



fresh eats
BY RUSSELL MORIN



CATERING MENU | 2024

How to Order

PLACE YOUR ORDER



ONLINE

orderfresheats.com



PHONE

Tel (508) 226-6600
Toll free (888) 552-7822



EMAIL

fresheats@morins.com

INFO



OFFICE HOURS

Monday – Friday:
9:00am – 5:00pm



ADDRESS

Fresh Eats by Russell Morin,
Corporate Headquarters
95 Frank Mossberg Drive,
Attleboro, MA 02703

FREE DELIVERY

Within 45 miles of our headquarters

WHEN SHOULD I PLACE MY ORDER?

As soon as you are ready!

WHEN IS MY GUEST COUNT DUE?

Your guaranteed minimum guest count is due 10 days prior to your event. If you are placing an order less than 10 days before the event or placing your order online, the guaranteed minimum count is due at the time of booking.

HOW DO I CONFIRM MY ORDER?

Payment in full is required to officially confirm your order and our availability.

ARE THERE ANY ADDITIONAL FEES?

Fresh Eats orders will incur a 8% administrative fee. Some venues may be subject to a higher administrative fee.

WHAT IS INCLUDED WITH MY ORDER?

Our menus come with biodegradable dinnerware and utensils and the serving equipment necessary to serve your chosen menu.

ORDER MINIMUMS

Monday – Friday minimum order is \$750

STANDARD DELIVERY WINDOW

Monday – Friday 7:00am – 3:00pm

Orders with delivery times outside of our standard delivery window may be subject to an additional charge.

DELIVERY AND PICK UP

- Standard Fresh Eats orders will be delivered 45 minutes prior to the meal time you provide. Orders with more extensive setup may require an earlier delivery time.
- Equipment pick up for corporate accounts will be the same business day.
- Equipment pick up for private accounts will be the next business day.

STAFFING

Our polished and professional delivery drivers will ensure your order is presented properly and ready for guest arrival. If you'd like service personnel to stay through the duration of your event, please speak with one of our sales coordinators. Orders for more than 75 people may require service personnel depending on menu selections.

CANCELLATION

72 business hours – full charge

I HAVE GUESTS WITH DIETARY RESTRICTIONS!

As you are reading through our menu you will notice we have conveniently labeled items for the most common dietary restrictions.

OUR DIETARY KEY APPEARS THROUGHOUT THE MENU:

KEY  Dairy free |  Gluten free |  Vegetarian |  Vegan



Breakfast

KEY **DF** Dairy free | **GF** Gluten free | **V** Vegetarian | **VG** Vegan

MORNING CAFÉ **V** \$8

A FRESHLY BAKED ASSORTMENT OF MORNING FAVORITES

GF options available upon request

PLEASE SELECT THREE

- Apple cinnamon muffins
- Blueberry muffins
- Zucchini walnut muffins
- Cranberry orange scones
- Maple pecan scones
- House made strawberry pop tart
- House made cookies n' cream pop tart

BAGEL BAR \$9.50

ASSORTED BAGELS **V**

We send toasters for warming bagels on site.

TOPPINGS

- Original whipped cream cheese **V** **GF**
- Smoked salmon, chives and red onion cream cheese **GF**
- Cheddar, ham and jalapeno cream cheese **GF**
- Whipped sea salt butter **V**
- Fruit preserves **V**

SOUTHERN BISCUIT BAR \$11.50

FRESHLY-BAKED, FLAKY, WARM BISCUITS

Cream cheese biscuits with traditional sausage gravy, hot honey fried chicken bites, honey butter and fruit preserves

BREAKFAST SANDWICHES (Minimum order 10 each)

DOWN CITY \$7/EA

Perfect fried egg, cheddar cheese, breakfast aioli, maple sausage patty, bacon, chilaquiles sauce, whole wheat bagel

THE AMERICAN \$6/EA

Perfectly scrambled egg, American cheese, bacon, breakfast aioli, Portuguese bolo roll

SOUTHWEST BURRITO \$7/EA

Creamy scrambled eggs, cumin, salsa verde, cheddar cheese, pork sausage, taco seasoned peppers, onions, tomatoes, jalapeno



