

# AVALON

CATERING

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## AMBIENT LUNCH MENUS

### Fall and Winter

responsibly sourced and thoughtfully prepared menus  
designed to make entertaining easy

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## A LA CARTE AMBIENT LUNCH SELECTIONS

### PROTEINS

#### pepper crusted sirloin

cracked black pepper crusted painted hills sirloin,  
grilled to medium rare and sliced; served ambient from a platter  
w. red onion jam and organic parsley

GF + DF + NF

**\$14.90 per guest**

20 guest minimum, additional increments of 5 guests

#### garlic sage roasted hanger steak

creekstone hanger steak rubbed in fresh garlic and sage  
roasted to medium rare and sliced; served ambient from a platter  
w. bell pepper citrus salsa

GF + DF + NF

**\$14.90 per guest**

20 guest minimum, additional increments of 5 guests

#### buffalo grilled chicken tenders

springer mountain boneless, skinless chicken tenders  
grilled, tossed in buffalo sauce; served ambient from a platter  
w. blue cheese crumble and sliced celery garnish

GF + NF

**\$12.90 per guest**

20 guest minimum, additional increments of 5 guests

#### hummus baked chicken breast

springer mountain boneless, skinless chicken breasts, coated in hummus,  
baked and sliced; served ambient from a platter  
w. za'atar fried chickpeas and chiffonade of mint

GF + DF + NF

**\$12.90 per guest**

20 guest minimum, additional increments of 5 guests

**tarragon caper salmon side**

verlasso salmon side covered and baked with tarragon, capers and herb;  
served ambient from a platter  
finished w. fresh fennel fronds and lemon wedges

GF + NF

**\$16.90 per guest**

20 guest minimum, additional increments of 5 guests

**classic poached shrimp**

21/25 tail-ON gulf shrimp  
poached in a classic court bouillon  
and served w. a side of cocktail sauce,  
horseradish cream and lemon wedges

GF + NF

**\$16.90 per guest**

20 guest minimum, additional increments of 5 guests

**vegan quinoa mushroom**

portabella mushrooms  
stuffed w. tri-color quinoa and cool weather farmer veggies;  
served ambient from a platter  
finished w. tons of organic herbs

GF + VEGAN +DF + NF

**\$12.90 per guest**

20 guest minimum, additional increments of 5 guests

**ENHANCED SALADS**

**locavore salad**

the best local lettuces of the day, the best local veggies of the day,  
the best local cheese of the day, toasted georgia pecans  
+ southern swiss dairy buttermilk and organic herb green goddess dressing  
served ambient from a bowl

GF + VEG

**AVALON seasonal salad**

local lettuces, roasted beets and carrots,  
toasted walnuts, parmesan crisps  
+ citrus vinaigrette  
served ambient from a bowl

GF + VEG

**winter powerhouse salad**

local kale julienne, heirloom quinoa, dried fruits,  
marinated kidney beans, toasted georgia peanuts  
+ honey lime vinaigrette  
served ambient from a bowl  
GF + VEG + DF

**AVALON kale salad**

creamy kale salad w. watermelon radishes,  
organic carrot, pumpernickel crumble  
+ garlic parmesan dressing  
served ambient from a bowl  
VEG + NF

**tuscan harvest bread salad**

seasoned croutons tossed  
w. arugula and spinach,  
toasted sunflower seeds, rosemary mince  
+ granny smith apple vinaigrette  
served ambient from a bowl  
VEG + DF + NF

**classic greek salad**

chopped romaine layered w. loads of crumbled feta, diced cucumber,  
greek olives and artichoke hearts  
+ zesty oregano vinaigrette  
served ambient from a bowl  
GF + VEG + NF

**mediterranean chopped salad**

local lettuces and kale, marinated artichoke hearts, kalamata olives,  
marcona almonds, diced fresh vegetables  
+ house ranch dressing  
served ambient from a bowl  
GF + VEG

**'loaded' salad**

local lettuces piled up  
w. beeler's bacon lardons, boiled farm eggs, cheddar cheese,  
grilled organic scallions,  
farmer radishes, toasted whole almonds  
+ southern swiss dairy creamy herb dressing (you know, ranch!)  
served ambient from a bowl  
GF

**classic caesar salad**

chopped romaine, shaved parm,  
olive oil fried croutons, cracked black pepper  
+ caesar vinaigrette,  
served ambient from a bowl

NF

**\$44.00 per 5 quarts**

5 quarts serves up to 25 guests,  
additional increments of 2 quarts at \$18.00 per 2 quarts

