



NEW YORK CITY
2022

A Full Service Caterer serving New York City for over 25 years.

We are a single source for all your event needs, including Food, Staffing and Rentals. Whether it be a Breakfast, Buffet or Box Lunch, Reception or Dinner, our attention to detail is unmatched. From a simple "Drop Off" to a "Full Service Sit-down Dinner" Food For Thought's team will handle every detail and ensure a successful event!

Please feel free to call or email me to discuss and plan your next event.

Steven Sotland

steve@foodforthoughtnyc.com

212-929-4689

GUIDELINES

Minimum

All orders are required to meet a \$1000 minimum for food & beverage for each delivery.

Delivery Charge

Delivery will be determined upon order size, location, and time of delivery.

Weekend Orders

Every effort will be made to accommodate weekend orders. These orders will incur a weekend delivery / setup charge which will be determined upon pricing of order.

After Hours Setups and Breakdowns

All orders that require delivery, setup or breakdown before or after hours will be charged an additional fee.

Administrative Service Charge

10% of food and beverage charges—this fee covers the cost of office and administrative staff, rental and staff coordination, insurance and insurance certificates, increase in NYC minimum wage, excessive NYC parking fees, Covid related expenses as well as planning and execution of the event.

Ceramic Platters

Available at an additional charge for rental and pickup after event.

Terms of Payment

Payment may be made by company check or credit card. All credit card payments will be subject to a 4% service charge.

BREAKFAST

All Breakfast items are served on plasticware with plastic utensils.

BREAKFAST PACKAGES

FULL CONTINENTAL— \$11.95

Assortment of Miniature Bagels, Muffins, Danishes, Croissants
Cream Cheese, Sweet Butter and Preserves
Assorted Fruit Juices

FULL GOURMET— \$19.95

Assortment of Miniature Bagels, Muffins, Danishes, Croissants & Scones
Cream Cheese, Sweet Butter and Preserves
Smoked Salmon Platter with Sliced Tomato, Cucumber and Red Onion
Sliced Fresh Fruit Platter or Fruit Salad
Assorted Fruit Juices

À LA CARTE ADDITIONS

Coffee—\$ 3.25 / person

ROOM TEMPERATURE

Hard Boiled Egg (In Shell)	\$1.95
Fresh Fruit Platter or Fruit Salad	\$4.95
Yogurt (Regular or Lite)	\$2.75
Greek Yogurt	\$3.95
Yogurt Parfait	\$4.95
Vegetable Cream Cheese.....	\$1.25
Smoked Salmon Cream Cheese	\$1.75
Smoked Salmon Platter	\$10.95

DIETARY RESTRICTIONS

Lou Siegal Glatt Kosher Continental Breakfast.....

call for quote

SILVER LUNCH

Each Lunch Includes one Sandwich, one Bag of Potato Chips/Pretzels, one Whole Fruit, one Chocolate Chip/Oatmeal Raisin Cookie & one Beverage (Assorted Sodas & Bottled Water)

Sandwiches are served on a selection of the following breads:
Rolls, French Baguettes, Whole Wheat, Seven Grain or Wraps

Silver Lunch can be served **Buffet Style** or as a **Boxed Lunch**

For 1 – 10 guests you may select up to 3 choices

For 11 – 20 guests you may select up to 4 choices

For 21+ guests you may select up to 5 choices

SANDWICH SELECTIONS

DELI CUTS

- Black Forest Ham with Aged Cheddar, Lettuce, Tomato & Mayo
- Honey Turkey with Provolone, Radicchio & Honey Mustard
- Smoked Turkey with French Brie, Arugula & Cranberry Chutney
- Smoked Turkey with Pepper Jack Cheese, Fresh Avocado, Lettuce, Tomato & Mayo
- Roast Beef with Confetti Slaw & Chipotle Aioli
- Roast Beef with Swiss, Caramelized Onions & Whole Grain Mustard
- "Italian"— Ham, Salami, Provolone, Roasted Red Peppers, Lettuce, Tomato & Vinaigrette

