flavors

HEALTHY | FRESH | NATURAL

CORPORATE CATERING, MEETINGS AND EVENTS

Organic where we can.
Fresh & natural all the time.
Environmentally conscious.
Always pork free.

27 WHITEHALL STREET	175 WATER STREET	74 BROAD STREET	100 WEST 23RD STREET
T. 212.269.6100	T. 212.480.3800	T. 212.668.9800	T. 212.924.9500

FLAVORSNYC.COM

flavors catering

Since 1991, Flavors Catering has grown to become New York's favorite caterer and special events manager, serving the finest and freshest cuisine in Manhattan.

Our experienced event planners will help you plan your next meeting, event or party with Flavors' extraordinary cuisine, floral arrangements, audio/video needs and event security. We will guide you through the process of selecting china, linen and entertainment that will ensure a perfect event for you and your guests. We cater for Holiday Parties, Closing Dinners, Fashion Week Festivities, Gallery Openings, Conventions, and Entertainment Industry Events.

We are dedicated to providing you with the finest and most professional service available. Our catering teams are committed to attending to all of your needs. Our event captains, catering wait staff and bartenders are all professionally trained.

Visit us on the web at www.flavorsnyc.com.

our philosophy

PURE FOOD

We use pure, clean foods that are free from synthetic fertilizers, pesticides and other additives.

LOCAL FRESHNESS

We source locally whenever possible and use a "Just in Time" fresh inventory system. Your food arrives consistently fresh and flavorful.

ENVIRONMENTALLY FRIENDLY

We use biodegradable and compostable packaging whenever possible. We are working towards reducing emissions with delivery vans that run on our own processed bio fuel.

flavors

HEALTHY | FRESH | NATURAL

table of contents

breakfast	3
breakfast packages and beverage services	4
lunch packages	5
hearty soups	5
sandwich selections	6
side salads	7
entrée salad selections	8
pasta and pasta entrées	9
lunch and dinner entrées	10
lunch and dinner entrée accompaniments & theme buffets	11
lunch and dinner packages	12
hors d'oeuvre selections	13
events and cocktail baskets	14
decadent desserts	15

CORPORATE • OFF PREMISE CATERING • SPECIAL EVENTS

breakfast

All prices per guest. Minimum 8 guests. Please place your breakfast orders by 5:00pm the day before.

BREAKFAST PLATTERS

MORNING FAVORITES 4.95
an elegant display of our freshly baked miniature muffins, bagels, traditional english scones, croissants & danishes served with butter, cream cheese & preserves

HOMER'S BREAK 4.95
a selection of filled dunkin' donuts

FULL SIZE NEW YORK BAGELS 3.95
accompanied by traditional & flavored cream cheese

HEARTY BREAKFAST BUFFET 12.95
minimum of 12 guests
- scrambled eggs
- choice of turkey bacon, turkey ham or beef sausage
- french toast batons
- morning favorites, butter, cream cheese & preserves

VERMONT BREAKFAST BUFFET 8.95
- choice of buttermilk pancakes or french toast
- choice of turkey bacon, turkey ham or beef sausage
- bananas, strawberries & vermont maple syrup

HOT CEREAL BAR 5.95
choice of oatmeal or cream of wheat served with brown sugar, honey & seasonal berries

BUILD YOUR OWN PARFAIT
a colorful bowl of berries & granola with low fat vanilla or
strawberry yogurt 5.95
with greek yogurt 6.95

INDIVIDUAL PARFAITS
with vanilla or strawberry yogurt 4.95
with greek yogurt 5.95

CARVED FRESH FRUIT & BERRIES 5.95
an elegant arrangement of sliced seasonal fruit & assorted berries

WHOLE FRUIT TRAY 4.95
a colorful medley of red delicious & granny smith apples, valencia oranges, miniature bananas & seedless grapes

FRESH FRUIT SALAD 5.95
garnished with seasonal berries

FLAVORS SAVORY TRAY 6.95
miniature bagels & croissants filled with:
- smoked turkey & brie cheese
- tomato, basil & fresh mozzarella
- smoked salmon with scallion cream cheese

BREAKFAST WRAPS 6.95
- scrambled eggs, sausage & cheddar
- egg whites, peppers, onions & mozzarella
- scrambled eggs, ham & swiss cheese

BREAKFAST QUESADILLAS 7.95
- egg whites, mushrooms, feta & spinach
- eggs, ham, peppers, onions, jack & cheddar cheese
- egg whites, grilled chicken with spinach & mozzarella

EGG SANDWICHES 6.95
choice of croissants, rolls, wraps or bagels
- egg whites, peppers, onions & mozzarella
- ham & swiss
- turkey bacon & cheddar
- lox & onion
- smoked turkey & mozzarella
- sausage & cheddar

SMOKED SALMON PLATTER 12.95
imported smoked salmon platter beautifully presented with plain & assorted cream cheese, capers, red onions, cucumber & tomato, accompanied by a basket of new york bagels

Please inquire about our gluten free options.

breakfast packages and beverage services

All prices per guest. Minimum 8 guests. Please place your breakfast orders by 5:00pm the day before.