Breakfast

KEY **DF** Dairy free | **GF** Gluten free | **V** Vegetarian | **VG** Vegan

HOT BREAKFAST BUFFET \$12.50

Includes a seasonal fruit salad **V**

PERFECT SCRAMBLE **V**

Prepared with cheddar cheese sauce

PLEASE SELECT ONE PROTEIN **GF**

- Maple sausage
- Bacon
- Turkey bacon
- Fleur De Lis ham

PLEASE SELECT ONE STARCH **V GF**

- Red Bliss homefries **GF**
- Artisanal cheese grits

HOT BUFFET ADD-ONS +\$4/EA

BELGIAN WAFFLES WITH MAPLE SYRUP

PANCAKES WITH MAPLE SYRUP

WHOLE WHEAT PANCAKES WITH MAPLE SYRUP

SUBSTITUTIONS

SOUTHWEST SCRAMBLE **V GF** +\$1

Monterey jack cheese, bell peppers, green chilies, tomatoes, and scallions

FLORENTINE SCRAMBLE **V GF** +\$1

Spinach, mushrooms, roasted red peppers, herbed cream cheese

VEGETABLE FRITTATA **V GF** +\$1

Broccoli, tomato, cheddar, basil

BACON FRITTATA **GF** +\$1.25

Mushrooms, caramelized onions, fontina

TWO BREAKFAST MEATS +\$3

HASH BROWNS +\$2.50

ADD-ONS

BAGELS \$19.50

A baker's dozen of assorted bagels with cream cheese

CINNAMON BUNS \$22

A baker's dozen of cinnamon buns

MUFFINS \$19.50

A baker's dozen of assorted muffins

SCONES \$19.50

A baker's dozen of assorted scones

SEASONAL PARFAIT \$5 EACH

FRESH FRUIT SALAD \$2.50 EACH

BEVERAGES

BREAKFAST BUNDLE \$4.50 per person

- Colombian coffee
- Freshly squeezed orange juice

COFFEE BUNDLE \$5.50

- Colombian coffee
- Decaf Colombian Coffee
- Assorted gourmet tea

BUNDLE ADD-ONS

- Decaf Colombian coffee \$0.75 per person
- Assorted gourmet tea with lemon and honey \$1 per person

ORANGE JUICE (individual) +\$2/EA

CRANBERRY JUICE (individual) +\$2/EA

APPLE JUICE (individual) +\$2/EA



Cold Bistro Buffet

KEY  Dairy free |  Gluten free |  Vegetarian |  Vegan

COLD BUFFET

\$16 BOXED LUNCH

\$16

SELECT 3 SANDWICHES AND 2 SIDES

Upcharge to make any sandwich 

MINIMUM ORDER 5 PER KIND, MAXIMUM VARIETY, 3

Includes chips, seasonal fruit, craft cookie, dill pickle and Poland Spring water

SANDWICHES

KATSU CHICKEN SANDWICH

Miso mayonnaise, sliced pickles, shaved red onion, kimchi slaw with red cabbage, sesame seeds

VEGAN BAHN MI

Soy and sesame glazed roasted tofu, pickled carrots, cucumbers and red onions, cilantro and ginger aioli, arugula on a crispy baguette

CALIFORNIA TURKEY

Roasted turkey breast, avocado-lime aioli, pepper jack, red leaf lettuce, tomatoes on a whole wheat batard

FEDERAL HILL

Genoa salami, capicola, ham, provolone, green leaf, pepperoncini, tomato, red onion, red wine vinaigrette on a crispy baguette

GRILLED VEGETABLE CAPRESE

Grilled zucchini and eggplant, fresh mozzarella, tomato, basil, balsamic drizzle on a French roll

GREEK WRAP

feta, tomatoes, kalamata olives, and romaine with Greek dressing in a spinach wrap

CLASSIC CHICKEN SALAD

With lettuce and tomato on a croissant

TURKEY BLT

Turkey, Swiss cheese, lettuce, tomato, bacon, and honey mustard on a whole wheat batard

RALPH'S CLASSIC TUNA

With green leaf and tomato on a potato roll

VIRGINIA HAM & CHEESE

Whole grain mustard, mayo, Swiss cheese, green leaf, tomato on a potato roll

HORSERADISH ROAST BEEF

Slow roasted beef, horseradish mayo, caramelized onions, cheddar, wilted arugula, tomato on ciabatta

TACO CHICKEN WRAP

Grilled chicken breast, cheddar, pico de gallo, lettuce, chipotle sour cream

BALSAMIC CHICKEN

Chicken breast, tomato jam, arugula, mozzarella, red onion, balsamic on a baguette

