



*Breakfast • Lunch • Dinner • And in Between*

# **CATERING MENU**



*Taste the Event*

# Breakfast Packages



All below packages have a 10 person minimum.

Includes: Disposable Ware & Serving Utensils

## Continental .....Call for Price

Includes a variety of:

- New York Style Bagels
- Assorted Breakfast Breads
- Butter Croissants
- Yogurt Muffins

**Includes:**

- Fresh Fruit Salad
- Cream Cheese & Butter
- Fruit Preserves

## Healthy Start .....Call for Price

- Seasonal Fresh Fruit & Mixed Berries
- Assorted Yogurts
- Homemade Granola
- Raw Almonds
- Bagels – Whole Wheat & Whole Grain

**Includes:**

- Cream Cheese & Butter
- Fruit Preserves

## Big Apple Nosh .....Call for Price

- New York Bagels
- White Fish Salad
- Sliced Hard Boiled Eggs
- Fresh Fruit Salad
- Sliced Tomatoes
- Capers
- Smoked Salmon
- Red Onions
- Cream Cheese

### Beverages

**Box of Joe**

- Regular or Decaf Coffee

**Fresh Squeezed**

- Orange
- Grapefruit
- Carrot
- Apple

# Breakfast Packages

All below packages have a 10 person minimum.

Includes: Disposable Ware & Serving Utensils



## Back to Basics .....Call for Price

- Seasonal Fruit Salad
- **Choice of:** Sal's Famous Breakfast Potatoes *or* Homemade Buttermilk Biscuits
- Scrambled Eggs
- **Choice of:** Breakfast Meat

## Gourmet Quiche .....Call for Price

- Seasonal Fruit Salad
- **Choice of:** Sal's Famous Breakfast Potatoes *or* Homemade Buttermilk Biscuits
- Breakfast Quiche

### Select 1:

- Ham, Leek & 3 Cheeses      – Asparagus & Goat Cheese
- Bacon & Cheese              – Spinach, Goat Cheese & Roma Tomato

- **Choice of:** Breakfast Meat

## Awesome Omelets .....Call for Price

- Seasonal Fruit Salad
- **Choice of:** Sal's Famous Breakfast Potatoes *or* Homemade Buttermilk Biscuits
- **Select 3 Fillings:** Cheddar, Provolone, Swiss, Pepper Jack Cheese, Onions, Fresh Tomatoes, Green Peppers, Mushrooms, Spinach
- **Choice of:** Breakfast Meat

### Breakfast Meat Selection

- Bacon • Pork Sausage • Turkey Sausage
- Chicken Apple Sausage • Canadian Bacon

Add 1 Breakfast Meat

## French Toast .....Call for Price

- **Choice of:** Seasonal Fruit *or* Yogurt Parfait
- Challah French Toast
- Sweet Vermont Maple Syrup
- Whipped Butter
- **Choice of:** Breakfast Meat

## Breakfast Burrito .....Call for Price

- **Choice of:** Seasonal Fruit *or* Yogurt Parfait
- Fluffy Scrambled Eggs wrapped in Whole Wheat Flour Tortillas
- **Select 3 Fillings:**  
Cheddar, Provolone, Swiss, Pepper Jack Cheese, Onions,  
Fresh Tomatoes, Jalapeños, Green Peppers, Mushrooms, Spinach
- **Choice of:** Breakfast Meat

## Lemon Ricotta Pancakes .....Call for Price

- **Choice of:** Seasonal Fruit *or* Yogurt Parfait
- Sweet Vermont Maple Syrup
- Whipped Butter
- Fresh Raspberry Coulis
- **Choice of:** Breakfast Meat

## Crepes and Blintzes .....Call for Price

- **Choice of:** Seasonal Fruit *or* Yogurt Parfait
- Cheese Blintzes
- Whipped Butter
- Light Crepes filled with Homemade Apple & Cinnamon Compote
- **Choice of:** Breakfast Meat

# Breakfast Packages

All below packages have a 10 person minimum.

