



# AVI CATERING INSPIRATIONS



AVI FOODSYSTEMS<sup>INC.</sup>  
THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES

# WELCOME

## Welcome to our AVI Catering Menu and Services

AVI Foodsystems is proud to present new catering menu selections which include a variety of nutriGOOD additions to support your wellness goals.

Healthy choices are easy to find by simply looking for the nutriGOOD logo and the selections in green.

The nutriGOOD Healthy Dining Initiative is a comprehensive program designed to provide a variety of nutrient-rich, healthful options in the café and on the catering menu. Selections marked with this logo are fresh foods with great flavor that are often lower in total fat, saturated fat and calories, and high in health-protecting nutrients.



**GOOD**

**GOOD** selections meet the following criteria per item:

- 30% or less of total calories from fat
- 10% or less of total calories from saturated fat
- Zero grams of trans fat
- 100 or less milligrams of cholesterol



Selections in green meet nutriGOOD criteria

# CONTINENTAL BREAKFAST



## Continental Breakfast 6.95

Choose two of the following: Assorted Freshly Baked Pastry, Assorted Bagels with Regular and Fat-Free Cream Cheese, or Fresh Fruit Medley. Includes a variety of Chilled Juices, Regular and Decaf Coffee. Hot Tea is available upon request.

## Grand Continental 7.95

Assorted Freshly Baked Pastry, Assorted Bagels with Regular and Fat-Free Cream Cheese, and Fresh Fruit Medley. Includes a variety of Chilled Juices, Regular and Decaf Coffee. Hot Tea is available upon request.

## Morning Energizer 8.95

Assorted Low-Fat Yogurts, Granola, Fresh Fruit Platter, and Whole Wheat Bagels with Fat-Free Cream Cheese. Includes Chilled Juices, Regular and Decaf Coffee. Hot Tea is available upon request.

## Breakfast Boxes 7.95

Bagel and Cream Cheese or a Freshly Baked Pastry, served with Fresh Fruit Medley and a Nutri-Grain Bar. Includes choice of Chilled Juice or Bottled Water.

Make Your Continental Breakfast or Grand Continental a complete nutriGOOD meal by including Low-Fat Breakfast Muffins as your Pastry Selection.

### Freshly Baked Pastry Selections

#### Muffins

Blueberry, Chocolate Chip,  
Cinnamon Apple,  
Lemon Poppy Seed,  
Mocha Chocolate Chip,  
Raspberry Almond,  
Strawberry & Cream

#### Coffee Cakes

Cinnamon Streusel,  
Lemon Cheese

#### Cinnamon Rolls

#### Assorted Breakfast Scones

#### Low-Fat Breakfast Muffins

Banana, Carrot, Zucchini



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# HOT BREAKFAST



## Hot Breakfast Buffet 9.95

Choose one from each category.

### **Entrée**

Scrambled Eggs  
Pancakes  
French Toast  
Eggbeaters

### **Potato**

Hashbrowns  
Roasted Red Skins

### **Meat**

Bacon  
Sausage  
Ham

Includes a [Fresh Fruit Medley](#), a variety of Chilled Juices, Regular and Decaf Coffee. Hot Tea is available upon request.

## The Great Start 9.95

[Layered Vegetable Omelette](#), [Roasted Red Skinned Potatoes](#), [Fresh Fruit Platter](#) and [Low-Fat Breakfast Muffins](#). Includes a variety of Chilled Juices, Bottled Water, Regular and Decaf Coffee. Hot Tea is available upon request.



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# LUNCH



## Classic Deli Buffet 9.95

A platter of Freshly Sliced Ham, Turkey, Chicken or Tuna Salad, Swiss, American and Pepper Jack Cheeses. Served with your choice of Potato Salad, Pasta Salad or Coleslaw. Includes assorted Breads and Rolls, Lettuce, Tomato and Pickles.

