

## LUNCH COMBINATIONS

*Your choice of individual boxed lunches or platter style.*

**#1:** Sandwich and lunch side \$10.99 **#2:** Sandwich, lunch side and a cookie \$11.49

**#3:** Sandwich, 2 lunch sides and a cookie \$12.99

### SANDWICHES

BLT • Chicken Salad • Club • Ham • Italian • Pimento Cheese  
Roast Beef • Turkey • Veggie Wrap

**DELUX** (Add \$2.00)

BBQ Turkey • Ahi Tuna Wrap • Chicken Bacon Ranch

### LUNCH SIDES

Broccoli Salad • Chips • Pasta Salad • Potato Salad  
Seasonal Fruit • Grape Salad

## INDIVIDUAL LUNCH SALADS

Caesar • Greek • House • \$10.99

Spinach • Cobb • Asian • Avocado • \$11.99

*Add protein:*

Chicken \$4 • Chicken Salad \$4 • Shrimp (6) \$5 • Seared Tuna \$6

Burrata \$6 • Salmon \$6 • Grilled Steak \$8



## LITTLE BITES, DIPS & PLATTERS

### LITTLE BITES

Avocado Shrimp Bites • \$1.75 each

Bacon Wrapped Dates • \$1.50 each

Deviled Eggs • \$1.00 each

Sausage Balls • \$1.50 each

Stuffed Mushrooms • \$1.50 each

Sweet & Tangy Meatballs • \$1.25 each

Spinach & Mozzarella Mini

Quiches • \$1.50 each

Red Pepper Hummus Shots • \$1.75 each

Salad Bites: Waldorf or Cobb • \$2.00 each

Bruschetta or Oliva Tapenade

Crostini • \$1.50 each

Pimento Cheese with Bacon

Jam Crostini • \$1.50 each

House-made Ricotta Bruschetta • \$1.75 each

Salmon & Cheese Crostini • \$2.75 each

Goat Cheese Tarts • \$1.75 each

Smoked Salmon Phylo Cup • \$1.75 each

Fruit Skewers • \$1.75 each

Ham and Cheese Sliders • \$27 per dz

Philly Cheese Steak Sliders • \$29 per dz

BBQ Turkey Sliders • \$27 per dz

Mini Chicken Salad Croissants • \$1.75 each

### DIPS *All dips serve 8-10 people.*

Buffalo Chicken Dip with Carrots,

Celery and Tortilla Chips • \$39.99

House-made Hummus with Pita &

Veggies • \$44.99

Roasted Corn Poblano Dip

with Tortilla Chips • \$39.99

Spinach Dip with Tortilla Chips • \$39.99

Wisconsin Beer Brat Dip with

Pretzels • \$49.99

### FRUIT PLATTERS:

Small • \$50.00

Large • \$70.00

### VEGGIE PLATTERS:

Small • \$40.00

Large • \$60.00

### CHARCUTERIE PLATTERS:

*You dream it, we make it.*

Prices starting at \$100.00

(Includes assortments of cheeses,  
meats, nuts, dried fruits and spreads)



## BREAKFAST

### #1 THE LIGHTER SIDE

Yogurt and Granola, Pastries and Seasonal Fruit • \$9.99 per person

### #2 GRAB AND GO

Biscuits with Choice of Sausage, Chicken or Bacon, Choice of 2 sides • \$11.49 per person

### #3 WRAP AND GO

Breakfast Burrito with Eggs and Choice of Chorizo, Peppers and Onions, or Sausage,  
Choice of 2 sides • \$11.99 per person

### #4 THE CONTINENTAL

Choice of 1 meat, Choice of 4 sides • \$13.99 per person

### - MEATS -

Two pieces \$3.99 each (Turkey additional \$2.00)

Bacon • Ham • Sausage Links • Sausage Patties • Turkey Bacon

### - SIDES -

\$3.49 per person

Biscuits • French Toast Casserole • Grits • Hashbrown Casserole • Home Fries

Scrambled Eggs • Seasonal Fruit • Yogurt and Granola

### - DRINKS -

Assorted Juices \$3.99 each • Bottled Water \$2.99 each

Coffee Box or Assorted Teas (serves 8-10) \$15.99

### - EXTRAS -

Breakfast Croissants with Egg and Cheese, with your choice of  
Bacon, Ham, or Sausage \$5.99

Biscuits & Gravy \$3.99 • Assorted Pastries \$2.99 each

Seasonal Fruit Yogurt Parfaits \$3.99

Quiches: Ham & Cheese, Meatlover, Loraine, Broccoli Bacon Cheddar,  
Veggie • \$24.99 each (serves 6)

**Call to place your order: 678-920-1522**  
**or order online: [www.eatcateringconcepts.com](http://www.eatcateringconcepts.com)**

3305 Peachtree Industrial Blvd, Ste 600 • Duluth, GA 30096

email: [chow@eatcateringconcepts.com](mailto:chow@eatcateringconcepts.com)

Follow us: [@eatcateringconcepts](https://www.facebook.com/eatcateringconcepts)



Menu prices do not include delivery and tax. Minimum order subtotal \$150. Any new orders or changes must be made 48 hours prior to the event. Any cancellations must be made 48 hours prior to the event, unless otherwise specified in event contract, to avoid 50% cancellation fee.