**Includes:** Disposable Ware & Serving Utensils

## Mid-Morning Wake Me Up .....Call for Price

- Assorted Energy & Granola Bars
- Trail Mix with Dried Fruit & Raw Almonds
- Assorted Bottled & Vitamin Waters

## Afternoon Pick Me Up .....Call for Price

- Assortment of Gourmet Double Chocolate Brownies,  
Assorted Cookies & Lemon Bars
- Whole Fresh Fruit Assortment
- Assorted Bottled & Vitamin Waters

### Great Additions

- |   |  |
|---|--|
| • <b>Bagel</b> Cream Cheese & Butter                      | • <b>Energy Bar</b> Assorted               |
| • <b>Whole Fresh Fruit</b>                                | • <b>Yogurt Cup</b> Reg, Light or Fat Free |
| • <b>Seasonal Fruit Cup</b>                               | • <b>Parfait</b> Fruit, Yogurt & Granola   |
| • <b>Oatmeal</b> Brown Sugar, Dried Cranberries & Walnuts | • <b>Scrambled Eggs</b> 3 Eggs             |
| • <b>Trail Mix</b>  | • <b>Homemade Quiche</b> (Feeds 8)         |
| • <b>Granola Bar</b> Assorted                             |  |

# Luncheon Packages

All below packages have a 10 person minimum.

**Includes:** Disposable Ware & Serving Utensils



## New York Classic Sandwich Platter .....Call for Price

• **Choose 3 Sandwich Selections:**

Tender Roast Beef & Cheddar, Oven Roasted Turkey Breast & Swiss, Virginia Ham & Provolone, Pastrami, Corned Beef, Tuna Salad, Chicken Salad, Egg Salad **or** Grilled Vegetable

**Includes:**

- **Choose 2:** Side Salads
- Mayonnaise, Spicy Deli Mustard
- Individual Bags of Deli Chips
- Kosher Pickles
- Assorted Cookies

## New York Classic Deli Platter .....Call for Price

Platter of Deli Meats & Cheeses.

Create Your Own Sandwiches!

- **Deli Selections:** Tender Roast Beef, Oven Roasted Turkey Breast, Virginia Ham, Pastrami, Corned Beef, Tuna Salad, Chicken Salad & Egg Salad
- **Cheese:** Cheddar, Provolone, Pepper Jack, Swiss & American

**Includes:**

- Artisan Breads & Rolls
- Mayonnaise, Spicy Deli Mustard
- **Choose 2:** Side Salads
- Kosher Pickles, Assorted Olives
- Tomato, Lettuce
- Assorted Cookies
- Individual Bags of Deli Chips

# Cuncheon Packages

All below packages have a 10 person minimum.

Includes: Disposable Ware & Serving Utensils

## Mini Brioche Sandwich Platter.....Call for Price

\*\*\*24 Hour Cancellation Policy on this Selection

### Choose 3 Sandwich Selections:

Shrimp Salad with Sprouts, Chicken Salad with Mesclun Greens, Grilled Chicken with Avocado, Tuna Salad with Havarti, Smoked Salmon with Cream Cheese, Roast Beef with Horseradish

#### Includes:

- **Choose 2:** Side Salads
- Gourmet Brownies
- Individual Bags of Deli Chips
- Kosher Pickles

## 3 Foot Round Hero .....Call for Price

\*Serves 6-10 people, Choose any Deli Meat Selection

\*\*\*24 Hour Cancellation Policy on this Selection

## 6 Foot Round Hero .....Call for Price

\*Serves 12-15 people, Choose any Deli Meat Selection

\*\*\*24 Hour Cancellation Policy on this Selection

## Special Addition Platters

- **Fresh Tomato, Basil and Mozzarella Skewers**.....Small/Large  
Served on Bamboo Skewers Drizzled with Balsamic Glaze
- **Antipasto** .....Small/Large  
Italian Meats, Cheeses, Marinated Vegetables, Parma Wrapped Melon, Olives, Assorted Breads & Crackers



