



Local Company, Fresh Food, Great Service

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Online ordering: [cooksfreshmarket.com](http://cooksfreshmarket.com)

Cook's Fresh Market established in 1999 has been providing premium farm to meeting fresh catering for over 16 years.

Made to order sandwiches, freshly grilled meats including natural chicken raised without hormones or antibiotics.

Boar's Head premium deli meats. Roast beef prepped and wood-roasted in house. Duck pastrami cured and smoked in house. Sauces and dressings made from scratch. Soups made from scratch with homemade stocks and freshest ingredients. We offer plenty of healthy menu options and we can accommodate a variety of dietary restrictions and custom design menus hot and cold. Please ask for details.

Contact us today to plan your next meeting. We request 48-hour notice on all orders but same day orders are welcome.

Delivery, set-up and hot-food chafers are available for extra charges.

# BREAKFAST

## Fresh Fruit Tray

Slices of cantaloupe, honeydew, pineapple, red grapes, strawberries and other seasonal fruits as available  
**Small** (serves 8-10) \$35.00 - **Medium** (serves 11-15) \$50.00 - **Large** (serves 16-20) \$65.00

## Fresh Fruit Bowl

Fresh cut seasonal fruits including melon, pineapple, red grapes and berries  
\$3.75 per person

**Small** (serves 8-10) \$32.00 - **Medium** (serves 11-15) \$42.00 - **Large** (serves 16-20) \$52.00

## Homemade Quiche: Bacon, Ham and Onion or Vegetable and Herb

\$16.00 each (serves 8-10)

## CFM Breakfast Scramble

Scrambled Eggs with Cheddar Cheese and Scallions, Choice of Bacon (2) or Chicken Apple Sausage (2), Fresh Baked Croissants and Preserves  
\$8.95 per person  
(Minimum 10)

## Stuffed Toasted Breakfast Sandwich

Whole Grain French Bread, Eggs, Cheddar Cheese, Ham, Chipotle Aioli, Spinach  
\$45.00 dozen  
serves 8-10

## Classic French Toast

Choice of Bacon (2) or Chicken Sausage (2), Maple Syrup Blend and Fresh Fruit with Berries  
\$8.95 per person  
(Minimum 10)

## Fruit and Greek Yogurt Parfait with Granola

\$4.50 per person / \$45.00 per dozen

## Continental Breakfast Basket

Muffins, Croissants, Danish, Twice Baked Banana Bread, Bagels  
**Small** \$45.00 (15 pieces) **Medium** \$65.00 (25 pieces) **Large** \$85.00 (35 pieces)

## Individual Healthy Breakfast

\$7.95 per person  
Greek Yogurt, Fresh Fruit Salad and Bran Muffin

## Assorted Fresh Baked Muffins

\$3.00 each / \$32.00 dozen

## Everything Bagels w/Cream Cheese

\$2.29 each / \$22.00 dozen

## CFM Homemade Toasted Breakfast Burritos

\$4.25 each / \$45.00 dozen  
Eggs, Potato, Cheese, Bacon, Chorizo, Green Chilies  
Add Homemade Green Chile Sauce + \$.50, add Hot Sauce + \$.25

## Ham and Cheese Croissants

\$5.50 each / \$48.00 dozen

## Bundled CFM Breakfast

Breakfast pastries, muffins and bagels  
Fruit tray or bowl  
Coffee

**Small** \$75.00 (serves 8-10) **Medium** \$95.00 (serves 10-15) **Large** \$120.00 (serves 15-20)

# Sandwich Box Lunch

\$10.99 each

All sandwiches are made with Boars Head Premium Deli Meats or Cook's Fresh Market super premium fresh cooked deli meats and are built using all homemade and natural sauces and dressings.