SPECIALTY PACKAGES

EUROPEAN BREAKFAST 10.95
- the flavors savory tray
- coffee service
- fresh squeezed juice

HEALTHY START 11.95
- assorted individual bowls of kellogg's "wellness variety" morning cereals
- strawberries
- morning favorites
- coffee service
- fresh squeezed juice

THE BIG APPLE 15.95
- the smoked salmon platter
- new york bagels
- coffee service
- fresh squeezed juice

ALL AMERICAN 15.95
- the hearty breakfast buffet
- coffee service
- fresh squeezed juice

THE LUMBERJACK 11.95
- the vermont breakfast buffet
- coffee service
- fresh squeezed juice

TUSCAN SUNRISE 13.95
- your choice of assorted or gluten free breakfast quesadillas
- sunrise parfait
- coffee service
- fresh squeezed juice

CALIFORNIA DREAMING 12.95
- breakfast wraps
- yogurt parfaits
- coffee service
- fresh squeezed juice

MEETING PACKAGES

QUICK NEW YORK BREAKFAST 6.95
- morning favorites
- coffee service

THE CONTINENTAL 8.95
- morning favorites
- coffee service
- fresh squeezed juice

EXECUTIVE BREAKFAST 10.95
- morning favorites
- coffee service
- carved fruit & berries

BOARD OF DIRECTORS 12.95
- morning favorites
- coffee service
- fresh squeezed juice
- carved fruit & berries

breakfast box

Each guest enjoys their own boxed meal which includes:

8.95
- trio of miniature bagel, muffin & croissant with butter, cream cheese & preserves
- choice of whole fruit
- tropicana juice

13.95
- new york bagels with smoked nova scotia salmon & cream cheese
- fruit salad
- tropicana juice

BEVERAGE SERVICES

FLAVORS COFFEE SERVICE 2.25
featuring our signature flavors roast or decaffeinated fresh brewed coffee
(flavored blends available for 50 cents extra)

FLAVORS TEA SERVICE 2.25
our fresh brewed leaf tea, decaffeinated & herbal teas

HOT CHOCOLATE 2.95
belgian chocolate with steamed milk

HOT APPLE CIDER 3.95
a cinnamon spiced winter treat
24 hours notice required

FRESHLY SQUEEZED & ALL NATURAL JUICES 17.95
price per pitcher (serves 6 to 8)
valencia orange, golden grapefruit, cranberry or fresh pressed apple juice

ICED COFFEE 2.95
a selection of regular & flavored iced coffee

SPRING WATER 1.75

CANNED BEVERAGES 1.75

ASSORTED ICED TEAS 2.95

ASSORTED BEVERAGE PACKAGE 2.50
bottled spring water, canned soda, vitamin water, iced tea

lunch packages

All prices per guest.
Minimum 8 guests.

SANDWICH PACKAGES

THE C.F.O. 12.95
choose from our sandwich selections & one side salad

THE PRESIDENT 16.95
choose from our sandwich selections, one side salad & flavors sweet tray

THE C.E.O. 18.95
choose from our sandwich selections, two side salads, sweet tray & carved fruit & berries

FOOT LONG HEROS 18.95 per foot
Requires 24 hours notice.
served with a side salad of your choice
please see page 7 for the complete list of side salads

ALL AMERICAN
fresh turkey, roast beef, american, swiss, lettuce, tomatoes, mayo & mustard

ROAST BEEF
shaved romano, tomatoes, arugula, red onions & horseradish cream

ITALIAN
beef salami, turkey ham, provolone, romano, tomatoes, peppers, onions & lettuce with a drizzle of cracked pepper vinaigrette

VEGETARIAN
grilled vegetables, fresh mozzarella, sauteed kale & pesto ricotta spread

Have an idea for a hero? Let us custom create it for you.

TRADITIONAL FAVORITES

THE GOTHAM 12.95
deli style sandwiches
ham & cheese, hand carved turkey, albacore tuna, roast beef, corned brisket of beef, lettuce, tomato & condiments served with a side salad of your choice

+ sweet tray 16.95

WRAP & ROLL PINWHEELS 10.95
an assortment of our marvelous wraps pinwheel style, served with one side salad

THE METROPOLITAN 14.95
sliced meat & cheese platter
roast beef, ham, fresh turkey, corned beef, beef salami, swiss, provolone & cheddar cheese with assorted dressings, lettuce & tomato, accompanied by rye bread & rolls with a side salad of your choice

+ sweet tray 16.95

THE SOUP COMBO 19.95
Requires 24 hours notice.
Minimum 12 guests.
Choose from our sandwich selections, hearty soups & flavors sweet tray

A LA CARTE

GOTHAM STYLE OR CUTTING EDGE SANDWICHES	8.95
ASSORTED SPECIALTY SALADS, PASTAS, OR GRAINS	4.95
CHIPS & DIP	4.95
ASSORTED BEVERAGES	2.50
FRESH FRUIT SALAD	5.95
CHOCOLATE LONG STEMMED BERRIES	3.95
FLAVORS SWEET TRAY	4.95
COFFEE SERVICE	2.25

hearty soups

Regular 5.95 per person.
Premium 6.95 per person.
Minimum of 12 people.

Regular
- flavors chicken soup
- five star mushroom
- fire roasted vegetables
- organic split pea
- broccoli & cheddar

Premium
- turkey chili
- lobster bisque
- beef mushroom barley
- clam chowder
- chicken jambalaya

All soups are served with a bread basket.

Soup must be ordered in increments of 12. More soups available upon request.

Requires 24 hours notice.

boxed lunch

A wonderful idea for off-site meetings, seminars and bus tours. Each guest enjoys their own personal boxed meal.

