



BLUE HERON

☺ CATERING INC. ☺

MIDWEEK CORPORATE PACKET

Pricing is for events Monday–Friday, 8:00 am–4 pm.
Cocktail Reception starts at 5:00 pm, or later. All of our menus are prepared fresh daily, using only the freshest meat, produce, fruits, breads, and pastries.

Economy Choices \$7.95

Assorted Danish, Croissants and Muffins, House-made Tea Bread and Scones

Pastries & Seasonal Fruit \$9.45

Assorted Danish, Croissants and Muffins, House-made Tea Bread and Scones, and Seasonal Fruit

Bagel Basket \$9.95

Assorted Bagels, Cream Cheese spread and fresh seasonal fruit.

Health Nut \$12.95

Hard Boiled Eggs, Bran Muffins, Yogurt, Granola, Fruit, Fresh Squeezed Orange Juice, and Coffee/Tea

A LA CARTE

Fresh Cut Fruit	\$2.00
Fresh Whole Fruit	\$1.50
Yogurt	\$2.00
Granola	\$2.50
Hard Boiled Eggs	\$1.00
Juices	\$2.50

CARAFES

Decaf/Coffee	\$16.00
Tea	\$12.00
Orange Juice	\$10.00

Breakfast Sandwiches \$10.95

Croissant, English Muffin, Buttermilk Biscuit with Scrambled Egg and Cheddar Cheese choice of Italian Sausage Patty, Country Smoked Ham, Apple-wood Smoked Bacon or Turkey Sausage Patty

Breakfast Plates \$14.95

Diner Breakfast Scrambled Eggs, Turkey Sausage, Applewood Bacon, English Muffins, Savory Red Roasted Potatoes

Frittata or Quiche Breakfast Croissants and Red Roasted Potatoes, Roasted Red Peppers and Leek Mushroom, Spinach and Artichoke Heart Smoked Ham, Green Peppers and Cheddar Zucchini and Sun Dried Tomato

Chilaquiles Egg and Jack Cheese, Tortillas mixed with Chile Sauce, Savory Red Roasted Potatoes

Breakfast Burritos \$11.95

Scrambled Eggs, Cheddar Cheese, Turkey Sausage or Bacon served with Red Roasted Potatoes

Morning Snack ///

GRANOLA BAR	\$2.00
YOGURT PARFAIT AND GRANOLA	\$4.00
FRESH CUT FRUIT	\$2.00
TEA BREADS OR SCONES	\$2.50
COFFEE REFRESH	\$2.00

Additions / Substitues

Soy Sausage or Soy
Bacon \$3.00 Egg
Whites \$1.00

Royal Raspberry Signature Sandwiches \$11.95

All available on our house made focaccia or sourdough roll

Roasted Vegetable, Seasonal squash, eggplant, balsamic red onions, mushrooms with basil and light olive oil vinaigrette

Caprese, (summer and fall only) Garden fresh tomatoes, balsamic marinated fresh mozzarella, basil pesto

Brie and Tapenade, Double Crème Brie and black olive tapenade with baby greens and tomato

Pesto Chicken, Grilled chicken, house made basil pesto, mozzarella, tomato and greens

Tuscan Chicken, Grilled chicken, provolone cheese, roasted red peppers, greens and arugula mustard

Albaturkey, Sliced turkey with mild green chilies, Monterey jack cheese and tomato

Roasted Pork Loin, Thin sliced roasted pork-loin with garlic aioli, seasonal fruit chutney, greens

Classic Sandwiches \$9.95

Sourdough, wheat or rye bread, mayo, mustard, tomatoes, lettuce

Roast Beef and Swiss

Smoked Ham and Provolone

Roasted Turkey and Monterey Jack

Avocado & Provolone

Humus (House- Made)

Tuna Salad (House- Made)

Chicken Salad (House- Made)

Egg Salad (House- Made)

Wraps \$10.95

Mediterranean Feta cheese, cucumbers, red onions, black olives and fresh spinach

Vegetarian Southwestern Cheddar, mild chili peppers, tomatoes, olives, red onions and mixed greens

California Roll with cream cheese, sliced cucumbers, avocado, carrots, green onions, black olives & avocados

Pesto Turkey and Jack thinly sliced turkey breast, pesto, jack cheese, tomato, lettuce

Royal Raspberry Signature Salads \$11.95

Salad Lunches come your choice of pasta salad, potato salad, chips or fruit, lemonade or iced tea, and a cookie.