Choice of Cold Sandwich, Boulder Premium Potato Chips, a Pickle Spear and a CFM Cookie

Add Tomato Basil Pasta Salad \$1.25  
Add Mixed Green or Sesame Caesar Chaves Salad \$2.75  
Add Fruit Salad \$2.50

## SANDWICH MENU

### **Parmesan Basil Chicken**

grilled pesto marinated natural chicken breast, fresh mozzarella, lettuce, tomato and basil-garlic aioli on whole grain

### **Greek Vegetarian Salad Wrap**

Garbanzo Beans, Cucumber, Tomato, Sprouts, Red Onion, Spinach, Red Pepper, Feta Cheese, Pepperoncini and Sriracha Ranch Dressing

### **BH Smoked Turkey**

Boar's Head Smoked Turkey, Avocado, Red Onion, Cucumber, Lettuce, Sprouts, Tomato, Yogurt Ranch Dressing, Whole Grain Bread

### **CFM Rare Roast Beef**

Whole Grain Bread, Mustard-Horseradish Aioli, Lettuce, Tomato, Dill Pickle, Muenster Cheese, Red Onion

**Caprese** Tomato, Fresh Mozzarella, Basil, Balsamic Vinaigrette on Crusty Wheat

### **Grilled Beef Sirloin Wrap**

Artichokes, Grilled Zucchini, Tomatoes, Onion Marmalade, Ricotta Cheese, Pesto Aioli, Spinach, Whole Wheat Flour Tortilla

### **Smoked Turkey Croissant Sandwich**

Brie, Apples, Cranberry Spread, Dijon Mustard Aioli, Arugula

### **Classic Salami Sandwich**

Boar's Head Salami, Spicy Mustard, Lettuce, Tomato, Red Onion on White

### **Tuna Salad**

Whole Grain Bread, Lettuce, Tomato, Dill Pickle, Mustard Aioli

**Classic Ham and Swiss** Ham, Swiss, Mustard-Mayonnaise, Lettuce, Tomato and Red Onion on Country White

## INDIVIDUAL SALAD BOX LUNCHES

All Individual salads are served with a fresh baked roll and a cookie

### **Duck Cranberry Salad \$13.99**

Wood Roasted Duck, Mixed Greens, Sun-Dried Cranberries, Toasted Pecans, Oranges, Red Onion and Raspberry Vinaigrette

### **Steak Salad \$12.99**

Grilled Spiced Tri-Tip Sirloin, Mixed Greens, Blue Cheese, Tomato, Celery, Red Onion and Balsamic Vinaigrette

### **Israeli Chopped Chicken Salad \$11.99**

Grilled Chicken, Radish, Tomato, Cucumber, Carrot, Garbanzo, Mixed Greens, Bulgur, Cilantro, Mint, Parsley, Tahini – Lemon Vinaigrette

### **Power Salad \$11.99**

Spinach, Mixed Greens, Kale, Oranges, Grapes, Pumpkin Seeds, Avocado, Edamame, Reduced Calorie Vinaigrette

**Asian Pineapple Sesame Chicken \$11.99**

Grilled Natural Breast, Mixed Greens, Pineapple, Almonds, Asiago Cheese, Crisp Chow Mein Noodles, Cilantro, Toasted Sesame Dressing

**Spinach, Beet and Blueberry Salad \$11.99**

with Quinoa, Feta Cheese, Walnuts and Reduced Calorie Orange Vinaigrette

**Tuna Salad \$11.99**

Albacore Tuna Salad over Mixed Greens with Egg, Tomato, Olives, Onions and Croutons

**Chicken Caesar Chaves Salad \$11.99**

Grilled Chicken Breast, Romaine lettuce, Asiago Cheese, Croutons, CFM Toasted Sesame "Caesar" Dressing

**add Steak \$4 add Salmon \$3.50 add Chicken \$3**

## **SANDWICH TRAYS**

(Minimum Order 10)

**Half Sandwich Assortment Tray \$9.99 / person**  
(one half sandwich per person)

Smoked Turkey, Roast Beef, Ham, Grilled Natural Chicken Breast and Greek Vegetable Wrap  
Served with Premium Chips and Tomato Basil Pasta Salad

**Petite Baguette Sandwich Platter (choose 3)**  
\$75 serves 10 - \$145 serves 20

Hummus and Vegetable, Roast Beef & Arugula, Ham & Swiss, Turkey & Brie, Chicken & Mozzarella

**Croissant Sandwich Platter 12.99 / person**  
(24 hour notice required)

Choose from below sandwich options. Served with Fresh Fruit Salad

Classic Club: Roast Turkey, Shaved Ham, Bacon, Lettuce, Tomato and Dijon Aioli  
Roast Beef: Shaved Red Onion, Pickles, Tomato, Spinach, Muenster Cheese and Horseradish Aioli  
Smoked Salmon: with Herbed Cream Cheese, Sprouts, Cucumber, Onion, Tomato and Capers  
Pesto Chicken: Grilled Chicken, Pesto Aioli, Roasted Red Peppers, Spinach and Fresh Mozzarella  
Cranberry Almond Tuna Salad: Mixed Greens, Tomatoes and Dijon Aioli

