



FRESH CITY &

SOUPER SALAD



CATERING MENU

GOOD-FOR-YOU CATERING MADE EASY

Fresh City is a different kind of catering company. We have been delivering the freshest, good-for-you meals to New Englanders for over 25 years. We use local ingredients when possible and make everything to order. Most importantly, we make it easy to order and enjoy our full menu all day. Here's a quick look at what makes Fresh City the best catering company in town.

JUST 24 HOURS NOTICE

Please give us a call the day before you need it. Our Catering Representative will take your order and ensure that everything is just right. We are here to help you with quantities, serving suggestions and menu combinations.

MADE TO ORDER

We make every catering order from scratch. That means you can have it the way you want – low fat, low carb, more or less spicy, even vegetarian. It also means that our prices are subject to change without notice.

SOMETHING FOR EVERYONE

In order to give you the best price and service available, we ask that delivered catering orders be for at least 10 people. We also ask that you order a complimentary lunch for yourself, when you place an order for 10 people or more.

FREE DELIVERY FOR MINIMUM ORDERS

We offer free delivery for breakfast orders over \$75 and lunch and dinner orders over \$100. Smaller orders require a delivery charge of \$15 and if we have to travel outside our service area, we may need to charge a bit more. Of course all orders are available for customer pick-up at no charge. For last minute requests, we may need you to swing by and pick up your order.

SET UP AND PRESENTATION

Allow our catering team to set up your delivery upon our arrival taking one more task off your plate to make your day easier. We provide everything you may need to serve your guests a delicious and fresh meal. Every order comes complete with paper products and serving utensils. All of our equipment is disposable making cleanup quick and seamless. Additional equipment can be provided as needed.

EASY PAYMENT

We accept cash, corporate checks, VISA, Mastercard, American Express and Discover Card. For extra convenience, ask your Representative about a Corporate Catering Account.

LENIENT CANCELLATION POLICY

We require only 24 hour notice of cancellation on placed orders. In the event of shorter notice, we hope you understand that we may need to invoice you for unrecoverable food and labor costs.

FOOD ALLERGIES

We are very sensitive to those with food allergies. Please notify us if anyone in your party has a food allergy when you place your catering order.

FOR SOUPER SALAD BOSTON FANS

Fresh City and Souper Salad Boston are one company. We are generally able to cater anything from either menu, but those closest to our Souper Salad Boston locations should leave extra time if ordering Fresh City items like stir fry. We've indicated Fresh City only menu items with a .

FRESH CITY LOCATIONS

BOSTON CATERING

(P) (617) 424-7907 (F) (617) 424-7926

NATICK

1400 Worcester Road
(Route 9 East)
(P) (508) 875-5750 (F) (508) 875-5760

NEWTON

241 Needham Street
(P) (617) 244-7071 (F) (617) 244-5874

WOBURN

345 Washington Street
(P) (781) 932-1120 (F) (781) 932-6868

SOUPER SALAD LOCATIONS

BACK BAY

209 Berkeley St.
(P) (617) 350-5380 (F) (617) 350-7270

BETH ISRAEL CLINICAL CENTER

364-370 BROOKLINE AVE.
(P) (617) 232-5599 (F) (617) 732-0011

HEADQUARTERS

PO Box 155 North Easton, MA 02356
(P) (781) 269-5259 (F) (781) 269-5459



BREAKFAST

EXPRESS BREAKFAST 5.79 pp

Our Bakery Assortment served with coffee

CITY BREAKFAST 7.99 pp

Our Bakery Assortment with coffee and fresh-squeezed orange juice

V.I.P. TREATMENT 10.49 pp

Our Bakery Assortment with seasonal fresh fruits, fresh-squeezed orange juice and coffee

BAKERY ASSORTMENT 3.79 pp

An assortment of our freshly baked muffins, bagels and breakfast pastries served with cream cheese, jelly, jam and butter

BREAKFAST BURRITOS 5.49 pp

Fresh-cracked scrambled eggs wrapped in flour tortillas. Varieties include:

Farmer Brown: bacon and cheddar

Market Fresh: pepper, onion, mushroom and cheddar

South of the Border: salsa, black beans, scallion and cheddar

BREAKFAST SANDWICHES 5.49 pp

Scrambled eggs and cheese served on croissants, English Muffin or a plain bagel with your choice of ham, sausage or bacon

