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**DROP-OFF CATERING  
MENU**

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*In collaboration with Fresh City Kitchen*

Order online at [www.bgcateringconcepts.com](http://www.bgcateringconcepts.com)

[bgfresh@bgcateringconcepts.com](mailto:bgfresh@bgcateringconcepts.com)

617-581-1150

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# DROP-OFF CATERING MADE EASY

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## SOMETHING FOR EVERYONE

Taking care of our clients is what we do best. We provide a complimentary lunch, of your choice, to whomever places a catering order for 10 people or more. This will always be packaged separate from the delivery with your name on it!

## FOOD ALLERGIES

We are very sensitive to those with food allergies. Please notify us when placing your order if anyone in your party has a food allergy. Our allergy certified team will be sure to take good care of those meals.

## DELIVERY & PRESENTATION

Here at BG Fresh we want to ensure the safety of your team and ours by following all necessary safety and sanitation procedures. Our team can make your day easier by taking the task of setting up your meal off your plate, just let them know where to set up and the rest is easy! As always, we provide everything you may need to serve your guests a delicious and fresh meal.

## 24 HOUR NOTICE

We ask for 24 hours notice on all catering orders. Our incredible team is here to guide you with selecting quantities, serving suggestions and menu combinations. We will always do our best to accommodate any last minute needs but please know they can not be guaranteed based on the volume of our business.

## CANCELLATION POLICY

We require **24 hour notice** of cancellation on all orders placed. In the event of shorter notice you may be invoiced for unrecoverable food and labor costs. Also, please know we understand that living in New England mother nature isn't always the best...so we are here to work with you on unforeseen changes in weather.



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## MINIMUM ORDER REQUIREMENT & SERVICE CHARGE

Our minimum requirement for catering orders is \$150.00. A flat service charge of \$25 will be applied to each order.

## MINIMUM ITEM REQUIREMENT

Packages: 10 person minimum  
Appetizers: Served by the dozen with 2 dozen minimum  
Self serve bars: 20 person minimum

## EASY PAYMENT

We accept corporate checks, VISA, Mastercard, American Express and Discover Card.

## PRICING DISCLOSURES

Prices are subject to change without notice. While we do our best to ensure pricing increases are communicated, due to seasonal changes and item modifications, adjustments to our menu must be made accordingly at times. We appreciate your understanding.



Gluten-Free



Vegetarian



Vegan



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# Spring Menu



Available April 15 - June 15

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## BREAKFAST

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### CHIA SEED PUDDING

10 piece min. \$6.50 pp  

*This creamy delight is a delectable harmony of chia seeds soaked in velvety coconut milk, sweetened lightly with a touch of pure maple syrup, and infused with a hint of vanilla. Topped with a medley of fresh seasonal fruits.*

### YOGURT BAR

10 piece min. \$10 pp ✓

*Create your perfect yogurt parfait at our **Build Your Own Yogurt Bar**. Top off your creamy low-fat yogurt with an array of fresh sliced fruit, juicy berries, and crunchy granola.*

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## SALAD & BOWLS

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### TUSCANY SALAD

Serves 10-12 \$75 ✓

*Indulge in the flavors of Tuscany with our vibrant Tuscan Salad, featuring a delightful blend of field greens, ripe tomatoes, creamy fresh mozzarella, and roasted red peppers, all drizzled with our tangy balsamic vinaigrette.*

### MEDITERRANEAN INSPIRED GRAIN BOWL PLATTER

Serves 10-12 \$85 ✓

*Mixed greens, tomato, roasted chickpeas, cucumber, watermelon radishes, feta, candied pecans, farro, boiled eggs, asparagus, Brussels sprouts, Kalamata olives*

### SPRING SALAD

Serves 10-12 \$65 ✓

*Romaine & spring mix greens with grape tomato, cucumbers, carrots, radishes, edamame, asparagus and feta cheese with balsamic vinaigrette*

 Gluten-Free

 Vegan

 Vegetarian

 Dairy-Free



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## ENTREES

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### **MEDITERRANEAN BAKED HADDOCK**

\$24 pp 


*Haddock, with a Mediterranean inspired sauce featuring grape tomatoes, Kalamata olives, capers, and lemon juice, served with saffron rice & our chef's vegetable selections*