## **DELI TRAYS**

**Deluxe Meat & Cheese Tray**

Turkey, Ham, Roast Beef, Lettuce, Tomato, Onion, Swiss, Cheddar, Cucumbers, Sprouts, Breads and Condiments  
Small (serves 10-12) \$89.99 - Medium (serves 12-18) \$129.99 - Large (serves 20-24) \$169.99

**No Red Meat Deli Tray**

Smoked Turkey, Grilled Chicken Breast, Tuna Salad, Swiss and Cheddar Cheese, Lettuce, Tomato, Onion, Cucumbers, Sprouts, Tomato Basil Pasta Salad, Breads, Condiments and Relish Items  
Small (serves 10-12) \$129.99 - Medium (serves 12-18) \$189.99 - Large (serves 20-24) \$249.99

**Mini Bun Platter**

Curry Chicken, Cranberry Almond Tuna and Sonoma Chicken Salad Served on Fresh Baked Rolls  
12 pieces \$42.00

## HOT ENTREES

(Minimum Order 12)

If you are looking for something that is not listed, please ask us as we are happy to customize menus with notice. Hot meal orders request a 48 hour notice. All items are packed bulk in disposable aluminum containers. Chafing dishes are available for an additional charge. Minimum order of 12 each menu item.

**Natural Chicken Scaloppini Picatta** \$14.99 / person

Light Sauce of Lemon, Capers and Herbs. Served with Broccoli-Garlic-Asiago Pasta

**Lemon Pepper Salmon** \$16.99 / person

Broccoli with Red Peppers and Garlic, Citrus Roasted Sweet Potatoes

**Taco Fajita Bar** \$12.99 / person

Spicy Fresh Ground Beef, Marinated Chicken, Flour Tortillas, Taco Shells, Scallions, Tomato Salsa, Jalapeno, Lettuce, Cheese, Guacamole, Sour Cream, Sautéed Peppers

**Spiced Rubbed Beef Sirloin Roast** \$18.99 / person

Mashed Potatoes, Grilled Peppers, Onions and Broccoli, Toasted Garlic Jus

## COLD HORS D'OEUVRES

*All orders packed in white boxes. On request, packed on plastic tray with lid for \$4.00 extra  
Minimum two dozen per item*

**French Brie with Curried Duck and Apple Salad on Baguette** \$19.99 per dozen

**Spicy Air-Dried Spanish Chorizo, Grape and Manchego Skewer** \$18.99 per dozen

**Jumbo Shrimp Cocktail with Cocktail Sauce** \$21.99 per dozen

**Greek Salad Skewer with Feta Cheese, Cucumber, Tomato, Kalamata and Red Onion** \$17.99 dozen

**Mini Chicken Pesto Slider Sandwiches with Fresh Mozzarella, Tomatoes and Arugula** \$14.99 dozen

## HOT HORS D'OEUVRES

*All orders packed in aluminum pans.  
Minimum two dozen per item*

**Chicken Wings Spicy, Sesame Teriyaki or Garlic Chile** \$16.99 dozen

**Chicken Pot-Stickers with Sweet and Spicy Chile Sauce** \$17.99 per dozen

**Beef Meatballs, BBQ, Pesto-Garlic or Sweet and Spicy** \$15.99 per dozen

**Spinach and Feta Phyllo Packets** \$17.99 per dozen

**Miniature Assorted Quiche** (Ham, Broccoli, Vegetable, 3 Cheese) \$18.99 per dozen

# HORS D'OEUVRES PLATTERS

## Fresh Vegetable Crudité Platter with Garlic-Herb Dip

Small (Serves 8-15) \$25.99      Medium (Serves 15-25) \$39.99      Large (Serves 25-40) \$55.99

**Vegetable Hummus Platter with Cucumber, Carrot, Celery, Grilled Pita** \$33.00 serves 10

## Domestic Cheese & Fruit Platter with Assorted Crackers

Small (serves 8-15) \$39.99 - Medium (serves 15-25) \$62.99 - Large (serves 25-40) \$89.99