BREAKFAST POTATOES 2.99 pp

Freshly roasted seasoned red bliss potatoes cooked just right

BREAKFAST TOTE 6.99 pp

Fresh-baked muffin or bagel, fresh fruit cup and today's flavor yogurt

OATMEAL BAR 6.99 pp

Steel cut oatmeal served with your choice of toppings including fresh fruits, berries, granola, seeds and nuts

YOGURT BAR 4.99 pp

Build your own yogurt parfaits with an assortment of fresh sliced fruit and berries served with low fat yogurt and granola

Or try with Greek Yogurt for 5.75 pp

FRUIT AND YOGURT PARFAIT 3.99 pp

Layers of creamy low fat yogurt and fresh-cut fruit, topped with crunchy granola

YOGURT FONDUE 39.99

Serves 10 Fresh cut fruit served with strawberry yogurt and granola

FRUIT SKEWERS 3.99 pp

Fresh fruit and berries skewered for your enjoyment

FRESH-SLICED FRUIT

Serves 10-15 | **39.99**

Serves 16-25 | **69.99**

A selection of seasonal sliced fruit and berries.

FRESHLY BREWED COFFEE

Serves 8-12 | **19.99 per box**

Fresh City coffee is an intricate blend of coffees from around the world. This blend is robust and decadent, round and complex. It is full of complex high notes with a rich finish that will linger on your palate.

SANDWICHES & WRAPS

Our sandwiches come on fresh baked Ciabatta, Honey Grain, Honey Dark, or sliced bread. Our chefs match the perfect bread with the freshest ingredients to make the ultimate sandwich. We also offer gluten free bread upon request.

MARKET LUNCH 10.99 pp

An assortment of sandwiches and salad wraps served with pickles, Cape Cod Chips™ plus freshly baked cookies, brownies and bars

POWER LUNCH 12.99 pp

An assortment of sandwiches and salad wraps served with pickles, Cape Cod Chips™, choice of Caesar Salad, Farmer's Market Salad or Tortellini Salad and freshly baked cookies, brownies and bars

SANDWICH ASSORTMENT 8.49 pp

Our assortment features a variety of specialty sandwiches served with pickles and Cape Cod Chips™; Sandwiches may be combined with Salad Wraps

Plymouth Turkey: Turkey with homemade stuffing, cranberry sauce, mayonnaise and lettuce

Kalamata Chicken: Roasted chicken breast with herbed goat cheese, a muffuletta olive spread, roasted onions and peppers, lettuce and tomato

Bari: Mozzarella cheese with roasted red peppers, basil, pesto, our house balsamic vinaigrette and tomato

Havana: Turkey and ham with Swiss cheese, spicy honey mustard, red onion, pickles, lettuce and tomato

Asiago Roast: Roast Beef with Asiago cheese, roasted garlic and parmesan aioli, lettuce and tomato

Napa Valley Turkey: Turkey with cheddar cheese, applewood smoked bacon, avocado, lemon chive aioli, lettuce and tomato

All Americans: Tuna, Turkey, or Ham with lettuce and tomato

SALAD WRAPS 8.49 pp

Our assortment features a variety of salads wrapped in pita bread, served with pickles and Cape Cod Chips™; Salad Wraps may be combined with Sandwiches

Great Caesar with Chicken: Our award winning classic Caesar with freshly roasted all-natural chicken

Farmer's Market: Romaine, carrot, edamame, tomato, cucumber, aged cheddar and market ranch dressing. Add turkey, tuna or chicken

Chicken Cobb: Freshly roasted all natural chicken, romaine, tomato, egg, gorgonzola cheese, scallion, bacon and balsamic vinaigrette

Olympia Greek: Romaine, feta, suntan pepper, cucumber, kalamata olive, tomato, Greek dressing

Mandarin Sesame Chicken: Romaine, freshly roasted all natural chicken, mandarin orange, scallion, tomato, suntan pepper, wonton strips and Asian sesame ginger dressing

Buffalo Bleu: Romaine, Buffalo chicken, cheddar, carrot, tomato and bleu cheese dressing

Tuscany: Field greens, tomato, fresh mozzarella, roasted red pepper and balsamic vinaigrette