### **PAN SEARED CHICKEN WITH CAPONATA**

Serves 10 \$175 

*Pan seared chicken breast served with our chef's eggplant caponata over a bed of farfalle pasta*

### **SWEET PEA RAVIOLI WITH SHALLOT PEA SAUCE**

Serves 10 \$175 


*Sautéed English sweet peas with caramelized onions, ricotta, fresh mozzarella and Pecorino-Romano cheese in a pesto cream sauce*

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## SIDE DISHES

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### **COUS COUS SALAD**

Serves 10-12 \$65 

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

 Gluten-Free

 Vegan

 Vegetarian

 Dairy-Free



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# BREAKFAST

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## **HOT BREAKFAST BUFFET \$18 pp**

*Scrambled eggs, applewood smoked bacon strips, maple pork sausage links, baby golden roasted breakfast potatoes served with warmed mini buttered croissants and seasonal fresh fruit salad.*

## **PETE'S EGGS EARLY RISER \$125**

*We have 3 options to choose from - classic cheese, smoky thick cut bacon, or garden fresh tomato and spinach.*

## **BAKERY ASSORTMENT \$6.25 pp**

*An assortment of our freshly baked muffins, bagels and breakfast pastries served with assorted individual cream cheeses, grape jelly, strawberry jam and salted butter.*

## **V.I.P.TREATMENT \$18 pp**

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

## **BREAKFAST BURRITOS & SANDWICHES \$8.50 pp**

### **Burritos:**

*Fresh-cracked scrambled eggs wrapped in a flour tortilla*

### **CLASSIC BEC WRAP**

*Applewood smoked bacon and cabot cheddar cheese*

### **MARKET FRESH**

*Sautéed rainbow peppers, white onions, button mushrooms and cabot cheddar cheese*

### **SOUTH OF THE BORDER**

*Fresh tomato salsa, organic black beans, sliced scallions and cabot cheddar cheese*

### **Sandwiches:**

### **BACON, EGG & CHEESE**

*Applewood smoked bacon scrambled eggs and cabot cheddar cheese on a warmed english muffin*

### **HAM, EGG & CHEESE**

*Applewood smoked ham scrambled eggs and Cabot cheddar cheese on a multigrain croissant*

### **CHICKEN SAUSAGE, EGG & CHEESE**

*Chicken sausage patty, scrambled eggs and cabot cheddar cheese on a warmed buttermilk biscuit*





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## BREAKFAST ADDITIONS

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**FRESH-SLICED FRUIT** Serves 10-15 \$80 // Serves 15-20 \$150    
*A selection of seasonal fresh sliced fruit and berries.*

**FRUIT AND YOGURT PARFAIT** \$6 pp  
*Layers of creamy low-fat yogurt and fresh-cut fruit, topped with organic honey granola.*

**YOGURT FONDUE** Serves 10 \$80  
*Seasonal fresh-cut fruit served with vanilla or strawberry yogurt and organic honey granola.*

**BREKKI OVER NIGHT OATS** \$6 pp    
*Our overnight oats are made by brekki™ with ancient grains, almonds, almond milk and organic coconut nectar. Available in Banana Maple and Blueberry.*

**BREAKFAST POTATOES** \$5.50 pp    
*Freshly roasted baby golden potatoes, seasoned to perfection and make a great addition as a side to your breakfast sandwiches or burritos.*

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## BREAKFAST BEVERAGES

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**SPECIALTY WATER** \$4 pp  
*An assortment of Saratoga and Poland Spring sparkling as well as assorted Spindrift flavors.*

**JUICE ASSORTMENT** \$3 pp  
*An assortment of individual apple, orange, and cranberry juices.*

**FRESHLY BREWED COFFEE** Serves 10 \$32 per box  
*This blend is robust and decadent.*



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## CHEF'S FEATURES

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*If you're looking for a little something extra at your next lunch meeting or training, then look no further. Our Chef's Features are served buffet style.*

**MARINATED AND GRILLED STEAK TIPS** \$26 pp 

*Served with fresh chef-selected vegetables and chef made steak sauce.*

**CHAR-GRILLED CHICKEN TERIYAKI** \$24 pp 

*Served with jasmine rice, seared baby bok choy, caramelized onions, steamed edamame, and finished with a teriyaki glaze.*

