



Triad Community Kitchen

A Program of Second Harvest Food Bank of Northwest NC

Catering Menu and Pricing Guide

Please take a look at what the Triad Community Kitchen has to offer. We are a non-profit program of the Second Harvest Food Bank of NWNC that provides meals “ready to heat” for the partner agencies of the Second Harvest Food Bank. At the same time we are engaging in culinary job training for economically challenged adults who have barriers to employment or advancement. We also offer full service catering as both a means to provide a revenue stream to help support our training efforts and as a learning opportunity for our students. Each event we undertake helps to provide income for someone who is un or underemployed, but is also coordinated and supervised by one of our professional staff members.

Because of our specialized nature there are a few things to keep in mind when considering the TCK for your catering event.

1. Our goal is NOT to compete with mainstream caterers. We have a competitive advantage because of our use of students; therefore we will hand select all catering opportunities, focusing primarily on other non-profits, government entities and pre-existing community partners.
2. The following menu is only a guideline and starting point. Many other options may be available.



Triad Community Kitchen Catering Menu

Coffee Break

Selection of Assorted Pastries, Muffins, Croissants, Jams, Preserves and Sweet Butter. Orange or Grapefruit Juice, Regular and Decaffeinated Coffee with Assorted Teas.
\$3.50 per person

Coffee Break w/ fruit

All above Items Plus A Seasonal Mix of Fresh Fruit
\$4.50 per person

Afternoon Break

Selection of Fresh Fruits and Homemade Cookies.
Coffee and Assorted Teas (Regular or Decaffeinated)
\$2.50 per person

Soft Drink and Bottled Water \$1.00 extra

Muffin and Pastry Display

Banana Nut, Chocolate Chip, Blueberry, and Bran Muffins
Danish, Scones, and Donuts.
\$2.95 per person

Breakfast & Brunch Buffets

TCK Breakfast Buffet

Scrambled Eggs
Bacon & Sausage
Grits & Potatoes
Fresh Fruit
Biscuits & Coffee Cake or Muffins
Orange or Grapefruit Juice
\$6.95 p.p.

TCK Brunch Buffet

Scrambled Eggs
Sausage & Bacon, Potatoes & Vegetable
Chicken Entrée, Fresh Fruit, Grits
Biscuits & Coffee Cake or Muffins
Choice of Action Station: Omelets to Order Station -or-
Waffle Station, (for both stations add \$2.00)
Orange or Grapefruit Juice
\$12.95

Lunch Buffets

Pasta Buffet

Tossed Salad with Accompaniments
Spaghetti, Linguini, or Penne (pick two; Tortellini \$1.50 extra)
with: Marinara, Alfredo, and Sauce Bolognese
Grated Parmesan Cheese, Garlic Bread
Chef's Choice of Dessert
Iced Tea and Coffee
\$9.95 per person (minimum 30 people)

Deli Buffet

Decorated Tray of Roast Beef, Smoked Turkey, and Shaved Ham
Assorted Cheese Tray, Fresh Sliced Fruit
Potato Salad, Relish Tray
Assorted Deli Breads
Freshly Baked Brownies and Cookies
Iced Tea
\$8.95 per person

Dinner Buffets

Prime Rib Buffet

Roast Garlic and Mustard Rubbed Prime Rib
Grilled Chicken Breast
Tossed Salad and Accompaniments Chef's Choice of Starch
Chef's Choice of Two Vegetables, Rolls with Butter
Coffee and Iced Tea, Chef's Choice of Dessert
\$19.95 per person (minimum 22 people)

Surf and Turf Buffet

Roast Beef Au Jus
Baked Chicken Breast
Grilled Salmon with Lemon Butter
Tossed Salad and Accompaniments, Chef's Choice of Two Starches
Chef's Choice of Three Vegetables, Rolls and Butter
Chef's Choice of Dessert, Coffee and Tea
\$19.95 per person (minimum 30 people)

Home style BBQ

Pulled Pork -or-

Grilled Chicken Quarters -or-

Fried Flounder Filets with Tartar Sauce

Southern Style Coleslaw, Potato Salad

Baked Beans with Bacon and Brown Sugar

Chef's Selection of Two Vegetables

Apple Cobbler, Cornbread and Biscuits,

Iced Tea and Coffee

2 entrees \$11.95, 3 Entrees \$13.95 per person

(minimum 30 people)

Southern Buffet

Mixed Garden Salad with Accompaniments

Carrot-Raisin Salad

Marinated Tomato-Cucumber and Onion Salad

Chicken: Fried, Baked, or BBQ -or-

Fish: Fried or Baked with Lemon Butter or Tartar Sauce -or-

Roast Beef Au Jus, Fresh Vegetable Medley

Garlic Roasted Potatoes

Rice Pilaf, Dinner Rolls and Butter

Chef's Assorted Deserts

Iced Tea and Coffee

2 Entrees \$13.95, 3 Entrees \$15.95

(minimum 40 people)