Monterrey Chopped ^{FC}: Romaine, carrots, tomatoes, feta cheese, pumpkin seeds, eggs, raisins, edamame and Fresh City Power Dressing[®]



LUNCH TOTES

CITY SQUARE 10.99 pp

Sandwich, chips, with a cookie or piece of fruit

UPTOWN 11.49 pp

Half sandwich, half Farmer's Market salad, with chips, a cookie or piece of fruit

COURTYARD 11.99 pp

Salad wrap, cookie and a fresh fruit cup

DELI PLATTER

9.99 pp

Build your own sandwiches on an assortment of bread with your choice of sliced roasted turkey, roast beef, ham and tuna salad accompanied by lettuce, sliced tomatoes, mayonnaise and mustard. Served with pickles and Cape Cod Chips™

ALL DAY MEETING PACKAGES

If you need breakfast, lunch and snacks, we can handle it all in one convenient order. We will prepare, deliver, set up and clear each meal according to your needs and schedule.

BUSINESS PACKAGE

20.00 pp

BREAKFAST- Bakery Assortment served with fresh brewed coffee

LUNCH- Sandwich and Salad Wrap Assortment served with our cookie and dessert bar assortment

SNACK- Choice of Fresh Sliced Fruit or Fruit Fondue

BOARDROOM PACKAGE

25.00 pp

BREAKFAST- Breakfast Sandwiches served with fresh brewed coffee and orange juice

LUNCH- Choice of Assorted Sandwiches and Salad Wraps or Burritos served with our cookie and dessert bar assortment

SNACK- Choice of Vegetable Crudit  or Five Layer Dip

EXECUTIVE PACKAGE

28.50 pp

BREAKFAST- Choice of Breakfast Sandwiches or Bakery Assortment served with our fresh sliced fruit platter, fresh brewed coffee and orange juice

LUNCH- Choice of Assorted Sandwiches and Salad Wraps, Burritos, or Stir Fry served with our Farmer's Market salad and cookie and dessert bar assortment

SNACK- Choice of Gourmet Cheese Platter or Mediterranean Platter



STIR FRY & BURRITOS

To Souper Salad Boston fans. We do not cater stir fry from our Souper Salad Boston locations. If you really want a stir fry occasion for at least 10 people, please give us some extra time and we will make every effort to accommodate your request.

ASIAN STIR FRY

  Fresh vegetables stir fried in Asian woks with your choice of protein and sauce served with lo mein or udon noodles, jasmine or brown rice.

CHOOSE YOUR SAUCE:

Ginger Lime • Teriyaki • Kung Pao
Spicy Cactus BBQ • Satay Peanut • Korean BBQ

CHOOSE YOUR ACCOMPANIMENT:

Lo Mein Noodles Udon Noodles
Jasmine Rice Brown Rice

CHOOSE YOUR PROTEIN:

Chicken 9.99 Steak 11.99 Shrimp 12.99
Tofu 9.99 Vegetarian 9.99

RICE BOWLS

Let us bring the city to you with our chef inspired rice bowls, choose your flavor profile and protein and your meal will not disappoint.

CHOOSE YOUR FLAVOR

MONTEGO BAY: Sweet coconut curry, cool mangoes, onions, bell peppers, toasted coconut with brown rice

SPARTA: Fresh Mediterranean flavors with egg-plant, Spanish onions, carrots, zucchini, feta cheese, tzatziki and tomato sauce with brown rice

THAI: Southeast Asian flavors with mushrooms, snow peas, carrots, broccoli, onions, scallions, fresh lime, cashews, Thai Peanut sauce with brown rice

KOREAN BBQ: Savory and sweet with a little heat, Korean BBQ sauce, mushrooms, snow peas, carrots, broccoli, onions, scallions, sesame seeds with brown rice

CHOOSE YOUR PROTEIN :

Vegetarian 8.99 Chicken 9.99 Tofu 9.99
Carnitas 10.99 Steak 10.99 Shrimp 11.99

BURRITOS 8.99 pp

Our burritos are served with a variety of protein options including Chicken, Steak, Carnitas and Tofu. Our chefs match the proteins to flavor profiles to provide a delicious meal.