CHICKEN

- Grilled Chicken Breast with Mozzarella, Roasted Red Peppers & Pesto Aioli
- Panko Breaded Chicken Breast with Asian Slaw, Tomato & Sriracha Mayo
- Harvest Chicken Salad with Dried Cranberries, Chives & Mixed Baby Greens
- Grilled Southwestern Chicken Breast with Monterey Jack Cheese, Guacamole, Lettuce & Tomato

VEGETARIAN

- Grilled Eggplant, Portobello, Roasted Red Pepper Hummus & Arugula
- Fresh Mozzarella & Beefsteak Tomato with Fresh Basil, Olive Oil & Balsamic
- Grilled Vegetables with Roasted Garlic Hummus
- Greek Salad with Feta in a Wrap

SEAFOOD

- Classic Tuna Salad with Baby Greens & Plum Tomato
- Italian Tuna Salad (No Mayo) with Capers, Black Olives & Roasted Red Pepper
- Smoked Salmon with Cucumber, Red Onion & Cream Cheese
- Grilled Salmon Filet with Baby Arugula & Lemon Chive Dressing

PRICING

Silver Lunch.....	\$ 18.95 / person
Fresh Fruit Platter or Fruit Salad Substitution for Whole Fruit	\$ 3.50 / person
Lou Siegal Glatt Kosher Boxed Lunch.....	call for quote

*For Gluten Free Options - Please Choose One of Our Salad Bento Boxes (page 8)

GOLD LUNCH

In addition to the Sandwich selection of the Silver Lunch Package, the Gold Lunch offers ONE of the following sides

Each Lunch Includes one Sandwich, one Side (from below), one Bag of Potato Chips/Pretzels, one Whole Fruit, one Chocolate Chip/Oatmeal Raisin Cookie & one Beverage (Assorted Sodas & Bottled Water)

SIDE SELECTIONS

PASTA

- Cheese Tortellini with Spinach & Grated Parmesan
- Penne Pasta with Roasted Plum Tomatoes, Fresh Basil & Olive Oil
- Penne Pasta with Cherry Tomatoes & Baby Mozzarella, Tossed with Basil Pesto
- Primavera with Grilled Vegetables and Olive Oil

GRAINS & LEGUMES

- Three Bean Salad with Greens, Fresh Garlic & Olive Oil
- Chickpea Salad with Feta Cheese, Kalamata Olives, Cucumber, Tomato & Red Onion
- Quinoa Salad with Roasted Butternut Squash, Sundried Cranberry, Walnuts & Goat Cheese
- Farro Salad with Mushrooms, Grated Cheese, Chives & Truffle Oil
- Black Bean & Corn Salad with Bell Peppers, Red Onion & Cilantro in a Chipotle Honey Vinaigrette

LEAF SALADS

- Mixed Field Greens with Garden Vegetables & Balsamic Vinaigrette
- Classic Caesar Salad with Grated Parmesan, Garlic Croutons & Creamy Caesar Dressing
- Classic Greek Salad with Romaine Lettuce, Feta Cheese, Kalamata Olives, Cucumber, Tomato & Red Onion, Tossed in a Citrus Vinaigrette
- Chopped Salad with Arugula, Radicchio, Cucumber, Tomato, Corn Kernels, Shaved Carrot & Crumbled Goat Cheese with Italian Vinaigrette
- Harvest Salad with Mesclun Greens, Diced Apple, Sundried Cranberries, Walnuts & Raspberry Vinaigrette

OTHER

- Confetti Cole Slaw with Red & Green Cabbage
- Potato Salad with Egg

PRICING

Gold Lunch \$ 21.95 / person

ADDITIONAL OPTIONS

Fresh Fruit Platter or Fruit Salad Substitution for Whole Fruit \$ 3.50 / person

Additional Salad Selection..... \$ 3.25 / person

Lou Siegal Glatt Kosher Boxed Lunch..... call for quote

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PLATINUM BUFFET LUNCH

This package includes a selection of both Room Temperature Entrées as well as Hot Entrées. It can be served with plasticware and plastic utensils or with ceramic platters and silver utensils.