**LOCALLY BAKED BREAD**

**chef's choice locally baked rolls**

+ whipped butter

**\$17.00 per dozen**

**AMBIENT SIDES**

**roasted broccoli salad**

roasted broccoli, toasted pumpkin seeds, sliced dates  
organic baby arugula, light vegan vinaigrette  
served ambient from a platter

GF + VEGAN + DF + NF

**\$94.00 per platter; serves up to 20 guests**

**roasted baby carrots**

roasted baby carrots w. crumbled goat cheese  
and farmer veggie top pistou  
served ambient from a platter

GF + VEG + NF

**\$66.00 per platter; serves 10 - 12 guests**

**gochujang roasted eggplant**

chef's eggplant roasted and glazed w. gochujang  
garnished w. sliced scallions and thinly shaved peppers  
served ambient from a platter

GF + VEGAN + DF + NF

**\$94.00 per platter; serves up to 20 guests**

**grilled veggies**

seasonal vegetables grilled w. citrus vinaigrette  
served ambient from a platter

GF + VEGAN + DF + NF

**\$83.00 per platter; serves up to 20 guests**

**white bean salad**

cannellini bean salad  
w. crisp celery, shaved shallots, fresh parsley  
+ apple cider and agave vinaigrette  
served ambient from a bowl

GF + VEGAN + DF + NF

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**israeli cous cous salad**

israeli cous cous pasta tossed w. dried cranberries,  
crumbled feta, toasted almonds  
+ a light vinaigrette  
served ambient from a bowl

VEG

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**sweet potato salad**

roasted sweet potato salad w. crisp farmer peppers,  
caramelized shallots, tons of herbs and honey mustard vinaigrette

GF + VEG + NF

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**cool weather farro salad**

anson mills farro piccolo salad w. butternut squash ribbons,  
crumbled fresh goat cheese,  
organic arugula and kale vinaigrette  
served ambient from a bowl

VEG + NF

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**pasta salad w. buttermilk vinaigrette**

broccoli and local pea pasta salad  
w. shaved parm, organic basil  
and creamy southern swiss dairy buttermilk vinaigrette,  
served ambient from a bowl

VEG + NF

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**slow roasted potato salad**  
slow roasted new potatoes  
tossed w. garlic aioli  
served ambient from a bowl  
GF + VEG + DF + NF

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**four bean salad**

four bean salad w. green beans, black beans, garbanzo beans and field peas  
w. crumbled feta and lemon zest vinaigrette,  
served ambient from a bowl  
GF + VEG + NF

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**fresh fruit salad**

fruit salad macerated w. fresh lime juice, organic agave nectar and mint,  
served ambient from a bowl  
GF + VEG

**\$33.00 per 2 quarts; 2 quarts serves 10 – 12 guests**

**BOXED SANDWICHES + BOXED ENTREES**

**Specialty Sandwich Boxes**

**\$16.90 each**

minimum of 20 boxes, additional increments of 5 boxes,  
thank you for selecting a minimum of 5 of each type

each box contains 1 specialty sandwich, 2 sides, 1 dessert,  
compostable cutlery, napkin, compostable box w. label

**Specialty Sandwich Trays**

**\$12.90 each**

minimum of 20 sandwiches, additional increments of 5,  
thank you for selecting a minimum of 5 of each type

**THE smoked turkey sandwich**

thinly sliced smoked turkey, aged provolone,  
housemade preserves, aioli  
sautéed vidalia onions, local lettuces,  
locally baked semolina batard

NF

**all-american roast beef sandwich**

thinly sliced medium rare roast beef, sliced cheddar,  
pepper jelly, organic baby arugula,  
locally baked thick cut sourdough bread

NF

**patagonia salmon burger**

verlasso salmon burger, lemon saffron aioli,  
sweet and spicy candied peppers,  
crisp cucumber slices, local lettuces,  
locally baked griddled bun

NF

**grilled chicken 'shawarma' sandwich**

julienne shawarma grilled chicken thighs,  
charred onions, lettuce, tomato,  
lots of seasoned tahini sauce and garlic lemon yogurt,  
ben's classic pita pocket pita

NF

**'don't worry' curry chicken salad pita pocket**

herb baked chicken salad  
~ curried yogurt, toasted almonds, raisins and organic scallions ~  
local lettuces, ben's classic pita pocket pita

**winter picnic pork sandwich**

savory berkshire pork loin roasted w. savory herbs  
thinly sliced and piled high  
w. red cabbage cole slaw, house pickles, grainy mustard mayo,  
butter grilled locally baked brioche bun