## New York Deli Buffet 10.95

A platter of Freshly Sliced Ham, Turkey, Roast Beef, Chicken or Tuna Salad, Hummus, Swiss, Cheddar and Pepper Jack Cheeses. Served with your choice of Potato Salad, Pasta Salad or Coleslaw, Croissants, Rolls, Pita Bread, Lettuce, Tomato and Pickles.

## Trio Salad Deli Buffet 7.95

A platter of Freshly Prepared Chicken, Egg and Tuna Salads, Swiss, American and Pepper Jack Cheeses. Served with your choice of Potato Salad, Pasta Salad or Coleslaw, Assorted Rolls, Pita Bread, Lettuce, Tomato and Pickles.

## Fresh & Healthy Deli Buffet 12.95

A platter of Freshly Sliced Chicken Breast, Low-Fat Turkey, Low-Fat Tuna Salad, Roasted Red Peppers, Hummus, Portabella Mushrooms, Cucumbers, Tomatoes and Red Onions. Served with Whole Grain Breads and Rolls, Assorted Low-Fat Dressings, Baked Chips and Fresh Fruit Salad.



Selections in green meet nutriGOOD criteria

# LUNCH



## Sandwich Sampler Buffet 10.95

Choose three of our delicious sandwiches listed below. Buffet includes Potato Salad, Pasta Salad or Coleslaw.

- **Asiago Chicken Salad** with Dijon Mustard and Lettuce on a Croissant
- **Ham and Swiss** with Roasted Red Peppers, Basil Mayo and Balsamic Greens on Sourdough Bread
- **Italian Hoagie** with Salami, Ham, Pepperoni, Provolone, Lettuce and Tomato on an Italian Roll
- **Tuna Salad**, Lettuce, Tomato and Red Onion on an Italian Roll
- **Turkey Bacon Club** with Swiss, Lettuce and Tomato on Ciabatta Bread
- **Grilled Chicken** with Lettuce, Tomato and Low-Cal Dressing on Whole Wheat Roll
- **Roasted Veggies** and Hummus on Pita Wedges with Low-Cal Dressing

## Assorted Wrap Buffet 10.95

Choose three of our delicious wraps listed below. Buffet includes Potato Salad, Pasta Salad or Coleslaw.

- **Buffalo Ranch Chicken** seasoned with Buffalo Sauce and Ranch Dressing, topped with Mozzarella and Lettuce
- **Chicken Caesar** with Romaine, Parmesan and Caesar Dressing
- **Ham and Turkey Club** with Lettuce, Tomato and Mayo
- **Sicilian** with Ham, Salami, Mozzarella, Spicy Peppers, Lettuce and Tomato
- **Texas Tuna Salad** with Bacon, Lettuce and Tomato
- **Turkey BLT** features Bacon, Lettuce, Tomato, BBQ Sauce and Chipotle Mayo
- **Chicken Teriyaki** with Shredded Lettuce
- **Roasted Veggies** with Zucchini, Red Pepper, Red Onion, Portabella and Hummus

## Choose Your Salad Shoppe Favorite 7.95

Choose from a variety of Freshly Prepared Salads that will be plated individually.

Served with Whole Wheat Roll and Fresh Fruit.

- **Grilled Chicken Caesar**
- **Italian Chef Salad**
- **Southwest Chicken Salad**
- **Asian Chicken and Mandarin Orange**
- **Steak Fajita Salad**
- **Chef's Salad**
- **Garden Vegetable Salad**
- **Grilled Chicken Salad**



Selections in green meet nutriGOOD criteria

# LUNCH



## Gourmet Boxed Lunches 8.95

All Gourmet Boxed Lunches include a Gourmet Side Salad, Potato Chips, Fruit, Granola Bar and a Bottled Soda or Water. All packaged with the necessary condiments.