**GRILLED SALMON** \$26 pp 

*Pan seared salmon filets served with lemon herbed orzo and fresh chef-selected vegetables.*

**LEMON PEPPER CHICKEN** \$22 pp 

*Oven roasted chicken breasts seasoned with our lemon pepper spices and served with jasmine rice and fresh chef-selected vegetables.*

**CHICKEN TIPS** \$22 pp 

*House-marinated, char-grilled chicken tips served with jasmine rice and fresh chef-selected vegetables.*

**ROASTED AND GRILLED VEGETABLE TRAY** \$125   

*Fresh seasonal vegetable selection grilled to order and finished with a drizzle of balsamic fig glaze. This tray is served and is a great addition to your buffet for any vegetarian or vegan guests.*



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## BUILD-YOUR-OWN BARS

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### **GOURMET SALAD BAR** \$25 pp

Our salad bar features grilled chicken breast, roasted portobello mushrooms, fresh garden vegetables, tri-color quinoa, hard boiled eggs, fresh green lettuces, and a variety of our chef's seasonal salads. Served with our market ranch and balsamic vinaigrette dressings.

### **TACO BAR** \$25 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.

### **ASIAN SALAD BOWLS** \$25 pp

Our build your own Asian-inspired bar features kale, local lettuces, quinoa and jasmine rice as bases. Healthy toppings such as fresh avocado, sesame cucumbers, edamame, chickpeas, our gluten-free teriyaki chicken breast, and our signature Asian slaw. Served alongside a variety of unique sauces and dressings.

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## FRESH ADDITIONS

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Prepared Fresh Daily

### **YOUSSEF'S QUINOA SALAD** \$65



Protein rich tri-colored quinoa, steamed edamame, pumpkin seeds, fresh herbs, and parsley tossed in our chef's citrus vinaigrette.

### **TORTELLINI SALAD** \$60



Cheese tortellini tossed with diced red onion, garden tomatoes, rainbow peppers, cheese blend, and tossed in our fresh house made Italian herb dressing.

### **DIJON POTATO SALAD** \$60



Bite sized boiled baby golden potatoes with diced red onion and parsley tossed with our Dijon dressing.

### **TOMATO & CUCUMBER SALAD** \$60



A mix of fresh garden tomatoes, sliced cucumbers tossed with our homemade lemon vinaigrette.



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# GOURMET SALADS AND GRAIN PLATTERS

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## **GREEK GRAIN PLATTER** \$95

*Green lettuces topped with tri-colored quinoa, stuffed grape leaves, fresh garden tomatoes, sliced red onion, sliced cucumbers, Kalamata olives, oregano and cumin roasted chickpeas, topped with feta cheese. Our Greek dressing is served on the side.*

## **THE BIRKENSTOCK GRAIN PLATTER** \$95

*Green lettuces mixed with kale, tri-colored quinoa, pepitas, fresh garden tomatoes, steamed edamame, charred broccoli, topped with flax seeds. Our Italian vinaigrette is served on the side.*

## **GREAT CAESAR** \$65

*Crisp romaine lettuce, garlic croutons, and asiago cheese blend. Classic creamy Caesar dressing is served on the side.*

## **THE FARMER'S MARKET** \$65

*Green lettuces, shredded carrot, steamed edamame, fresh garden tomatoes, sliced cucumbers, Cabot cheddar, and our market ranch dressing served on the side.*

## **FRESH CITY COBB** \$75

*Green lettuces, freshly diced garden tomatoes, sliced hard-boiled egg, gorgonzola cheese, sliced scallions, Applewood smoked bacon, and our balsamic vinaigrette served on the side.*

## **SALAD TOPPERS**

*A great addition to any salad or grain platter that is sure to please.*

**Grilled Chicken Breast** \$85 | **Grilled Steak** \$125 | **Pan Seared Salmon** \$140



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## SANDWICH & SALAD WRAP PACKAGES

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*Gluten free bread & tortillas are available upon request.*

### **POWER LUNCH** \$24 pp

*An assortment of sandwiches and salad wraps served with your choice of Caesar salad, Farmer's Market salad or tortellini salad, Community Snacks chips and freshly baked cookies, brownies, and bars.*