GALLOPING GAUCHO

Grilled marinated beef with chimichurri and mushroom ceviche on a white wrap

VEGAN FALAFEL WRAP

House made falafels, local lettuce, pickled red onion and carrot slaw, diced tomato, sliced cucumber, avocado dill tahini sauce

MAPLE TURKEY SANDWICH

Sliced roasted turkey breast, Vermont sharp cheddar, caramelized red onions, sliced gala apples, leaf lettuce, maple brown sugar aioli, toasted sourdough batard

PESTO CHICKEN SANDWICH

Pesto marinated chicken breast, hydroponic lettuce, caramelized balsamic onions, roasted red peppers, roasted tomato garlic aioli, sliced fresh mozzarella, toasted wheat batard

PICK SIDES

CLASSIC POTATO SALAD

GERMAN POTATO SALAD

MIXED GREEN SALAD

SHAVED VEGGIE SLAW

CLASSIC VEGETABLE AND ROTINI PASTA SALAD

POTATO CHIPS

CHOCOLATE CHIP COOKIES

FINGERLING POTATO SALAD

Red onion, peas, bacon, scallions, and a creamy mustard seed dressing

FARMERS' MARKET GARDEN SALAD

Baby kale, Little Leaf greens, shaved local corn, heirloom cherry tomato, carrot spirals, pickled red onion, diced cucumber, sliced radishes, and a cucumber herb vinaigrette



Hot Bistro Buffet

KEY DF Dairy free | GF Gluten free | V Vegetarian | VG Vegan

ONE ENTRÉE	\$22.50	Includes bread, whipped butter
TWO ENTRÉES	\$27	and your choice of one starch
THREE ENTRÉES	\$31	and one vegetable.

ENTRÉES

TUSCAN BEEF SHORT RIB DF

Red wine and herb braised short rib in a decadent beef jus

MARGARITA SALMON DF GF

Seared tequila lime glazed salmon topped with cilantro lime gremolata

VEGAN GEMELLI PESTO PASTA VG

Gemelli pasta with grilled zucchini, grilled summer squash and halved heirloom tomatoes tossed with basil pistou and toasted sunflower seeds

BROWNED BUTTER HONEY

GARLIC CHICKEN DF

Grilled honey garlic marinated chicken breast topped with a brown butter garlic honey glaze and chopped fresh scallions

SMOKED SLICED BRISKET DF GF

Memphis BBQ sauce

ESPELETTE & CHIPOTLE CHICKEN DF GF

Marinated and chargrilled with citrus salsa

GRILLED PEPPERCORN FLAT IRON DF GF

Grilled peppercorn and signature spice crusted flat iron sliced and topped with chive chimichurri

BAKED CAESAR CHICKEN

Seared garlic, lemon and herb marinated chicken breast topped with parmesan herb cream sauce, parmesan cheese and garlic crouton crumble

MARINATED STEAK TIPS DF

Red wine demi glaze

SUNFLOWER PESTO CHICKEN DF

Pesto marinated grilled chicken breast, balsamic drizzle and toasted sunflower seeds

FRENCH ONION CHICKEN

Seared chicken breasts drizzled with caramelized onion and gruyere cream sauce, toasted panko and chive

