

Hors' Dourves

Tandori Chicken with Sundried Tomato Hummus & Pita Chips

Tandori Rubbed Chicken & Spiced Hummus on a Crisp Pita Chip

Teriyaki Chicken Brochette

Teriyaki Glazed Chicken Breast Skewered and Griddled Served with Green Onion Chards

Rosemary Caprese Skewers *Vegetarian

Hand Spun Mozzarella, Cherry Tomato, and Fresh Basil Skewered on Rosemary Sprigs and Drizzled with Balsamic Gastrique

Smoked Salmon with Asparagus

Razor Cut Smoked Salmon Tossed with Fresh Asparagus Tips Resting on a Mini Toast

Turkey BLT Tea Sandwiches

Oven Crisped Turkey Bacon Served between Layers of Fresh Romaine Lettuce, Roma Tomato & a Spiced Soy Spread

Turkey & Brie Tea Sandwiches

Deli sliced turkey layered between St Andre Brie, spiced apricot marmalade served on rustic bread

Tuna Salad Mini Crepe

Tarragon Tuna Salad Bound with a Yogurt Dill Sauce Served in a Fresh Mini Crepe Garnished with Fresh Chives

Fresh Veggie Tea Sandwiches *Vegan

Fresh Hand Picked Veggies Served Between Layers of Fresh Romaine Lettuce, Roma Tomato & a Spiced Soy Spread

Waldorf Chicken Salad Canapé

White Wine Poached Chicken Mixed with Red Grapes, Toasted Walnuts, Fresh Chives, in a Light Yogurt Dressing Served on a Crispy Cracker

Fresh Spring Roll with Peanut Soy Dipping Sauce *Vegan

Crisp Veggies, fresh mint and basil wrapped in a rice paper roll served with a salty sweet peanut dipping sauce.

Caprese Crostini *Vegetarian

Sweet vine ripe tomato sliced thin served with hand spun buffalo mozzarella, sweet basil, minced garlic atop a crisp crostini.

Asian Slaw on Cucumber Round *Vegan

Shredded Chinese cabbage mixed in a light miso dressing, sesame seeds, red onion served on a crisp cucumber wafer.

Spinach Feta Stuffed Chicken Coin

Thin Chicken breast pan seared and wrapped around wilted spinach, sun dried tomatoes and aged feta

Ahi Bite

Fresh ahi sliced thin and tossed with frisee lettuce, hot house cucumber, seasoned with a sesame soy drizzle.

Chicken Basil Boat

Parmesan Hummus and shredded chicken garnished with red onion strings served in a fresh basil boat

Greek Style Skewer *Vegetarian

Feta cheese, kalamata olive, and Hot House Cucumber skewered on Fresh Oregano

Blue Cheese Mushroom Caps *Vegetarian

Oven Roasted Button Mushroom Caps Hollowed Out and Stuffed with a Fluffy Blue Cheese Mousse Garnished with Fresh Parsley

Turkey Veggie Wrap Pinwheels

Sliced Deli Turkey, Shredded Romaine, Spicy Brown Mustard, Dill Havarti, Wrapped in a Spinach Tortilla

Pesto Hummus Wrap Pinwheels

Grilled Seasonal Vegetables, Fresh Spinach, Pesto Hummus, Feta Cheese, Wrapped in a Sun Dried Tomato Tortilla

Breakfast Items

Yogurt and House Granola

Yogurt sprinkled with Homemade Crunchy Granola

Sweet Cream and Fruit Crepes

Sweetened cheese spiced with cinnamon and nutmeg wrapped in thin French crepes topped with fresh minted fruit salad.

Cottage Cheese and Bagel platter

Assorted flavored cottage cheese spreads with sliced tomato, fresh spinach, lemon wedge, red onion threads alongside your choice of flavored bagels.

Whole Wheat Cinnamon Flax Bread Pudding

Fresh baked flax bread hand torn and baked for hours in our sweet soy custard served with sweet agave nectar and spicy cinnamon

Fresh Fruit Platter

Seasonal Fresh Fruit Decoratively and Garnished with Fresh Spearmint

Salmon Lox with Lemon Wedge

Fresh wild salmon shaved thin and smoked, served with red onion threads, juicy caper berries, lemon wedge, chive cream cheese and whole wheat pita chards.

Baked Muffins

Freshly prepared muffins accompanied by agave-tamed soy spread and fresh fruit preserves

Bagel Bar

Whole Wheat bagels served with roasted jalapeno Neufchatel cheese, cinnamon raisin Neufchatel, and chive lemon peel Neufchatel spread.

