

Lunch Combinations



Your choice of individual boxed lunches or platter style. Gluten Free bread or wrap option available upon special request. \$1.00

#1 Sandwich and lunch side \$11.99 #2 Sandwich, lunch side, and a cookie \$12.49
#3 Sandwich, 2 lunch sides and a cookie \$13.99

SANDWICHES (GF)

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

DELUXE (GF) (add \$2.00)

BBQ Turkey • Ahi Tuna Wrap • Chicken Bacon Ranch • Caprese

LUNCH SIDES (GF)

Broccoli Salad (GF) • Chips (GF) • Pasta Salad • Potato Salad (GF) • Seasonal Fruit (GF)

Individual Lunch Salads

Caesar (AGF) • Greek (GF) • House (AGF) • \$10.99
Spinach (AGF) • Cobb (GF) • Asian (AGF) • Avocado (GF) • \$11.99

ADD PROTEIN (GF)

Chicken \$4 • Chicken Salad \$4 • Shrimp (6) \$5 • Seared Tuna \$6 • Salmon \$6 • Grilled Steak \$8

Little Bites, Dips, and Platters

See the 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!

LITTLE BITES

Bacon Wrapped Dates (GF) \$1.50 ea. • Deviled Eggs (GF) \$20.00 (15 ea.)
Sausage Bites \$1.50 ea. Stuffed Mushrooms (GF) \$1.50 ea. • Goat Cheese Tarts \$1.75ea.
Sweet & Tangy Meatballs \$1.25 ea. • Spinach & Mozzarella Mini Quiches (GF) \$1.50ea.
Fruit Skewers (GF) \$1.75ea. • Red Pepper Hummus Shots (GF) \$1.75 ea
Smoked Salmon Phylo Cup \$1.75 ea. • Bruschetta or Olive Tapenade Crostini \$1.50 ea.

SALAD BITES Waldorf or Cobb \$2.00 ea. • Salmon Niçoise Crostini \$2.50 ea.
Pimento Cheese with Bacon Jam Crostini \$1.50 ea.

Ham and Cheese Sliders \$27 per dz • Philly Cheese Steak Sliders \$29 per dz
BBQ Turkey Sliders \$27 per dz • Mini Chicken Salad Croissants (GF) \$1.75 ea.
Southwest Chicken Empanadas (w/cilantro lime crema) (GF) \$3.25 ea.

DIPS All dips serve 8-10 people

Buffalo Chicken Dip with Carrots, Celery and Tortilla Chips (GF) \$39.99
House-made Hummus with Pita & Veggies (AGF) \$44.99
Roasted Corn Poblano Dip with Tortilla Chips (GF) \$39.99
Spinach Dip with Tortilla Chips (GF) \$39.99
Wisconsin Beer Brat Dip with Pretzels (AGF) • \$49.99

FRUIT PLATTERS

Small • \$55.00 Large • \$75.00

VEGGIE PLATTERS

Small • \$45.00 Large • \$65.00

CHARCUTERIE PLATTERS (AGF)

You dream it, we make it. Prices starting at \$100.00
(Includes assortments of cheeses, meats, nuts, dried fruits and spreads)

GF = Gluten Free | AGF = Available Gluten Free

Breakfast



#1 THE LIGHTER SIDE

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

#2 GRAB AND GO

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

#3 WRAP AND GO

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

#4 THE CONTINENTAL

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

MEATS (GF)

Two pieces \$3.99 each (Turkey additional \$2.00)
Bacon • Ham • Sausage Links • Sausage Patties • Turkey Bacon

SIDES \$3.49 /person

Biscuits • French Toast Casserole • Grits (GF) • Hash Brown Casserole • Home Fries (GF)
Scrambled Eggs (GF) • Seasonal Fruit (GF) • Yogurt and Granola (GF)

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) • Sausage Balls \$1.50

Spring Menu 2025



Catering CONCEPTS

To place your order, call or order online
678-920-1522 eatcateringconcepts.com

3305 Peachtree Industrial Blvd, Ste 600 • Duluth, GA 30096
Email: chow@eatcateringconcepts.com
Follow us @eatcateringconcepts

Many 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.