BAKED OLIVE OIL CHIMICHURRI COD WITH WARM ROASTED TOMATO RELISH DF GF

Olive oil chimichurri crusted cod topped with a warm tomato and garlic relish

KUNG PAO CAULIFLOWER VG

Pineapple, scallions and peppers

FOREST MUSHROOM RAVIOLI V

Madeira cream sauce and frizzled onions

CHEESE RAVIOLI V

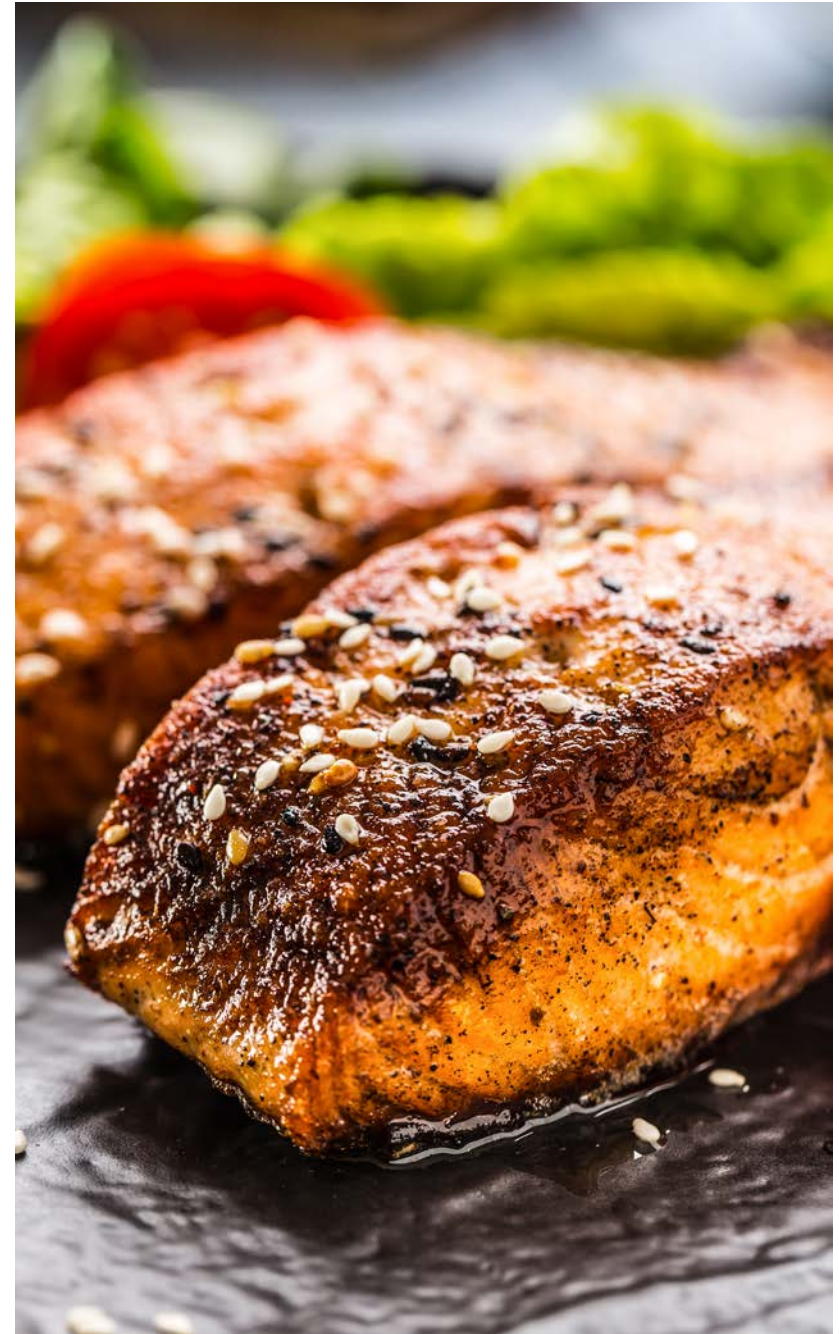
Fluffy cheese filled pillows with marinara sauce

VEGETABLES V

- Roasted carrots with herb butter DF
- Grilled vegetables (room temp) DF GF
- Green beans with shallot butter DF
- Kale Caesar
- Chopped salad DF GF
- Quinoa and arugula salad DF GF
- Mixed green salad

STARCHES V

- Asiago whipped potatoes DF
- Lemon and garlic rice pilaf DF
- Citrus and turmeric couscous VG
- Creamy sharp cheddar cavatappi mac and cheese
- Lemon and olive oil baby red potatoes with wilted spinach DF GF



Signature Buffets

KEY **DF** Dairy free | **GF** Gluten free | **V** Vegetarian | **VG** Vegan

FAJITA BUFFET **GF** \$19

Espelette and lime grilled chicken, grilled chimichurri beef, roasted peppers and onions, Spanish rice, pepper jack, sour cream, salsa verde, pico de gallo, shredded lettuce, limes, corn salsa, corn and flour tortillas

*Flour tortillas are not gluten free

LITTLE ITALY \$18.50

Ricotta stuffed chicken parmesan, baked ziti, Nonna's meatballs, ratatouille **V** **GF**, garlic butter Parker House rolls, Caesar salad **V**

NORTHERN QUE \$19

Fried chicken mac n' cheese with bacon, house smoked ribs with house bbq sauce **GF**, creamy peach coleslaw **V** **GF**, cornbread with jalapenos **V**