Mixed Tossed Greens with Poppy seed Dressing with sugar roasted walnuts, berries and our own tangy poppy seed dressing

Island Green Salad fancy greens tossed with sweet Jamaican dressing, carrots, jicama and orange wedges

Fatoosh Salad Romaine lettuce with cherry tomatoes, cucumber, red onions, cilantro and mint tossed in a lemon-cumin vinaigrette sprinkled with pieces of toasted pita

Salad Nicoise Tuna, cherry tomatoes, olives, small red potatoes, cucumber, egg, romaine, Herb Dijon vinaigrette

Mediterranean Trio Salad mixed greens with humus, tabbouleh, baba ganoush, pita points, kalamata olives

Santa Fe Chicken chopped lettuce, mesquite grilled chicken breast, tomatoes, Cheddar cheese, green onions, tortilla crispy strips, Ranch dressing

Cobb Salad chopped lettuce, tomato, crisp bacon, hard-boiled egg, avocado, chives, red-wine vinaigrette and Roquefort cheese

Chinese Chicken Napa and red cabbage tossed with soy vinaigrette, topped with shredded chicken, carrots, green onions, water chestnuts, Mandarin oranges and crispy noodles

Classic Salads \$10.95

Classic Caesar Salad with Garlic Croutons hearts of romaine lettuce, Parmesan cheese, olives and homemade garlic croutons, tossed with creamy Caesar dressing

Greek Spinach Salad fresh spinach leaves, feta cheese, sliced red onions, Kalamata olives, and cucumbers tossed with Greek oregano vinaigrette

California Mixed Greens assorted greens, tomatoes, carrots, jack cheese, sweet peppers with a light vinaigrette dressing

Chop Salad celery, cucumbers, tomatoes, bell peppers, fresh herbs and lemon vinaigrette

All sandwiches, wraps and salad items can be prepared as a box lunch for drop-off service. We prepare box lunches for a minimum of 20 people. For lunch orders of 20, you must choose one lunch item for the entire order; for orders of 25-50, you may choose 2 lunch items; adding one lunch item for each additional 25 lunches ordered.

Additional Options
Add shrimp for \$2.50,
tofu for \$2, chicken
for \$2

Hot Lunch Buffet Classics \$14.95

Standard Entree Includes tossed green salad, rolls, cookies, brownies or cake, lemonade or iced tea.

Lemon Rosemary Chicken

Breast of chicken with fresh lemon and rosemary sauce served with rice pilaf

Chicken Jerusalem

Roasted chicken with artichoke hearts and mushrooms in a white wine cream sauce over rice pilaf

Wild Mushroom Chicken

Chicken breast with a balsamic mushroom cream sauce served with noodles

Chicken Sauvignon

Breast of chicken in a wine cream sauce served with rice pilaf

Chicken Piccata

Sautéed breast in a lemon wine sauce with capers and parsley served with pasta

Teriyaki Chicken

Chicken breast topped with teriyaki sauce and mandarin oranges, served with steamed rice

Garlic Roasted Chicken

Marinated with fresh herbs then grilled, served with champagne sauce and roasted red potatoes

Pineapple Chicken Curry

Sautéed chicken breast in a curry sauce with raisins, almonds and pineapple served over jasmine rice

Home Style Meatloaf

The way Grandma makes it, with mashed potatoes & gravy

Beef Paprika

Tender beef with mushrooms, bell peppers and dill in a sour cream sauce, served with penne

Rosemary-Fennel Pork-loin

Center cut pork loin seasoned with garlic, fennel and rosemary, served with roasted herb potatoes

Fresh Poached Tilapia

Poached tilapia in a court bouillon served with classic dill sauce and rice almandine

Pasta Primavera

Tender vegetables over penne pasta served with Alfred or marinara sauce

Signature Hot Lunches \$15.95

Standard Entree Includes tossed green salad, rolls, cookies, brownies or cake, lemonade or iced tea.

Country Stuffed Chicken Breast

Stuffed with cornbread dressing, served with vegetables and pan gravy.

California Style Chicken Breast

Marinated then grilled, served with roasted vegetables in a lemon sauce over linguini.