11.95
choice of sandwich, bag of chips & homemade cookies

12.95
choice of sandwich, specialty salad & homemade cookies

14.95
choice of sandwich, specialty salad, fresh fruit cup & homemade cookies

15.95
choice of sandwich, specialty salad, fresh fruit cup, homemade cookies & beverage

sandwich selections

All of our sandwiches are dressed unless otherwise requested.
A la carte 8.95 per person.

FLAVORS HOT PRESSINI™

Grilled sandwiches on focaccia romana. Pressinis are served hot and presented in a chafing dish.

CHICKEN PARMIGIANA
chicken cutlet, fresh mozzarella, marinara sauce & basil leaf

FALAFEL BURGER
tomato, red onions, roasted eggplant & chipotle hummus

CHICKEN CALABRESE
pesto grilled chicken, italian plum tomatoes, roasted peppers & fresh mozzarella

CLASSIC TUNA MELT
albacore tuna salad, vermont cheddar cheese & tomatoes

GRILLED STEAK & FONTINA
caramelized onions, arugula & caper sauce

TURKEY CUBAN
fresh turkey, turkey ham, sliced pickles, swiss & russian dressing

NY DELI STYLE CLASSICS

CORNED BRISKET OF BEEF
classic deli corned beef sliced, stacked & served high on seeded rye bread

WHITE TUNA SALAD
with lettuce, tomato & watercress on rye

HAM & SWISS CHEESE
with lettuce & tomato on seeded rye bread

CARVED TURKEY BREAST
with lettuce & tomato on 7-grain bread

RARE ROAST BEEF
with bermuda onion, beefsteak tomatoes & mayo served on seeded rye bread

NEW YORK FAMOUS PASTRAMI
sliced & stacked high on seeded rye bread

CRANBERRY TURKEY SALAD
baby arugula, toasted almonds, dill & tomatoes on multi-grain bread

CUTTING EDGE

HAND CARVED TURKEY CLUB
with smoked turkey, bacon, leaf lettuce, & heirloom tomatoes on brioche

SMOKED TURKEY & FRENCH BRIE
with pear slices, watercress & grain mustard on black russian bread

ROAST BEEF
shaved romano, tomato, arugula, red onion & horseradish cream

ROASTED VEGETABLES
portobello mushroom, asparagus, peppers, red onion & zucchini with a black olive tapenade on ciabatta

ALBACORE TUNA SALAD
with vine ripe tomatoes & leaf lettuce on an onion rye baguette

NORWEGIAN SMOKED SALMON
with sliced english cucumber, bermuda onions & cream cheese spread on russian pumpernickel

MARDI GRAS CHICKEN
with pepperjack cheese, roasted peppers, onions & chipotle spread on a telero roll

GRILLED FILLET OF SALMON
with roasted tomatoes, arugula & low fat basil aioli on an 8-grain baguette

MOZZARELLA CAPRESE
fresh mozzarella, sautéed kale, tomato, basil & sun dried tomato spread on a baguette

MARYLAND CRAB CAKE
with cole slaw & tomato on brioche

ITALIAN SUBMARINE
beef salami, turkey ham, provolone, romano, tomatoes, peppers, onions & lettuce with a drizzle of cracked pepper vinaigrette on a spoleto hero

PESTO CHICKEN
fresh mozzarella, roasted tomatoes, red peppers, sautéed kale & low fat aioli on tomato focaccia

CHEF WRAPS

CHICKEN VERA CRUZ
grilled chicken with a bean & corn salsa, lettuce & avocado in a black bean tortilla

BAKED CHICKEN CUTLET
avocado, tomatoes, arugula & chipotle aioli spread in a roasted pepper wrap

BUFFALO CHICKEN
spicy chicken breast tossed with celery & crumbled blue cheese

MEDITERRANEAN SMOKED TURKEY
avocado, tomatoes, oven roasted peppers & arugula with chipotle tahini in a whole wheat wrap

HEALTHY ALTERNATIVES

Nutritionist selected low fat/low calorie sandwiches served in a low fat whole wheat pita pocket.

TURKEY & HUMMUS
with cucumbers, tomatoes & arugula

VEGGIE PITA
carrots, cucumber, tomato, sprouts, avocado, bell pepper, spinach & lemon herb dressing

TUNA SALAD PITA
with mesclun, tomatoes & low fat mayo

FRESH TURKEY PITA
with tomatoes, low fat mayo & cracked black pepper

CALIFORNIA TURKEY PITA
smoked turkey, avocado, cucumbers, tomatoes, mesclun & lemon dill dressing

BASIL CHICKEN SALAD PITA
mesclun, tomatoes & cracked black pepper

side salads

Served as an accompaniment to your sandwich platter.
All side salads are available as entrée salads; see page 8.
A la carte 4.95 per person.