Chefs Signature Items

- Chef William's Shark Fin Chicken with Island Rice and Jalapeño Cream
\$5.95 per person
- Chef Joe's Gourmet Pizzas - 12" Thin Crust Pizzas
- Asian Chicken with Thai Rice -Tempura Chicken Strips with a Mildly Spicy
Sesame Glaze
\$5.95 per person
- Chef Pam's Chipotle Crusted Pork Tenderloin - Stuffed with Collard
Greens, Smoked Gouda and Wrapped in Applewood Bacon
\$5.95 per person
- Coconut Shrimp with Mango Habañero Sauce and Island Rice
\$7.95 per person
- Cajun Seared Catfish with Dirty Rice
\$4.50 per person

Carving, Display and Action Stations

Roasted Baron of Beef

Served with: Assorted Rolls, Horseradish Sauce
Whole Grain or Dijon Mustards
\$2.75 per person

Whole Roasted Beef Tenderloin

Served with: Assorted Rolls
Horseradish Sauce
Whole Grain or Dijon Mustards
\$8.00 per person Béarnaise or Red Wine Sauce Add \$1.00

Roasted Loin of Antelope

Served with Bourbon Maple Sauce, Horseradish Sauce
Whole Grain or Dijon Mustards
\$32.00 per person

Roasted Loin of Elk

Served with Bourbon Maple Sauce, Horseradish Sauce
Whole Grain or Dijon Mustards
\$25.00 per person

Roast Leg of Lamb with Mint Demi or Mint Jelly

\$3.95 per person

Carved Beef Shoulder Tenders

Petite Beef Roasts. Perfect for Carving
served with: Assorted Rolls
Whole Grain Mustard, Horseradish Sauce
\$5.00 per person

Roast Whole Turkey

served with: Assorted Rolls , Tarragon Mayonnaise
Cranberry/Orange Compote
\$2.50 per person

Roast Pit Ham

served with: Assorted rolls, Honey Mustard, Apple Chutney
\$2.50 per person

Pasta Bar

Choice of two pastas:

Spaghetti, fettuccini, linguini, penne, (tortellini \$1.50 extra)
Choice of two sauces: Marinara, Bolognese, Alfredo, White Wine Clam
Sauce, Red Wine Clam Sauce
Ingredients may include: onions, peppers, mushrooms, tomatoes, garlic
Meats could include Italian sausage, baby shrimp, and grilled chicken
\$7.75 per person

Baked Brie “En Croute”

Served with strawberry jam and topped with baked apples
(serves approx. 40)
\$35.00 each

Shrimp & Grits Bar

Low Country Shrimp and Grits
Cheese Grits

Ingredients could include: peppers, onions, cheeses, bacon bits, mushrooms,
scallions, diced tomato, jalapenos

\$6.75 per person

Add grilled diced chicken \$1.00

Add smoked spicy sausage \$1.00

Add diced country ham \$1.00

All three Add \$2.00

Displays

Vegetable Crudite

Radishes, cucumbers, broccoli, cauliflower, carrots,
celery, mushrooms, cherry tomatoes, and
Ranch or Blue Cheese dressing.

\$1.75 per person

Fruit and Cheese Tray

May include cantaloupe, honeydew, pineapple, strawberries, seedless grapes,&
other fresh fruit; plus a possible selection of cheddar, Swiss, blue cheese, Brie,
smoked gouda, or other fine cheeses

(Can be separated)

\$4.00 per person

\$2.55 per person separated (cheese only or fruit only)

Marinated Roasted Vegetable Display

Squash, zucchini, mushrooms, onion, asparagus and other seasonal vegetables,
roasted in a vinaigrette of garlic & fresh herbs

\$3.50 per person

Poached or Smoked Salmon Display

served with French Bread and classic garnishes (minced shallot, capers, lemon,
cream cheese, chopped hard eggs)

\$100.00 each

Jumbo Shrimp Display

served with lemon wedges and cocktail sauce
\$6.95 per person (4 per person)

Cookouts

Pig Pick'in

Pulled Pork

Cole Slaw, BBQ Beans, Buns, Cookies, Brownies

Iced Tea

\$6.25 per person

Hamburgers and Chicken Breast Sandwiches

Served with

Southern Style Coleslaw

Baked Beans with Bacon and Brown Sugar

Potato Salad, Condiments

Cookies or Brownies

Tea, Coffee

\$7.95 per person

Hot Dogs and Hamburgers

Served with

Potato Salad

Baked Beans with Bacon and Brown Sugar

Southern Style Coleslaw and Apple Crisp

Tea, Coffee

\$6.50 per person

Box Lunches

Deli Box

Turkey, Ham or Roast Beef on Choice of Bread

Chips, Whole Fruit

Candy Bar or Cookie

Soda

\$5.50 p.p. (cheese \$.50 extra)

Hot Hors D'oeuvres

Chefs Signature Items

- Sesame Seared Ahi Tuna on Won Ton Crisp with Soy Reduction, Pickled Ginger and Wasabi Whipped Cream \$3.25 p.p.