Spicy Thai Spinach Chicken

Diced chicken breast with peanut chili sauce tossed with spinach, served with sesame noodles.

Chicken Provençale

Roasted breast of chicken with roasted bell pepper, tomatoes, black olives, mushrooms, and onion, served with angel hair pasta.

Seared Flank Steak with Roasted Shallot Vinaigrette

Sugar and pepper-rubbed steak sliced thin and served with polenta

Steak with Black Pepper Brandy

Steak house classic. Served with a brandy cream sauce and roasted potatoes.

Italian Beef Lasagna

Bolognese style sauce, ricotta cheese, and mozzarella & parmesan cheese, served with garlic bread.

Fettuccini with Shrimp

Shrimp with Alfredo garlic sauce and parsley.

Shrimp Pomodori

Sauté shrimp with garlic and shallots in a tomato wine sauce with capers.

Vegetable Lasagna

Loaded with spinach, carrots, mozzarella and ricotta cheese in an Alfred sauce.

Fire Roasted Stuffed Poblano

Poblano peppers stuffed with corn, green chili, black beans, and cilantro and pepper cheese.

Fusilli Pasta Romano

Artichoke hearts, sundried tomato, capers, parmesan, in a light wine garlic sauce.

Eggplant Parmesan

Parmesan bread crumb crust and mozzarella cheese with a tangy marinara sauce.

Budget Busters \$10.95

For 50 or more guests

Spaghetti and Meatballs & Caesar Salad

Linguini Bolognese Meat Sauce & Green Salad

Roast Chicken Quarters, Mash Potatoes, & Green Salad

Italian Sausage with Sweet Pepper Sauce, Penne, & Green Salad

Cheese Ravioli with Ragu or Marinara Sauce, & Green Salad

Beef Enchilada, Rice, & Fiesta Salad

Afternoon Snacks

Prices are per item, in combination with breakfast and/or lunch

Granola Bar

\$2.00 each

Yogurt Parfait-Yogurt & Granola

\$4.00 each

Fresh Cut Fruit

\$2.50 per person

Tea Breads or Scones

\$2.50 per person

Brownies & Cookies Basket

\$2.50 per person

Coffee Refresh (regular or decaf)

\$2.00 per person

Iced Tea or Lemonade

\$1.50 per person

Cheese, Salami & Cracker Display

\$3.25 per person

Tortilla Chips, Salsas & Guacamole

\$3.00 per person

Parmesan Focaccia

\$2.75 per person

Farmers' Market Vegetable Crudités (with lemon dill dip & blue cheese dip)

You may choose one entrée. You may add a second entrée to your buffet for \$2.50 per person.

BBQ & Picnic Buffets

Includes compostable paper plates, napkins, and cups

Royal Raspberry Ribs, Brisket & Chicken \$16.95

Pork Ribs, Slow Roasted Beef Brisket, BBQ'd Chicken, Tossed Green Salad, Fresh Seasonal Fruit Salad, Fresh in Season Corn Cobettes, BBQ'd Beans Corn Bread and Assorted Cookie Basket.

Hawaiian BBQ \$14.95

Hawaiian style BBQ'd Chicken with fresh pineapple and a light sweet and sour sauce, and Pulled Pork, Tossed Green Salad, Fresh Seasonal Fruit Salad, Fresh in Season Corn Cobettes, BBQ'd Beans and Hawaiian Sweet Bread

Royal Raspberry Ribs and Chicken \$13.95

Pork Ribs, BBQ'd Chicken, Tossed Green Salad, Fresh in Season Corn Cobettes, Potato Salad, BBQ'd Beans and Corn Bread

Royal Raspberry Brisket & Chicken \$13.95

Slow Roasted Beef Brisket, BBQ'd Chicken, Caesar Salad, Roasted Garlic and Herb Red Potatoes, Steamed Seasonal Vegetables and Garlic Bread.

Royal Raspberry Budget Ribs & Chicken \$12.95

Pork Ribs, BBQ'd Chicken, Tossed Green Salad, Fresh in Season Corn Cobettes, BBQ'd Beans Corn Bread

Royal Raspberry Hamburger, Hotdogs & Chicken \$12.95

Hamburgers, Hot Dogs, BBQ Chicken, Tossed Green Salad, Fresh in Season Corn Cobettes, BBQ'd Beans and Watermelon

Royal Raspberry Classic Burgers and Hot Dogs \$10.95

1/4lb. Hamburger, Hot Dogs, Tossed Green Salad, BBQ'd Beans and Watermelon

Customize Your Event!