PASTA SALADS

Our Signature

RIGATONI
with a mélange of roasted vegetables & fresh tomato basil sauce

PENNE SHIITAKE PASTA SALAD
with shiitake mushrooms, shallots, pencil asparagus & truffle oil

BOWTIE PESTO
with roasted peppers & pignoli nuts in a basil vinaigrette

WHOLE WHEAT SOBA NOODLES
with a zesty sesame ginger dressing

SANTORINI SALAD
feta, olives, dill

PENNE
with broccoli, roasted garlic & virgin olive oil

WILD MUSHROOM BOWTIE PASTA SALAD
with a light balsamic glaze

SOUTHWESTERN
wagon wheel pasta salad, corn & black bean salsa

PENNE SESAME
asian vegetables & marinade

FUSILLI WITH SUN DRIED TOMATO PESTO

WHOLE WHEAT PASTA SALAD
fresh mozzarella & tomatoes, cherry tomato vinaigrette

BOWTIE CHICKEN CAESAR SALAD

RIGATONI RICOTTA
with grape tomatoes & fresh basil in a tomato truffle vinaigrette

GREEN SALADS

Our Signature

FLAVORS HOUSE SALAD
field greens, seedless grapes, sun dried cranberries, blue cheese, candied walnuts & sliced pears

ASIAN GREENS
with mandarin oranges, toasted almonds & scallion

BABY SPINACH SALAD
with bacon, red onion & hard boiled eggs

ARUGULA SALAD WITH SHALLOTS
red beets & goat cheese

MESCLUN SALAD
with roasted portobello mushrooms & blue cheese

ISRAELI CHOPPED SALAD
cucumbers, tomatoes, quinoa, celery, dill, parsley, cilantro, ground cumin & extra virgin olive oil & vinegar dressing

TOSSED GARDEN SALAD

CLASSIC CAESAR SALAD

TRADITIONAL GREEK SALAD

ARUGULA & ROASTED TOMATOES
with goat cheese

MEXICAN CHOPPED SALAD
with lime vinaigrette

TRI COLORE
endive, radicchio & arugula

ENDIVE & WATERCRESS
with honey walnuts & blue cheese

MOROCCAN SALAD
kale, apples, raisins & almonds

SPECIALTY SALADS

Our Signature

MEDITERRANEAN QUINOA SALAD
greek feta, kalamata olives, diced tomatoes, cucumber, red bell peppers, lemon zest & olive oil

WILD RICE & MANDARIN ORANGE SALAD
with dried cranberries & spiced nuts

BLACK EYE PEA WITH KALE

ORGANIC LEMON CHICK PEAS

BUFFALO MOZZARELLA & HEIRLOOM TOMATOES
with olive oil & basil

WARM ROASTED CAESAR POTATO SALAD

MÉLANGE OF GRILLED VEGETABLES
with an aged balsamic reduction

CURRIED RICE & LENTIL SALAD

JALAPEÑO RED BLISS POTATO SALAD

SANTA FE CORN & BLACK BEAN SALAD

RUSSIAN POTATO & EGG SALAD
with sour cream

TOMATO & CUCUMBER SALAD
with a mint vinaigrette

entrée salad selections

Minimum 8 guests.
24 hour notice required.

ENTRÉE SALADS

A culinary renaissance presented with an appreciation of traditional, regional and authentic recipes, served with artisan breads.

CHAR GRILLED SLICED SIRLOIN 15.95
with grilled portobello mushrooms & gorgonzola served over crisp greens with frizzled onions

WASABI KISSED SESAME CRUSTED SALMON 15.95
with asian soba noodles over field greens

NUEVO LATINO CALAMARI SALAD 12.95
cumin dusted crispy calamari served over a classic caesar salad

BISTRO CHICKEN 12.95
grilled chicken, topped with blue cheese, candied walnuts, sliced grapes & sun dried cranberries over field greens

SEARED AHI TUNA SALAD 16.95
pan seared ahi tuna on a bed of field greens with mango, avocado & crispy wontons

GRILLED BALSAMIC CHICKEN 12.95
over fresh mixed greens with roasted italian tri-color vegetables

GRILLED CHICKEN OR SHRIMP MARGARITA 12.95
marinated tequila lime chicken or jumbo shrimp with avocado, tomatoes, black beans & corn salsa over a garden salad (with shrimp add 3.00)

SALMON NIÇOISE SALAD 15.95
yukon potatoes, green beans, niçoise olives, grape tomatoes

MEDITERRANEAN GRILL 12.95
falafel, grilled vegetables, hummus, eggplant salad & toasted pita points

create your own salad bar

16.95 per person

A creative display of toppings to create your own salad sensation.

- 2 greens choices: romaine, organic greens, baby spinach or kale
- two protein choices
- three cheese choices
- eight vegetable choices
- four dressing choices
- homemade croutons & scallions at no additional charge

Salad chef available to toss and serve your salad creation. $25 per hour. 3 hour minimum.

Have an idea for a custom entrée salad? Let us create your favorite entrée selection!

pasta and pasta entrées

12.95 per guest. Served with bread basket. 14.95 served with garden or caesar salad and bread basket. Minimum 8 guests.

BAKED PASTA

LASAGNA BOLOGNESE
layers of pasta & ground beef, fresh herbs & spices

BAKED RIGATONI
with a blend of italian cheeses & imported pasta topped with pecorino romano

BAKED SHELLS
with broccoli & roasted peppers in a cheddar cream sauce

BAKED PENNE SICILIANO
with eggplant, onions & mozzarella

WILD MUSHROOM LASAGNA
with creminis & a portobello parmesan cream sauce

JUMBO STUFFED SHELLS
topped with basil marinara

SHELLS CARBONARA
with smoked bacon & sweet peas in a parmesan alfredo sauce

BAKED ZITI VERONA
with meatballs & buffalo mozzarella

BAKED PENNE
with grilled chicken & peas in a four cheese sauce

RIGATONI RUSTICA
with beef sausage, roasted peppers & onions in a pesto tomato sauce

