



**JAY'S**



A Fine Cuisine and  
Special Event Company

# *A Healthier Choice*

## BREAKFAST

*Available Monday through Friday  
Includes disposable serveware*

### HEALTHY BREAKFAST #1

*Low Fat Yogurt with Granola*

*Seasonal Fresh Fruit*

*Hard Boiled Eggs*

12-24 \$6.00

25 + \$5.50

### HEALTHY BREAKFAST #2

*Egg White Omelet Roll with Low Fat Cream Cheese,  
Fresh Spinach & Mushrooms. Served with Fresh Salsa*

*Low Fat Scones or Muffins*

*Seasonal Fresh Fruit*

12-24 \$6.00

25 + \$5.50

### HEALTHY BREAKFAST #3

*Oatmeal with Raisins or Berries*

*Seasonal Fresh Fruit*

*Whole Wheat Bagels with Low Fat Cream Cheese*

12-24 \$6.00

25 + \$5.50

### HEALTHY BREAKFAST #4 (CARB CONSCIOUS)

*Egg Beater Scramble*

*Turkey Sausage Patty*

*Low Fat Cottage Cheese*

12-24 \$7.00

25 + \$6.50



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## LUNCH

Available Monday through Friday  
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### HEALTHY LUNCH #1 (VEGETARIAN)

#### MEDITERRANEAN VEGETABLE WRAP

Whole Wheat Tortilla Stuffed with Grilled Vegetables,  
Fresh Mozzarella, Kalamata Olives and Romaine Lettuce  
with Pesto Spread

Whole Wheat Pasta Salad

Minted Winter Fruit Salad

12-24 \$11.00

25+ \$10.00

### HEALTHY LUNCH #2

(TWO DAYS NOTICE REQUIRED)

Asian Salad

One-Half Baby Pineapple Stuffed with Asian Chicken  
Breast Salad with Sesame Soy Vinaigrette

Low Fat Pineapple Coconut Muffin

12-24 \$11.00

25+ \$10.00

### HEALTHY LUNCH #3

(SERVED ROOM TEMPERATURE)

Poached Salmon Brushed with a Fresh Dilled Lemon Soy  
Glaze on a Bed of Fresh Spinach

Jasmine Rice or Citrus Rice Salad

Steamed Vegetables

Multigrain Baguettes with Smart Balance Spread

12-24 \$18.00

25+ \$16.00

### HEALTHY LUNCH #4

Chicken Piccata in a Light Lemon Sauce with Capers

Steamed Brown Rice

Steamed Vegetables

Multigrain Baguettes with Smart Balance Spread

12-24 \$14.00

25+ \$13.00

### HEALTHY LUNCH #5

Grilled Greek Chicken Kabobs

Rice Pilaf

Greek Salad with Greek Vinaigrette

Pita Bread

12-24 \$13.00

25+ \$12.00

ADD GRILLED MARINATED VEGETABLES \$2.25 (PER PERSON)

ADD HUMMUS FOR \$1.50 (PER PERSON)

### HEALTHY LUNCH #6

#### CHICKEN TUSCANY

Grilled Italian Spiced Chicken Breast, Topped with  
Sauteed Grilled Vegetables & Onions

Red Roasted Garlic Potatoes

Mixed Green Salad with Herb Vinaigrette

Ciabatta Rolls with Smart Balance Spread

12-24 \$14.00

25+ \$13.00





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## LUNCH

*Available Monday through Friday  
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### HEALTHY LUNCH #7

*Lemon Pepper Chicken Breast*

*Steamed Brown Rice*

*Wild Mushroom & Asparagus Salad with Balsamic Vinaigrette*

*Multigrain Baguettes with Smart Balance Spread*

**12-24 \$13.00**

**25+ \$12.00**

### HEALTHY LUNCH #8

**MANGO PAPAYA CHICKEN**

*Grilled Chicken Breast, Topped with a Homemade Mango Papaya Salsa*

*Green Beans with Dill & Shallots*

*Mixed Green Salad with Lemon Basil Vinaigrette*

*Multigrain Baguettes with Smart Balance Spread*

**12-24 \$13.00**

**25+ \$12.00**

### HEALTHY LUNCH #9 (VEGETARIAN)

*Penne with Sundried Tomatoes, Feta Cheese, Basil & Pinenuts in Olive Oil, Garlic & Marinara*

*Grilled Marinated Vegetables*

*Caprese Skewers Infused in a Basil Pesto Oil*

*Caesar or Mixed Green Salad*

*Focaccia Bread with Smart Balance Spread*

**12-24 \$14.00**

**25+ \$13.00**

### HEALTHY LUNCH #10 (SOUP & SALAD)

*Vegetable or Lentil Soup*

*Pear & Walnut Salad with Grilled Chicken Breast*

*Lowfat Apricot Lemon Muffin*

**12-24 \$13.00**

**25+ \$12.00**



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## HEALTHY SNACKS

### MEDITERRANEAN TRAY.

*Includes Mini Chicken Kabobs, Prosciutto De Parma, Mozzarella Cheese, Kalamata Olives, Artichoke Hearts, Roasted Vegetables, Pita Triangles & Hummus Dip.*

**18" TRAY \$75.00 (SERVES 20 - 25)**

### POMODORO BRUSCHETTA PLATTER

*32 oz. Pomodoro  
75 Grilled Ciabatta Triangles*

**\$50.00 EACH**

### HUMMUS TRIO

*Traditional, Cilantro & Roasted Pepper*

*Served with Whole Wheat Pita Bread*

**\$40.00 (SERVES 20 - 25)**

### CALIFORNIA ROLLS

*Low Sodium Soy Sauce, Ginger and Wasabi*

**\$1.25 PER PIECE**

### GRILLED ZUCCHINI ROLL UPS

*Filled with Boursin Cheese, Micro Greens & Roasted Pinenuts*

**\$2.50 PER PIECE**

### CAPRESE SKEWERS

*Infused with Pesto & Basil*

**\$2.50**

### CAJUN BLOODY MARY MOUSSE FILLED CELERY STICKS

**\$1.50 PER PERSON**

### CELERY STICKS

*Topped with Peanut Butter*

**\$1.25 PER PERSON**

### THAI SPRING ROLLS

*Thai Chicken or Thai Veggie Spring Rolls with Served with a Ginger Lime Dipping Sauce*

**\$1.75 PER PIECE**

### FRUIT KABOBS

*Served with a Minted Yogurt Dip*

**\$3.00 PER PIECE**

### FRESH VEGETABLE PLATTER

*Served with Pomegranate Walnut or Herb Garden Vegetable Dip*

**12" TRAY \$35.00 (SERVES 10-15)**

**16" TRAY \$45.00 (SERVES 20-25)**

### ASSORTED WHOLE FRUIT

**\$1.50 PER PIECE**

### CHIPS & SALSA

*Homemade Tortilla Chips*

*Served with Fresh Salsa or Spicy Black Bean Dip*

**MEDIUM BOWL \$25.00 (SERVES 15-20)**

**LARGE BOWL \$35.00 (SERVES 20-25)**

### VEGETABLE CHIPS

*Homemade Potato & Sweet Potato Chips*

*Served with a Cucumber Onion Yogurt Dill Dip*

**\$3.00 PER PERSON (15 PERSON MINIMUM)**

### BUILD YOUR OWN TRAIL MIX

**\$4.50 PER PERSON (15 PERSON MINIMUM)**

### HOMEMADE HONEY GRANOLA BARS

**\$3.50 PER PIECE (15 PERSON MINIMUM)**