Add Shrimp to any burrito for just \$2 pp

Add Chips and Home-Made Salsa for just \$3 pp

LAREDO: Traditional Tex Mex burrito with black beans, tomato salsa, cheddar cheese with dirty rice

THE BIG EASY: New Orleans Cajun and Creole spice, lots of flavor with a touch of heat, bell peppers, onions, mojo sauce with dirty rice

CANCUN: Low Carb Tex Mex burrito with black beans, guacamole, salsa and cheddar in a low-carb tortilla

THAI: Southeast Asian flavors with mushrooms, snow peas, carrots, broccoli, onions, scallions, fresh lime, cashews, Thai Peanut sauce with brown rice

KOREAN BBQ: Savory and sweet with a little heat, Korean BBQ sauce, mushrooms, snow peas, carrots, broccoli, onions, scallions, sesame seeds with brown rice

ASIAN FLAVOR PACKAGE 15.99

Kung Pao Chicken Skewers, choice of Stir Fry, Fresh Fruit Skewers and fresh-baked cookies

SOUTH OF THE BORDER PACKAGE 15.99

Five Layer Dip, assortment of Burritos, Fresh Fruit Skewers and fresh-baked cookies





SALADS & SOUPS

All of our salads and soups are served with fresh-baked bread and typically serve up to 10 people.

SALADS

TUSCANY

39.99 | Field greens, tomato, fresh mozzarella, roasted red pepper and balsamic vinaigrette

GREAT CAESAR

39.99 | Romaine, croutons, Asiago cheese blend and our own classic Caesar dressing

with CHICKEN 44.99

FARMER'S MARKET

39.99 | Romaine, carrot, edamame, tomato, cucumber, aged cheddar and market ranch dressing

OLYMPIA GREEK

39.99 | Romaine, tomato, feta, kalamata olive, cucumber, suntan pepper and Greek dressing

with CHICKEN 44.99

MANDARIN SESAME CHICKEN

44.99 | Romaine, freshly roasted all natural chicken, mandarin orange, scallion, suntan pepper, tomato, wonton strips and Asian sesame ginger dressing

MONTEREY CHOPPED

44.99 | Romaine, carrot, tomato, feta cheese, pumpkin seed, egg, craisins, edamame and Fresh City Power Dressing®

CHICKEN COBB

44.99 | Herb roasted chicken, romaine, bacon, gorgonzola, egg, tomato, scallion, and balsamic vinaigrette

HOT FRESH SOUPS

FRESH CITY CHICKEN

Gallon: 49.99 | Roasted chicken, pasta, carrot, turnip, parsnip and onion in fresh chicken stock

WILD MUSHROOM BARLEY

Gallon: 49.99 | Fresh portabella and button mushrooms, carrot, onion, celery and barley in a mushroom and vegetable stock

NEW ENGLAND CLAM CHOWDER

Gallon: 59.99 | A traditional Fresh City favorite!

TODAY'S FRESH SPECIAL

59.99 | Ask our catering specialists about our daily specials

FRESH ADDITIONS & SNACK PLATTERS

These catering items are for those who really think about what they eat and want something tasty but good-for-you. These chef-inspired selections may not always be available and do require 24 hours notice.

Serves 10 | 39.99
Prepared fresh daily

TORTELLINI SALAD

Cheese tortellini tossed with onion, tomato, pepper, Italian cheese and a fresh Italian herb dressing

AVOCADO, TOMATO & CUCUMBER SALAD

A mix of fresh avocado, tomatoes and cucumbers with mozzarella cheese in our house balsamic vinaigrette

BACON AVOCADO PASTA SALAD

A chef inspired pasta salad with ripe avocado, bacon, tomatoes, fresh basil, our Italian cheese blend tossed in a refreshing lemon dressing

DIJON POTATO SALAD

Bite sized red bliss potatoes with onion and parsley tossed with a Dijon dressing

ROASTED SWEET POTATOES

Seasoned sweet potatoes diced and roasted with parsley and honey

COUS COUS SALAD

A light and fresh salad featuring cous cous, roasted red peppers, corn, scallions, grape tomatoes, feta cheese, garbanzo beans tossed in our greek dressing

QUINOA TABOULEH

A fresh take on the classic middle eastern salad with the protein rich quinoa and edamame with pumpkin and sunflower seeds, fresh parsley and lots of lemon flavor

VEGETABLE CRUDITÉ

Serves 10-15 | 44.99 Serves 16-25 | 69.99
Fresh vegetables arranged on a platter and served with our Market Ranch dressing