CLASSIC MACARONI & CHEESE

PASTA DEL GIORNO

PENNE ALLA RUSSE
with rosemary grilled chicken & sweet peas in a vodka sauce

PENNE FIRENZE
with sun dried tomatoes & asparagus in a tomato cream sauce

SPAGHETTI CARBONARA
with turkey bacon & green peas

WILD MUSHROOM RAVIOLI
in a parmesan cream sauce

FOUR CHEESE ORECHIETTE
sweet sausage, sautéed broccoli rabe & roasted garlic

LINGUINE DEL MARE
with shrimp, scallops & olives in a fresh basil marinara (add 2.00)

FUSSILI BOLOGNESE
with classic tomato & meat ragù

PENNE ARRABBIATA
with chicken, portobello mushrooms & arugula in a spicy plum tomato sauce

PENNE FONDUTA
grilled chicken & peas in a four cheese sauce

PENNE ALLA VODKA
with plum tomatoes & green peas

LINGUINE CAPRINO
with grilled salmon & fresh asparagus tips in a basil pesto sauce

RIGATONI PORTOBELLO
with grilled chicken & cherry tomatoes in a tomato basil sauce

FUSILLI GENOVESE
chicken, asparagus, oven dried tomatoes & pine nuts in a pesto creme sauce

TORTELLINI AL FUNGHI
with wild mushrooms & sautéed spinach in alfredo cream sauce

PENNE PRIMAVERA
with roasted onions, peppers, broccoli & mushrooms in a tomato basil sauce

PENNE CAJUN SHRIMP & CHICKEN
chicken & shrimp in a cajun cream sauce

create your own pasta bar

16.95 per person

Make any day pasta day, let us customize a pasta dish for each of your guests.

15 guest minimum.

PASTA CHOICES - choose 2
whole wheat penne
linguine
gluten free
penne pasta

PROTEIN CHOICES - choose 2
beef sausage
grilled tofu
rosemary chicken
rock shrimp
grilled salmon

VEGGIE CHOICES - choose 6
portobello mushrooms
sweet peas
sun dried tomatoes
broccoli florets
roasted peppers
cherry tomatoes
caramelized onions

SAUCE CHOICES - choose 3
tomato basil
creamy alfredo
alla vodka
basil pesto
spicy arrabbiata

Served with grated parmesan or fresh mozzarella, cracked pepper, focaccia bread sticks or garlic rolls.

Pasta chef labor charge required. $25 per hour. 3 hour minimum.

lunch and dinner entrées

All prices per guest. Minimum 8 guests. Some entrée selections may require advance notice.
Each of the below is served with your choice of any two accompaniments and brick oven bread.

CHICKEN & TURKEY 18.50

Our Signature

CHICKEN PORTOFINO
with portobello mushrooms & sun dried tomatoes

QUINOA CRUSTED CHICKEN
served with papaya relish

TURKEY MEATLOAF
with wild mushroom gravy

ROASTED TURKEY BREAST
with pecan corn bread stuffing & gravy

TERIYAKI CHICKEN
with stir-fry vegetables

GRILLED CHICKEN BASILICO
topped with fresh basil, beefsteak tomatoes & mozzarella in a pesto velouté

CHICKEN PICATTA
with artichokes, capers & tomatoes

PAN SEARED CHICKEN CUTLET
with a roasted shallot & plum tomato relish

CHICKEN FRANCESE
with asparagus & roasted cherry tomatoes

STUFFED CHICKEN FLORENTINE
with spinach, fontina & mushrooms

BALSAMIC GLAZED CHICKEN
with tomatoes & basil

BEEF & LAMB 19.50

Our Signature

SEARED FILET MIGNON 20.95
seared medium rare with shallots & a trilogy of wild mushrooms

GRILLED SIRLOIN STEAK
wilted arugula, fingerling potatoes

FIVE SPICE FLANK STEAK WITH STIR-FRY
peppers, onions & ponzu sauce

PETITE FILET MIGNON 21.50
with a truffle red wine reduction

SHELL STEAK MEDALLIONS
with shallot confit & shiitake mushrooms

VEAL MARSALA
with wild mushroom demi glace

BRAISED BONELESS BEEF SHORT RIBS
with aromatic root vegetables

BISTRO STEAK
skirt steak with charred tomatoes & portobello frites

FRENCH CUT BABY LAMB CHOPS 25.95
served with mint & plum tomato relish

SEAFOOD 20.95

Our Signature

MISO GLAZED SALMON
pan seared & topped with a grilled pineapple salsa

SHRIMP SCAMPI 22.95
with lemon butter sauce

MARYLAND CRAB CAKES
with wasabi aioli

PONZU GLAZED SALMON
with spinach & japanese eggplant

POACHED ATLANTIC SALMON
with cucumber dill sauce

PAELLA VALENCIA
with shrimp, mussels, chicken, calamari & chorizo with saffron rice

TILAPIA PROVENCAL
with black olives, tomatoes & capers

GRILLED RED SNAPPER
with fresh herbs, lemon & olives

FIRE GRILLED TIGER SHRIMP KEBABS 22.95
with crispy peppers & onions

SALMON IMPERIAL 22.95
stuffed with lump crab meat in a lemon wine sauce

VEGETARIAN 14.95

ASIAN VEGGIE STIR FRY
wok seared tofu & green onions over jasmine rice

QUINOA CAKES
vegetarian high protein pancakes with chipotle tahini sauce

BAKED EGGPLANT SICILIANO
penne pasta, mozzarella, tomato basil sauce

VEGETARIAN "MEAT" LOAF
a vegetarian variation on this homestyle classic

accompaniments and theme buffets

Choose any two as your accompaniments for the lunch and dinner entrées.