- White Cheddar Grit Cakes with Collard Green Chiffonade and Crisp Country Ham \$3.00 p.p.
- Asian Meatballs with Sesame Bourbon Sauce \$1.95 p.p.
- Thai Chicken Skewers with Sweet Chili Sauce \$2.75 p.p.
- Miniature Chicken Pot Pie \$1.95 p.p.
- Individual Miniature Crabcakes with Cajun Remoulade mkt. Price

Other Hot Items

Fried Chicken Tenders with choice of sauce	\$2.15 p.p.
Crabmeat stuffed mushrooms	\$3.00 p.p.
Spanokopita (Feta and Spinach in phyllo pastry)	\$2.00 p.p.
Meatballs (BBQ or Swedish)	\$1.55 p.p.
Fried Chicken Drummette	\$1.55 p.p.
Assorted Miniature Quiche	\$1.55 p.p.
Stuffed Red Skin Potatoes w/ Parmesan Cheese And Smoked Bacon	\$2.55 p.p.
Homemade Spicy Buffalo Wings	\$2.00 p.p.
Hot Artichoke and Lump Crab Dip w/ French Bread	\$2.00 p.p.
Grilled Chicken Satay w/ Spicy Peanut Sauce	\$2.50 p.p.
Bacon Wrapped Scallops	\$3.25 p.p.
Spring Rolls With Oriental Dipping Sauce	\$2.25 p.p.

Cold Hor D'ouveres

Chefs Signature Items

- Chef Jeffs Smoking Pimento Cheese Crostini \$1.95 p.p.
- Miniature Micro Greens Salads with Goat Cheese Pecans and Tarragon Vinaigrette in Phyllo Cups.
\$2.50 p.p.
- Fried Green Tomatoes with Boursin Cheese, Applewood Bacon, Chives and Roasted Yellow Pepper Sauce \$2.50 p.p.

Other Cold Items

Assorted Crostini with Cheeses and Condiments	\$1.95 p.p.
Belgian Endive w/ Smoked Salmon and Herbed Cream Cheese	\$2.55 p.p.
Finger Sandwiches (Shrimp Salad, Chicken Salad, Cucumber and Dill Cream Cheese)	\$2.00 p.p.
Southern Style Deviled Eggs	\$1.25 p.p.
Stuffed Red Skin Potatoes w/ Sour Cream, Herb, Cheese Filling	\$2.55 p.p.

Cherry Tomatoes Stuffed with Crab Salad	\$2.75 p.p.
Herbed Goat Cheese Crostini w/ Roasted Red Pepper	\$2.15 p.p.
Strawberries Dipped in Chocolate	\$2.75 p.p.
Shrimp Cocktail w/ Horseradish-Tomato Sauce	\$6.95 p.p.
Oysters on the ½ shell w/ Shallot Vinaigrette	Mkt. Price
Celery Stalks with Blue Cheese	\$1.95 p.p.
Grandmarnier Strawberry Kabobs	\$2.75 p.p.
House Cured Salmon Gravlax	\$2.95 p.p.
Dill Crème Fraiche Pinwheels	\$1.95 p.p.

You may deduct the price of the least expensive item for every three that you choose from this page.

Luncheon Salads and Sandwiches

(All Prices are per plate/person)

Please consult a TCK Staff Member before ordering multiple items for groups

The Deli Plate- Sliced Roast Beef, Smoked Turkey, Shaved Ham with Assorted Cheeses, Potato Salad and Served with a basket of bread and appropriate condiments. \$7.95

Fresh Fruit Plate- Assorted Melon, Citrus Fruit, and Fresh Berries, served with Cottage Cheese, Raspberry Yogurt Dressing, and a Freshly Baked Salem Glen Muffin. \$6.95

Trio Salad Platter- Chicken Salad, Tuna Salad, and Pasta Salad served with Tomato Wedges, Hard Boiled Eggs, Cucumbers, and a basket of rolls. \$6.95

Soup and Sandwich- Cup of Soup Du Jour, Roast Beef or Smoked Turkey Croissant and Coleslaw. \$5.95

Soup and Salad- Cup of Soup Du Jour, Caesar Salad or Mixed Field Greens, served with a basket of rolls. \$6.55

Big Kahuna Burger- 8 oz. of Charbroiled Beef served with French Fries, Lettuce, Tomato, and Onion on a Toasted Onion Roll. \$6.25

