



## ***Fiber & Spice*** ***Catering Menu***

### ***Breakfast***

#### ***Continental***

US\$8.00 per person  
Minimum: 10 people

Espresso \* Cappuccino \* Macchiato \* Latte  
Herbal Teas \* Hot Chocolate \* Decaf \* Skim Milk \* Freshly Squeezed Juice  
Fat Free Greek Yogurt \* Fruit Platter  
Yogurt butter \* Honey \* Fat free cream cheese

#### **Choice of:**

100 calorie-Mini Muffins: Carrot, Banana Bran, Pumpkin Maple, Blueberry

Cereals: 2% fat granola, Raisin Bran

### ***Breakfast/Brunch***

#### ***American***

US\$12.00 per person  
Minimum: 10 people  
~300 calories

Espresso \* Cappuccino \* Macchiato \* Latte  
Herbal Teas \* Hot Chocolate \* Decaf \* Freshly Squeezed Juice

Fat Free Yogurt \* Fruit Platter \* Multigrain mini rolls  
Yogurt butter \* Honey \* Maple Syrup \* Fat free cream cheese

Walnuts \* Almonds \* Flaxseed Meal \* Wheatgerm \* Dried Cranberries

#### **Choice of one (1) from each category:**

Protein Shakes \* Power Bars

100-calorie Mini Muffins: Carrot, Banana Bran, Pumpkin Maple, Blueberry

Cereals: 2% fat granola, Fiber Plus Antioxidants, Raisin Bran,

Gourmet Oatmeal: (1) Apple spice compote w/Crème Anglaise & (2) Dark Chocolate Rum Raisin

#### **Choice of one (1) from each category:**

Apple Surprise pancake w/vanilla yogurt and cappuccino sauce

Bananas Foster waffle w/roasted almonds

Spinach, sausage & cheese frittata

Cheese blintzes w/berries

“Nonsense Egg” w/slice of freshly baked multigrain cranberry bread

(Scrambled eggs w/ 96% fat free turkey bacon, 2% cheddar, mushrooms, peppers & chives)  
Unfried Bacalao cakes (aka "Saltfish accras") w/slice of roasted breadfruit  
Smoked herring salad w/slice of roasted breadfruit

For nutrition facts, see Breakfast Menu under Menus & Nutrition

### ***Snacks***

US\$12.00 per person

15 people or less: choice of different flavors from 1 category

### **Pizzas & Barbecue Flatbreads:**

Chicken \* Shrimp \* Za'tar Grilled Fish \* Vegetable

### **Quesadillas w/salad:**

Mexican

*bacalao, pico de gallo, "refried" black beans, pepper jack, avocado, Romaine, herbs*

Caribbean

*jerk chick., passionfruit mayo, roasted pequillos, avocado, sundried tom., Romaine*

Greek

*Grilled eggplant, grilled red onions, lentils, feta, goat cheese, merguez, herbs & spices*

### **Chilaquilles w/salad**

*Chicken tortilla lasagna with tomatillo sauce*

### **Tacos w/salad:**

Blackened fish w/mango cabbage salsa & chipotle sour cream

Sirloin w/grilled tomato salsa

Grilled Chicken w/Peanut Chili BBQ Sauce

Smoked Salmon w/Orange-Ginger-Habanero Sauce

Kogi Beef \* Kogi Fish

### **Jamaican Patties w/salad:**

Chicken Vegetable

Bacalao, Calaloo & 2% Cheddar

Salmon & Vegetables

### **Fajita Station:**

*Chicken, Mahi-mahi, jalapeños, onions, guacamole, bell peppers, lettuce, tomatoes, whole grain, low fat tortillas, sour cream, cheddar, black beans*

**Hamburgers w/salad:**

Barbecue Angus Quarter Pounder

*Fontina, Swiss, Romaine, roasted poblanos, grilled onions & tomatoes on grilled wholegrain Kaiser*

