



EFFORTLESS
Catering
BY



ORDERING MADE EASY

CALL TO ORDER (585) 254-0078

1 **DECIDE THE DATE & TIME**

you would like your order.

VG VEGAN

V VEGETARIAN

2 **DOES PICK-UP OR DELIVERY**

work best for your event?

3 **DETERMINE THE NUMBER OF PEOPLE**

and plan your menu.

4 **CALL TO SPEAK WITH A CATERER**

to complete your order.

5 **YOUR ORDER WILL BE READY**

with everything you need for an amazing event sure to impress your guests.

LAST MINUTE ORDERS ARE WELCOME



EGG BREAKFAST BAR

Minimum order of \$150 (\$250 on weekends) for breakfast orders. Contact us for custom breakfast orders.

SILVER

Choice of one egg, one potato, one protein and fruit salad \$8.99 per person

POTATOES

\$19.99, serves 8-10

ROASTED POTATOES VG

SWEET POTATOES VG

GOLD

Choice of one egg, one potato, two proteins and fruit salad \$10.99 per person

PROTEINS

\$1.99 per person (2 pieces per person)

TURKEY SAUSAGE

BACON

EGG BAKES

Small \$29.99, Large \$54.99

**HAM, ZUCCHINI
& CHEDDAR**

HAM & SWISS
with or without broccoli

**SCALLION, TOMATO
& SPINACH** V

with cheddar

CAPRESE V
tomatoes, basil, mozzarella
& balsamic reduction

**SPINACH, ZUCCHINI
& MUSHROOM** V

with asiago cheese

MEDITERRANEAN V
with roasted red peppers,
feta, artichokes & pesto

ITALIAN SAUSAGE, PEPPERS, ONION & MOZZARELLA

MAKE YOUR OWN EGG BAKE

Choose 3 toppings. Additional toppings \$.99 per person.

MEATS: sausage, bacon, ham
CHEESE: mozzarella, cheddar,
feta, swiss

VEGGIES: artichokes, broccoli, mushrooms,
peppers & onions, spinach, tomato, zucchini,
roasted red peppers



FRESH FRUIT TRAY

Slices of assorted fresh seasonal fruit beautifully displayed.
Served with raspberry yogurt dipping sauce.

SMALL \$39.99, serves 8-15	MEDIUM \$54.99, serves 15-30	LARGE \$69.99, serves 30-45
--------------------------------------	--	---------------------------------------

FRESH FRUIT SALAD

Assorted fruit cut into bite sized pieces, served in a bowl.

SMALL \$29.99, serves 8-12	MEDIUM \$49.99, serves 12-24	LARGE \$59.99, serves 25-40
--------------------------------------	--	---------------------------------------

GREEK YOGURT PARFAIT BAR

\$5.99 per person. Minimum order 10 people.
Toppings include chocolate chips, coconut flakes, granola, currants and seasonal fresh fruit.

ADDITIONAL TOPPINGS

.99¢ per person

Graham Crackers	Peanuts	Dried Cranberries
Cinnamon Toast Crunch	Sliced Almonds	Seasonal Berries \$1.99/ea.

BREAKFAST SWEETS

BAGEL & MUFFIN TRAY

Served with cream cheese & jelly.

SMALL \$26 (12 pieces)	MEDIUM \$51 (24 pieces)	LARGE \$75 (36 pieces)
----------------------------------	-----------------------------------	----------------------------------

DOZEN BAGELS & CREAM CHEESE

Assorted bagels served with cream cheese & jelly. \$18

BREAKFAST SWEETS TRAY

An assortment of danish, breakfast cakes, muffins and croissants.

SMALL \$39 (15 pieces)	MEDIUM \$59 (23 pieces)	LARGE \$79 (34 pieces)
----------------------------------	-----------------------------------	----------------------------------

LUNCH PACKAGES

For packages of 22+ call us for custom packages

SMALL

Serves 8-12

(includes 8 wraps or sandwiches)

Wraps \$124.99

Sandwiches \$134.99

MEDIUM

Serves 14-18

(includes 14 wraps or sandwiches)

Wraps \$169.99

Sandwiches \$179.99

LARGE

Serves 18-22

(includes 18 wraps or sandwiches)

Wraps \$239.99

Sandwiches \$249.99

Choose 3-5 wrap or sandwich selections. Choose two sides/salads.

Includes assorted cookies and bottled waters.

BOXED LUNCHES

\$9.99 each

Minimum order 10 people.

Includes cookie, choice of side and bottled water

Wrap Options

PESTO CHICKEN
PESTO VEGGIE
BUFFALO TOFU
BUFFALO CHICKEN

HAM & SWISS
ITALIAN ASSORTED
BASIL PESTO CHICKEN SALAD
CHICKEN, BACON & AVOCADO

CHICKEN CAESAR
CHICKEN WALDORF
EGG SALAD

Sides

SUN CHIPS | MACARONI SALAD | GREEK PASTA SALAD | HOUSE SALAD

BOXED SALADS

\$10.49 with side

APPLE & CRANBERRY
SUNFLOWER CAESAR

HOUSE SALAD
CHEF SALAD

PEAR & GORGONZOLA
GARDEN SALAD

Add chicken or tofu for \$2.99 per person.