Additional BBQ/Picnic Items...

Barbecued Beef Ribs

meaty beef ribs rubbed with a blend of spices and herb, sliced and served with our own special BBQ sauce (add \$3.00 per person)

Grilled Tri-Tip

choice cut of beef, rubbed with fresh herbs and spices, grilled over a hot mesquite fire (add \$3.25 per person)

Teriyaki BBQ Tri Tip

tender premium tri-tip rubbed with spicy herbs BBQ'd in our own special teriyaki BBQ sauce (add \$3.25 per person)

Spicy Turkey or Chicken Sausages

grilled sausage served on a fresh sourdough bun with, sides of catsup, mustard, onions & pickles (add \$4.50 per person)

BBQ Pork Baby Back Ribs

tender premium baby back ribs rubbed with spicy herbs, BBQ'd in our own special BBQ sauce (add \$4.50 per person)

Hot Dogs

add \$2.00 per person

1/4 lb. Beef Hamburger

with all the fix'ns (add \$2.00 per person)

Garden Burger

with all the fix'ns (add \$2.00 per person)

Corn On The Cob

served with butter (add .75 per person)

Seasonal Fresh Fruit Platter

a generous, colorful display of fresh red ripe strawberries, cantaloupe, honeydew melon, pineapple, and grapes (add \$2.00 per person)

Italian Pasta Salad

bowtie pasta mixed with fresh basil, sun dried tomatoes, roasted pine nuts, fresh garlic, olives tossed in virgin olive oil and vinegar (add \$.75 per person)

Wasabi Potato Salad

red potato, celery and peas, wasabi vinaigrette (add \$.75 per person)

Asian Green Bean Salad with Roasted Peppers

fire roasted walnuts and sesame dressing (add \$1.00 per person)

Tortellini Salad

three cheese tortellini, sun-dried tomatoes and artichoke hearts, tossed in a tangy basil pesto dressing (add \$1.00 per person)

Southwestern Black Bean Salad

black beans, fresh tomatoes, corn, jicama and green onions tossed in a tangy garlic dressing (add \$.75 per person)

Garlic Chive Potato Salad

old fashioned style potato salad with fresh garlic, fresh chives, green peas (add \$.75 per person)

Sample Menu

After Work or Meeting Reception

Passed Appetizers

Butternut Squash Soup

Salmon Cakes with Sesame Aioli

Appetizer Buffet

Brie and Tapenade with Fresh Tomato on Crostini

Prosciutto Wrapped Melon

Housemade Focaccia, seasonal roasted vegetables, & goat cheese

Antipasto Display (Genoa salami, assorted Greek olives, marinated

mozzarella, pepperoncini, marinated cheese tortellini, house made

hummusserved with pita points and crackers)

Dessert

Elegant Cookies and Finger Desserts

Beverages

Iced Tea, Lemonade, Coffee, and Tea

Some foods are subject to seasonal availability at the time your order is placed. We reserve the right to offer substitutions when it is necessary.

Additional Services

Tabletop Items

Compostable Disposables \$.50 per person per meal.

China, Flatware, Glassware, Coffee Service \$3 per person per meal.

White Linens (most size tables) \$5 each

Simple Floral Centerpiece starting at \$25 per table

Staff

(All staff is 4 hour minimum)

Event Manager \$35 per hour

Server \$28 per hour

Bartender \$33 per hour

On Site Cook \$33 per hour

Drop off meals require one staff person per 30 guests and incur delivery charges which varies by city and will be quoted when order is placed. Sales tax will be added to the total.

Other Rentals

Tables from \$10 each

Chairs from \$1.75 each

Coat Rack from \$25

Accommodations

We can accommodate guests with dietary restrictions such as vegan, vegetarian or gluten free. On menus where there is a vegetarian or vegan option listed but you need less than ten, you can order that item at a cost of 15.00 per guest. For other menus, we would be happy to provide you with a list of individual boxed and labeled restricted diet meals starting at 15.00 per individual meal.

