

# SEEDLING AND SAGE

A LOCALLY GROWN CATERING CO.



QUICK SERVICE CATERING

OUR SIGNATURE CUISINE  
DELIVERED DIRECT  
TO YOUR HOME OR OFFICE

WE MAKE PEOPLE  
HAPPY!





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# LOCALLY GROWN CATERING CO.

Our Personalized Approach Starts With Our Philosophy – **The Better You Eat, The Better You Feel.** It's That Simple. We Gather High-Quality, Fresh, Seasonal Ingredients To Create A Menu That Matches Your Vision, Your Style And Your Budget. It's Our Pleasure To Create Thoughtful, Sustainable Events That Make People Feel Happy.

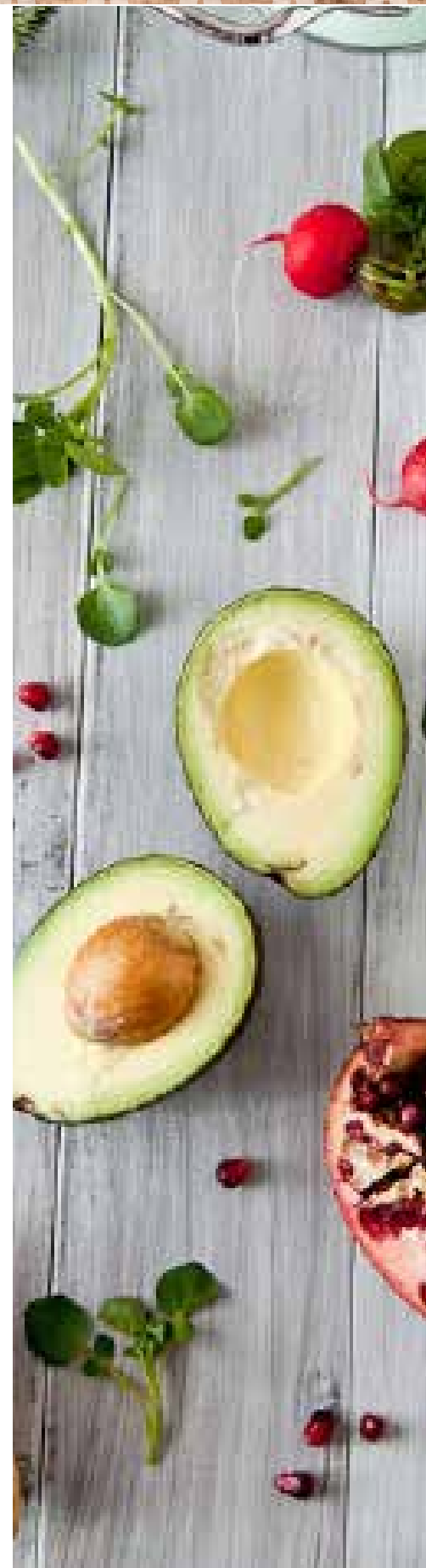
By Hosting A Sustainable Event, You Can Assure Your Guests That Your Event Was Grown With A Mass Dose Of Vitamin D, With **All Natural Ingredients** Which Means **Nothing Artificial**, With **Low Fat & Low Sodium** Opting For Fresh Herbs And Spices.

We Can Customize All Menus And Ingredients To Assure Your Gluten-Free, Vegan, Soy-Free, And-Everything-In-Between, Clients Are Happy. We Make Kids Happy Too.

Once The Menu Is Planned, Our Event Designers Strategize On The 'Culinary Couture'. We Select Gorgeous Vessels With Clean Lines And Sophistication To Present Your Dishes. We Will Dress And Style Each Element Of Your Event. No Detail Is Too Small.

Whether It's At Your Home Or An Off-Site Location, Trust The Expert Team At Seedling & Sage To Deliver A Restaurant-Quality Experience With Professionalism And Gracious Hospitality.

At Seedling & Sage Our Mission Is To Make People Happy. We Believe Our Staff – Passionate, Professional And Filled With Love For What They Do – Set Us Apart. We Take A People-First, Food-Focused Approach. We Still Believe In A Warm Smile And Good Old Fashioned Work Ethic... With A Smidge Of Panache.





## DELIVERY AND SET UP

Minimum Order For Cold Catering And Bag Lunch Delivery-10 Guests, Hot Catering-20 Guests. A Delivery And Set Up Charge Of 15% Will Be Added To The Catering Order. All Catering Orders Include Set-Up, Plates, Napkins, Utensils And Table Covers. You Can Feel Proud Of Your Event Knowing All Of Our Plasticware is Biodegradable.