Contact us today for
your catering needs!

678-920-1522
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Family Style Salads

Half salads serve 8-10 people as a side salad. Full salads serve 10-15 people.

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
Steak: Half \$12/Full \$24



ASIAN (AGF)

Shredded romaine mix, cabbage, scallions, shredded carrots, cilantro, toasted almonds, Mandarin oranges, Oriental noodles with a creamy sweet and sour dressing. Half \$27.99 • Full \$44.99

GREEK (GF)

Chopped romaine, Kalamata olives, Feta cheese, onions, cucumber, tomatoes, pepperoncini with a creamy Greek dressing. Half \$27.99 • Full \$44.99

CAESAR (AGF)

Chopped romaine, shaved Parmesan, croutons and creamy Caesar dressing. Half \$27.99 • Full \$44.99

AVOCADO (GF)

Spring mix with candied walnuts, sliced apples, cranberries, diced avocado, Mandarin oranges and blue cheese crumbles with a honey mustard vinaigrette. Half \$31.99 • Full \$54.99

SPINACH SALAD (AGF)

Baby spinach, smoked bacon, hard boiled egg, roasted red peppers, sunflower seeds, queso fresco, croutons, apple cider vinaigrette. Half \$28.99 • Full \$45.99

HOUSE (AGF)

Chopped romaine, shaved red onion, cheddar jack cheese, tomato, cucumber and croutons with a honey mustard vinaigrette or ranch dressing. Half \$24.99 • Full \$41.99

Protein Bowls

DIY PROTEIN BOWLS

Pick a protein, starch, 2 sauces and 4 veggies/toppings and let your guests build the perfect meal. \$10.99 (plus protein)

STARCHES: Quinoa, Barley, Orzo Pasta, White Rice, Mexican Rice, Rice Pilaf

PROTEIN: Chicken (\$2), Shrimp (\$3), Beef Tips (\$3), Pork Tips (\$2), Blackened Tofu (\$2), Sliced Salmon (\$3), Sliced Tuna (\$4),

SAUCES: Chimichurri, Thai Chili Sauce, Citrus Ponzu, White Balsamic Vinaigrette, Roasted Tomato Aioli, Sesame Aioli, Teriyaki Sauce

TOPPINGS: Crispy Onions, Garbanzo Beans, Chopped Asparagus, Drunken Grape Tomatoes, Queso Fresco, Marinated Mushrooms, Sesame Green Onions, Herbed Feta, Olive Mix, Baby Spinach, Hydro Bibb Lettuce

EXTRAS: Additional starch \$2, additional sauce for \$2, Additional veggie/topping for \$1 each

South of the Border Entrees

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

ENCHILADAS (GF)

Brisket with red enchilada sauce and Monterey jack cheese or chicken topped with green sauce and Cotija cheese. Each rolled in a corn tortilla. Chicken \$12.49 /person • Brisket \$13.49 /person

TACO BAR (AGF)

Your choice of chicken or beef, served with flour tortillas, lettuce, tomato, cheese and sour cream. \$12.99 /person
Add fajita roasted veggies, guacamole or cheese dip for \$1.00 each, /person

FAJITA BAR (AGF)

Your choice of chicken, steak or shrimp, served with flour tortillas, lettuce, tomato, cheese and sour cream. Chicken \$14.99 /person • Steak or Shrimp \$15.99

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

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Mediterranean Entrees

Minimum order 5 people per entrée.

HARISSA CHICKEN & LEMON COUS COUS PASTA

Grape tomato, sweet corn, pistachio, golden raisins, arugula \$14.99 /person
Chicken \$12.49 /person • Brisket \$13.49 /person

GYRO BAR

Shredded lettuce, shaved red onion, roma tomato, tzatziki sauce, warm pita
Chicken \$13.99 /person • Shaved Lamb \$14.99 /person • Falafel \$13.99

Southern BBQ Entrees

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

BONE-IN SMOKED CHICKEN (GF)

Hickory-smoked light and dark meat with our signature rub, slow-smoked to perfection. \$13.49 /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 /person

SMOKED TURKEY (GF)

Smoked Turkey-Hand sliced; honey brined smoked turkey breast. \$13.99 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. \$13.49/person

SMOKED BRISKET (GF)

Hickory slow-smoked brisket chopped and served with your favorite sauce. \$15.99 chopped/person
\$16.99 sliced/person

American Fare Entrees

Comes with Choice of 2 Sides. Minimum order of 5, per entree. Individually packaged meals \$2.99 /person. Menu prices do not include delivery and tax.