# MENU

SPRING/SUMMER 2023

*Servin' up American Classics & more!*



[See website for the full Little Bites list.](#)

*If you do not see exactly what you are looking for, then just ask...*

*We will help bring your food concept to fruition!*



## FAMILY STYLE SALADS

Half salads serve 8-10 people as a side salad. Full salads serve 10-15 people. GF = Gluten Free

### ASIAN

Shredded romaine mix, cabbage, scallions, shredded carrots, cilantro, toasted almonds, Mandarin oranges, Oriental noodles with a creamy sweet and sour dressing.

Half \$25.99 • Full \$42.99

### AVOCADO (GF)

Spring mix with candied walnuts, sliced apples, cranberries, diced avocado, Mandarin oranges and blue cheese crumbles with a honey mustard vinaigrette.

Half \$29.99 • Full \$52.99

### SOUTHERN COBB

Hydro salad mix, egg, bacon, red onion, avocado, cheddar jack cheese, biscuit croutons served with homemade ranch.

Half \$29.99 • Full \$52.99

### CAESAR

Chopped romaine, shaved Parmesan, croutons and creamy Caesar dressing.

Half \$25.99 • Full \$42.99



### GREEK (GF)

Chopped romaine, Kalamata olives, Feta cheese, onions, cucumber, tomatoes, pepperoncini with a creamy Greek dressing.

Half \$25.99 • Full \$42.99

### HOUSE

Chopped romaine, shaved red onion, cheddar jack cheese, tomato, cucumber and croutons with a honey mustard vinaigrette or ranch dressing.

Half \$22.99 • Full \$39.99

### SPINACH

Spinach, goat cheese, marinated onions, seasonal berries, candied pecans, biscuit croutons served with a poppy seed dressing.

Half \$29.99 • Full \$52.99

### Add protein to any salad:

Shrimp: Half \$12 • Full \$16

Salmon: Half \$15 • Full \$20

Seared Tuna: Half \$19.99 • Full \$29.99

Grilled Chicken Half \$9 • Full \$15

Burrata: Half \$8 • Full \$16

Steak: Half \$12 • Full \$24

## SOUTH OF THE BORDER ENTRÉES

Comes with Tortilla Chips with Salsa and a choice of 2 sides. Minimum order 5 people per entrée.

GF = Gluten Free

### BRISKET OR CHICKEN ENCHILADAS (GF)

Seasoned beef topped with red enchilada sauce and Monterey jack cheese or chicken topped with green sauce and Cotija cheese. Each rolled in a corn tortilla. \$12.49 per person

### TACO BAR

Your choice of chicken or beef, served with flour tortillas, lettuce, tomato, cheese and sour cream. \$11.99 per person

Add roasted veggies, guacamole or cheese dip for \$1.00 each, per person

### FAJITA BAR

Your choice of chicken, steak or shrimp, served with flour tortillas, lettuce, tomato, cheese and sour cream. Chicken \$12.99 per person • Steak or Shrimp \$16.99

Add guacamole or cheese dip for \$1.00 each, per person



## AMERICAN FARE ENTRÉES

Comes with choice of 2 sides. Minimum order 5 people per entrée. Add Rolls with Herb Butter or Garlic Bread for \$1.00 per person

### PARMESAN CRUSTED CHICKEN

Tender oven-roasted marinated chicken breast cutlets, coated in our Parmesan-herb blend breading.

\$13.99 per person

### BALSAMIC GLAZED PORTABELLAS (GF)

Portabella caps roasted with a balsamic glaze, mozzarella cheese and topped with roasted red peppers, served on a bed of spinach.

\$12.99 per person

### BOURBON CHICKEN (GF)

Pan seared, tender chicken served with our signature sweet bourbon sauce.

\$12.99 per person

### HONEY GLAZED CHICKEN (GF)

Brined chicken thighs grilled and finished with our signature honey glaze.

\$12.99 per person

### JAMESON CREAM CHICKEN

Brined chicken thighs, seared and topped with a Jameson cream sauce.

\$13.99 per person

### STUFFED CHICKEN

Pan seared chicken breast stuffed with spinach and provolone finished with a sundried tomato voluté.

\$13.99 per person

### VEGGIE ROTINI (GF)

Roasted pesto rubbed eggplant filled with red peppers, spinach, & goat cheese.

\$11.99 per person

### MEATLOAF

All-beef, tender and flavorful meatloaf topped with bacon, then coated with a tomato glaze.

\$13.49 per person

### FLANK STEAK

Marinated flank steak, seared to perfection, sliced and served with your choice of chimichurri or horseradish cream sauce.