NF

**THAT italian hero sandwich**

thinly sliced ham, prosciutto, the spotted trotter salami and sopressata  
w. aged provolone, kalamata olive spread,  
local lettuces, oregano vinaigrette, aioli,  
locally baked hoagie roll

NF

**gluten free turkey sandwich**

thinly sliced smoked turkey, sliced cheddar,  
sliced tomatoes, local lettuces, whole grain mustard aioli,  
udi's gluten free sandwich bread

GF + NF

**lemon labneh and grilled eggplant sandwich**

lemon labneh spread, za'atar grilled eggplant, artichoke hearts,  
mint, basil, parsley, cilantro, scallion,  
salted water-soaked walnuts and sliced radishes,  
locally baked focaccia bread

VEG

**cumin coriander grilled tofu wrap**

cumin and coriander grilled 'the soy shop' tofu,  
roasted zucchini tahini spread spiked w. basil,  
sliced avocado, sliced tomato, pea tendrils,  
vegan lavash wrap

VEGAN + DF + NF

**collard hummus wrap**

lightly blanched collard leaf wrap  
filled w. roasted red pepper hummus, tri-color quinoa salad,  
crisp julienne of seasonal veggies, and local micros

GF + VEGAN + DF + NF

**mushroom tofu lettuce wrap**

leaves of local lettuces  
filled w. ginger lemongrass sautéed sparta imperial mushrooms,  
atlanta's 'the soy shop' tofu, toasted georgia peanuts,  
crisp veggies and fresh herbs

GF + VEGAN + DF

**Classic Sandwich Boxes**

**\$14.90 each**

minimum of 20 boxes, additional increments of 5 boxes,  
thank you for selecting a minimum of 5 of each type

each box contains 1 classic sandwich, 1 side + whole  
fruit or chips, 1 dessert, compostable cutlery, napkin, compostable box w. label

**Classic Sandwich Trays**

**\$11.90 each**

minimum of 20 sandwiches, additional increments of 5,  
thank you for selecting a minimum of 5 of each type

**ham, swiss, dijon mayo, lettuce, tomato, locally baked bread**

NF

**turkey, provolone, dijon mayo, lettuce, tomato, locally baked bread**

NF

**roast beef, cheddar, dijon mayo, lettuce, tomato, locally baked bread**

NF

**classic chicken salad, lettuce, tomato, locally baked bread**

NF

**classic pimento cheese, lettuce, tomato, locally baked bread**

NF

## **BOXED ENTREES**

### EXCEPTIONAL COLLECTION

#### **tarragon caper verlasso salmon filet**

SELECT 2 sides +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 2 chef's choice desserts, compostable cutlery, napkin, compostable box

**\$20.90 per box**

#### **orange fennel roasted springer mountain chicken breast**

SELECT 2 sides +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 2 chef's choice desserts, compostable cutlery, napkin, compostable box

**\$20.90 per box**

#### **pepper crusted painted hills sirloin steak**

SELECT 2 sides +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 2 chef's choice desserts, compostable cutlery, napkin, compostable box

**\$20.90 per box**

#### **vegan quinoa stuffed portabella mushroom**

SELECT 2 sides +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 2 chef's choice desserts, compostable cutlery, napkin, compostable box

**\$20.90 per box**

### ESSENTIAL COLLECTION

#### **thai sweet chili salmon filet w. scallions**

SELECT 1 side +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$17.90 per box**

**pan seared herbed springer mountain chicken breast**

SELECT 1 side +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$17.90 per box**

**garlic herb grilled painted hills sirloin steak**

SELECT 1 side +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$17.90 per box**

**vegan brown rice stuffed bell pepper**

SELECT 1 side +

local lettuces + shaved veggies, dressing in a compostable soufflé cup,  
h&f roll, 1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$17.90 per box**

**PROVIDENT COLLECTION**

**lemon herb marinated salmon filet**

local lettuces, dressing in a compostable soufflé cup,  
1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$14.90 per box**

**bbq basted springer mountain chicken breast**

local lettuces, dressing in a compostable soufflé cup,  
1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$14.90 per box**

**ancho chile and lime grilled creekstone hanger steak**

local lettuces, dressing in a compostable soufflé cup,  
1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$14.90 per box**

**vegan balsamic and tahini roasted tofu + caponata**

local lettuces, dressing in a compostable soufflé cup,  
1 chef's choice dessert, compostable cutlery, napkin, compostable box

**\$14.90 per box**

## SPECIALTY COLLECTION

designed especially for your guests w. special dietary considerations!