Add a cookie for 99¢ per person.

SWEETS

An assortment of freshly baked cookies or double chocolate brownies.

1 **DOZEN** Cookies \$10.99 / Brownies \$22.99

2 **DOZEN** Cookies \$22.99 / Brownies \$35.99

3 **DOZEN** Cookies \$33.99 / Brownies \$51.99



WRAPS & SANDWICHES

BASIL PESTO CHICKEN SALAD

with fresh white meat chicken & basil pesto aioli

BUFFALO CHICKEN*

with scallions, celery & carrots tossed in buffalo sandwich sauce

BUFFALO TOFU* VG

with scallions, celery & carrots tossed in buffalo sandwich sauce

CAPRESE CHICKEN*

with basil pesto, mozzarella, tomatoes & balsamic reduction

CAPRESE TOFU* V

with basil pesto, mozzarella, tomatoes & balsamic reduction

CHICKEN, BACON & AVOCADO*

with fresh avocado pulp, roasted red peppers & bacon

CHICKEN CAESAR*

with tomatoes, bacon, asiago & Caesar dressing

OUR #1 SELLER

CHICKEN WALDORF

with cranberries, celery, scallions & almonds

CUCUMBER, TOMATO & HUMMUS VG

homemade hummus topped with cucumber & tomato

EGG SALAD V

traditional egg salad

HAM & SWISS

with ham, Swiss cheese, mayo, tomato & red onion

ITALIAN ASSORTED

with ham, salami, provolone, tomato & basil pesto aioli

MEDITERRANEAN VG HUMMUS

homemade hummus topped with roasted red peppers & artichokes

PESTO CHICKEN*

with roasted red peppers, artichokes, feta & pesto

PESTO PORTOBELLO* V

with roasted red peppers, artichokes, feta & pesto

TUNA SALAD

traditional tuna salad, with carrots, celery & scallions

TURKEY BLT

with turkey, bacon, swiss, tomato, red onion & mayo

TURKEY & SWISS

with lettuce, tomato, red onion & honey mustard aioli

we recommend these items being made as a wrap only



Add chicken or
tofu for \$2.99
per person.

SALADS/SIDES

All salads are vegetarian. Vegan are marked VG.

SMALL

\$29.99, serves 8-11

APPLE & CRANBERRY

with romaine, spring mix, apples, cranberries, sliced almonds & sunflower seeds, served with apple cider vinaigrette

GARDEN **VG**

with romaine, spring mix, croutons, tomatoes, cucumbers & matchsticks, served with choice of ranch or balsamic dressing

HOUSE

with romaine, spring mix, roasted red peppers, artichokes, feta cheese & choice of balsamic or pesto

CRANBERRY BROCCOLI

with carrots, broccoli, craisins & feta, served with raspberry vinaigrette

MACARONI

with celery, red onion, carrots & mayo

TOMATO & CUCUMBER **VG**

tossed in balsamic

MEDIUM

\$49.99, serves 12-17

GREEK

with romaine, spring mix, olives, feta, cucumber, tomato & red onion, served with greek dressing

SUNFLOWER CAESAR

with romaine, croutons, asiago cheese, sunflower seeds & tomatoes, served with Caesar dressing

CAESAR

romaine tossed with bacon, Parmesan & croutons, served with caesar dressing

PEAR & GORGONZOLA

with romaine, spring mix, pears, sunflower seeds, walnuts, cranberries, gorgonzola, apple cider vinaigrette

MUSTARD POTATO

with celery, red onion, carrots, egg, mayo & mustard

FRESH FRUIT **VG**

a variety of seasonal fresh fruit

LARGE

\$59.99, serves 18-25

CLASSIC ITALIAN **VG**

with romaine, spring mix, chick peas, tomato, cucumber, carrots & croutons, served with italian dressing

CAPRESE

with romaine, spring mix, tomatoes & mozzarella, drizzled with basil pesto & balsamic reduction, served with balsamic vinaigrette

TACO

with romaine, red onion, tomatoes, corn, black beans & cheddar cheese, served with taco ranch dressing

CUCUMBER DILL

cucumbers tossed in homemade dill tzatziki

THREE BEAN **VG**

traditional three bean salad

SUN CHIPS

Original, Harvest Cheddar, French Onion, Garden Salsa



A LA CARTE WRAP & SANDWICH PLATTERS

SMALL

Serves 8-11

8 wraps \$49.99

8 sandwiches \$59.99

MEDIUM

Serves 14-18

14 wraps \$79.99

14 sandwiches \$89.99

LARGE

Serves 18-22

18 wraps \$104.99

18 sandwiches \$114.99

MAKE-YOUR-OWN-SANDWICH

Platters served with turkey, ham, swiss cheese, provolone cheese, lettuce, tomato, onion, sandwich bread, mayonnaise, honey mustard aioli & yellow mustard.

Option 1

Includes Sun Chips, \$8.99

Option 2

Includes Sun Chips & cookie, \$9.99

Option 3

Includes Sun Chips, cookie, bottled water, choice of side salad, \$12.99

Minimum order 10 people.