ASIAN EXPRESS \$19

Sweet sesame chicken, beef and broccoli with carrots and water chestnuts **GF**, vegetable fried rice **V**, crispy kale dumplings with hoisin glaze **V**

ROOM TEMP PICNIC \$22

Shaved Provencal chicken with grilled corn salsa **GF**, tricolor tomato caprese with basil balsamic vinaigrette **V** **GF**, sliced sirloin with arugula pesto **GF**, shrimp and avocado potato salad **GF**, herb biscuits with whipped butter **V**

GARDEN GREENS & GRAINS **GF** \$24

MAKE YOUR OWN BOWL

BASE

Quinoa and wild rice salad **V** **GF**

TOPPINGS

- Tossed arugula with marinated red onion and feta **V**
- Harissa spiced sweet potato salad with pepitas and cherries **V**
- Citrus balsamic roasted beets with lentils and spinach **GF**
- Roasted flaked salmon
- Sliced grilled chicken
- Marinated yellow squash **GF**
- Edamame **GF**

SAUCES

- Wasabi cream
- Chimichurri **GF**



Platters

KEY Dairy free | Gluten free | Vegetarian | Vegan

Each platter serves 25

TUSCAN LANDSCAPE \$425

Gorgonzola dolce , sharp provolone , mozzarella ciliegine marinated in extra virgin olive oil , sea salt and basil cured imported olives , eggplant caponata , sundried tomato pesto , shaved local prosciutto, genoa salami, grilled asparagus balsamico , rustic country breads

bread available upon request

CHEESE LANDSCAPE \$145

Options available

A selection of traditional domestic and imported cheeses with grapes and strawberries and house cracker assortment

GARDEN CRUDITÉ \$125

A seasonal assortment of crisped and blanched garden vegetables , artfully presented with fresh herbs. Served with green goddess dip and sundried tomato roasted red pepper dip.

MIDEASTERN MEZZE \$210

Hummus trio of balsamic beet , traditional lemon chickpea and edamame hummus, rice stuffed grape leaves, tabbouleh, Fattoush salad and pita bread

bread available upon request

SHRIMP COCKTAIL \$250

5 lbs. jumbo gulf shrimp with zesty cocktail sauce

ROASTED TENDERLOIN \$250

2 lbs. served sliced with whole grain mustard, creamy horseradish sauce, and mini french rolls, served room temp

SEASONAL CUT FRUIT \$100

Honeydew melon, cantaloupe, pineapple, apple, grapes, and lemon yogurt dip

MEXICAN CHIP & DIP PLATTER \$105

Blue corn and white corn tortilla chips with a mild, chunky tomato salsa, sour cream, guacamole, and black bean salsa



Sweets & Meeting Breaks

KEY DF Dairy free | GF Gluten free | V Vegetarian | VG Vegan

SQUARES, BROWNIES & BARS V \$3.50

CHOICE OF THREE

- Magic bars
- Key lime cheesecake bars
- Blueberry amaretto cheesecake bars
- Reese's peanut butter brownies
- Lemon squares
- M&M brownies

COOKIES V

From our bakery

THE COOKIE PLATTER (1 dozen) \$36

White chocolate cranberry cookies,
chocolate chip walnut cookies, ginger cookies

OUR FAMOUS COOKIE SANDWICHES (1 dozen) \$48

House cookies filled with flavored mousse dipped in chocolate

PATISSERIE V

DELUXE PETIT PASTRY ASSORTMENT

S 5 dozen \$240
L 10 dozen \$375

MINI S'MORES V

INCLUDES

Graham cracker and ganache, turtle, and cookies and cream

S 5 dozen \$150
L 10 dozen \$250

MYO TRAIL MIX V \$7.50

Granola GF, Chex cereal, pretzels, glazed walnuts,
dark chocolate curls GF, dried cranberries GF,
shaved coconut and chocolate raisins

BEVERAGES

CHILLED

- Sweetened lemon iced tea \$1.75 per person
- Lemonade \$1.75 per person
- Assorted sodas (individual) \$1.75 ea
- Pellegrino assorted soda (individual) \$2.50 ea
- Polar flavored seltzers (individual) \$1.75 ea
- Poland Spring still water (individual) \$2 ea

HOT

- Colombian coffee \$4.50 per person
- Decaf Colombian coffee \$3.50 per person
- Bigelow Tea assortment \$2.50 per person
- Coffee refresh for all-day meeting \$3.50 per person





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