

Elegant Catering Designs

CORPORATE CATERING

... Check out our HEALTHY Event meals...

GARDEN OF EATING GOOD!



Call us today to help with your special events!

303-367-0344

Email:

ELEGANTCATERINGCOLORADO@COMCAST.NET

"It's a Pleasure to Cater to you!"

"This Is Where Budgets Are Still Simply Elegant!"

Breakfast Continental

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All Meals Include: Disposable-ware

### **ECD's Sunrise Pastry Express:**

Assortment of freshly baked pastries: (1.5 pastry serving pp)  
muffins, Danish, breakfast breads, scones with Condiments...\$6.99pp

### **Rise & Shine Express**

Fresh seasonal Fruit

Fresh Fruit & freshly baked pastries: (1.5 pastry servings pp)  
muffins, Danish, breakfast breads, scones with Condiments...\$8.99pp

### **Breakfast Buddy Box:**

Whole Fruit, Individual Juice, Yogurt, Granola, and Muffin.....\$6.95pp

### **ECD's Farmer's Chicken & Waffle:**

2pcs. Fried Chicken 0-Trans-Fat, Waffle cooked til Golden  
Includes Chef Spicy Syrup & Fresh Fruit....\$10.99pp

### **My Quiche /Fritatta Of The Day:**

A Selection Of Hot Quiche Fresh From Our Kitchen.  
Includes Choice Of Veggie, Meat, or Seafood.  
Served With Country Potatoes And Fresh Fruit. ....\$8.99pp

### **From The Natural Farmer:**

Fresh Scrambled Fluffy Eggs And Herbs.  
Includes Country Potatoes And Muffin, And Fresh Fruit.....\$7.99pp

### **Hot Mexican Burrito Breakfast:**

Freshly Made With Flour Tortilla, Seasoned Eggs, Chorizo Sausage,  
Potatoes And Spicy Cheddar Cheese. Burrito only....\$5.50pp  
Add Mild Green Chili, Salsa  
T-Toasted Gluten-Free flour Tortilla Pieces....\$11.99pp

## **BREAKFAST-Side Orders and Beverages:**

Sausage Or Bacon- \$2.75pp

Assorted Cookies- \$1.95pp

Assorted Yogurt- \$2.99pp

Fresh Fruit Tray- \$3.95pp

Brownies \$2.00pp

Yogurt, Granola and Fruit -\$3.95pp

### **Coffee Service Station: \$**

**Reg. Coffee/Decaf Coffee - \$**

**Hot Tea \$1.85pp /Hot Cocoa**

**StarBuck Coffee Lover-\$2.95)**

Cream, Almond milk, Agavae, Stevia, Raw Sugar

**NOTE:** Coffee Service Requires A 25 Person Minimum

### **Cold Beverages:**

**Assorted Soda- \$1.75pp Natural Soda- \$ 1.95 Asst. Juice- \$1.85pp**

**Lemonade, Ice Tea- \$ 1.65 -- Purified Bottled Water \$2.00pp Pints: \$1.00**

## Sandwich Express Box Lunch

All Sandwich Box Lunches Include:

Potato Chips, Mayonnaise And Dijon Mustard

Dessert Of The Day!

For **Extra**: Fruit, Avocado, Extra Meat–forfees, see a Rep.

- Tuna Salad (Old Fashion)**: Tuna Salad with lettuce & Cheese, And Dill...\$9.95pp  
**Chicken Cajun Grilled**: Grilled Cajun Chicken With Yogurt, And Paprika Spread \$9.95pp  
**Smokey Turkey**: Turkey Breast Served with Tomato And Chipotle–Mayo Spread...99.95pp  
**The Vancouver**: Smoked Salmon, Cream Cheese, And Capers .....\$10.95pp  
**The Hawaiian**: Grilled Chicken Breast, Pineapple Marinade W/ Cilantro Pesto...\$9.95pp  
**Mexican**: Grilled Chicken Breast w/ Spicy Mixed Veggies.....\$8.95pp  
**Asian Chicken**: Grilled Chicken Breast Served With Asian Spread.....\$9.95pp  
**The Roman**: Artichoke Heart, Roasted Bell Pepper, Provolone, and Basil Pesto.....\$9.95pp  
**Classy Vegetarian**: Roasted Veggie (Such as: Squash, Onion, Peppers, & Mushrooms) W/ Balsamic Vinaigrette, And Provolone.....\$9.95pp  
**Budget Deli Sandwich**: Choice Of Pastrami, Turkey, Ham, Or Roast Beef.....\$9.95pp  
**Club Sandwich**:Turkey, Ham, Crisp Bacon, Swiss, Lettuce, Tomato And Onion...\$10.95pp

## Salad Box Lunch

All Salad Box Lunches Include:

–*Dessert Of The Day!*

- Garden Salad**: Mixed Greens w/ Cucumber, Tomatoes, Onions, Peppers, Sprouts...\$9.50pp  
**Chicken Cajun Salad**:Chicken Breast  
With Spices & Celery, Onions, Lemon–Mayo Dressing w/ Mixed Greens.....\$9.95pp  
**Wild Tuna Cranberry**: Tuna–Cran Salad Cheese & Dill Served W/ Mixed Greens...\$10.95pp  
**Caesar Salad**:Crisp Romaine, Crouton, Parmesan Cheese, & Caesar Dressing.....\$9.50pp  
**Spinach Salad**:Spinach Leaves w/ Red Onion, Mandarin Orange, Carrots, & Nuts...9.50pp  
**Asian Chicken**: Grilled Chicken Breast with Mixed Greens & Nuts and Sprouts...\$9.95pp  
**Mediterranean Salad**:Mix Greens w/ Olives, Feta, Artichoke, Garbanzo Beans ...\$9.95pp  
**Cobb Salad**:Mix Greens w/Grilled Chicken Breast, Avocado, Diced Egg, Blue Cheese, Tomato  
Choice Of Tofu, Chicken, And Bacon ...\$9.95pp  
**Tofu Salad**: Mix Greens with Tofu Marinated With Asian Dressing And Veggie.....\$9.95pp  
**Southwestern Salad**:Mix Greens w/ Sautéed Chicken or Beef Peppers, Onions, ... 98.95pp  
**Choice of Salad Dressings**:  
Balsamic Vinaigrette–Reg. & Spicy Ranch–Raspberry Vinaigrette  
Light House Vinaigrette–Light Blue Cheese

*...Also try our :*  
**\*Economy Friendly Event Salad Bars...**

*They are Healthy & Create Great Office Energy!*  
*Ask your area Representative Today!!! 303-367-0344*  
***\*GRAIN-FREE AVAILABLE***

***\*Also ask about OUR Healthy ORGANIC HOT-MEALS!***  
**\*GARDEN OF EATING GOOD MENUS!**  
***And..NON-HOT-Buffets...***

### **In The Office Sandwiches Baskets**

Pre-made Finger Deli Sandwiches, Crudités Tray with  
Choice of Potato, Pasta Garden Salad...START \$10.95pp AND UP  
**Desert Cookies Of The Day!**

### **The Office Sandwich Making**

Variation of Fresh Sliced Meast & Cheeses,  
Bread, Condiment Trays  
Choice of: Potato and or Bean Salads.....\$10.99pp  
**Include:**  
Kettle Chips, Mayonnaise And Dijon Mustard  
**Desert Cookies Of The Day!**

# Hot Buffets

All Hot Buffets Include:

Garden Salad, Veggies, Rolls & Dessert of The Day!

## **Chicken Marsala:**

Sautéed Organic Chicken Breasts with  
Mushrooms in Marsala Sauce  
Whole Green beans sautéed in Olive oil & lemon pepper  
Served with buttered Rice ...\$14.95pp

## **Lasagna Flair:**

Meat or Vegetable Lasagna  
House Marinara Sauce & Garlic Bread...\$13.95pp  
Traditional Caesar Salad w/ Caesar Dressing  
**\*Gluten-Free always available!**

## **Organic Chicken Parmesan:**

Chicken Breasts oven Baked  
sautéed in Olive oil & fresh Herbs Mixed Seasonal Veggies  
with Bow Tie Pasta, Marinara, Parmesan  
Garlic Cheese Bread. ....\$12.95pp

## **Indian Curry Halah Chicken:**

Chicken Breast Sautéed Curry sauce w/  
Tomatoes, Onions, & Ginger Garlic  
w/ Fresh Coconut Creamed Spinach.  
Served with fluffy Coconut Yellow Rice.....\$13.95pp

## **Mongolian Chicken:**

Chicken Breast Sautéed with Ginger Garlic  
, Onions, Peppers, Bone-Broth Sauce  
Herb Roasted Brussels Sprouts sautéed in Olive oil  
Served with Steamed white Rice.. ....\$14.75pp

**Spicy Beef:**

Flank steak Seasoned, Grilled and Sautéed  
Southwestern Spices, w/ Southwestern Veggies  
Served with Latin Rice.....\$13.95pp

**Free Range Chicken Martinique:**

Chicken Breast Marinated w/ Caribbean Spices and Grilled  
Sautéed fresh Herbs Mixed Seasonal Veggies  
with Black Beans and Rice.....\$12.95pp

**Teriyaki Chicken:**

\Chicken Breast Marinated and Grilled with Teriyaki Sauce Sautéed  
fresh Herbs Mixed Seasonal Veggies  
Served with Rice .....\$12.95pp

**Lemon Herb Chicken:**

Chicken Breast Marinated in Lemon & Herbs Baked  
Served with Rice...\$12.95pp

**Grilled Tai Salmon:** Salmon Marinated w/ Tai Spices and Light Coconut Milk.  
Grilled Topped with Mango Salsa. Served with Rice.....\$12.95pp

**Louisiana Jambalaya**

Cajun Dirty Rice, Spicy Chicken & Andouille Sausage,  
Sautéed Bell-peppers.....\$13.95pp

**Jamaican Jerk Chicken**

Open Fire Roasted Breast of Chicken,  
Black Bean & Rice, Tropical Garden Salad  
w/ Jicama & Mandarin Oranges...\$12.95pp

## **Hot Buffet Bars**

### **All Hot Buffet Bars Include:**

Garden Salad & Rolls–Dessert of The Day!