### GLUTEN FREE

#### **herb grilled chicken breast + grilled pineapple and red onion salsa**

kale salad w. blueberries, toasted sliced almonds, dried cranberries and goat cheese, citrus vinaigrette in a 2oz compostable cup  
white bean salad in a 6oz compostable cup,  
1 gluten free oatmeal cranberry cookie,  
compostable cutlery, napkin, compostable box

**\$17.90 per box**

### VEGAN + NUT FREE

#### **field pea falafel lavash wrap**

filled w. roasted garlic hummus,  
roasted cauliflower, zucchini and squash on a bed of romaine,  
zesty greek vinaigrette in a 2oz compostable cup  
pickled cucumbers in a 6oz compostable cup,  
1 vegan and nut free chocolate chip cookie,  
compostable cutlery, napkin, compostable box

**\$17.90 per box**

### VEGETARIAN

#### **black bean burrito**

stuffed w. red pepper pico de gallo, guacamole, brown rice and sour cream,  
creamy cashew cilantro dressing in a 2oz compostable cup  
chile lime roasted sweet potatoes w. scallions in a 6oz compostable cup,  
1 chef's choice dessert,  
compostable cutlery, napkin, compostable box

**\$17.90 per box**

We request that you order a minimum of 5 of each type of boxed meal.

## SIDES IN COMPOSTABLE CUPS

#### **roasted broccoli salad**

roasted broccoli, toasted pumpkin seeds, sliced dates,  
organic baby arugula, light vegan vinaigrette  
in a 6oz compostable cup w. lid

GF + VEGAN + DF + NF

**\$3.90 each; 5 minimum per selection**

**roasted baby carrots**

roasted baby carrots w. crumbled goat cheese and farmer veggie top pistou  
in a 6oz compostable cup w. lid  
GF + VEG + NF

**\$3.90 each; 5 minimum per selection**

**gochujang roasted eggplant**

chef's eggplant roasted and glazed w. gochujang  
w. sliced scallions and thinly sliced peppers  
in a 6oz compostable cup w. lid  
GF + VEGAN + DF + NF

**\$3.90 each; 5 minimum per selection**

**white bean salad**

cannellini bean salad w. crisp celery, shaved shallots, fresh parsley  
+ apple cider and agave vinaigrette  
in a 6oz compostable cup w. lid  
GF + VEGAN + DF + NF

**\$3.90 each; 5 minimum per selection**

**israeli cous cous salad**

Israeli cous cous pasta tossed w. dried cranberries,  
crumbled feta, toasted almonds  
+ a light vinaigrette  
in a 6oz compostable cup w. lid  
VEG

**\$3.90 each; 5 minimum per selection**

**sweet potato salad**

roasted sweet potato salad w. crisp farmer veggies,  
caramelized shallots, tons of herbs and honey mustard vinaigrette  
in a 6oz compostable cup w. lid  
GF + VEG + NF

**\$3.90 each; 5 minimum per selection**

**cool weather farro salad**

anson mills farro piccolo salad w. butternut squash ribbons,  
crumbled fresh goat cheese,  
organic arugula and kale vinaigrette  
in a 6oz compostable cup w. lid  
VEG + NF

**\$3.90 each; 5 minimum per selection**

**pasta salad w. buttermilk vinaigrette**

broccoli and local pea pasta salad  
w. shaved parm, organic basil  
and creamy southern swiss dairy buttermilk vinaigrette,  
in a 6oz compostable cup w. lid  
VEG + NF

**\$3.90 each; 5 minimum per selection**

**slow roasted potato salad**

slow roasted new potatoes  
tossed w. garlic aioli  
in a 6oz compostable cup w. lid  
GF + VEG + DF + NF

**\$3.90 each; 5 minimum per selection**

**four bean salad**

four bean salad w. green beans, black beans, garbanzo beans and field peas  
w. crumbled feta and lemon zest vinaigrette,  
in a 6oz compostable cup w. lid  
GF + VEG + NF

**\$3.90 each; 5 minimum per selection**

**AVALON kale salad**

creamy kale salad w. watermelon radishes,  
organic carrot, pumpernickel crumble  
+ garlic parmesan dressing  
in a 6oz compostable cup w. lid  
VEG + NF

**\$3.90 each; 5 minimum per selection**

**fresh fruit salad**

fruit salad macerated w. fresh lime juice, organic agave nectar  
and mint in a 6oz compostable cup w. lid  
GF + VEGAN + DF + NF

**\$3.90 each; 5 minimum per selection**

**Please note...**

Minimums apply to all orders.  
Additional considerations apply.

Please see Ordering Guidelines for more information.  
Pricing is subject to change.