Hot Entrées require Staff

INCLUDES A CHOICE OF THE FOLLOWING:

One Entrée (2 Entrées for 40+ guests), one Starch, one Vegetable, one Salad and one Dessert. It also includes Bread and Butter and an assortment of Soda and Water.

ROOM TEMPERATURE ENTRÉE

POULTRY

- Roasted Herb Chicken Paillard Over Baby Arugula with Tomato Basil Relish
- Japanese Panko Crusted Sesame Chicken with Hoisin Barbeque Sauce
- Citrus Grilled Chicken with Tomato—Corn Salsa
- Parmesan Crusted Chicken with an Herb Aioli Drizzle

MEAT

- Chipotle Flank Steak with Cilantro Lime Butter
- Grilled Flank Steak with Ginger, Scallions and Teriyaki Glaze
- Herb Crusted Flank Steak with Horseradish Aioli

SEAFOOD

- Ginger Honey Glazed Salmon with Scallions
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VEGETARIAN

- Grilled Portabella Mushroom Steak with Grilled Onions
- Spinach Pie with Caramelized Onion & Cheddar
- Seared Tofu with Miso Glaze and Asian Greens

HOT ENTRÉE

POULTRY

- Saffron Chicken with Parsley and Lemon over Basmati Rice
- Chicken Cordon Bleu, Breaded with Ham, Melted Swiss and a White Mushroom Sauce
- Turkey Meatballs in a Homemade Marinara with Fresh Basil and Grated Parmesan
- Turkey Breast and Roasted Potatoes with Brown Gravy and Cranberry Chutney

MEAT

- Peppered Steak with Bell Peppers and Onions

SEAFOOD

- Roasted Tilapia in White Wine, Lemon Sauce
- Baked Salmon with a Honey Mustard Sauce
- Salmon Scallion Cakes with Lemon Cilantro Aioli

VEGETARIAN

- Eggplant Parmesan with Fresh Basil
- Zucchini Gratin with Potatoes, Breadcrumbs, Gruyere and Parmesan
- Penne with Arugula, Sundried Tomatoes and Pesto Cream Sauce
- Spring Vegetable Gratin with Parmesan and Fresh Thyme

PLATINUM BUFFET LUNCH

CONTINUED

STARCHES (CHOOSE ONE)

- Three Bean Salad with Greens, Garlic and Olive Oil
- Orzo with Sundried Cranberries and Fresh Chives
- Penne with Spinach, Shitake Mushrooms & a Light Truffle Cream
- Roasted Red Skinned Potatoes with Rosemary, Sea Salt and Fresh Cracked Pepper
- Cous Cous with Chic Peas, Cucumber, Tomatoes, Red Onion

VEGETABLES (CHOOSE ONE)

- Grilled Vegetable Antipasto
- Maple Glazed Roasted Carrots
- Roasted Brussels Sprouts with Caramelized Shallots
- Roasted Cauliflower with Grated Parmesan, Garlic and Olive Oil
- Green and Golden Zucchini Sautéed in Garlic and Fresh Pepper
- Haricot Verte with Toasted Almonds and Caramelized Onions
- Roasted Yellow Squash with Sage Pesto

SALAD (CHOOSE ONE)

