

THE PLATED GOURMET

A CATERING COMPANY

35 WASHINGTON STREET

NORWELL, MA 02061

781.878.3325

781.878.0611- FAX

WWW.THEPLATEDGOURMET.COM

**CORPORATE OFFERINGS:
BREAKFAST AND LUNCH
MENUS**

Beverages:

All soda, spring water & juice
\$2.00

Small Coffee Carafe \$18.00

Large Coffee Carafe \$25.00

Assorted Muffin and Tea
Breads \$2.95

Fruit & Cheese Danish \$2.50

Bagels w/ cream cheese and
preserves \$2.95

Smoked Salmon Platter w/
plain bagels, capers and
sliced red onion \$4.95

Seasonal Fruit Platter \$3.95

Individual Fruit and Protein
Bar Basket \$4.00

Yogurt Parfaits w/fruit &
granola- small \$3.00/ large
\$3.95

Salads:

Glorious Greek \$3.75

Rustic Caesar w/shaved
parmesan and homemade
croutons \$3.50

Classic Caesar \$3.00

Tossed Green Salad \$3.00

Caramelized Pear,
Gorgonzola & Toasted Pecan
Salad w/maple vinaigrette
\$4.25

Strawberry Fields Salad w/
mixed baby greens, sliced
strawberries, sliced red
onion, goat cheese, walnuts,
light balsamic vinaigrette
\$4.00

Raspberry Bang Salad w/
greens, pineapple, red
peppers, cucumbers and
raspberry bang dressing
\$4.00

Baby Spinach Salad w/baby
mandarin oranges, sliced
cucumbers, slivered almonds,
oriental honey dressing \$4.25

Orzo Salad \$3.00

Israeli Couscous Salad w/
chopped cucumbers,
tomatoes, feta cheese \$3.25

Seasonal Pasta Salad \$3.50

Whole Wheat Pasta Salad
\$3.50

Red Bliss Potato Salad \$2.75

*Add Grilled Chicken \$2.00

**Assorted Sandwiches &
Wraps \$7.25**

Roast Beef w/
horseradish cream

Roast Turkey w/ cranberry
mayo

Black Forest Ham & Swiss w/
honey Dijon

Grilled Chicken, Lettuce,
Tomato, Fresh Mozzarella
Wrap

All White Chicken Salad

Cranberry and Walnut
Chicken Salad

Buffalo Chicken Salad

All White Albacore Tuna

Vegetarian Hummus Wrap
with seasonal vegetables

Southwestern Wrap w/rice,
salsa, black beans, low fat
sour cream & cheddar
cheese

* All sandwiches can be
made w/ whole wheat
wraps by request

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Assorted Potato Chips, Pita Chips, Pretzels, Baked Chips \$1.25

Sample Hot Entrees:

Chicken Piccata, rice pilaf and roasted seasonal vegetable \$10.95

Chicken Marsala, jasmine rice, steamed green beans \$10.95

Grilled Chicken w/stir fry vegetables and coconut rice \$9.95

Grilled Chicken Tenders w/ fresh tomato salsa over brown rice \$9.95

Chicken & Vegetable Burritos w/salsa & sour cream \$7.95

Grilled Sirloin Tips w/rice and mixed veggies \$10.95

Homemade Meatballs w/homemade tomato sauce and whole wheat penne or rigatoni pasta \$8.95

Homemade Vegetable or Cheese Lasagna \$7.95

Baked Ziti w/chicken sausage, Fontina and Zucchini \$9.95

Fresh Quattro Tortelloni with basil pesto sauce \$11.95

Desserts:

Bars/Brownies- \$2.00

Congo Bars

Raspberry Linzer Bars

Lemon Squares

Blonde Brownies

Fudge Brownies

Cookies: \$2.00

Raspberry Stripe

Chocolate Chip

Peanut Butter

Oatmeal Raisin

White Chocolate Macadamia Nut

Other:

Homemade Power Bars \$2.25

Yogurt Parfaits \$3.95

Chocolate Trifle \$3.50

*Various Assorted Cakes by request

*General Information: Please allow 48 hours when ordering. We may not be able to work with last minute requests. These are sample menus and items and pricing are subject to change.

*Our Shoppe offers individual prepared foods to go.

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