POTATOES

- lemon herb roasted potatoes
- maple glazed yams with orange & cranberries
- roasted garlic mashed potatoes
- truffled pommes frites
- spinach mashed potatoes
- potato pancakes
- mashed sweet potatoes
- roasted red bliss potatoes
- cheddar mashed potatoes
- scalloped potato au gratin
- garlic parmesan mashed potatoes
- green chile roasted potatoes

VEGETABLES

- balsamic glazed carrots & cranberries
- roasted italian vegetables
- steamed asparagus with lemon zest
- string beans with toasted almonds
- roasted winter vegetables
- sautéed broccoli rabe
- creamed spinach
- julienne carrots with string beans
- asian stir-fried vegetables
- roasted ratatouille & tomatoes
- broccoli e aglio olio
- haricot vert
- tarragon spring vegetable medley
- matchstick zucchini, squash & carrots
- grilled corn
- sautéed edamame with tofu

RICE & GRAINS

- toasted orzo & rice pilaf
- lemon dill rice
- red beans & long grain rice
- wild rice pilaf with cranberries & pecans
- spanish rice with olives & tomatoes
- toasted israeli cous cous with grilled vegetables
- jasmine rice
- southern style dirty rice
- vegetable fried rice with ginger
- orzo florentine
- basmati shiitake rice pilaf
- zucchini quinoa fritters
- lemon scented quinoa
- middle eastern saffron rice

BUFFETS

ALL AMERICAN 16.95

- beef, turkey or veggie burgers
- nathan's hot dogs
- crispy chicken fingers
- crunchy cole saw
- red bliss potato salad
- corn on the cob
- relish, onion, lettuce & tomato platter

TEXAS BBQ 21.95

- slow roasted beef brisket
- spicy chipotle grilled shrimp
- bbq chicken breast
- jalapeño potato salad
- dirty cole slaw
- texas garlic toast

SOUTH OF THE BORDER 17.95

Served with guacamole, pico de gallo and sour cream.

- baja chicken fajitas
- ancho steak burrito
- three alarm beef or turkey chili
- tortilla chips & salsa
- amarillo rice
- tex mex salad

lunch and dinner packages

Custom entrée packages designed especially to serve larger groups.
All prices per guest. Minimum 20 guests.

SEVENTH AVENUE 24.95

- chicken vera cruz (sautéed breast of chicken with plum tomatoes & spanish green olives)
- wasabi kissed salmon cakes
- penne alla vodka
- sautéed haricot vert
- saffron rice pilaf
- garden salad
- bread basket

PARK AVENUE 27.95

- herb crusted filet mignon with a roasted shallot-tomato relish
- pan seared salmon with a grilled pineapple salsa
- pencil asparagus
- lemon parsley roasted potatoes
- flavors salad
- bread basket

BROADWAY LIGHTS 24.95

- chicken basilico topped with fresh basil & roasted plum tomatoes
- veal marsala with wild mushroom demi glace
- roasted asparagus
- wild rice pilaf with cranberries & pecans
- tossed garden salad
- bread basket

MADISON AVENUE 27.95

- chicken florentine with baby spinach, fontina & mushrooms
- medallions of beef tenderloin
- roasted new potatoes with shallots & parsley
- matchstick zucchini, squash & carrots
- tri-color salad with shaved parmigiana
- bread basket

AVENUE OF AMERICAS 24.95

- bourbon peach bbq chicken
- sun dried tomato crusted tilapia with a poblano cream sauce
- roasted potato caesar salad
- sautéed string beans with shiitake mushrooms
- tossed garden salad
- bread basket

FIFTH AVENUE 27.95

- grilled steak medallions
- jumbo shrimp scampi
- honey glazed carrots
- goat cheese mashed potatoes gratin
- organic field greens
- artisan crafted rolls

LITTLE ITALY 24.95

- chicken cutlet parmesan
- veal picatta in a lemon & caper sauce
- baked ziti al forno
- italian roasted vegetables
- classic caesar salad
- italian mini pastries & cookies
- focaccia bread sticks

BROOKLYN BRIDGE 24.95

- skirt steak with chimichurri sauce
- matchstick potato rusted scallion chicken with onion sauce
- chipotle mashed potatoes
- tri-color vegetables
- baby spinach salad
- bread basket

LEXINGTON AVENUE 24.95

- southern fried chicken
- skirt steak with charred tomatoes
- baked macaroni & cheese
- corn on the cob
- crunchy cole slaw
- mixed garden salad
- homemade cheddar biscuit

TASTE OF ASIA 29.95

- gourmet sushi rolls & nagiri, wasabi, chopsticks & soy sauce
- teriyaki chicken with grilled pineapple salsa
- thai noodle salad
- pineapple fried rice
- asian salad

MARRAKECH EXPRESS 27.95

- seasoned lamb tagine with tomatoes & green olives
- moroccan chicken with braised lentils
- saffron rice pilaf
- zucchini & tomatoes with garlic
- moroccan salad with apples, raisins & almonds

AEGEAN 22.95

- chicken santorini with feta & tomato
- traditional moussaka
- spinach pie
- mediterranean display including tzatziki & taramasalata dip, marinated olives, artichokes & pita points
- rice pilaf
- greek salad

hors d'oeuvre selections

Some choices require rental equipment and Flavors event staffing.
All prices per guest. Minimum 15 guests.

