

## 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 • Tuna Salad • Turkey • Veggie Wrap  
Add Bacon Jam \$1.00 • Add Pimento Cheese \$1.00

### LUNCH SIDES

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

## INDIVIDUAL LUNCH SALADS

Caesar • Greek • House • \$9.99  
Wedge • Asian • Avocado • \$10.99  
Burratta • \$14.99

Add protein:

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



## LITTLE BITES, DIPS & PLATTERS

### LITTLE BITES

Avocado Shrimp Bites • \$1.75 each  
Bacon Wrapped Dates • \$1.50 each  
Bruschetta • \$1.25 each  
Pesto Caprese Skewers • \$1.25 each  
Chicken Salad Croissants • \$1.50 each  
Deviled Eggs • \$1.00 each  
Fruit Skewers • \$1.50 each  
Goat Cheese Tarts • \$1.75 each  
Ham & Cheese Sliders • \$27 per dozen  
Ham & Swiss Mini Quiches • \$1.50 each  
Herb Potatoes • \$0.80 each  
House-made Ricotta Bruschetta • \$1.25 ea  
Philly Cheese Steak Sliders • \$29 per dz  
Pimento Cheese Crostini's • \$1.50 each  
Pork Muffins • \$1.75 each  
Red Pepper Hummus Shots • \$1.75 each  
Salad Bites: Waldorf or Cobb • \$2.00 each  
Salmon & Cheese Crostini • \$2.75 each  
Spinach & Mozzarella Mini  
Quiches • \$1.50 each  
Stuffed Mushrooms • \$1.50 each  
Sweet & Tangy Meatballs • \$1.00 each  
Teriyaki Tofu Skewers • \$2.00 each  
Tuna Salad Phyllo Cups • \$1.50 each  
Prosciutto Cigars • \$2.99

See website for the full Little Bites list.

### DIPS

Buffalo Chicken Dip with Carrots,  
Celery and Tortilla Chips • \$39.99  
House-made Hummus with Pita &  
Veggies • \$44.99  
Shrimp Scampi Dip with Sliced  
Baguettes • \$49.99  
Spinach Dip with Tortilla Chips • \$39.99  
Wisconsin Beer Brat Dip with  
Pretzels • \$49.99

All dips serve 8-10 people.

### 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)

If you do not see exactly what you are looking for, then just ask...  
We will help bring your food concept to fruition!



## 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 -

Biscuits & Gravy \$3.99 • Assorted Pastries \$2.99 each  
Seasonal Fruit Yogurt Parfaits \$3.99 • Breakfast Croissants with cheese, and your  
choice of Egg, Bacon, Ham, or Sausage \$5.99  
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



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

FALL/WINTER 2022

Servin' up American Classics & more!



## 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

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

### DOUBLE WEDGE (GF)

Quarter cut lettuce with blue cheese, bacon, tomato, avocado, served with ranch dressing.

Half \$24.99

### 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

### BURRATA

Arugula, burrata, toasted pine nuts, basil.

Half \$29.99 • Full \$47.99

### Add protein to any salad:

Chicken or Tuna Salad: Half \$9 • Full \$15

Shrimp: Half \$12 • Full \$16

Salmon: Half \$15 • Full \$20

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

Grilled Chicken Half \$9 • Full \$15



## 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 sausage mushroom cream sauce

\$14.99 per person

### CHICKEN MARSALA

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

\$12.49 per person

### PASTA PRIMAVERA

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

\$11.99 chicken or \$10.99 veggie per person

### SPINACH OR MEAT LASAGNA

Classic Italian lasagna – or substitute spinach 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

### EGG PLANT PARMESAN

Fried eggplant layered with parmesan, mozzarella, basil, and marinara. Served with Gnocchi tossed in a garlic herb sauce.

\$17.99 per person

## SPANISH TWIST ENTRÉES

Comes with choice of 2 sides. Minimum order 5 people per entrée. GF = Gluten Free

### BRISKET OR CHICKEN ENCHILADAS (GF) (served with 2 sides and chips & salsa)

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

### FIESTA ZUCCHINI BOATS (GF) (served with 2 sides and chips & salsa)

Roasted zucchini halves with your choice of turkey or vegetable topping, combined with our black bean corn salsa and topped with cheese. \$11.99 per person

### TACO BAR (GF) (served with 2 sides and chips & salsa)

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 (GF) (served with 2 sides and chips & salsa)

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 roasted veggies, 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.

\$11.99 per person

### FRENCH ONION CHICKEN (GF)

Braised chicken breast with a caramelized onions topped with Havarti sauce and roasted.

\$11.99 per person

### JAMESON CREAM CHICKEN

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

\$12.99 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

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

### SHRIMP & GRITS

Blackened shrimp & andouille sausage, with a cajun tomato cream sauce.

\$16.99 per person

### TOMATO AND GARLIC HALABIT

Roasted Halabib served with a blistered tomato and garlic sauce.

\$27.99 per person

### POT ROAST

Classic pot roast served in a soul warming gravy.

\$17.99 per person

## SOUTHERN BBQ 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. 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 raspberry glaze.

\$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 tossed with your favorite sauce.

\$15.99 chopped per person

\$16.99 sliced per person

### SMOKED WINGS (GF)

Choos from Dry rub or Alabama white marinated.

6 wings \$14.99 per person

12 wings \$23.99 per person



## SIDES

### STANDARD • \$3.49 per person

Assorted Chips • Baked Beans • Baked Potato Casserole • Garlic Smashed Potatoes  
Black Beans • Broccoli Salad • Cole Slaw • Egg Noodles • Chive Mashed Potatoes  
Green Beans • Grits • 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

Gorgonzola Roasted Asparagus • Heirloom Carrots  
Balsamic Roasted Root Vegetables • Candied Brussel Sprouts • Crispy Smashed Potatoes • Roasted Beets with Goat Cheese and Lemon Vinaigrette

## DESSERTS

Brownies • Cookies • Assorted Bars • Lemon Bars • Dessert Enchiladas • \$2.99 each  
Peach Cobbler • Apple Crisp

Banana Pudding • Tiramisu • Chocolate Trifle • Fruit Trifle • \$24.99 each  
(serves 10-12)

## 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

\*\*\*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.