

Get ready for some summer time fun! We are featuring lots of great plant forward options- as well as other on trend summer favorites: tasty toast bars, southern style fried chicken picnic, a build your own sparkling water bar and more! These delicious dishes are available for a limited time. Contact Marshall Catering to schedule your next event with delicious food and impeccable service.

FLAVOURS OF SUMMER



BREAKFAST

Strawberry Shortcake Parfait 1 Parfait | 150 cal

Sliced strawberries with yellow cake and honey

lemon yogurt

\$2.79 each / minimum order 15 people

Create your Own! Toast Bar 1 Toast | 205-350 cal

Fresh, fun and healthy! Build your own toast with our interactive toast bar! Guest can customize it anyway they like!

\$5.59 per guest / minimum order 15 people



VG VEGAN **V** VEGETARIAN **M** MINDFUL

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available.

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FLAVOURS
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MARSHALL CATERING

(304) 696-2534

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ADVENTURE BOX TAKEAWAYS

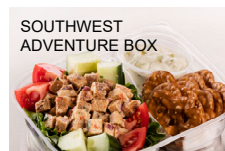


SOUTHERN SAMPLER ADVENTURE BOX

Southern Sampler Adventure Box 1 Box | 580 cal

BBQ pulled chicken with smoked paprika sauce, roasted corn succotash, creamy coleslaw & a mini corn muffin

\$5.39 each / minimum order 5 people



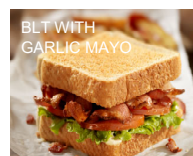
SOUTHWEST ADVENTURE BOX

Southwest Adventure Box 1 Box | 270 cal

Southwest chicken salad on a bed of mixed greens with diced cucumbers and tomatoes with pretzel crisps and pickle dip

\$5.39 each / minimum order 5 people

GRAB AND GO SANDWICHES



BLT WITH GARLIC MAYO

BLT with Garlic Mayo 1 Sandwich | 330 cal

Crisp smokey bacon, shredded iceberg lettuce, tomato, and roasted garlic mayo on Texas toast

\$10.39 per guest / minimum order 3 people

Avocado & Cheese Torta **V** 1 Sandwich | 560 cal

Jack cheese, cheddar cheese, pickled red onion, fresh jalapeno peppers and smashed avocado on baguette

\$9.59 per guest / minimum order 3 people

GRAB AND GO SALADS

Watermelon Bliss Salad **V** 1 Salad | 460 cal

Watermelon, romaine lettuce, cucumber, tomato, bleu cheese, red onion, sliced almonds, balsamic vinaigrette

\$12.79 per guest / minimum order 3 people



STRAWBERRY FIELDS FOREVER

Strawberry Fields Forever **V** 1 Salad | 550 cal

Spring mix lettuce with fresh strawberries, red onion, blue cheese, toasted walnuts & honey poppy seed balsamic dressing

\$13.19 per guest / minimum order 3 people

Grilled Chicken Breast Add-On for Salads 3 oz. | 110 cal

\$1.99 per guest / minimum order 3 people

SERVED LUNCHEONS AND DINNERS

Skillet Peaches & Pecan Chicken

1 Breast+Pan Sauce | 560 cal

Seared peach halves and chicken breast with bourbon pecan sauce

\$19.99 per guest / minimum order 10 people

SPECIALTY STATIONS

Southern Picnic Fun! 1 Guest | 1005-2060 cal

Nothing says summer like moving your party outdoors. Celebrate with our Southern Style Picnic! Featuring fried chicken, cornbread, mac & cheese and more. This picnic is easy-going and sure to please!

\$14.39 per guest/minimum order 20 people



WALKING TACO STATION

Walking Taco Station 1 Guest | 480-990 cal

Walking tacos are all the rage! Set this up as a fun afternoon break, or pair this with a salad, beverages and dessert for a complete meal!

\$8.79 per guest/minimum order 15 people



FRUITY SPARKLING WATER BAR

Fruity Sparkling Water Bar 1 Guest | 0-100 cal

Time to get fancy! Dress up your sparkling water with fresh fruit, aromatic herbs and syrups! Perfect way to quench that summertime thirst.

\$4.79 per guest/minimum order 15 people

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BREAKFAST

Create your Own! Toast Bar 1 Toast | 205-350 cal

Fresh, fun and healthy! Build your own toast with our interactive toast bar! Guest can customize it anyway they like!
\$5.99 per guest / minimum order 15 people

Top your Whole Grain Bread (1 slice | 110 cal) with choice of:

Spreads:

- Hummus **VG** (2 Tb | 60 cal)
- Fresh Avocado **VG** (2 Tb | 50 cal)
- Creamy Peanut Butter **V** (2 Tb | 180 cal)
- Ricotta Cheese **V** (2 Tb | 45 cal)
- Strawberry Preserve **V** (2 Tb | 100 cal)

Toppings:

- Sliced Fresh Strawberries **VG** (1 oz | 10 cal)
- Sliced Bananas **VG** (1 oz | 15 cal)
- Pico de Gallo **VG** (1 oz | 10 cal)
- Sliced Fresh Radish **VG** (1 oz | 0 cal)
- Fresh Arugula **VG** (1 oz | 5 cal)
- Feta Cheese **V** (1 oz | 70 cal)
- Honey **V** (1 tsp | 20 cal)
- Kosher Salt **VG** (1/4 tsp | 0 cal)
- Black Peppercorns **VG** (1/4 tsp | 0 cal)
- Puffed Wild Rice **VG** (1 tsp | 5 cal)
- Lemon Wedge **VG** (1 wedge | 0 cal)
- Olive Oil **VG** (1 tsp | 40 cal)
- Crushed Red Pepper Flakes **VG** (1/4 tsp | 0 cal)



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\$14.39 per guest/minimum order 20 people

Comes with :

- Southern Fried Chicken (2 pieces | 650 cal)
- Double Cornbread **V** (1 piece | 140 cal)
- Mac & Cheese **V** (4 oz | 220 cal)
- BBQ Baked Beans **V** (3 oz | 140 cal)

Choose Two:

- Roasted Stone Fruit Platter **V** (3 oz | 80 cal)
- Roasted Garlic Potato Salad **V** (3 oz | 150 cal)
- Grilled Summer Corn and Dill Salad **V** (4 oz | 180 cal)
- Deviled Eggs (2 Halves | 90 cal)

Served with:

- Pecan Pie Bars (1 piece | 350 cal)
- Chocolate Brownie (1 piece | 150 cal)
- Assorted Cookies (1 cookie | 250 cal)
- Lemonade **V** (8 oz | 230 cal)
- Ice Water (8 oz | 0 cal)



Walking Taco Station 1 Guest | 480-990 cal

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\$8.79 per guest/minimum order 15 people

Comes with:

- Assorted Corn Chips (1 bag | 370-560 cal)
- Assorted Walking Taco toppings (1 oz | 0-110 cal)

Choose Two:

- Beef Taco Meat (2 oz | 130 cal)
- Chili Con Carne (3 oz | 100 cal)
- Three Bean Chili **V** (3 oz | 60 cal)

FEATURED SPECIALTY STATION



Fruity Sparkling Water Bar

1 Guest | 0-100 cal

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