VEGETARIAN

CROSTINIS WITH:

- sweet onion marmalade & feta
- portobello mushroom & shaved romano
- black mission fig & goat cheese
- white bean & tomato bruschetta
- farmers goat cheese, heirloom baby beets, lemon walnut pesto

MINIATURE TARTS WITH:

- souffléd goat cheese & asparagus
- spinach & artichoke
- wild mushroom & truffle
- french onion & gruyere
- creamy brie & poached pear

---

vegetable empanadas

imperial spring rolls

stuffed mushroom caps

blue cheese, honey walnuts on endive

vietnamese spring rolls

mint scented spinach spanakopita

stuffed cherry tomato with pesto goat cheese

crispy goat cheese ravioli

curried vegetable samosas

vegetable pot stickers

wild mushroom & leek beggars purse

gorgonzola endive spears with caramelized pear

charred vegetable quesadilla with jalapeño slices & fresh avocado

black toast points with avocado slices & jalapeño cream sauce

raspberry & brie turnovers

mozzarella caprese kebab

CHICKEN, BEEF & LAMB

CROSTINIS WITH:

- sun dried tomato pesto & chicken
- butternut squash & turkey bacon chutney
- filet mignon with horseradish cream & caramelized onions

ORGANIC CHICKEN SATÉ, KEBABS & BATONS

prepared as you prefer, with the perfect dipping sauce:

curry buffalo tandoori

teriyaki sweet chili coconut

---

mini hamburger sliders

angus steak tartare

japanese beef negamaki with asparagus & scallion miso dipping sauce

sesame beef saté

bbq brisket of beef

crispy chicken fingers

beef empanadas

baby lamb chops

buffalo chicken wings

mini beef wellington

ham & gruyere pinwheels

falafel crusted chicken crisp with tahini chipotle dipping sauce

hors d'oeuvre packages

Choose 3 from each column.

6-8 hors d'oeuvres per guest	21.95
8-10 hors d'oeuvres per guest	25.95
12-15 hors d'oeuvres per guest	29.95

SEAFOOD

JUMBO SHRIMP

prepared as you prefer, with the perfect dipping sauce:

fire grilled margarita

tandoori tequila lime

flying coconut cajun

---

asian seared scallop sippers

shrimp gazpacho shooters

buckwheat blini with caviar & crème fraîche

thai shrimp spring rolls

baked blue point oysters

smoked trout mousse served in puff pastry cups

red bliss potatoes with caviar & crème fraîche

ahi tuna tartare

traditional oysters rockefeller

steamed shrimp shumai

wasabi crusted ahi tuna on wonton crisps

mini crab cakes

potato pancakes with salmon & caviar

maine lobster salad on endive

grilled shrimp quesadilla

seafood turnover, scallion, corn & cheddar

events and cocktail baskets

Small basket serves approximately 12 – 15 guests as a cocktail serving. Large basket serves approximately 20 – 25 guests as a cocktail serving. 24 hours notice required.

PACIFIC RIM sm 210. lg 295.

Asian influences elegantly displayed, surround your senses.

- chili beef yakitori
- sesame chicken saté
- coconut shrimp skewers
- imperial spring rolls
- california roll
- pickled ginger & wasabi
- soy scallion dipping sauce

PAN ASIAN sm 195. lg 275.

Classic Asian cuisine with regional influences combined to create this "East meets West" sensation.

- beef saté
- lemongrass shrimp saté
- sweet chile chicken saté
- asparagus spears
- fried vegetable wonton
- ginger carrots & snap peas
- spicy peanut dipping sauce

PROVENCAL sm 195. lg 275.

Gastronomical delights from this famous region.

- shrimp scampi batons
- rosemary chicken batons
- frenched lamb chops
- grilled zucchini batons
- sun dried tomatoes & marinated olives
- belgian endive
- red pepper rouille

MEDITERRANEAN sm 185. lg 225.

This region's bounty, nurtured by the gentle climate, is reflected in this display.

- sage grilled chicken kebabs
- grilled shrimp kebabs
- stuffed grape leaves
- fire grilled eggplant
- olive tapenade
- baba ghanouj & hummus
- feta & sun dried tomato dip
- kalamata olives
- assorted flatbreads

AMERICAN PIE sm 195. lg 275.

It's "Hello American pie" for a fun filled party.

- crispy chicken fingers
- bbq brisket of beef
- jalapeño poppers
- honey mustard sauce
- blue cheese dressing
- bite size maryland crab cakes
- tartar sauce
- buffalo chicken kebabs
- hamburger slider

MEZE lg 150.

- tzatzki & taramasalata
- sun dried tomato & feta
- olive tapanade
- hummus
- marinated olives
- grilled vegetables
- artichokes
- pita points & flat bread

THAI BASKET sm 195 lg 275.

In Thai tradition, a communal basket with selections that combine into a presentation uniquely Thai.

- flying coconut shrimp saté
- curried beef saté
- lemon ginger chicken saté
- vegetable spring rolls
- thai cucumber salad
- peanut & sweet chili dipping sauce

TANDOORI BASKET sm 195. lg 275.