Please Ask About Our Zero Waste Options.

Please Ask About Formal Dinnerware Options.

## PAYMENT

For Your Convenience, Seedling And Sage Gladly Accepts Company Checks, Visa, Mastercard, American Express. *Please add 6% State Tax to All Pricing.*

## DIETARY

Seedling & Sage Is Dedicated To Accommodating All Dietary Needs. Our Chefs Are Trained To Prepare Gluten-Free, Vegan, Paleo, And Vegetarian Meals. However, There Is Always The Possibility Of Cross Contamination Which Could Affect A Severe Allergy. (GF) Gluten Free



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## BREAKFAST

10 Person Minimum.

### Signature Continental \$8

Hand-Crafted Assorted Breakfast Breads  
& Muffins

Fresh Sliced Fruit

Fresh Assorted Juice

*a perfect complement to our breakfast buffets*

### Wellness Wake Up \$11

Fresh Sliced Fruit

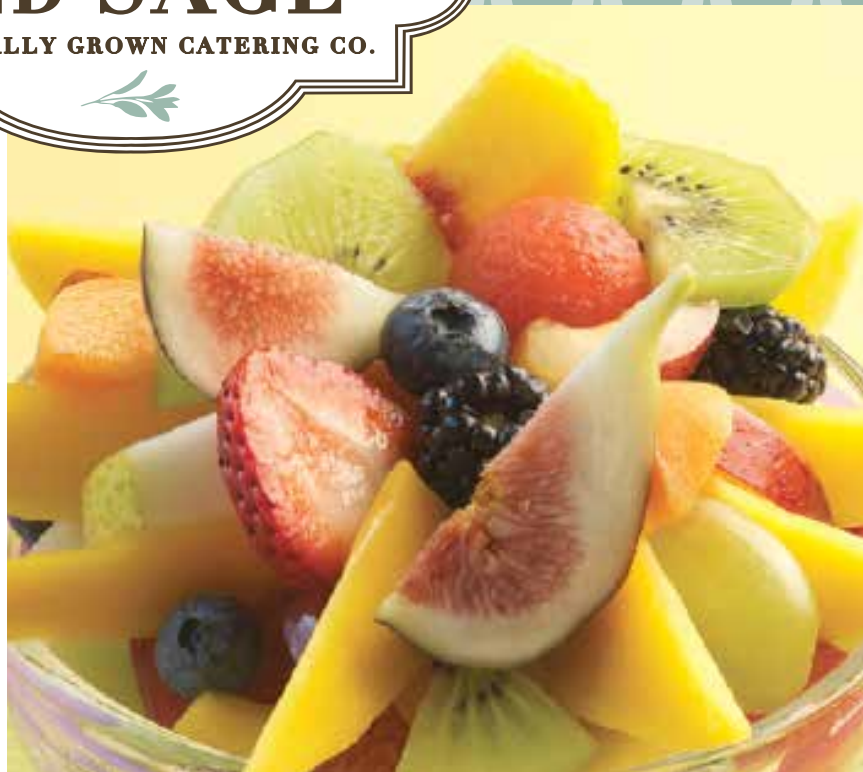
Hand-Crafted Granola Bars

Homemade Muffins

Yogurt Parfait

Yogurt, Fresh Berries, Granola

Fresh Assorted Juice



### 'Cage Free' Egg Sandwiches \$10 🌿

Select Two. Served on Artisan Rolls. Includes Fresh Sliced Fruit & Fresh Juice

**Traditional** Traditional Egg, Cheese, & Bacon, Ham Or Sausage

**Mediterranean** Artichoke Hearts, Spinach, Dill And Feta

**Southwest** Andouille Sausage, Peppers, Onions, Black Bean, Pepper Jack, Tomato

**Tuscan** Sweet Italian Sausage, Roasted Peppers, Onions, Mozzarella

**Spa** Chicken Apple Sausage, Roasted Peppers, Spinach, Whole Wheat Wrap

**Seasonal:** Chef Selection of Seasonal Veggie And Goat Cheese

Gluten Free Roll +\$3. Egg Whites +\$2.