# Gourmet Sandwiches .....Call for Price

### Choose 3 Sandwich Selections:

- **Fresh Mozzarella & Tomato**  
Basil, Balsamic Reduction on Herbed Focaccia Bread
- **Roast Beef & Gorgonzola Cheese**  
Lettuce, Tomato, Garlic Mayonnaise on French Baguette
- **Smoked Turkey & Brie**  
Lettuce, Tomato, Dijon Honey Dressing
- **Smoked Salmon with Havarti & Dill Cheese**  
Red Onions, Capers, Tomatoes
- **Italian Breaded Pork Cutlet**  
Baby Spinach, Cheese
- **Chicken Bruschetta**  
Breaded Chicken Cutlet, Fresh Tomato Bruschetta, Fresh Mozzarella, Baby Arugula

#### Includes:

- **Choose 2:** Side Salads
- Individual Bags of Deli Chips
- Gourmet Double Chocolate Brownies
- Kosher Pickles

Artisan Bread may be Substituted **or** Combined with Wrap Selections

### Side Salads

- Red Bliss Dill Potato • Greek Orzo Pasta • Creamy Farfalle, Pancetta & Pea • Roasted Corn & Black Bean • Great American Potato
  - Caesar • Tomato Cucumber • Field Greens with Choice of Dressing
  - Classic Coleslaw • Toasted Sesame Asian Slaw • Tabouli Salad
- \*\*Add chicken to our green salads (Additional Cost)  
(i.e. Napa Salad; Chicken Caesar Salad)

# Cuncheon Packages

All below packages have a 10 person minimum.

Includes: Disposable Ware & Serving Utensils



## Gourmet Wraps .....Call for Price

Choose 3 Wrap Selections:

- **Curried Chicken Salad**  
Curry Spiced Chicken Salad, Blanched Almonds, Raisins
- **Chicken Caesar Salad**  
Grilled Chicken, Romaine Lettuce, Parmesan Cheese, Roasted Peppers, Sal's Homemade Dressing
- **Grilled Portobello Mushroom with Goat Cheese**  
Roasted Peppers, Fresh Basil, Arugula, Balsamic Glaze
- **Flank Steak**  
Caramelized Onions, Fontina Cheese, Baby Field Greens, Garlic Aioli Sauce
- **Buffalo Chicken**  
Blue Cheese, Buffalo Sauce, Lettuce
- **Mediterranean Vegetable**  
Grilled Eggplant, Peppers, Zucchini, Squash, Carrots, Mushrooms, Feta Cheese, Olive Tapenade Relish
- **Thai Chicken**  
Shredded Carrots, Green Onions, Spicy Peanut Sauce
- **Grilled Chicken & Avocado**  
Bacon, Tomato, Jack Cheese, Herbed Mayonnaise
- **Scottish Smoked Salmon**  
Red Onions, Capers, Tomatoes

**Includes:**

- **Choose 2:** Side Salads
- Assorted Cookies
- Individual Bags of Deli Chips
- Kosher Pickles

Artisan Bread may be Substituted **or** Combined with Wrap Selections

## Panini's .....Call for Price

- **Turkey Cuban**  
Roasted turkey, smoked turkey, Swiss cheese, mustard, pickles
- **Chicken Sorrento**  
Grilled chicken, fresh mozzarella, roasted red peppers, pesto
- **Tuna Melt**  
Cheddar cheese, tomato
- **Italian Grilled Cheese**  
Provolone, Swiss, cheddar, mozzarella, tomato
- **Sal's Special Reuben**  
Pastrami, corned beef, sauerkraut, Swiss cheese, Russian dressing
- **Heartland Roast Beef**  
Shaved roast beef, horseradish dijon sauce, havarti cheese, tomato
- **Black Friday**  
Turkey, stuffing, brown gravy, cranberry sauce

**Includes:**

- **Choose 2:** Side Salads
- Assorted Cookies
- Individual Bags of Deli Chips
- Kosher Pickles

**Add Per Panini:**

**Avocado • Bacon • Cheese • Roasted Red Pepper (Additional Cost)**

# Cuncheon Packages

All below packages have a 10 person minimum.