Our take on this South Asian classic.

- herbed baby lamb chops
- tandoori chicken kebabs
- curried shrimp kebabs
- vegetable samosas
- cucumber & red pepper
- mango chutney
- spicy harissa yogurt dip

FRUIT SKEWER BASKET

60.00 small, 10–12 guests
90.00 medium, 15–20 guests
140.00 large, 25–30 guests

A "floral arrangement" of fresh fruit skewers arranged in a basket served with our signature vanilla yogurt dip

---

CRUDITÉS & DIP BASKET

5.95 per person

A medley of baby zucchini, asparagus, cherry tomatoes, baby carrots, broccoli, celery & red peppers served with flavors café signature dip.

TORTILLA CHIPS & DIP

4.95 per person

Authentic tri-color tortilla chips with handmade guacamole & pico de gallo.

FLAVORS CHEESE BOARD

7.95 per person

A selection of hand crafted imported & domestic cheese selections garnished with dried fruit & nuts.

decadent desserts

All prices per guest.
Minimum 8 guests.

SWEET MOMENTS

FLAVORS SWEET TRAY 4.95
gourmet cookies & fudge brownies garnished with chocolate covered strawberries

MINI SPECIALTY PASTRIES 6.95
mini fruit tarts, eclairs, cannolis, napoleons & cream puffs

CHOCOLATE DIPPED STRAWBERRIES 3.95 per berry
long stemmed strawberries smothered with dark belgian chocolate

ITALIAN BUTTER COOKIES & BISCOTTI 5.95
traditional homemade italian butter cookies & biscotti presented with fresh berry garnish
requires 24 hours notice

MINI FRUIT TARTS 4.95
strawberry, kiwi & raspberry
requires 24 hours notice

MINI CUP CAKES 4.95
chocolate & vanilla frosted treats
requires 24 hours notice

LARGE FANCY CUP CAKES 5.95

AFTERNOON DELIGHTS

FRUIT KEBABS 6.95
fresh cubed fruit on skewers served with a honey yogurt dipping sauce

HIGH TEA 6.95
assorted tea sandwiches, mini scones & strawberries & cream
requires 24 hours notice

PEANUT BUTTER & JELLY BITES 3.95
peanut butter & jelly sandwiches on miniature traditional white bread & 7-grain bread

N.Y. PRETZELS 4.95
baked soft pretzels with mustards & spreads

POTATO CHIPS & DIP 4.95
potato chips, pretzels, cheese puffs served with homemade onion dip

CARVED FRESH FRUIT 5.95
an elegant arrangement of sliced seasonal fruit & assorted berries

FRESH FRUIT SALAD 5.95

FLAVORS WHOLE CAKES

Requires 24 hour notice.
Flavors custom crafted cakes for every occasion.

ROUND CAKES

size	serves	price
10"	12-16 people	65.00

SQUARE CAKES

1/4 sheet	25 people	95.00
1/2 sheet	50 people	175.00
full sheet	100 people	250.00

black & white mouse
oreo cheesecake
strawberry shortcake
chocolate mousse
tiramisu
black forest
boston cream
cappuccino
carrot cake
napoleon sheet cake
chocolate truffle
german chocolate
cannoli cream
banana strawberry shortcake

Custom inscriptions are available.

our clients

Throughout the years, Flavors Catering has catered to New York's most prestigious companies. Here is a partial list:

ANGELO, GORDON & CO.
ARNOLD & PORTER
BEAR STERNS
BERNARDAUD
BLOOMINGDALE'S
BAOVIS WORLDWIDE
CAPITAL PRINTING
CBS NEWS
CLIFFORD CHANCE
OGILVY & MATHER
CREDIT SUISSE
DEBEVOISE & PLIMPTON
DONNA KARAN
DORSEY & WHITNEY
EISNER LLP
ESTÉE LAUDER
FLEET BANK
FOX NETWORKS
JP MORGAN CHASE
KIRKLAND ELLIS
KRAMER LEVIN
LIZ CLAIBORNE
LOUIS VUITTON
MACY'S
VERA WANG
MCGRAW HILL
COMPANIES
MINTZ LEVIN
BANK OF AMERICA
MTV
NEWBERGER & BERMAN
PFIZER
PORTER NOVELLI
REVLON
CORNELL UNIVERSITY
THATCHER PROFFIT
TIFFANY & CO.
TIME WARNER
TURNER CONSTRUCTION
UBS WARBURG
THE UNITED NATIONS

our policies

Catering orders may be placed Monday through Friday, 6:00 a.m. to 5:00 p.m. Some items may require 24 hours notice. Please place orders as early as possible. Orders may be subject to deposit. One full business day's notice is required to cancel an order.

50% charge for same day cancellation.

Payment may be made by cash or company check, American Express, Visa, Master Card or Discover Card. House account inquiries are welcome.

Catering deliveries are subject to a 15% service charge. Delivery to all parts of the city is available by special arrangement and at an additional charge.

We are trying to save the world one plate at a time. Please advise us if you require paper products for your meeting or event.

Menus are deemed correct at time of publication. Packages and pricing are subject to change as per market conditions. Menus will be updated on our website www.flavorsnyc.com. Charges for lost or unreturned catering equipment will apply.

www.flavorsnyc.com
Catering is Our Specialty. E-mail Us at info@flavorsnyc.com

flavors
HEALTHY | FRESH | NATURAL

2014 Edition