Lunch Items

Turkey Panini

Butcher Carved Turkey Breast Griddled and Pressed with Dill Havarti Cheese and Stone Ground Mustard

Portobello Panini *Vegetarian

Balsamic Glazed Vegetables Grilled and Layered between Herb infused Spread and Rustic Bread

Buffalo Chicken Cesaer Wrap

Juicy Chicken Breast Marinated in Tangy Buffalo Sauce Grilled and Wrapped in a Warm Flour Tortilla with Fresh Romaine and Roma Tomatoes

Pesto Hummus Veggie Wrap *Vegetarian

Seasonal Vegetables Marinated and Grilled Over an Open Flame Wrapped in a Flour Tortilla with Pesto Hummus and Fresh Spinach

Grilled Vegetable Wrap with Sesame *Vegetarian

Sesame Soy Marinated Vegetables Oven Roasted and Wrapped in a Warm Flour Tortilla with Sesame Garlic Safflower Mayonnaise

Turkey Sausage Wrap with Corn Relish

Tangy Turkey sausage roasted and sliced tossed with fresh white corn pico de gallo, crunchy spinach leaves, wrapped in a warm flour tortilla.

Sweet Corn and White Truffle Bisque *Vegetarian

Sweet Yellow Corn Pan Seared and Simmered with a Creamy Sauce Accented with White Truffle Oil and Green Onion Chards

French Onion Soup *Vegetarian

Slow Roasted Vidalia Onions caramelized with sweet soy, topped with a crunchy crouton and charred swiss cheese

Seafood Cipollini

Tilapia, jumbo shrimp, fresh salmon poached in a spicy tomato broth with oven roasted vegetables, fresh herbs and white wine

Spinach Salad with Nuts and Dried Cranberries *Vegan

Fresh Green Spinach Leaves topped with Our Signature Candied Nuts and Sun-Soaked Cranberries with your Choice of Dressings
Dressings: Blue Cheese Balsamic, Apple Cider Spiced Vinaigrette, Creamy Cucumber Dill, Herbed Ranch

Wedge Salad *Vegetarian

Crisp Iceberg Lettuce Hand Leafed and Tossed with Blue Cheese, Flax Seed Croutons, Roma Tomato, Green Onions, Mushrooms, served with your choice of Dressings
Dressings: Blue Cheese Balsamic, Apple Cider Spiced Vinaigrette, Creamy Cucumber Dill, Herbed Ranch

Waldorf Chicken Salad with Red Grapes and Nuts

White Wine Poached Chicken Mixed with Plump Red Grapes, Toasted Walnuts, Fresh Herbs Held Together in Light Yogurt-Based Dressing

Dill and Scallion New Potato Salad *Vegetarian

Red New Potatoes Steamed and sliced thin tossed in a Dilled Yogurt Dressing Flavored with Fresh Squeezed Lemon Juice, Red Onion, and Course Black Pepper.

Platters

(Feeds 25-30 ppl)

Fruit, Nut & Cheese Platter

Seasonal Fresh Fruit Arranged Decoratively Among Artisan Cheeses, Gourmet House Blend Nuts Served with Warm Whole Grain Bread and Garnished with Fresh Spearmint

Veggie Platter & Spiced Hummus

Fresh Seasonal Veggies Accompanied by Stone Ground Hummus

Fresh Fruit Platter

Seasonal Fresh Fruit Decoratively and Garnished with Fresh Spearmint

Chips & Dips

Pita chards, oven crisped corn tortilla strips, rice cakes served with pesto hummus, Chipotle salsa fresco, and tangy tzatziki sauce

Drinks

Agua Fresco

Ice cold water muddled with fresh fruits, spiked with fresh spearmint

Agave Sweetened Lemonade

Tangy Fresh Squeezed Meyer Lemons Tamed by Sweet agave nectar

ONI Bottled Water

Desserts

Semi Sweet Homemade Smores

Crunchy Graham base brushed with semi sweet chocolate topped with a cloud of homemade marshmallow

Chocolate Dipped Strawberries

Double Dipped Strawberries Enrobed in Crispy Shells of White and Dark Chocolate.

Handcrafted Truffles

Velvety Chocolate Ganache Hand Rolled and Coated in a Crisp Shell of Dark Chocolate, Rolled in Homemade Toppings

Almond Lace Brittle Fruit Cups

Laced Brittle Cups Filled with Minted Fruit Salad Topped with Fresh Spearmint

French Cheesecake Bites with Fresh Apricots

Fluffy Cheesecake Cups Topped with Dried Apricots and Cinnamon

Chocolate Dipped Platter

(Feeds 25-30 people)

Pretzel Sticks, Dried Apricots, Fresh Strawberries, Banana Chips and Crispy Graham Crackers Dipped in your Choice of Dark, Milk or White Chocolate.

* All event cancellations must be made in writing prior to seven (7) days prior to the event

** 50% deposit is required at the agreement/signing of the proposal. If a cancelation is made within 7 days of the event no refunds will be given. If made prior to the 7 days full refunds will be given.

*** Final head count needs to be given to Optimal Nutrition Inc. within 3 days (72 hours) of the event. If any increases are made, price is subject to change.

****If in the event there is a shortage of product due to high turnout, etc. ONI will attempt to provide the additional needs of product in a timely manner with additional costs associated for this service (Rush Fee) at your request.