Includes: Disposable Ware & Serving Utensils



## Soup and Salad Luncheon

**Sal's Soups – Choose 1:** Chicken Noodle • Chicken Tortilla • Minestrone  
 • Tomato Basil Bisque • Creamy Corn Chowder • Pasta Fagioli • Italian  
 Wedding Soup • Split Pea Soup • New England Clam Chowder

### Choose 1 Salad Selection:

- **Garden** .....**Call for Price**  
 Green Leaf Lettuce, Seasonable Vegetables, Grape Tomatoes,  
 Sal's House Dressing
- **Classic Caesar** .....**Call for Price**  
 Romaine, Shaved Parmesan, Homemade Croutons, Sal's Caesar Dressing
- **Poached Pear & Gorgonzola**.....**Call for Price**  
 Baby Field Greens, Dried Cranberries, Candied Pecans,  
 Raspberry Balsamic Vinaigrette Dressing
- **Spinach** .....**Call for Price**  
 Tomatoes, Hard Boiled Eggs, Bacon, Choice of Dressing
- **Roasted Beets & Goat Cheese** .....**Call for Price**  
 Apples, Baby Arugula, Candied Pecans, Champagne Vinaigrette
- **Sal's Cobb**.....**Call for Price**  
 Grilled Chicken, Avocado, Crumbled Blue Cheese, Cheddar,  
 Tomato, Bacon, Hard Boiled Egg, Choice of Dressing

### Includes:

- Artisan Rolls with Butter
- Assorted Homemade Biscotti

### Add:

- Chicken • Beef • Shrimp (Additional Cost)

**Dressing Selections:** Blue Cheese • French • Ginger Sesame  
 • Thousand Island • Creamy Caesar • Ranch • Italian • Balsamic  
 Vinaigrette • Fat Free Choices Available

## Executive Boxed Lunch

No minimum number required on all Executive Boxed Lunch Packages.

- **Mediterranean Grilled Vegetable Pita** .....**Price per box: Call for Price**  
 Mixed Grilled Vegetables, Hummus,  
 Yogurt Dill Dressing
- **The Classic** .....**Price per box: Call for Price**  
 Choice of Sandwich: Tender Roast Beef & Cheddar,  
 Oven Roasted Turkey Breast & Swiss, Virginia  
 Ham & Provolone, Pastrami, Corned Beef, Tuna Salad,  
 Chicken Salad or Egg Salad
- **Grilled Marinated Chicken Breast** .....**Price per box: Call for Price**  
 Chicken Breast served on a Bed of Red Leaf  
 Lettuce with Mango Salsa
- **Braised Turkey Roulade** .....**Price per box: Call for Price**  
 Roasted Turkey Breast rolled and filled with  
 Mushrooms, Bread Crumbs, Mixed Vegetables,  
 Grated Parmesan Cheese with Orange-Cranberry  
 Relish on the side

### Each Executive Boxed Lunch Includes:

- Whole Piece of Fruit
- Homemade Dessert
- **Choose 1:** Side Salad
- Condiments & Utensils



## Hot Buffet

All below packages have a 10 person minimum.

### Includes:

- Garden, Spinach or Caesar Salad
- **Select 1, 2 or 3:** Entrées
- **Select 1:** Potato, Rice or Pasta
- **Select 1:** Vegetable
- Artisan Bread & Rolls
- Fruit Platter
- Assorted Dessert Platter
- Disposable Ware & Serving Utensils

1 Entrée .....	<b>Call for Price</b>
2 Entrées .....	<b>Call for Price</b>
3 Entrées .....	<b>Call for Price</b>

## Beverage Station

**Assortment of:** Soda, Bottled Water, Sparkling Water, Vitamin Water & Iced Tea — **Call for Price**

All below packages have a 10 person minimum.

## Entrées

### Chicken

- Chicken ala Sal with Mozzarella, Prosciutto & Mushroom Marsala Sauce
- Grilled or Roasted Chicken Breast
- Francaise
- Chicken Breast Stuffed with Chevre & Spinach
- Marsala
- Piccata

### Beef

- New York Strip Steak with Caramelized Vidalia Onions
- Flank Steak with Burgundy Mushroom Sauce
- Southwestern Rubbed Flank Steak
- Dijon & Herb Crusted Sirloin Steak
- Classic Meat Lasagna

### Pork

- Roasted Tenderloin with Pears, Walnuts & Port Sauce
- Grilled Tenderloin with Rosemary & Garlic
- Pork Stuffed with Herbs & Cornbread with Mushroom Gravy
- Thai Pork with Red Curry Sauce

### Seafood

- Filet of Sole Stuffed with Crab Meat
- Pecan Crusted Salmon with Maple Syrup Reduction
- Shrimp Scampi
- Tilapia Francaise

### Vegetarian

- Eggplant Rollatini
- Vegetable Lasagna with Alfredo Sauce
- Thai Coconut Curry Rice Noodles with Vegetables & Tofu
- Pasta Primavera with choice of Tomato Basil, Alfredo or Vodka Sauce



# Dinner Packages

All below packages have a 10 person minimum.