### **MARKET LUNCH** \$19 pp

*An assortment of sandwiches and salad wraps served with Community Snacks chips, freshly baked cookies, brownies, and bars.*

### **PREMIUM SANDWICH & WRAP SELECTION** \$16 pp

*Our premium sandwich and wrap assortment featuring our fresh house-smoked turkey, prosciutto, portobello mushrooms and balsamic fig served with Community Snacks chips.*

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## BOXED LUNCHES

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### **CITY SQUARE** \$18 pp

*Individually packed box lunch with your choice of a sandwich or salad wrap with a freshly baked cookie and Community Snacks chips.*

### **EXECUTIVE BOXED LUNCH** \$25 pp

*Selection of premium house sandwiches are accompanied by your choice of side salad; Seasonal salad, Farmer's Market, or quinoa tabouleh served with a freshly baked cookie and bag of Community Snacks chips.*



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# OUR SANDWICHES

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## **THE ITALIAN**

*Salami, Applewood smoked ham and imported prosciutto, provolone, marinated roasted peppers, Italian aioli with green lettuces and fresh garden tomato slices.*

## **VERMONT MAPLE SMOKED TURKEY**

*Smoked maple turkey, creamy slices of brie, apple cranberry chutney topped with green lettuces and fresh garden tomato slices.*

## **BALSAMIC FIG ROAST BEEF & CHEDDAR**

*Garlic & onion seasoned Roast Beef, Cabot cheddar cheese, balsamic fig aioli with green lettuces and fresh garden tomato slices.*

## **CURRY CHICKEN SALAD SANDWICH**

*Marinated chicken breast, herb mayonnaise, Granny Smith apple slices, thinly sliced red onion, golden California raisins, lightly salted cashews and diced celery.*

## **SEDONA CHICKEN**

*Roasted chicken breast with guacamole, Cabot cheddar cheese, southwest aioli, green lettuces and garden fresh tomato slices.*

## **NAPA VALLEY TURKEY**

*Roasted Turkey with Cabot cheddar cheese, Applewood smoked bacon, avocado spread, lemon chive aioli, green lettuces and fresh garden tomato slices.*

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# OUR SALAD WRAPS

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## **ROASTED PORTOBELLO WRAP**

*Balsamic roasted Portobello mushrooms, marinated roasted red peppers, shredded carrots, diced cucumber, green lettuces, fresh diced garden tomatoes, and chickpea spread. Finished with our balsamic fig aioli.*

## **GREAT CAESAR WITH CHICKEN WRAP**

*Crisp romaine lettuce, garlic croutons, asiago cheese blend topped with our freshly roasted all-natural chicken. Finished with our creamy classic Caesar dressing.*

## **FARMER'S MARKET TURKEY**

*Green lettuces, shredded carrots, steamed edamame, fresh diced garden tomatoes, freshly sliced cucumber, Cabot cheddar, and roasted turkey. Finished with our market ranch dressing.*

## **CHICKEN COBB**

*Freshly roasted all-natural chicken, green lettuces, fresh diced garden tomatoes, sliced hard-boiled egg, gorgonzola cheese, sliced scallions, Applewood smoked bacon and balsamic vinaigrette.*

## **OLYMPIA GREEK**

*Green lettuces, Greek feta cheese, diced rainbow peppers, diced cucumber, Kalamata olives, and fresh diced tomatoes. Finished with our Greek dressing.*

## **BUFFALO BLEU**

*Green lettuces, buffalo chicken, Cabot cheddar, carrot, diced cucumber, and fresh diced garden tomatoes. Finished with our bleu cheese dressing.*



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## APPETIZERS

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**MARINATED BEEF SKEWERS** \$65 

Served with chimichurri and house-made steak sauce.

**SWEET ASIAN CHILI SHRIMP SKEWERS** \$65

Our sweet Asian chili sauce is distinctively sweet with a surprising amount of heat and pairs perfectly with shrimp.

**CHICKEN SKEWERS** \$52 

Served with chimichurri.

**CAPRESE SKEWERS** \$48 

Skewers of fresh mozzarella and fresh garden tomatoes topped with basil and served with a balsamic fig dipping sauce.

