEPPERONCINI & FETA TOSSED WITH GREEK VINAIGRETTE

COBB-ROMAINE HEARTS, SMOKED TURKEY, TURKEY BACON, FETA, AVOCADO & EGG WHITES TOSSED WITH LIME RANCH OR VINAIGRETTE

ARUGULA-ARUGULA, CHERRY TOMATOES, SHAVED PARMESAN & AVOCADO TOSSED WITH LEMON VINAIGRETTE

SPINACH-BABY SPINACH, SLICED BABY BELLA MUSHROOMS, DRIED CRANBERRIES, BACON CRUMBLES & EGG WHITES TOSSED WITH POPPY-SEED VINAIGRETTE

FRUIT-CHOPPED AND SLICED SEASONAL FRUITS & BERRIES

HOT ENTREES -MIN 15 PEOPLE

ALL HOT ENTREE BUFFETS COME WITH AN ASSORTED COOKIE TRAY.

TEX-MEX/BAJA

- ALL SELECTIONS INCLUDE, SOUR CREAM, CHEDDAR, GUACAMOLE, SALSA VERDE, PICO DE GALLO

TWO MEAT FAJITA STAND - \$ 15

SEASONED SHREDDED BARBACOA & CHIPOTLE CHICKEN, TORTILLAS, RICE & BEANS, CHOPPED SALAD, SIGNATURE RANCH DRESSINGADD QUESO \$3

FISH TACOS - \$ 13

ZESTY SEASONED TILAPIA, TORTILLAS, RICE & BEANS, CHOPPED MANGO SALAD.....ADD BEEF/CHICKEN EMPANADAS \$3

CHICKEN & CHEESE ENCHILADAS - \$ 12

LAYERED ENCHILADAS, RICE & BEANS, MIXED GREENS W/LIME VINAIGRETTE

LOADED BURRITOS - \$ 11

10 INCH TORTILLA STUFFED WITH RICE, BEANS, CHEDDAR AND CHOICE OF CHICKEN/BEEF, CHOPPED SALAD W/ RANCH DRESSING , CHIPS & SALSA

ASIAN BUFFET

SPICED HONEY CHICKEN BREAST- \$ 12

WITH CASHEWS & ENOKI MUSHROOMS, VEGGIE STIR-FRY, JASMINE RICE, SPINACH SALAD W/ PLUM VINAIGRETTE

MONGOLIAN FLANK STEAK- \$ 15

WITH VEGGIE STIR-FRY, JASMINE RICE, SAIGON GLASS NOODLE & CHICKEN....ADD SUMMER ROLLS \$3

ITALIAN

4-CHEESE LASAGNA - \$ 12

MEAT SAUCE ON SIDE, CAESAR SALAD, BREAD

CHICKEN CUTLET - \$ 12

STEWED GREEN BEANS, ZUCCHINI & SQUASH, MIXED GREENS W/ BALSAMIC VINAIGRETTE, BREAD & BUTTER

VEGETARIAN - \$ 11

GRILLED EGGPLANT, MUSHROOM ORZO, SAUTEED VEGGIES, ARUGULA SALAD W/ LEMON VINAIGRETTE

SOUTHERN COMFORT

MOM'S MEATLOAF- \$ 11

(TOPPED W/ MUSHROOM GRAVY OR BASIL TOMATO SAUCE)
MASHED POTATOES, GREEN BEANS, MIXED GREENS W/ RANCH, ROLLS & BUTTER

TORTILLA CRUSTED CHICKEN TENDERS - \$ 12

MASHED POTATOES, GREEN BEAN RELISH, GARDEN SALAD W/ RANCH, BISCUITS & BUTTER, COMES WITH BBQ & HONEY MUSTARD SAUCES

CORNMEAL CRUSTED CATFISH - \$ 13

CAJUN CORN-GREEN BEAN RELISH, MAC & CHEESE, COLE SLAW, GARDEN SALAD W/ RANCH, BREAD & BUTTER