### **The Aztec Fajita Bar:**

Buffet Includes Rice and Beans, Grilled Chicken and Beef,  
Fixings: Salsa, Lettuce, Cheese, Sour Cream, Chips & Tortillas ...**\$12.95pp**

### **The Roman Pasta Bar:**

Includes Hearty Marinara Sauce, Meatballs & Italian Chicken  
Served w/ Penne & Bow Tie Pasta w/ Fixings of Parmesan , Garlic Bread...**\$11.95pp**

### **Baked Potato Bar:**

Baked Idaho's with Fixings of: Sour Cream, Cheese, Butter, Chives, & Bacon Bites  
Served with Homemade Low Fat Turkey & Vegetarian Chili.....**\$9.99pp**

**Chicken Bar:** Florentine (Spinach), Cordon Bleu (Ham and Swiss), Parmesan Cheese  
Served with Rice Pilaf.....**\$12.95pp**

### **Taco Bar:**

Ground Beef or Turkey/Chicken/Veggies (Choice Of 2)  
w/ Soft Flour Tortilla & Crispy Taco Shells w/ Beans, Mex–Rice,  
Includes T–Chips, Cheese, Lettuce, Sour Cream, & Salsa.....**\$11.95pp**

### **Side Orders:**

Beverages: Juice \$ 1.80–Coffee \$1.80–Bottled water \$2.–Tea \$1.60 & more...

Cheese Tray: \$ 3.25

Fruit Tray: \$ 2.75

Guacamole & Chips: \$5.25pp

Veggie Tray: 2.40– Petite Sandwiches: 3.49

Munchies Time Snacks: Party Mix, Trail Mix, Mixed Nuts–\$2.50

EC's Trio Dippers: 2/Hummus w/Pita Breads \$ 3.00

**Note:** Call 303–367–0344 for more snack selections...



**ECD PRESENTING... HEALTHY EVENTS & CATERED MEALS DELIVERY!**

## **GARDEN OF EATING GOOD**



**\*GLUTEN/ GRAIN FREE, VEGAN & MSG FREE ORGANICS  
CATERING ...ALWAYS AVAILABLE!**

**\*IMUNE-BOOSTING Drinks and MORE  
Healthy CATERING ALWAYS AVAILABLE!**

**PLANT BASED SWEETNERS IN OUR DESSERTS And more...**

**“EAT HEALTHY FROM US, AT WORK & HOME**

**ORDER FROM**

**OUR, CORPRATE & PRIVATE EVENT HEALTHY-CATERING!”**

**NOTE:**

**ALL FREE-RANGE MEATS...**

**COCONUT, TAPIOCA, CHICKPEA & ALMOND FLOURS**

**CHIASEED FLOUR & GOLD FLAX SEED MEAL**

**ARE USED IN OUR GRAIN-FREE MEALS...**

**OUR VERY NUTRITIOUS GARDEN OF EATING GOOD...**

**\*We can convert any meal to your healthy liking!**

## **GENERAL INFORMATION**

A \$500.00 min. order for service is requested for delivery Mon–Fri..

A \$600.00 min. order is requested for Sat. and Sun. service.

Place your order by phone or Email (forms provided upon request)

Delivery charges are based on your area and zip code.

Please ask when placing your order.

48–72 hours for Corporate orders

72 hours or more notice is requested for all cancellations

\*Corporate Buffet same day pick-ups are 1:30 pm & 2:30 pm

### **Other Services Available**

Our Catering provides CONVENTIONAL & ORGANIC Catering

Menu Consultation and Event Food Service

Planning from a Elegant Reception & Sit–Down Dinners to

Company Picnics, Barbecues, Holiday Parties

**“WE HAVE!!!”**

Themes, China, Linens, Centerpieces and more...

BECAUSE OF OUR GREAT PRICES... WE BOOK–UP VERY FAST

**Please Don't Hesitate To Call Soon to BOOK your EVENTS!:**

For Assistance on Your Upcoming Food/Service needs!

**NOTE: Get your Corporate DBE/SBA Points**

**by Booking us!**



**\*Star–COLO. WOMAN & Hispanic CHAMBER MEMBERS!**

**\*DBE/ACDBE/SBAC CERTIFIED –51% WOMAN–OWNED BUSINESS!**

**\* DBE-ACDBE-SBE-DISTRUBSUPPLIER-CODED CERTIFIED**

**51%WOMAN OWNED BUSINESS!**

**DUNS AND SAMS --AND--- EHTC ( HOSPITALITY-TRAINING CENTER)**

**\*Food Presentation Award Winners of the ICON Gala Award-**

**\* Small Business Star Award**

**\* Finalist Creme D'e La Creme Finalist**

**\* COLO. BLK CHAMBERS:Clara Brown Award**

**\* Westies-World Finalist \* Star Award Red-Den. ICA (Int. National Caterers Assoc.)**