- Romaine, Feta Cheese, Black Olives, Tomatoes, Cucumber in an Herb Vinaigrette
- Traditional Caesar Salad with Grated Parmesan, Focaccia Croutons, Parmesan Dressing
- Tuscan Kale Salad with Shaved Parmesan, Shallots, Croutons and Vinaigrette
- Roasted Red Beets with Mixed Greens, Goat Cheese, Walnuts, Honey & Balsamic
- Spinach Salad with Cherry Tomatoes, Baby Mozzarella and Creamy Balsamic Vinaigrette
- Italian Tomato Salad with Fresh Basil, Roasted Garlic, Baby Mozzarella, Olive Oil & Balsamic
- Mixed Baby Greens with Crushed Walnuts, Crumbled Goat Cheese, Diced Cucumber, Dried Cranberries and Golden Raisins Tossed in Raspberry Vinaigrette

DESSERT (CHOOSE ONE)

- Mini Cheesecakes
- Assorted Bread Pudding
- Cheesecake with Fresh Strawberries
- Assorted Cookies, Brownies and Mini Tarts
- Sliced Fresh Tropical Fruit Platter with Berries
- Assorted Chocolate Dipped Fruits with Petite Cookies
- Chocolate Chip and Oatmeal Raisin Cookies

PRICING

Platinum Buffet Lunch	\$ 29.95 / person
Additional Entrée	\$ 5.50 / person
Lou Siegal Glatt Kosher Hot Lunch	call for quote

SALAD BENTO BOX

Each Bento Box Includes one Entrée Salad, one Package of Dressing, Fruit Salad, one Dinner Roll, one Dessert Selection and one Beverage (Assorted Sodas & Bottled Water)

SALAD SELECTIONS

- Southwestern Chopped Salad with Shrimp, Romaine Lettuce, Cucumber, Tomato, Avocado, Roasted Corn, Black Beans & Shredded Cheddar with Avocado-Lime Dressing
- Harvest Grilled Chicken Salad with Mesclun Greens, Diced Apple, Sundried Cranberries, Candied Walnuts & Raspberry Vinaigrette
- Panko Crusted Chicken Breast over Mesclun Greens with Hard Boiled Egg, Cucumber, Tomato, Shredded Carrot & Honey-Dijon Vinaigrette
- Grilled Flank Steak over Baby Spinach with Mushrooms, Grilled Asparagus, Grape Tomato & Ranch Dressing
- Sesame Crusted Tuna Over Baby Greens with Charred Edamame, Red Cabbage & Shredded Carrot, Tossed in Ginger-Scallion Dressing, Topped with Crispy Wontons, & Cucumber Wasabi Aioli
- Roasted Red Beets over Mesclun Salad with Crumbled Goat Cheese, Candied Walnuts & Red Wine Vinaigrette
- Asian Chicken Salad with Spinach, Mandarin Orange Segments, Cilantro, Crispy Noodles & Asian Sesame Dressing
- Classic Cobb Salad with Roasted Turkey Breast, Crispy Bacon, Avocado, Hard Boiled Egg, Crumbled Bleu Cheese & Ranch Dressing
- Classic Caesar Salad with Grilled Chicken, Grated Parmesan, Garlic Croutons & Creamy Caesar Dressing
- Caprese Salad over Arugula with Baby Mozzarella, Cherry Tomato, Sliced Avocado, Fresh Basil, Balsamic Vinegar & Olive Oil
- Faro Salad with Mushrooms, Fontina Cheese, Chives & Truffle Oil

DESSERT

- Brownies & Blondies
- Chocolate Chip Cookies & Oatmeal Raisin Cookies
- Lemon Squares
- Assorted Bread Pudding

PRICING

Salad Bento Box Lunch	\$ 22.95 / person
Lou Siegal Glatt Kosher Boxed Lunch.....	call for quote

ENTRÉE BENTO BOX

Each Bento Box Includes one Room Temperature Entrée Selection from Below, one Leaf Salad (page 5), one Dinner Roll, one Dessert Selection & one Beverage (Assorted Sodas & Bottled Water)