CABERNET BRAISED SHORT RIB (GF)

Mushroom braising reduction sauce. \$17.99/person

HOUSE RUB SEARED PORK TENDERLOIN (GF)

Sweet chili bacon cream sauce. \$15.99/person

FLANK STEAK (GF)

Marinated flank steak, seared to perfection, sliced and served with your choice of chimichurri or horseradish cream sauce. \$17.99/person

BLACKENED MAHI-MAHI (GF)

Rosemary pineapple & sweet potato butter. \$17.99 /person

MEATLOAF

All-beef, tender and flavorful meatloaf topped with bacon, then coated with a tomato glaze. \$13.49/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. Vegetarian \$12.99 /person
Vegan \$14.99/person

BOURBON CHICKEN (GF)

Pan seared, tender chicken served with our signature sweet bourbon sauce. \$13.99/person

Classic Italian Entrees

Minimum order 5 people per entrée. Served with Caesar or House salad. Add Rolls with Herb Butter or Garlic Bread for \$1.00 /person. GF Pasta available upon request.

SPRING PEA CARBONARA

Bowtie pasta, grape tomato, spring peas, baby spinach, pancetta egg cream, parmesan cheese. \$12.99
Add chicken \$1 or shrimp \$2

CHICKEN MARSALA

Chicken sautéed in Marsala wine with mushrooms and onions, served on top of penne. \$12.99/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/person

SPINACH OR MEAT LASAGNA

Classic Italian lasagna - or substitute spinach with bechamel ricotta sauce. \$12.99/person

ZITI BOLOGNESE

Baked ziti, ricotta with the added twist of our classic bolognese sauce. \$12.99/person

VODKA CHICKEN PASTA

Shredded chicken with a creamy marinara sauce, fresh herbs and mushrooms, tossed with rigatoni. \$12.49/person

PICATTA

Lemon, white wine caper sauce served over penne pasta. Shrimp \$14.99/person. Chicken \$12.99/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

Sides

STANDARD • \$3.49 /PERSON

Stir Fry Vegetables (GF) • Assorted Chips • Baked Beans (GF) • Baked Potato Casserole (GF) • Black Beans (GF) • Broccoli Salad (GF) • Sticky Rice (GF) • Cole Slaw (GF) • Red Bliss Mashed Potatoes Green Beans (GF) • Herb Potatoes (GF) • Macaroni & Cheese Mexican Street Corn (GF) Mediterranean Pasta Salad • Potato Salad (GF) • Rice Pilaf Roasted Broccoli (GF) • Seasonal Fruit (GF) • Roasted Vegetables (GF) • Mexican Rice (GF) • Steamed White Rice (GF) • Refried Beans (GF)

PREMIUM • \$4.50 /PERSON

Heirloom Carrots • Crispy Smashed Potatoes • Pesto Green Beans • Spring Orzo Pasta Sesame Green Beans • Cold Quinoa Salad • Boursin Creamed Corn Roasted Olive Oil Parmesan Asparagus • Spring Vegetable Medley • French Bean Salad

Dessert

\$2.99 each Brownies • Cookies Assorted Bars • Lemon Bars Chocolate Covered Strawberries

\$3.99 each Cannoli Cake Slice Cream Cheese Stuffed Churros Fudge Brownies (GF)

\$29.99 EACH (serves 10-12) Seasonal Cobbler • Apple Crisp Banana Pudding • Chocolate Trifle • Fruit Trifle • Bread Pudding

Beverages

Sweet Tea • Unsweetened Tea • Canned Sodas \$2.99 ea. • Bottled Water \$2.99 ea. Sparkling Water \$3.99 • Organic, Raspberry, or Strawberry Dragon Fruit Lemonade \$14.99 per gallon (serves 10)