**Menu**

**Breakfast/Brunch**

Continental

- Choose from an assortment of fresh bagels, muffins, pastries, or rolls. Choice of spread. Choice of oatmeal or yogurt with granola.

Any style eggs

- Three eggs, style of your choice. Choice of meat, side of toast and home fries.

Pancakes or Waffles

- Stack of pancakes or waffles, choice of meat, home fries, side of fresh fruit.

Made to order Omelet

- Create your own omelet, side of toast, home fries and fresh fruit.

Eggs benedict

- Poached egg and Canadian bacon over an English muffin. Topped with Hollandaise sauce. Side of home fries and fresh fruit.

Quiche

-Choice of spinach or meat lovers quiche.

Sandwich

-Egg, choice of cheese and meat. Side of fresh fruit.

**Beverages**

- Coffee

- Tea

- Milk

- Juice

**Lunch**

Wrap

- Choice from our three different kinds of wraps; turkey, tuna, or veggie. Served with apple chips.

BBQ Pulled Pork sandwich

- Served on a fresh onion roll, side of our homemade coleslaw.

Chicken Bruschetta

- Grilled Chicken breast topped with freshly chopped tomato, garlic, onion, basil, mozzarella and olive oil. Served over linguini.

**Dinner** - Each entree comes with two sides and house salad.

House steak

- Steak of the night, cooked to your preference.

Chicken Marsala

- Grilled chicken breast topped with mushrooms & marsala wine sauce.

Mango Salmon

- Baked salmon topped with freshly chopped mango, avocado and onion.

Eggplant Parmesan

- Breaded eggplant slices layered with marinara, mozzarella & parmesan cheese. Served over angel hair.

**Sides**

- Baked potato

- Sweet potato

- Mashed potatoes

- Brown rice

- Mixed vegetables

- Corn on the cob

- Steamed asparagus

- Roasted garlic lemon broccoli

**Dessert**

Molten lava cake

- Grain free lava cake, served with a scoop of vanilla bean ice cream.

Carrot cake

- Slice of our homemade, organic carrot cake.

House pie

- Slice of the fresh pie of the night, served with organic whipped cream.

Ice cream

- Choice of organic ice cream; vanilla bean, Dutch chocolate, coffee, mint chocolate chip.

Yogurt Parfait

- Yogurt mixed with assorted fruits and granola.

These menus are only a sample of what From the Garden Catering has to offer. If you would like a specialized menu for your event, we would be happy to accommodate your wishes. Your menu can be discussed during consultation with a full range of available options. Refer to our contact page for more information.