🌿 GF with modifications



## A La Carte

Sliced Fresh Fruit Platter \$3

Hand Crafted Seasonal Breakfast Cookies \$3

Homemade Granola Bars \$3

'Hippie Dippie' Energy Cookie Apricot, Quinoa, Cashew \$4

Assorted Yogurts: Traditional \$3 Greek \$4 Chia Pods \$5

Yogurt, Granola & Berry Parfaits \$5.00

Mini Muffin Display \$4

Mini Quiche Bites \$3

Fresh Fruit 'On The Fly' Cups \$4

Fruit Kabobs with Vanilla Mascapone Yogurt Dip \$4

Bagels (dozen) \$14

Oatmeal 'On The Fly' \$4

Assorted Bottled Juices \$3

Bottle Water \$2

Box of Joe (serves 10-15) \$25

includes cream, sweetener, cups



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## BUFFETS

Include Fresh Hand Crafted Seasonal Breads, Butter, Jellies & Assorted Juices

### Executive Breakfast Buffet

(Minimum Of 15 Guests)

Package 1: Select One Entree & Two Sides \$13

Package 2: Select Two Entrees & Two Sides \$15

Package 3: Select Three Entrees & Two Sides \$17

#### Entrees

Scrambled Eggs 

Scrambled Eggs & Cheddar 

Artichoke Hearts, Spinach, Dill And Feta Frittata 

Andouille Sausage, Peppers, Onions, Black Bean,  
Pepper Jack, Tomato Frittata  (+\$1)

Huevos Rancheros Eggs, Chorizo, Pepper Jack,  
Pico De Gallo (+\$1)

Cinnamon Crusted Challah French Toast

Buttermilk Pancakes

#### Side Dishes

Traditional Bacon, Sausage, Or Ham

Applewood Smoked Bacon (+\$1)

Turkey Bacon (+\$1)

Breakfast Potatoes

Potato & Scallion Pancake

Sliced Seasonal Fruit

*Gluten Free (modification may apply)*





# SEEDLING AND SAGE

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## LUNCH PACKAGES

### Brown-Bag-It Sandwiches

(Minimum 10 Person Order,  
Maximum Of 3 Selections)

Sandwich Box Includes a Signature Sandwich, Kettle  
Chips, Freshly Baked Cookie \$11

*Add A Traditional Side Salad +\$2*

*Add A Signature Side Salad +\$4*

### A La Carte Sandwich & Salad Duet Platter

(Minimum 10 Person Order)

Our popular duet platter includes your selection of 3 sandwiches served  
on a variety of baked artisan breads & a traditional salad.

Signature Salad (+\$2). All meats are made fresh & hand carved.

Package 1: 1 Salad, 3 Sandwiches \$13

Package 2: 2 Salads, 3 Sandwiches \$15

### Signature Sandwiches

**Caprese** Beef Steak Tomatoes, Fresh Mozzarella, Chopped Spinach, Pesto.

**Classic Roast Beef** Gruyere Cheese, Creamy Horseradish Aioli, Tasty  
Caramelized Onions.

**Baja Grilled Chicken** Tomato, Avocado, Chipotle Mayonnaise,  
Spicy Pepper Jack.

**Roasted Turkey Club** Hand Carved Turkey, Bacon, Tomato, Green Leaf  
Lettuce, Caramelized Mayonnaise.

**Chicken Salad** Try One of Our Signature Chicken Salads:  
Traditional, Waldorf, Orange Pecan, or Citrus Dill.

**Mama's Italian** Spicy Cappicola, Black Forest Ham,  
Prosciutto, Onions, Red Peppers, Spinach, Tomato, EVOO.

**Chicken Pesto** Grilled Chicken Breast, House Pesto, Fresh Mozzarella,  
Red Peppers, Spinach.

**Brie & Turkey** Hand Carved Turkey Breast, Brie, Cranberry Chutney.

**Healthy Honey Wrap** Grilled Turkey, Tomatoes, Cucumbers, Sprouts,  
Mozzarella & Honey Mustard

**California Wrap** Avocado, Plum Tomato, Pickled Red Onion, Marinated  
Vegetables, Cilantro-Lime Aioli (V)

**Protein Bistro Box** Cage-Free Egg, Cheese, Sunflower Butter, Multigrain  
Bread, Grapes

**Seasonal Harvest** Inquire About Our Chef's Newest Creation



## Signature Salads

**Arugula** Almond Encrusted Goat Cheese, Apples, Craisins, Minced Red Onion, Raspberry Vinaigrette 🌿

**Spinach** Frizzled Onions, Walnuts, Gorgonzola, Apples, Balsamic Vinaigrette

**Autumn Harvest** Arugula, Butternut Squash, Candied Walnuts, Candied Walnuts, Craisins, Apples, Maple Cider Vinaigrette (seasonal)