Choose from the following:

- **Asiago Chicken Salad** with Dijon Mustard and Lettuce on a Croissant
- **Chef's Salad**
- **Grilled Chicken Caesar Salad**
- **Ham and Turkey Club Wrap** with Lettuce, Tomato and Mayo
- **Italian Hoagie** with Salami, Ham, Pepperoni, Provolone, Lettuce and Tomato on an Italian Roll
- **Turkey Bacon Club** with Swiss, Lettuce and Tomato on Ciabatta Bread
- **Chicken Teriyaki Wrap** with Shredded Lettuce
- **Grilled Chicken Sandwich** with Lettuce, Tomato and Low-Cal Dressing on Whole Wheat Roll
- **Roasted Veggie Wrap** with Zucchini, Red Pepper, Red Onion, Portabella and Hummus

## Executive Boxed Lunches 7.95

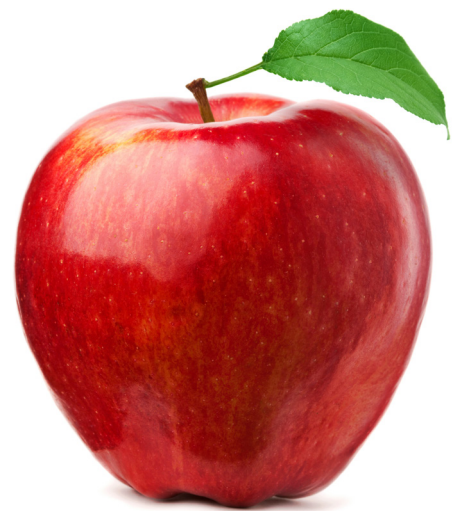
Our Executive Boxed Lunches include necessary condiments, your choice of Potato or Pasta Salad, Whole Fresh Fruit, a Homemade Specialty Cookie and a Bottled Water.

Choose from the following:

- **Lean Roast Beef and Cheddar Cheese** with Lettuce and Tomato
- **Oven Roasted Turkey Breast** and Provolone with Lettuce and Tomato
- **Healthy Ones Honey Maple Ham & Swiss** with Lettuce and Tomato
- **California Vegetable Pita**

## Light Boxed Lunch 7.95

Low-Fat Roast Turkey or Low-Fat Tuna Salad with Lettuce and Tomato on Whole Wheat Roll. Served with Carrots, Celery Sticks, Baked Chips, Apple and Bottled Water.



Selections in green meet nutriGOOD criteria

# LUNCH



## Build Your Own Pizza Creation 10.95

Each Additional Topping 0.85

Our Freshly Baked 16-inch Pizza (12 slice) smothered with your favorite toppings.

- |              |               |              |
|--------------|---------------|--------------|
| Pepperoni    | Mushrooms     | Hot Peppers  |
| Sausage      | Green Peppers | Extra Cheese |
| Bacon        | Onions        | Ham          |
| Black Olives |               |              |

## Signature Specialty Pizzas 18.95

Our Freshly Baked 16-inch Pizza (12 slice).

- **White Pizza** topped with Cheese, Garlic and Fresh Tomato
- **Buffalo Chicken Pizza** topped with Cheese and Zesty Buffalo Chicken
- **Supreme Pizza** topped with Cheese, Pepperoni, Sausage and Peppers
- **Steak Bomber Pizza** topped with Cheese, Steak, Onions, Peppers and Mushrooms
- **Meatza Pizza** topped with Cheese, Pepperoni, Sausage and Ham
- **Vegetable Ranch Pizza** topped with Cheese, Ranch Dressing, Cauliflower, Onions, Peppers and Broccoli



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# BUFFETS



## Hot Buffets

Entrée selections may be limited for groups under 15 people. A second Entrée Selection can be added for groups with 15 people or more.