## Potato

- Rosemary Roasted Red Potatoes
- Potato Au Gratin
- Garlic Mashed Potatoes
- Roasted Sweet Potato Cubes
- Lyonnaise Potatoes
- Fingerling Potatoes with Sea Salt

## Rice

- Wild Rice Pilaf with Almonds
- Basmati Rice
- Mushroom and Asparagus Risotto
- Jasmine Rice with Saffron
- Vegetable Fried Brown Rice

## Pasta

- Penne with Fresh Tomato Basil Sauce
- Rigatoni Ala Vodka
- Spaghetti with Marinara Sauce
- Fettuccini Alfredo
- Tagliatelle with Arrabiata Sauce
- Three Cheese Baked Macaroni

## Vegetable

- Baby Carrots with Honey & Nutmeg
- Grilled Vegetables
- Steamed Seasonal Vegetables
- Broccoli Florets
- Broccoli Rabe with Roasted Garlic

## Low Carb

- Garlic Mashed Turnips
- Puréed Cauliflower Parmesan
- Broccoli & Cheddar Bake
- Green Beans Almondine

# Special Additions



Includes: Disposable Ware & Serving Utensils

## Platter Size

Small – Serves up to 6 Guests • Large – Serves up to 12 Guests

- **Chicken Wings**.....**Small (24 pieces) / Large (48 pieces)**  
Mild, Hot, Teriyaki or BBQ with Ranch & Blue Cheese Dips
- **Chicken Tenders** .....**Small (18 pieces) / Large (36 pieces)**  
Grilled and Fried Boneless Tenders with Honey Mustard & BBQ Dips
- **Middle Eastern** .....**Small / Large**  
Tabbouleh, Hummus, Feta Cheese, Baba Ghanoush, Stuffed Grape Leaves, Mediterranean Olives & Pita Bread
- **Vegetable Crudités** .....**Small / Large**  
Fresh Cut Vegetables with Spinach & Artichoke Dip or Creamy Ranch Dip
- **Fresh Seasonal Fruit**.....**Small / Large**  
Melons, Fresh Berries, Golden Pineapple & Citrus Fruits
- **Imported & Domestic Cheeses**.....**Small / Large**  
**Served with:** Grapes, Seasonal Berries, Dried Fruit, Nuts, Gourmet Crackers & Bagel Chips
- **Cookies and Brownies** .....**Small / Large**  
Gourmet Chocolate Brownies and an Assortment of Homemade Cookies to include Chocolate Chip, Oatmeal Raisin and Sugar

# Special Requests



## Sal's Good Eats has the ability to provide our clients with:

- Ability to Accommodate Special Menu Requests
- Customized Menu Options to include Vegan, Low-Fat and Kosher (outside vendor) Selections
- Equipment Rental
- Staffing Options
- Decorating Services and Floral Arrangements
- Glassware and China Available
- Full Fleet of Delivery Vehicles equipped with GPS Navigation
- Wine, Beer, Spirits-New Jersey Liquor License

Due to the delivery of the finest and freshest products, prices may be subject to change.

Applicable delivery and service fees may apply.

Special requests and substitutions can be accommodated. Please speak to a member of our catering team who can help customize your event!

## **\*\*Cancellation Policy\*\***

Sal's Good Eats has a 6 hour cancellation policy for all hot and cold food selections. Any questions regarding our cancellation policy please contact us!

Inspected by the Bergen County Department of Health.

## *Taste the Event*

80 Green Street

Teterboro, NJ 07608

201.375.4949 • 201.288.2499 Fax

orders@salsgoodeats.com • www.salsgoodeats.com



**80 Green Street, Teterboro, NJ 07608**  
**www.salsgoodeats.com • 201.375.4949**