HEALTHY TRASH PLATE™ BUFFET

Please let us know if you have an egg allergy

DROP OFF CATERING MENU

Minimum order 10 people.

1 meat, 2 toppings, \$9.25 per person | 2 meats, 2 toppings, \$12.25 per person

Most popular combinations:

1. Bacon & Avocado
2. Roasted Red Peppers & Avocado
3. Meat Hot & Avocado
4. Meat Hot & Bacon
5. Roasted Red Peppers & Artichokes

All plates are dairy free and gluten-free. Plates can be made vegan if needed.

MEATS

Add additional meats for \$2.99 per person.

Burger
Chicken
Tofu
Portobello Mushroom

ADD-ONS

Add-on additional items for 99¢ per person.

Bacon
Meat Hot Sauce
Roasted Red Peppers
Artichokes
Fresh Avocado
Peppers & Onions

Includes: Sweet Potatoes, Coleslaw, Avocado Sauce, Boats, Utensils & Napkins.
Add macaroni salad for \$1.99 per person.

FOOD TRUCK INQUIRIES

Call us at (585) 254-0078
or email EFFORTLESSLYHEALTHY@GMAIL.COM
Food truck rental fees apply. Minimum order 50 people.



PRIX FIXE BUFFET MENU

ITALIAN FRENCH BAR

\$13.95 per person

Served with: *Chicken French or Artichoke French*

Choice of Roasted Garlic Potatoes, Mashed Potatoes or Pasta.

Includes: *Classic Italian Salad, Rolls & Butter*

ITALIAN PARMESAN BAR

\$13.95 per person

Served with: *Choice of Chicken Parmesan or Eggplant Parmesan*

Choice of Roasted Garlic Potatoes, Mashed Potatoes or Pasta.

Includes: *Classic Italian Salad, Rolls & Butter*

ITALIAN PASTA & MEATBALL BAR

\$11.95 per person

Two meatballs per person.

Includes: *Classic Italian Salad, Rolls & Butter*

Minimum order 10 people. No Substitutions.

PRIX FIXE BUFFET MENU

TACO BAR

\$10.00 per person - Choice of one protein

\$12.00 per person - Choice of two proteins

Served with: Spanish Rice, Lettuce and Flour Tortillas.

Choice of Protein:

Pulled Chicken, Beef or Refried Beans

Choose four accompaniments:

Black Beans, Cheddar Cheese, Corn, Fresh Tomatoes, Onion, Salsa, Sour Cream

Add on: Additional accompaniments 99¢ per person,
Fajita Vegetables \$1.99 per person, Avocado \$.99 per person

Gluten-free corn tortillas available upon request.

CHICKEN GYRO BAR

\$12.95 per person

Served with: Marinated Greek Chicken or Portobello

Includes: Cucumber, Tomatoes, Red Onion, Tzatziki,
Feta, Pita Bread & Greek Salad

GREEK TURKEY BURGER BAR

\$12.95 per person

Served with:

Turkey Burger, Feta Cheese, Tzatziki, Roasted Red Peppers, Lettuce, Red Onion

Includes: Greek Salad & Hard Rolls

GRILLED CHICKEN BAR

\$12.95 per person

Served with: Choice of Lemon Garlic, BBQ, Greek or Rosemary Thyme Chicken

Choice of two sides:

BBQ Baked Beans, Three Bean Salad, Mustard Potato Salad, Italian Potato Salad,
Macaroni Salad, Corn Succotash, Garden Salad or Coleslaw.

Includes: Rolls & Butter

Minimum order 10 people. No Substitutions.

PRIX FIXE BUFFET MENU

FAJITA BAR

\$12.95 per person

Served with: Choice of Fajita Chicken or Tofu

Includes: Rice, Sautéed Peppers and Onions, Sour Cream, Cheddar Cheese, Tortilla Shells & Taco Salad

LOADED POTATO BAR

\$12.95 per person

Served with: Vegetarian Chili

Choice of Mashed Potatoes or Salt Potatoes

Includes Toppings: Sour Cream, Cheddar Cheese, Scallions

Includes: Taco Salad

APRICOT CHICKEN BAR

\$13.95 per person

Served with: Choice of Mashed Potatoes, Brown Rice, Roasted Broccoli or Roasted Cauliflower

Includes: Choice of Salad

MAKE YOUR OWN SALAD BAR

\$12.95 per person

Choose five toppings:

Tomatoes, Cucumber, Red Onion, Carrots, Broccoli, Corn, Black Beans, Scallions, Sunflower Seeds, Roasted Red Peppers, Artichokes, Feta Cheese, Dried Cranberries, Hardboiled Egg

Includes: Romaine and Spring Mix

Choice of two dressings:

Greek, Ranch, Balsamic, Raspberry Vinaigrette, Caesar, Italian

Served with:

Croutons, Rolls & Butter

Add on: Chicken or Tofu \$2.99 per person

Minimum order 10 people. No Substitutions.



ORDER TODAY FOR YOUR NEXT EVENT!

(585) 254-0078

WWW.EHMEALS.COM