## American Classic Deli Platter

Cubed Cheddar, Mozzarella, Pepperjack, Salami, Ham, Grapes, Carrots, Celery and Olives  
Small (serves 10-15) \$49.99 - Medium (serves 15-25) \$69.99 - Large (serves 25-40) \$89.99

## Traditional Antipasti Platter

Italian Meats (Prosciutto, Coppa, Salami), Provolone and Fresh Mozzarella Cheese, Marinated Vegetables (Roasted Red Pepper, Artichoke, Olives, Grilled Asparagus)  
Small (serves 8-10) \$89.99 - Large (serves 15-20) \$169.99

## Sliced Wood Roasted Tri-Tip Sirloin Platter served cold

Tomatoes, Onions, Pickles, Horseradish Sauce, Mustard Sauce and Rolls  
Small 2lb. (Serves 8-12) \$79.99,      Large 4lb. (Serves 15-30) \$179.99

# DESSERTS

## Cookie Assortment \$16.99 / dozen

Chocolate Chip, Oatmeal, Peanut Butter, Snicker Doodle, Salty Caramel, Walnut Crisp and Banana Walnut Cookies  
(Subject to availability)

## Ultimate Chocolate Brownies with Nuts \$15.99 / half dozen

## Cookie and Brownie Assortment \$16.99 / dozen

**Assorted Bars:** Double Fudge Brownie, Lemon Bar, Chocolate Chip Blondie  
(18 pieces)      \$19.99 / 1.5 dozen

## Assorted Two Bite Desserts \$21.99 / dozen

Brownies, Pecan Diamonds, Sea Salt Caramels and Chocolate Dipped Oreo's

# BEVERAGES

Odwalla Natural Orange Juice \$4.29 /15.oz \$9.99/ Half Gallon

Odwalla Fruit Smoothies \$4.59/ 15.oz

Bottled Water \$1.59/Pint 2.99/Quart \$3.59/Gallon

Milk (Skim / 2% / Chocolate) \$2.59 / 12oz

Coke, Diet Coke, Coke Zero (20oz Bottle) \$2.29 / each

Assorted Bottled Teas \$3.99 / each

Assorted Izze Natural Sparkling Fruit Juice \$2.59 / each

Illy Coffee to Go (8-10) with Cups, Cream, Sugar and Stir Sticks \$19.99 / box

Hot Tea to Go (8-10) Assorted Flavors with Lemon / Honey \$18.99 / box

Fresh Brewed Ice Tea to Go with Lemon \$16.99 / ½ Gallon

Fresh Squeezed Lemonade to Go \$15.99 / ½ Gallon

Bag of Ice \$2.50

Bowl of Ice \$5.00

**Ordering notices**

We request that all orders are placed 48 hours prior to service. We will do our best to accommodate last minute orders however, in order to guarantee delivery for breakfast and lunch and orders; we will need at least 24 hours' notice. If we can do it, we will deliver on a whim. Deliveries will be on first come, first served basis. Sandwich pick up orders under 20 (select items) can be phoned, faxed or emailed by 9:30 am the same day. However, please allow at least 60 minutes for pick-up.

**Delivery services**

Delivery hours are from 7:30 am to 3:00 pm Monday through Friday. As always, exceptions can be arranged. In order to guarantee delivery, orders must be placed 24 hours in advance. Of course, all deliveries are on first come, first served basis and we request a half-hour delivery window. Delivery times are often booked. We attempt to make all deliveries with in house personnel but often use outside courier services. Courier delivery charges are added to order plus \$5.00. In house delivery fees are as follows:

**Delivery Zone**

Within 4 blocks of CFM  
5+ blocks of CFM

**Delivery Fee**

\$15.00  
courier service

Gratuity is not included and is at your discretion. Delivery fees are subject to sales tax. If we tell you were going to be there, we're going to be there. We guarantee we'll get there on time! If we're late, the delivery is on us.

**Guarantees & Deposits**

A credit card is needed to guarantee all orders. A deposit may be required for large catered events.

**Tax**

Unfortunately, all food, service and delivery are taxable at current rates.

**Rentals**

All paper products, disposable eating utensils and disposable serving utensils are provided at your request. If you would like to rent china, glassware and silverware we would be happy to make arrangements for these items at a 25% surcharge. Chafers, coffee and tea service pots are also available for rental.

**Prices**

Menu prices are subject to change. There can be last minute seasonal food substitutions.