**Mediterranean** Plum Tomatoes, Red Peppers, Chick Peas, Cucumber, Kalamata Olives, Feta Cheese, Greek Vinaigrette

**Hummus Platter** Fresh Tomato, Hearts Of Romaine, Marinated Seasonal Vegetables, Naan 🌿

**Seasonal Harvest** Inquire About Our Chefs Newest Creation 🌿

All Signature Salads Available As Boxed Salads For \$14.

## Traditional Salads

**Mixed Green:** Spring Mix, Plum Tomato, Cucumber, Carrot, Balsamic Vinaigrette Or Creamy Ranch 🌿

**Potato:** Red Bliss Potatoes, Celery, Bell Pepper, Chive, Citrus Thyme Aioli 🌿

**Cole Slaw:** Savoy Red Cabbage, Carrots, Celery Seed, Onions Mayonnaise, Parsley 🌿

**Pasta:** Seasonal Vegetables, Red Wine Tomato Basil Vinaigrette

**Caesar:** Romaine Lettuce, Foccacia Croutons, Parmesan, Traditional Roman Style Creamy Dressing

**Fruit:** Seasonal Fresh Fruit 🌿

All Traditional Salads Available As Boxed Salads For \$12.





## HOT LUNCH PACKAGES

### Philadelphia Block Party \$15

Miniature Philadelphia Cheesesteaks, Miniature Pepperoni Calzones, Italian Hoagie Dip, Philly Pretzel Nuggets, Caesar Salad, Tasty Kakes.

### Grilled Beef & Baja Fish Taco Station \$17

Soft Shell Tacos Served With Tortilla Chips, Pico De Gallo, And A Traditional Salad.

#### Grilled Beef Tacos

Pico De Gallo, Cilantro, Sour Cream, Guacamole, Black Beans, Shredded Lettuce, Shredded Monterey Jack Cheese.

#### Baja Fish Tacos

Pan-Seared White Fish, Flour Tortilla, Chipotle Mayo, Red Cabbage Slaw, Roasted Corn Salsa.

### Cheese Burger In Paradise \$17

Your Choice Of Two: Beef Or Turkey Burger With Bacon, Cheddar, Carmelized Onion ~ Pulled Pork ~ Blackened Crab Cake With Roasted Corn Salsa ~ Short Rib with Creme Fraiche. Served With Garden, Pasta or Caprese Salad, Cookies or Brownies. Grass-Fed Local Ground Beef (Add \$3) *\*An Attendant is Recommended.*

### Martini Mac & Cheese \$15

Cavateppi Corkscrew Pasta Topped With Celebration Cheese Sauce. Prepared With Choice Of Accompaniments Like: Fresh Chopped Tomatoes, Spinach, Applewood Smoked Bacon, Buffalo Chicken. Served With A Traditional Salad. Served In Martini Glasses.



# STATIONARY AMBIENT LUNCH DISPLAY

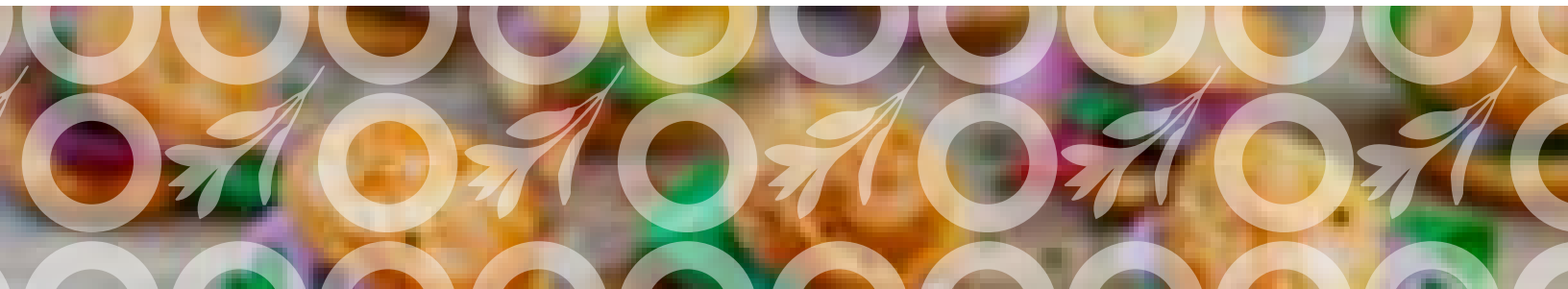
Served Room Temperature. All Entrees Come With A Traditional Salad. Add a Signature Salad for +\$2. Select Two Entrees For Your Buffet \$23, Three Entrees \$28.

