

## Breaks

### TOP PICK

#### THE HEALTHY ALTERNATIVE

Get healthy with an assortment of Apples, Oranges, Bananas and Pears served with Yogurt Cups, Trail Mix and Granola Bars

\$7.99 per person



**CHOCAHOLIC** Become addicted with an Assortment of Mini Chocolate Bars, Double Chocolate Chip Cookies, Chilled Chocolate Milk, Chocolate Dipped Pretzels and Chocolate Dipped Strawberries

\$7.99 per person

**COFFEE BREAK** Gourmet Regular and Decaffeinated Coffee Service with Hot Tea, Coconut Macaroons, Lemon Bars, Brownie Bars, and Raspberry Bars

\$6.00 per person

ASSORTED COOKIES AND BROWNIES

\$1.99 per person

ASSORTED DESSERT BARS

\$2.29 per person

**SNACK ATTACK** Enjoy Assorted Chips, Honey Peanuts, Trail Mix, Specialty Cookies and Brownies

\$3.99 per person

JUMBO CHOCO CHIP COOKIE

\$1.50 Per Person

## Beverages

REGULAR AND DECAFFEINATED COFFEE \$1.59

BOTTLED JUICE (OJ, CRANBERRY, GRAPEFRUIT) \$1.49

BOTTLED WATER \$1.49

ASSORTED SODA, WATER & SPARKLING WATER \$1.49 Per Person



# Regal Catering

*fresh food on the go*



CONTACT US TODAY

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Prices effective until 06/09/2009

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## Sunrise Starters

All starters include Gourmet Coffee, Decaf and Hot Tea

### TOP PICK

**HEALTHY CHOICE BREAKFAST** Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day. Includes Individual Cereal Cups, Milk, Ripe Bananas and Assorted Individual Yogurt Cups  
**\$6.99 Per Person**

**QUICK START** Assorted Muffins, Pastries and Scones; with Fresh Seasonal Sliced Fruit, and Fresh Assorted Juices  
**\$7.29 Per Person**

**YOGURT PARFAIT BAR** Your choice of Two Low Fat Yogurts, Granola, Three Seasonal Fruits and Two Toppings; served with Banana Bread Croutons for your ideal Parfait  
**\$7.59 Per Person**  
 (10 ppl minimum)

### TOWER CONTINENTAL

Assorted Bagels & Muffins, Assorted Juices  
**\$4.49 Per Person**

### A LA CARTE

Assorted Donuts  
**\$12.99 by the dozen**

Assorted Pastries  
**\$13.99 by the dozen**

Assorted Muffins  
**\$9.99 by the dozen**

Croissants **\$11.99 by the dozen**

Assorted Scones  
**\$14.99 by the dozen**

Seasonal Fresh Fruit Salad  
**\$2.99 Per Person**

## Favorite Lunch Packages

### TOP PICK

**THE MAIN EVENT** Your choice of three (3) selections from our variety of Premium Sandwiches; served with a Tossed Green Salad and choice of two Side Salads, Chips and Assorted Desserts  
 Includes Assorted Beverages  
**\$11.99**

**A SALAD AFFAIR** Your choice of three (3) selections from our assortment of Premium Entrée Salads; served with Fresh Bread, Seasonal Fruit and Assorted Desserts  
 Includes Assorted Beverages  
**\$13.99**

**DELI EXPRESS** Sliced Oven-Roasted Turkey, Roast Beef, Black Forest Ham and Genoa Salami; served with Swiss, American and Munster Cheeses, as well as Leaf Lettuce, Sliced Tomatoes, Pickles, Assorted Baked Breads and Rolls  
 Includes Beverages & Dessert  
**\$10.99**

**CLASSIC BOX LUNCH** Your choice of any Premium Sandwich; served with Seasonal Fruit, Pasta Salad, Chips and Cookies  
 Includes bottled water  
**\$9.99**

**ASIAN BITES** Teriyaki Chicken Wrap served with Peanut-Lime Cold Noodles, Fresh Pineapple, a Raspberry Almond Bar and a Fortune Cookie  
 Includes Assorted Beverages  
**\$11.99**

**LATIN CONNECTION** Smoked Turkey Fajita Ciabatta served with Chile Lime Cucumbers, Corn and Black Bean Salad and a Cinnamon Cookie  
 Includes Assorted Beverages  
**\$11.99**

## Side Salads

Pesto Orzo and Red Pepper Salad with Plum Tomatoes and Fresh Basil

Greek Penne Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives

Toasted Cranberry Apple Cous Cous with Apricots, Granny Smith Apples, Almonds, Red Onions, Fresh Spinach and Scallions

Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapenos, Fresh Cilantro and Fresh Garlic

White Bean Herb Salad with Cannellini Beans, Red Peppers, Celery, Scallions, Fresh Basil and Parsley in a Balsamic Dressing

## Premium Sandwiches

New Market Tuna on a Multigrain Roll

Deli Sliced Turkey and Swiss on Hearty Wheat Bread

Balsamic Marinated Vegetable Wrap with Fresh Mozzarella and Arugula

Roast Beef with Fontina, Chipotle Mayo, Sun-dried Tomatoes and Grilled Onions on a Baguette

Deli Sliced Ham with Honey Mustard Dressing on Ciabatta Bread

Chicken Caesar Wrap

Roasted Vegetable & Hummus Wrap

Chicken Salad with tarragon and grapes on Ciabatta

## Salads

Traditional Caesar Salad with Grilled Chicken, Shredded Parmesan Cheese and Seasoned Croutons

Chicken Chef Salad with Sharp Cheddar Cheese and Ranch Dressing

Montreal Mesquite Chicken Cobb Salad with Italian Herb Dressing

Fresh Baby Spinach and Apple Salad with Grilled Chicken Breast, Crumbled Goat Cheese, Diced Bacon, and Country Apple Dressing

Traditional Greek Salad

## Meeting All Day

**FULL DAY CLASSIC** Start out with the Quick Start Breakfast, served with an assortment of breakfast baked goods, assorted juices and gourmet coffee service.

For Lunch, enjoy either the Main Event Sandwich Buffet or the Salad Affair Gourmet salad buffet served with accompaniments and dessert.

**QUICK START BREAKFAST SANDWICHES \$16.99**  
**SALADS \$18.99**