Buttermilk Marinated Fried Chicken Breast- Golden Fried and served with Potato Salad, Coleslaw, and Mustard on a Toasted Bun. \$7.95

Tuna Melt- Tuna Salad with Swiss Cheese on Grilled Rye Bread.
Choice of side. \$5.95

Salmon Caesar Salad- Grilled Salmon set on top of Romaine Lettuce, Parmesan Cheese, Croutons, and Caesar Dressing. \$9.95

Plated Luncheons

Please consult a TCK Staff Member before ordering multiple items for groups

All entrees include Choice of Soup or Salad
Chef Choice Starch & Vegetable
Rolls, Ice Cream or Sherbet,
and Coffee, Tea, & Water

(Choose one Salad or Soup per group)

Mixed Field Greens with your Choice of Dressing
Classic Caesar Salad
Fresh Spinach Salad
Or
Chef's Choice Soup

Quiche- Your Choice of Broccoli, Asparagus and Cheddar, or Classic Quiche
Lorraine. Served with Fresh Fruit and Broiled Tomato Half.

(Minimum 6 people must order quiche)

\$8.95

Linguini Pasta Primavera- Assorted Vegetables Sauteed in Olive Oil and Garlic
then tossed with Linguini, Parsley, and Parmesan Cheese.

\$8.25

Grilled Petite Filet Mignon- Grilled to perfection and served with Red Wine
Veal Demi-glace Sauce.

\$13.95

Chicken Parmigiana- A tender baked chicken breast topped with Tomato
Sauce and Mozzarella cheese, served with fresh pasta and Garlic bread.

\$10.95

Roasted and Sliced Pork Loin- Slow roasted center cut Pork Loin accented by
an Apple Maple Butter

\$10.95

Grilled Salmon- 5 oz. Atlantic Salmon Filet served with Mustard Dill Aioli

\$10.95

Charleston Seafood Crepe- An assortment of seafood with a creamy Shrimp
Sauce. \$9.95

Plated Dinners

All entrees include Choice of Soup or Salad, Starch, Vegetable, Rolls,
Ice Cream or Sherbet, and Coffee, Tea, & Water

(Choose one Salad or Soup per group)

Chef's House-made Soup

or

Salads

- Classic Caesar Salad
- Mixed Field Greens with Choice of Dressing
- Fresh Spinach Salad

Appetizers

(Please note additional charges)

- Jumbo Lump Crab Cake w/ Sauce Remoulade Market price
- Jumbo Shrimp Cocktail with Lemon \$6.95 p.p.
- House Cured Salmon Gravlax with Assorted Salad Greens and Mustard Dill Sauce \$5.95 p.p.
- Pan Roasted Exotic Mushrooms With Polenta \$5.00 p.p.
- Bacon Wrapped Jumbo Shrimp stuffed with Crabmeat and served With a Spicy BBQ Sauce \$7.95 p.p.

Entrees (Beef)

- Filet Mignon- 7 oz. Filet char-grilled to your specification and topped with Veal Demi-glace
\$18.95
- Prime Rib- Slow roasted in a special oven for holding in the original flavor and tenderness. Served with Au Jus and Horseradish Cream.
\$17.95
- Petite Filet and Jumbo Shrimp- Served with a Green Peppercorn Sauce And Lemon Butter
\$20.95
- N.Y. Strip- 10 oz. cut chargrilled and accented by a Blue Cheese Sauce
\$17.95

Entrees (Poultry)

- Roast Chicken Breast- Stuffed with Spinach, Ham and Goat Cheese. Served with a Roast Garlic Cream Sauce
\$14.95
- Grilled Chicken Oscar- Marinated grilled chicken breast topped with Crabmeat, Asparagus, and Hollandaise Sauce
\$14.95
- Chicken Piccata- Breast of Chicken Sauteed and seasoned with Lemon, Capers, and White Wine
\$13.95
- Grilled Chicken Breast- Grilled and topped with a Rosemary-Roast Garlic Butter Sauce
\$13.95

Entrees (Seafood and Other Items)

Filet of Salmon - Grilled with Mustard Dill Aioli

\$15.95

Grilled Swordfish- Grilled center cut Swordfish steak topped with Fruit Segments and Citrus Vinaigrette

\$18.95

Baked Flounder- Stuffed with Crabmeat and topped with Lemon, Chives, and Tomatoes.

\$18.95

Tuna- Grilled and served with Tomato-Red Pepper Coulis and Capers
Market Price

Finishing Touches

(Choose one dessert per group or consult a manager regarding multiple options)

Chocolate Layer Cake \$2.95 p.p.

N.Y. Style Cheesecake \$2.95 p.p.

Strawberry Shortcake \$2.95 p.p.

Apple Tarte Tatin \$2.95 p.p.

Pecan Pie \$2.95 p.p.

Carrot Cake \$2.95 p.p.

(Other options Available in this price range)