



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

HOUSE SALAD

SUNFLOWER CAESAR

CHEF SALAD

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](mailto: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](http://WWW.EHMEALS.COM)