**BRUSCHETTA** \$45

Tomato bruschetta served with crostini.

**EDAMAME POTSTICKERS** \$45  

Potstickers served with a sweet chili dipping sauce.

**PANKO CHICKEN TENDERS** \$60

Served with honey mustard, sriracha ranch, and ketchup.

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## SNACK PLATTERS


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**ARTISANAL CHEESE & CHARCUTERIE BOARD** Serves 20 \$175

Includes artisanal cheeses, charcuterie, chef's accompaniments, and artisan crackers.

**GOURMET CHEESE SELECTION** Serves 10-15 \$90 // Serves 16-25 \$150 

Domestic and imported cheese, served with grapes, strawberries, and crackers.

**VEGETABLE CRUDITÉ** Serves 10-15 \$75 // Serves 16-25 \$100 

An assortment of freshly sliced broccoli, rainbow carrots, peppers, celery, cucumbers, and garden tomatoes served with our market ranch dressing.

**MEDITERRANEAN PLATTER** Serves 10-15 \$85 // Serves 16-25 \$125

Hummus, fresh cut vegetables, Kalamata olives, feta cheese, and served with fresh pita bread.

**AFTERNOON SNACK VARIETY** Serves 10 \$40

A perfect pick me up for any group, this assortment of candied pecans, roasted cashews, our signature trail mix, sesame sticks, kind bars, and dried apricots.



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## SLIDERS

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### **BALSAMIC FIG ROAST BEEF & CHEDDAR SLIDERS** \$75

Garlic and onion seasoned roast beef, cabot cheddar cheese, balsamic fig aioli with green lettuces, and fresh garden tomato slices on a slider.

### **CURRIED CHICKEN SLIDERS** \$65

Marinated chicken breast, herb mayonnaise, granny smith apple slices, thinly sliced red onion, golden California raisins, lightly salted cashews, and diced celery on a slider.

### **PORTOBELLO MUSHROOM SLIDERS** \$60

Portobello mushrooms seasoned with rosemary and thyme, caramelized onions with a balsamic glaze, and herbed boursin cheese on a slider.

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## DIPS

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### **FIVE LAYER DIP** Serves 10-15 \$75

Layers of cilantro lime crema, cream cheese, guacamole, fresh tomato salsa, and cheddar cheese topped with scallions. Served with Mi Nina chips.

### **BUFFALO CHICKEN DIP** Serves 10-15 \$75

A delicious and creamy mix of our freshly-roasted chicken, tangy hot sauce, crunchy celery, and bleu cheese dressing. Served hot with Mi Nina chips.

### **TRIO OF DIPS** Serves 10-15 \$75

Homemade onion dip, roasted tomato salsa, and hand smashed guacamole. All served with Mi Nina chips.

### **PITA & HUMMUS** Serves 10-15 \$40

Fresh pita bread served with Za'tarr hummus.



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## DESSERTS

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**COOKIE & DESSERT BAR ASSORTMENT** Serves 10 \$40

*Our freshly baked cookies combined with fudge and cheesecake brownies, and butterscotch blondies.*

**CUPCAKE ASSORTMENT** \$50 per doz

*2 dozen minimum; 48-hours notice required.*

*Featuring double chocolate, red velvet, vanilla bean, lemon meringue, jelly roll, and peanut butter cup.*

**GOURMET DESSERT PLATTER** Serves 20 \$85

*Includes a variety of freshly baked cookies, assorted cupcakes, lemon bars, assorted brownies, butterscotch blondies, and petit fours.*

**CHOCOLATE-DIPPED STRAWBERRIES** \$42 per doz   

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

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## BEVERAGES

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**MIX & MATCH** \$3.50 pp

*An assortment of beverages from Coca-Cola, Snapple, Nantucket Nectars, Poland Spring, and Spindrift.*

**BOTTLED WATER** \$2.25 pp

*Poland Spring natural spring water.*

**SPECIALTY WATERS** \$4 pp

*An assortment of Saratoga and Poland Spring sparkling as well as assorted Spindrift flavors.*

**12 OZ. SODA ASSORTMENT** \$2.50 pp

*An assortment of Coca-Cola products.*

**FRESHLY BREWED COFFEE** Serves 12 \$32 per box

*This blend is robust and decadent.*



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