**Achiote Roasted Salmon** Papaya Honey Lime And Grilled Pineapple With Baby Squash CousCous Or Quinoa Salad.

**Panko Salmon & Spinach Cakes** Tarragon Remoulade, Balsamic Marinated Roasted Vegetables, Boursin, Bacon And Chive Potato Salad.

**Housin Seared Beef Sesame**, Ginger Soba Noodles, Sweet Wasabi Vegetable Slaw.

**Honey Pecan Chicken Breast** Grilled Asparagus, Grape Tomato And A Baby Spinach Salad With Crispy Pancetta, Caramelized Onion And Roquefort.



# HOT LUNCH BUFFET

Served Hot In A Chafing Dish. All Entrees Come With A Traditional Salad. Add a Signature Salad for +\$2. Select Two Entrees For Your Buffet \$25, Three Entrees \$30.

**Balsamic Grilled Chicken Breast** Lemon Cous Cous, Smoked Sundried & Cherry Tomato Brushetta, Grilled Seasonal Vegetables.

**Pan Seared Romano Encrusted Chicken** Penne Pasta, Fresh Tomato Bruschetta, Basil, Asiago Broth.

**Black & White Sesame Crusted Salmon** Wasabi Paste, Asian Vegetables, Soba Noodles.

**Grainy Mustard Salmon** Sauteed Leeks, Wild Rice.

**Braised Beef Short Ribs** Pinot Noir, Fresh Thyme, Tomato, Fennel.

**Vegetable Napoleon** Marinated Grilled Portobello Mushroom Yellow Peppers, Spinach, Fresh Pasta Sheets, Goat And Smoked Mozzarella Cheeses, Roasted Garlic-Tomato Veloute.

**Sliced Beef Tenderloin** Shallot, Cabernet, Dijon Demi-Glace, Served With Rosemary Red Bliss Potatoes & Harvest Vegetables (Add \$5).

**Jumbo Lump Crab Cake** Tartar Sauce, Lemon, Citrus Vegetable CousCous (Add \$7).

**Italian Chicken Meatballs** Penne Pasta, Sundried Tomato Cream Sauce.

**Gingered Salmon** Grilled Corn & Watercress Salad, Balsamic Honey Mustard.

**Flank Steak** Roasted Red Bliss Potatoes and Harvest Vegetables.

**Seasonal Harvest** Inquire About Our Chef's Newest Creation. 



## BEVERAGES

Box Of Fresh Brewed Coffee \$25 Serves 10-15  
100% Pure Fresh Orange Juice - \$2.50 Per Person  
Bottled Spring Water - \$2 Per Person  
Fresh Brewed Iced Tea – \$2.50 Per Person  
Canned Soda - \$2 Per Person  
Bottled Juices - \$3 Per Person  
Flavored Gatorade - \$2.50 Per Person  
All Natural Beverages Upon Request

## DESSERTS/BREAKS

Farm-To-Table Cupcake Tray - \$3 Per Person  
Strawberry Basil, Lemon Thyme, Chocolate Mint

Signature Cake Shooters - \$3 Per Person  
Reese's Peanut Butter, Raspberry, Seasonal Pie

Homestyle Cookie & Brownie Tray\*  
Small \$30 Large \$60

Assorted Mini Seasonal Tartlettes  
\$3 Per Person  
Ask About Our Seasonal Selection

Mini Fruit Skewers & Yogurt Dip  
20 Pcs. \$50/ 40 Pcs. \$100  
Seasonal Fruit On Skewers, Vanilla Marscapone  
Yogurt Dip 🌿

Celebrate Philly - \$5pp  
Assorted Tastykakes, Philadelphia Soft Pretzels,  
Goldenberg's Peanut Chews, Hanks Root Beer.

Sheet Cakes - Market \$  
Complete Customization Available.

\*Small platter (10-15) Large platter (16-20)