ROOM TEMPERATURE ENTRÉE

POULTRY

- Parmesan Crusted Chicken Over Sundried Tomato & Chive Orzo Salad
- Grilled Chicken Over Root Vegetable (Carrots, Zucchini, Sweet Potato & Yellow Squash)
- Roasted Turkey Breast Over Potato Salad & Cranberry Relish
- Grilled Chicken with Fresh Tomato-Basil Bruschetta Over Fresh Herb Orzo Salad

MEAT

- Chimichurri Grilled Flank Steak Over Barley & Lentil Salad with Grilled Asparagus
- Flank Steak with Garlic Horseradish Aioli over Faro with Green Beans
- Steak Fajita with Grilled Peppers & Onions, Served with Brown Rice & Chipotle Sauce

SEAFOOD

- Herb Crusted Salmon Over Cauliflower Rice & Haricot Verte
- Ginger Honey Glazed Salmon with Sliced Scallion & Sesame, Over Soba Noodles & Charred Edamame
- Tequila-Lime Grilled Shrimp Over Spanish Yellow Rice & Roasted Corn
- Sesame Crusted Tuna, Pan Seared (Rare) & Served over Asian Slaw, with Cucumber-Wasabi Aioli
- Lemon Poached Shrimp Over Mediterranean Chickpea Salad with Pita Bread & Tzatziki Sauce
- Salmon Scallion Cakes with Lemon Cilantro Aioli Over Fresh Herb Orzo Salad

VEGETARIAN

- Miso Glazed Tofu Over Steamed Brown Rice & Bok Choy
- Eggplant & Red Pepper with Fresh Mozzarella & Basil Over Wild Rice Orzo Salad
- Fusilli Pasta Primavera with Sautéed Broccoli, Cauliflower, Asparagus, Cherry Tomato, Grated Parmesan, Garlic & Olive Oil
- Roasted Bell Peppers Stuffed with Rice, Black Beans, Corn, Chopped Tomato & Shredded Cheeses Over Mixed Baby Greens Tossed with Cilantro Lime Dressing
- Oven Roasted Brussels Sprouts, Asparagus, Carrots, Zucchini, Potatoes, Garbanzo Beans & Caramelized Shallots Over Wild Rice Orzo

DESSERT SELECTION

Fresh Tropical Fruit Salad
Brownies & Blondies
Chocolate Chip Cookies & Oatmeal Raisin Cookies
Lemon Squares
Assorted Bread Pudding

PRICING

Entrée Bento Box Lunch..... \$ 27.95 / person
Lou Siegal Glatt Kosher Boxed Lunch..... call for quote

PLATTERS

Each platter serves 12-15 guests.

These menu items are served at Room Temperature, with plasticware.

VEGETABLE CRUDITÉS \$55

Basket of Fresh, Raw, Crisp Vegetables
Served with Your Choice of Two of the Follow Dips:
Spinach-Parmesan Dip • Creamy Ranch Dip •
Cucumber-Wasabi Dip • French Onion Dip

TRI-COLOR TORTILLA CHIPS \$50

Served with Homemade Guacamole and Salsa Fresco

GOURMET COOKIES & BROWNIES \$55

Chocolate Chip Brownies and Assorted Chocolate
and Oatmeal Cookies

SWEETS PLATTER \$75

Cookies • Brownies • Mini Tarts •
Petite Cheese Cakes • Fresh Berries

SLICED TROPICAL FRUIT PLATTER \$55

Cantaloupe • Hawaiian Pineapple • Honeydew
• Mango • Grapes • Fresh Berries

BRUSCHETTA BAR \$50

Tomato-Basil Relish • Roasted Red Pepper-Mozzarella
• Olive Tapenade • Accompanied By Savory Garlic
Crisps, Rosemary Crisps and Flatbreads

MEZZE PLATTER \$55

Classic Hummus • Spinach-Artichoke Dip • Roasted
Red Pepper Hummus • Accompanied By Toasted Pita
Points, Flatbreads, Grilled Naan, Savory Garlic
Crisps, and Flatbreads