\$17.99 per person

### CAJUN SHRIMP PASTA

Blackened shrimp served in a creamy sauce with peppers and onions and penne pasta, served with one of our house salad.

\$15.99 per person

### TERIYAKI SALMON

Teriyaki glazed roasted salmon, garnished with green onions.

\$16.99 per person

## SOUTHERN BBQ ENTRÉES

Comes with choice of 2 sides. Minimum order 5 people per entrée. Add Buns, Rolls with Herb Butter, or Garlic Bread for \$1.00 per person. Sauce options include Backyard BBQ, Spicy, Alabama White. GF = Gluten Free

### BONE-IN SMOKED CHICKEN (GF)

Hickory-smoked light and dark meat with our signature rub, slow-smoked to perfection.

\$12.49 per person

### CEDAR PLANK SALMON (GF)

Garlic-herb crusted smoked salmon, served on a bed of spinach, and drizzled with our Alabama White sauce.

\$16.99 per person

### PORK TENDERLOIN (GF)

Bacon wrapped smoked pork tenderloin brushed with a sweet BBQ sauce.

\$13.99 per person



### PULLED PORK OR CHICKEN (GF)

Chopped pork or chicken right out of the smoker with our house rub. Tossed with your favorite sauce, with buns.

\$12.49 per person

### SMOKED BRISKET (GF)

Hickory slow-smoked brisket chopped and served with your favorite sauce.

\$15.99 chopped per person

\$16.99 sliced per person

### SMOKED TURKEY (GF)

Smoked Turkey-Hand sliced; honey brined smoked turkey breast.

\$13.99 per person



## SIDES

### STANDARD • \$3.49 per person

Stir Fry Vegetables • Assorted Chips • Baked Beans • Baked Potato Casserole  
Roasted Squash, Zucchini and Tomatoes • Black Beans • Broccoli Salad  
Cole Slaw • Chive Mashed Potatoes • Green Beans • Creamed Spinach  
Herb Potatoes • Macaroni & Cheese • Mexican Street Corn  
Garden Pasta Salad • Potato Salad • Rice Pilaf • Roasted Broccoli • Seasonal Fruit  
Roasted Vegetables • Mexican Rice • Steamed White Rice • Refried Beans

### PREMIUM • \$4.50 per person

Sundried Tomato Roasted Asparagus • Heirloom Carrots • Grape Salad  
Crispy Smashed Potatoes • Charro Beans • Pesto Green Beans • Squash Casserole  
Marinated Olive Salad • Crispy Green Rice Pilaf

## DESSERTS

Brownies • Cookies • Assorted Bars • Lemon Bars • Mini Dessert Burritos • \$2.99 each  
Seasonal Cobbler • Apple Crisp • Banana Pudding  
Zuppa Inglese • Chocolate Trifle • Fruit Trifle • \$24.99 each  
(serves 10-12)

Italian Zabaione \$5.99 each (GF) • Chocolate Covered Strawberries \$1.99 each

## BEVERAGES

Sweet Tea • Unsweetened Tea • Lemonade • \$7.99 per gallon (serves 10)  
Raspberry Lemonade • \$8.99 per gallon (serves 10)  
Canned Sodas \$2.99 each • Bottled Water \$2.99 each • Sparkling Water \$3.99

## CLASSIC ITALIAN ENTRÉES

Minimum order 5 people per entrée. Served with Caesar or House salad.

Add Rolls with Herb Butter or Garlic Bread for \$1.00 per person

### STUFFED RAVIOLI

3 Cheese ravioli served with a choice of marinara, bolognese, or alfredo

\$14.99 per person

### CHICKEN MARSALA

Chicken sautéed in Marsala wine with mushrooms and onions, served on top of penne.

\$12.99 per person

### PASTA PRIMAVERA

Penne served with an array of fresh seasonal roasted vegetables topped with a vegetable velouté and parmesan cheese.

\$12.99 chicken or \$11.99 veggie per person

### SPINACH OR MEAT LASAGNA

Classic Italian lasagna – or substitute spinach with bechamel ricotta sauce for those fun leaf-eaters.

\$12.99 per person

### ZITI BOLOGNESE

Baked ziti, ricotta with the added twist of our classic bolognese sauce

\$12.99 per person

### VODKA CHICKEN PASTA

Shredded chicken with a creamy marinara sauce, fresh herbs and mushrooms, tossed with rigatoni.

\$12.49 per person

### PICATTA

Lemon, white wine caper sauce served over penne pasta.

Shrimp \$14.99 per person

Chicken \$12.99 per person

\*\*\*Please inform us if anyone in your order has a food allergy or dietary restriction.\*\*\*

Ask about our vegetarian, vegan, gluten-free and full-service options. Gluten-free noodle option \$1.00

Individually packaged meals \$2.99 per person. Menu prices do not include delivery and tax.