- **Roast Beef with Peppercorn Sauce 12.95**
- **Roast Beef with Dijon Mushroom Sauce 13.95**
- **Chicken Marsala 12.95**
- **Chicken Dijon 12.95**
- **Teriyaki Chicken served over Steamed Rice 13.95**
- **Bourbon Barbecued Pork Loin 11.95**
- **Three Cheese Lasagna 10.95**
- **Baked Tilapia Provencale 11.95**
- **Baked Cod with Herb Lemon Cream Sauce 12.95**
- **Fresh Seasoned Baked Cod 12.95**
- **Grilled Salmon with Apricot Mustard Glaze 14.95**
- **Chicken Arroz con Pollo 11.95**

*Choose a selection from the Daily Dining Menu and receive a 10% discount.*

## All Buffet Selections include:

.....  
Vegetable du Jour  
Choice of Side  
Rolls and Butter

*Ask about adding a tossed salad to any  
Hot Buffet*

## Sides

.....  
Rosemary Roasted Potatoes  
Pasta Aglio Olio  
Roasted Garlic Mashed Potatoes  
Wild Rice Pilaf  
Au Gratin Potatoes  
Brown Rice  
Whole Wheat Pasta



Selections in green meet nutriGOOD criteria

# BREAKS



## Fruit & Cheese Tray 4.50

An assortment of Domestic Cheeses, Seasonal Fresh Fruit and Dip, served with Crackers.

## Snack Bag Singles 3.95

Includes M&M's, Bagged Chips or Pretzels, Peanuts and Mints.

## Pita Wedges & Spreads 2.25

Assorted Hummus Spreads served with Seasoned Pita Wedges.

## Bruschetta 2.25

Small slices of Italian Bread topped with Fresh Tomatoes, Basil, Olive Oil and Garlic.

## Crudité & Low Fat Dip 2.25

Assorted Fresh Vegetables with our Special Low-Fat Ranch Dip.

## Go For Green Snack Bag Singles 3.95

Baked Lays, Trail Mix and Nutri-Grain Bar.

## Potato Chips & Pretzels 1.75

## Tortilla Chips & Salsa 1.75

*Special pricing for 2 or more break selections.*



Selections in green meet nutriGOOD criteria

# FROM START TO FINISH



## Here Comes the Sun 34.95

Get a healthy start to the day with a Grand Continental Breakfast! For lunch, enjoy the Fresh and Healthy Buffet with Bottled Water, Soda and Coffee Service. Pita Wedges and Spreads will be available for an afternoon refuel. Beverage services will be provided throughout the day.

## New York State of Mind 33.95

Start your day with a Continental Breakfast and for lunch, enjoy a New York Deli Buffet with Bottled Water, Soda and Coffee Service. Enjoy Snack Bag Singles for your afternoon break. Beverage services will be provided throughout the day.

## That's a Wrap! 32.95

Energize for the day ahead with a Hot Breakfast Buffet. Roll through lunch with an Assorted Wrap Buffet with Bottled Water, Soda and Coffee Service. Tame your sweet tooth with a Brownie and Cookie tray in the afternoon. Beverage Services will be provided all day.

## Chef's Choice 30.95

Wake up with a Continental Breakfast! Check out our mouth-watering Hot Buffet Selection served with Bottled Water, Soda and Coffee Service for your lunchtime pleasure. Take an afternoon break and enjoy Bruschetta. Beverage services will be provided throughout day.



Selections in green meet nutriGOOD criteria

# DESSERTS & BEVERAGES



## Desserts

- Specialty Cookies (2 per person) 1.35
- Iced Fudge Brownies 2.50
- Chocolate Mousse Pie 2.50
- Cheesecake with Assorted Topping 3.50
- Assorted Dessert Bars 3.50
- Raspberry Crumb Cake 2.00
- Chocolate Chip Crumb Cake 2.00
- Cherry Pie Parfait 2.50
- Chocolate Toffee Trifle 3.50
- Lemonade Pie 2.50
- Butterscotch Bars 3.50
- Chocolate Chip Puff 2.50
- Fruit Tray or Fruit Salad 3.50
- Fruit & Yogurt Parfait 2.50
- Angel Food Cake 2.25

## Beverages

- Freshly Brewed Coffee or Decaf  
per Airpot 9.00 per Gallon 15.00
- Herbal Tea 1.85
- Assorted Juices 1.85
- Assorted Soda 1.75
- Spring Water 1.00
- Deja Blue Water 10.00 (24 bottles)
- Lemonade 3.00
- Fruit Punch 3.00
- Iced Tea 3.00



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