DOMESTIC CHEESE BOARD \$70

Selection of Triple Crème Brie • Vermont Cheddar
• Smoked Gouda • Accompanied by Grapes, Fresh
Berries, Table Water Crackers, Crisps, and Breads

MINI GOURMET SANDWICH PLATTER \$90

Turkey with Lettuce, Tomato and Cranberry Relish
Grilled Portabella Mushroom with Hummus
Honey Ham and Brie with Dijon Mustard
Roast Beef with Swiss and Basil Mayo
Served on Mini Brioche and Semolina Squares
• Garnished with a Cornichon Pickle

MIDDLE EASTERN PLATTER \$90

Moroccan Chicken Brochettes with Garlic-Yogurt
Sauce • Falafel with Tzatziki • Classic Hummus • Kala-
mata Olives • Stuffed Grape Leaves • Marinated Feta
Cheese • Served with Grilled Naan, Toasted Pita Points,
and Flatbreads

TASTE OF ITALY ANTIPASTO \$115

Sliced Prosciutto Di Parma • Soppressata • Imported
Genoa Salami • Baby Mozzarella and Sundried
Tomato Skewers • Herbed Olives and Wedges of
Parmesan • Grilled Vegetable Picks (Grilled Eggplant,
Roasted Red Peppers, and Artichoke Hearts) •
Accompanied by Rosemary Focaccia and Crusty
Peasant Breads

MEDITERRANEAN PLATTER \$105

Lemon-Garlic Shrimp (30 pcs) with Red Pepper Aioli
• Pear Slices Wrapped with Prosciutto • Caprese
Skewers with Baby Mozzarella, Tomato and Basil •
Marinated Feta and Olive Skewers • Genoa Salami
and Aged Provolone Skewer • Marinated Artichoke
Hearts • Fresh Crudités with Dill-Yogurt Dip • Served
with Naan Bread

PARISIAN PLATTER \$120

Triple Crème Brie with Raspberry Preserves • Ham,
Gruyere with Dijon Mustard Croissant Bites • Goat
Cheese and Fig Tart • Cornichon Pickle and Salami
Picks • Carrots, Asparagus and Green Beans Served
with Creamy Herb Dip • Rosemary Cheddar Crisps
• Green Olive Tapenade •
Accompanied by Table Water Crackers, Garlic Crisps
and Sliced Baguettes

AFTERNOON TEA PLATTER \$95

Assorted Tea Sandwiches: Smoked Turkey with
Cranberry Relish • Chicken Salad • Tuna Salad •
Cucumber & Cream Cheese • Served with Assorted
Butter Cookies & Fresh Berries

HORS D'OEUVRES

These menu items are served at Room Temperature, with plastic utensils.

20 Person Minimum (Priced 8 pcs / person)

HORS D'OEUVRES PLATTER — \$26.95 (Select 6 Options)

Mini BLTs
Spanakopita
Lime Coconut Chicken Skewers
Grilled Thai Shrimp with Red Bean Dipping Sauce
Crostini with Fresh Pesto and Herbed Goat Cheese
Louisiana Spiced Chicken Satay with Chipotle Sauce
Mini Maryland Crab Cakes with Creole Mustard Sauce
Manchego, Sundried Tomato and Black Olive Brochette
Vegetarian Spring Rolls with Sweet Thai Chili Dipping Sauce
Sesame Chicken Satay with Spicy Peanut Dipping Sauce
Ahi Tuna & Pineapple Brochette with Pesto Lime Drizzle
Vegetable Dumplings (Fried) with Plum Hoisin Sauce

BEVERAGES

REFRESHMENTS

Assorted Soda and Water	\$2.25
Assorted Fruit Juices	\$2.50
Coffee (Regular) Tea (Regular & Herbal)	\$3.25
****Decafe Coffee on Request Only	

ALCOHOLIC BEVERAGES

Alcoholic Beverage Service requires at least one server at a rate of \$225/server for a minimum of 5 hours.