



Phone (925) 930-6323 E-mail: Catering Orders@SunriseBistroCatering.com

Wellness City Challenge Menu

All Offerings Below Conform to the "Healthy Eating Guidelines" of the WCC

◆No sugar in the first three ingredients ◆At least 3 grams of fiber per 100 calories ◆No trans fats

If you have other menu needs, please ask! We may have alternative options available.

Please Order by Noon of Prior Business Day - \$75 Minimum Order for Delivery (Plus Delivery Charge)

Breakfast

Whole Grain Muffin @ \$1.85 Power Scone @ \$2.10 Chocolate Chip Banana Bread @ \$2.50

Any Half-Size Pastry @ \$1.50/ea (Must be ordered in conjunction with additional food)

Individual Fruit, Non-Fat Yogurt & Granola or Shredded Wheat Parfaits \$4.75/ea (12 Minimum)

Whole Grain Bagels with Lo-Fat Cream Cheese @ \$2.75/ea

Fresh Seasonal Fruit @ \$2.00/pp (4 oz. serving) Veggie or Brown Rice Frittata - See "Snacks"

Mini Burritos w/Salsa @ \$4.50/ea (20 Minimum/Selection)

(Eggs, Spinach & Potatoes OR Pinto Beans, Brown Rice & Cheddar)

Healthy Breakfast Trays @ \$52/ea

15 Open-Face Sandwiches (1 Selection per Tray)

Health Nut Sunflower Seeds & L/Fat Cream Cheese, Fruit

Berry Delicious Fresh Mixed Berries & Almond Butter

The Tuscan Roasted Tomatoes and Low-Fat Mozzarella

Frittata - Spinach, Zucchini, Peppers, Eggs & Cheese

Hot Breakfast Items (15 Person Minimum Order) (Includes Paper Goods)

Veggie Scramble - Spinach, Mushrooms, Zucchini, Tomato, Broccoli & Eggs; Breakfast or Sweet Potatoes \$8.95/pp

Hot Oatmeal with sides of Berry Compote or Applesauce, Chopped Nuts & Dried Fruit, Milk \$6.95/pp

Whole Grain Yogurt Pancakes (3 Half-Size Cakes) w/ Berry Compote \$6.95/pp

Lunch

Cold Buffets (15 Person Minimum Order)

Cindy's Special - Sliced Grilled Chicken Breast with Roma Tomato-Basil Salsa; Bulgar Wheatberry Salad; Roasted Veggies; Fresh Fruit Salad; Mixed Field Greens with Tomatoes, Carrots and Italian Dressing. \$13.00/pp

Mediterranean - Lemon & Rosemary Marinated Chicken Breast; Whole Grain Pesto Pasta Salad; Israeli Salad with Tomatoes, Cucumbers, Red Onions, Parsley & Lemon Juice; Roasted Veggies; Green Chop Salad with Italian Dressing, Whole Grain Rolls (25 person minimum) \$14.50/pp

The Upscale - Sliced Tri-Tip with Dijon Mayo; Grilled Chicken Breast with Roma Tomato-Basil Salsa; Wheatberry Salad; Roasted Veggies; Fresh Fruit & Cheese; Whole Grain Pasta Salad; Mixed Field Greens with Italian Dressing; Whole Grain Breads & Rolls \$17.00/pp

"Wellness" Box Lunch @ \$11.95/ea (No Min. Order - Max of 4 Selections up to 100, Additional Selections @ + \$1)

All include Fresh Fruit Garnish & Chocolate Chip Banana Bread or Oatmeal Cookie; Whole Grain Wraps on Request

Cindy's Special - Grilled Chicken or Poached Salmon (+\$2), Roasted Veggies on a bed of Fresh Greens w/Salsa

Veggie Wraps - Pesto, Lettuce, Tomato, Mushrooms & Carrots, Wheatberry Salad

Turkey, Roast Beef or Ham Sandwich - with Lettuce, Tomato; Packets of Mayo & Mustard, Wheatberry Salad

Greek Salad - Spinach with Feta, Red Onions, Calamata Olives & Italian Dressing with 2 Veggie Aram Slices

Cindy's Special in a Cup @ \$6.00/ea (Minimum Order of 20 - Maximum of 2 Selections per 100)

12 oz. Cups - Perfect for Lunch on the Go!

Italian Style - Grilled Chicken or Tofu topped with Roma Tomato Basil Salsa over Roasted Veggies, Wheatberry Salad

Mexican Style - Chicken or Tofu with Mexican Salsa over Roasted Veggies, Black Beans and Brown Rice

Pesto Pasta - Chicken, Tri-Tip or Tofu mixed with Pesto, Roasted Veggies and Whole Grain Pasta

Garden Salad - Garbanzo & Kidney Beans, Beets, Artichoke Hearts, Egg and Marinated Veggies over

Wheatberry Salad, Italian Dressing

Tuna Nicoise - Tuna, Steamed Veggies, Egg, Tomatoes and Red Onions over Red Potatoes with Italian Dressing

Hot Lunch (Each Half-Pan Special Serves 10-12 Guests) @ \$75/each + Tax (Includes Paper Goods)

Eggplant Parmesan Zucchini, Mushrooms, Spinach & Onions over Sliced Eggplant w/Ricotta, Mozzarella & Parmesan

Chicken Cacciatore over Polenta or Whole Grain Pasta Includes Green Salad with Italian, Whole Grain Rolls

Vegetarian Chili over Brown Rice, Includes Green Salad with Italian, Whole Grain Rolls (\$70/ea + Tax)

Snacks

Fresh Fruit, Cheese & Whole Grain Crackers (Feeds 25-30) \$ 65

Mediterranean Veggie Tray Hummus, Babaganoush, Greek Olives, Cucumbers, Carrots Med. \$45 Lg. \$ 60

Frittata (Traditional Veggie or Brown Rice & Cheese - also great for breakfast!) 50 pc. \$50 100 pc. \$ 90

Chocolate Chip Banana Bread (Mini Pieces, Cut & Cupped in Pastry Box) 40 pc. \$42 80 pc. \$70 160 pc. \$135

Bottled Waters \$1.00/ea

Beverage Station - Regular, Decaf Coffee and/or Hot Tea \$2.00/pp

Cinnamon Spice Decaf Tea (with Full Service only) \$1.00/pp

Upscale Presentation - Chafers, Platters, Baskets on Draped Buffet (with Service only) 10-15% Upgrade

Service (incl. Delivery, Set Up, Clean Up - 4 hour minimum) Lead Server \$30/hr Add'l Servers \$25/hr/ea

(04/11 - Prices Subject to Change without Notice)