GOURMET CHEESE SELECTION

Serves 10-15 | 49.99 Serves 16-25 | 74.99
Domestic and imported cheese, served with grapes, strawberries and crackers

MEDITERRANEAN PLATTER

Serves 10-15 | 49.99 Serves 16-25 | 74.99
Hummus, fresh cut vegetables, kalamata olives, feta cheese and pita bread

FIVE LAYER DIP

Serves 10-15 | 49.99
Layers of sour cream, cream cheese, guacamole, salsa and cheddar cheese topped with scallions, served with tortilla chips

BUFFALO CHICKEN DIP

Serves 10-15 | 49.99
A delicious and creamy mix of our freshly-roasted chicken, tangy hot sauce, crunchy celery, and blue cheese dressing, served hot or cold with tortilla chips.

AFTERNOON SNACK VARIETY

Serves 10 | 29.99
A perfect pick me up for any group this assortment includes a variety of almonds, honey roasted cashews, Food Should Taste Good™ chips and Kind Bars™, yogurt covered pretzels, and our signature 19th Hole Snack mix

FRESH-SLICED FRUIT

Serves 10-15 | 39.99 Serves 16-25 | 69.99

FRESH CITY SWEET PITA CHIPS

Serves 10 | 14.99

SELF-SERVE BARS

SALAD BAR

Minimum of 20 | 10.99 pp

The Fresh City Catering Salad Bar allows you to accommodate the varied tastes and dietary restrictions of a large group. Plus, there's nothing better than a fresh salad on a hot summer day! The wide selection of ingredients includes the freshest vegetables and fruit, as well as a variety of meats, cheeses, dressings, and other toppings.

Upgrade to our Gourmet Salad Bar for 13.99 pp

Our upgraded salad bars features additional proteins, specialty salads as well as an upgraded selection of vegetables and cheeses that are sure to wow any group.

Add Shrimp to any Salad Bar for \$2 pp

BAKED POTATO AND CHILI BAR

Minimum of 10 | 10.99 pp

Hot russet baked potatoes accompanied by all of your favorite toppings including steamed broccoli, bacon, cheddar, butter, sour cream, and scallions. Paired with your choice of Beef, Turkey, or Organic Vegetarian Chili.

TACO BAR

Minimum of 20 | 12.99 pp

A buffet of marinated seared steak, chicken and roasted vegetables served with soft flour tortillas, crunchy corn taco shells, cheddar cheese, shredded lettuce, homemade tomato salsa, guacamole, sour cream, and fresh limes. Served with rice and our black bean and corn salad.

Add Carnitas for \$1 pp

Add Shrimp for \$2 pp

SMOOTHIE BAR

Priced Per Event

Give your event a real healthy wow! We can provide a fully staffed smoothie bar to give your guests that extra personal experience. Please speak to one of our catering specialists.



DESSERTS & BEVERAGES

DESSERTS

COOKIE & DESSERT BAR ASSORTMENT

Serves 10 | 26.99

Our fresh-baked cookies combined with brownies, blondies, and raspberry bars

FRESH-BAKED COOKIE SAMPLER

Serves 10 | 24.99

Our assortment features chocolate chunk, oatmeal raisin and peanut butter

CHOCOLATE-DIPPED STRAWBERRIES

19.99 per dozen

Fresh strawberries dipped in semi-sweet chocolate and drizzled with white chocolate

CUPCAKE ASSORTMENT

29.99 per dozen, 2 dozen minimum; 48-hours notice required

Featuring Double Chocolate, Red Velvet, Vanilla Bean, Lemon Meringue, Jelly Roll and Peanut Butter Cup

BEVERAGES

MIX & MATCH

2.29 pp

An assortment of beverages from Coca-Cola, Snapple, Nantucket Nectars and Poland Springs

BOTTLED WATER

1.99 pp

12 OZ. SODA ASSORTMENT

1.99 pp

An assortment of Coca-Cola products

FRESHLY BREWED COFFEE

Serves 8-12 | 19.99 per box

Fresh City coffee is an intricate blend of coffees from around the world. This blend is robust and decadent, round and complex. It is full of complex high notes with a rich finish that will linger on your palate.





www.freshcity.com
www.souperaladboston.com

BOSTON • NATICK • NEWTON • WOBURN