Grilled Greek Portabello

*Spinach pattie, grilled onions & tomatoes, cucumbers, feta, tzatziki on grilled portabello*

Grilled Salmon

*Fontina, Jack, dill, Romaine, orange aioli, pesto, grilled onions & tomatoes on grilled wholegrain Kaiser*

Freshly Squeezed Juices \* Bottled Water \* Coffee \* Herbal Teas \* Decaf

For nutrition facts, see Snacks Menu under Menus & Nutrition

***Lunch & Dinner***

US\$17.00 per person

Minimum: 7 people

Choice of one (1) complete protein, (1) one vegetable side & (1) bean side

Salads are provided with every meal

Additional side: US\$3/person \* Additional complete protein: US\$5/person

~400 calories without whole grains, except bulghur/barley sides

Freshly Squeezed Juices \* Bottled Water \* Coffee \* Herbal Teas \* Decaf

**Unlimited Wine & Beer: + US\$10.00/person**

**Poultry**

Santa Fe Barbecue Chicken

Unfried Chicken w/Honey Gorgonzola Sauce

Chicken Marsala \* Chicken Cordon Bleu \* Chicken Parmesan

Jack Daniels Pineapple Chicken \* Chicken Satay \* Rosemary Garlic Chicken

Teriyaki Chicken \* Kung Pao Chicken \* Stuffed Turkey Meatballs

**Fish & Seafood**

Thai Curry Mahi-Mahi

Grilled Yellowfin Tuna w/red onion marmalade

Barbecue Jerk Fish w/pineapple salsa \* Grilled Salmon Asian-style \* Caribbean Fish Stew

Vietnamese-style Snapper

**Meat**

Stuffed Pork Tenderloin w/apricot chipotle glaze

**Sides**

**Vegetables**

**Ratatouille**

*Slowly stewed tomatoes, eggplant, bell peppers, etc. in onions, garlic & herbs & drizzled w/extra virgin & sprinkled w/freshly grated parmesan*

**Roasted Vegetables**

*Slowly roasted broccoli, carrots, zucchini, etc., w/spices & extra virgin*

**Roasted Cauliflower Curry**

*Slowly roasted cauliflower in ginger, curry & apricot w/a dash of Balsamic*

**Roasted Brussels Sprouts**

**Eggplant Parmesan**

**Eggplant Rollatini**

*Grilled eggplant rolled w/2% ricotta, herbs & spices & baked w/tomatoes, basil & wine*

**Soufflés**

Broccoli \* Carrot \* Banana Walnut

**Cauliflower Cheese**

*(Like Mac & Cheese without the repercussions)*

**Bean-based**

Mexican Vegetable Casserole \* Chick Pea Pie \* “Refried Black Beans

**Moroccan Lentils w/Feta**

**Bajan Corn Pudding**

For nutrition facts, see Complete Proteins & Sides Menus under Menus & Nutrition

**Whole grains & Other**

**Hoppin’ John Salad w/Quinoa**

**Barley Primavera**

**Bulgur Pilaf w/mushrooms, peppers & Kale**

**Cajun Farro w/Pistachios, Artichokes & Herbs**

Bell Pepper, Cheddar & Chive Spoonbread

Plantain Calaloo Hash (aka “amaranth”)

Green Banana Smoked Herring patties



***Dessert***

US\$5.00 per person

Minimum: 10 people for 1 choice, 20 for choice of 2

Fruit Salabration

Frozen Yogurt

Chocolate hazelnut \* Strawberry \* Pistachio

Sorbet

Mango \* Pomegranate \* Blackberry cabernet \* Kir Royale

Cheesecakes

Tiramisú \* Pineapple \* Turtle \* Strawberry \* Guava

Chocolate Raspberry Layer Cake

Red Velvet w/ Coconut Frosting

Guava Almond Tart

For nutrition facts, see Desserts Menu under Menus & Nutrition

*For banquet, party & personalized menus,  
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