

# *checkers catering*

*and special events*

---



The Eat Well Berkeley Catering Program strives to increase access to healthier food and beverage choices on campus. Under UC Berkeley's [Food and Beverage Choices Policy](#), healthy options must be included in catering orders for University-sponsored meetings and events. This menu mostly contains Eat Well Berkeley options, indicated with a ✓ icon, as well as other items that do not quite meet Eat Well Berkeley requirements but are still fairly healthy choices.

## **BREAKFAST OPTIONS**

### **FULL CONTINENTAL BREAKFAST**

**OPTION ONE** is Coffee & decaf, juice, assorted low fat muffins & fruit platter  
**13.40 per serving**

**OPTION TWO** is Coffee & decaf, juice, bagels & fruit platter  
**14.40 per serving**

### **EARLY MORNING BEVERAGES**

- ✓ **ORGANIC PEERLESS COFFEE**  
Air pot of Regular Coffee, Decaf Coffee
- ✓ **NUMI ORGANIC HOT TEA**  
Air pot of Hot Water with Assorted Organic Tea Bags  
**22.95 per 10 Cup Air pot**  
All coffee set ups include sugar, sugar substitute and cream. Hot tea includes assorted teas, lemon, honey and sugars.

### **BREAKFAST ESSENTIALS**

**Individual yogurts in assorted flavors**  
**3.25 per serving**

- ✓ **Fresh Seasonal Fruit Salad**  
**5.20 per serving**
- ✓ **Sliced Fresh Seasonal Fruit on Platters**  
**5.95 per serving**  
Fruit Platters typically include watermelon, cantaloupe, honeydew, pineapple, in season berries that may include raspberries, strawberries, etc. and grape clusters
- ✓ **Whole Fruit in basket**  
Seasonal assortment could include Bananas, Oranges, Pears, Apples, Plums and Grapes  
**2.25 per piece**

**Individual Parfaits**

Fresh Fruit, Strawberry Yogurt and Granola in clear container with lid

6.50 per serving

- ✓ **Signature house made Granolas**—recipe from famous “Rancho La Puerta Health Spa” served with Almond milk, or Soy Milk fresh blueberries or strawberries (whatever is in season)  
4.95 per serving
- ✓ **Vegetarian Style Omelet**—Made with Egg Whites and Yolk, fresh bell peppers, green onions, sliced mushrooms and diced Tomatoes. Served with Home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper and low fat muffins  
14.95 per serving
- ✓ **Frittata with Fresh Spinach and Leeks**- Made with egg whites and yolk, almond milk, fresh spinach and leeks served with home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper and low fat muffin  
12.95 per serving
- ✓ **Western Scramble**- Made with egg whites and yolk, fresh tomatoes, onions, green chilies served with home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper. Served with Fresh pico de gallo and corn tortillas  
12.95 per serving
- ✓ **Hot Oatmeal**- Butter chips, brown sugar, golden and cranberry raisins, sliced almonds  
6.95 per serving

**LUNCH/DINNER OPTIONS**

**APPETIZERS**

Minimum order of 20 each

- ✓ Jumbo Prawns with Spicy Cocktail Sauce **2.95 per serving**
- ✓ Greek Stuffed Tomatoes **1.95 each**
- ✓ Raw Crudites **57.95 for 5lb, 117.95 for 15lb, 226.95 for 20lb Platter**
- ✓ Lemon Herb Chicken Skewer **2.15 per serving**
- ✓ Vegetarian Stuffed Mushrooms **2.15 per serving**
- ✓ Endive Boats **2.25 per serving**
- ✓ Watermelon Gazpacho **3.95 per serving**
- ✓ Fire Grilled Veggies **64.95 for 5lb, 124.95 for 10lb, 174.95 for 15lb, 234.95 for 20lb Platter**
- ✓ Savory Toasted Almonds **25.95 per lb**
- ✓ Spicy Curry Cashews **24.95 per lb**

**SOUPS**

All soups are served with crackers.

- ✓ Curried Lentil Soup with Whole Wheat Rolls
- ✓ Kabocha Squash Soup with Whole Wheat Rolls  
**6.45 per serving**

**SALADS (Dressing served on the side)**

- ✓ **ORIENTAL CHICKEN 14.25 per serving**  
Grilled & diced chicken breast, romaine & iceberg lettuce, peanuts, mandarin oranges, green onion, & fried wontons & our spicy house peanut dressing & sweet oriental sesame with wheat roll
- ✓ **CHICKEN CAESAR 13.55 per serving**  
Hearts of romaine lettuce, marinated sun dried tomatoes, grilled & diced chicken breast, shredded parmesan & homemade garlic croutons with Rancho La Puerta healthy Caesar dressing & wheat roll
- ✓ **PECAN CRUSTED CHICKEN 14.95 per serving**  
Sliced pecan crusted chicken breast, spring mi & romaine lettuce, goat cheese & red onion with honey-mustard dressing
- ✓ **HAWAIIAN SALAD WITH SMOKED CHICKEN 14.25 per serving**  
Hearts of romaine, fresh cut pineapple, dried Bing cherries, crumbled bleu cheese, honey roasted walnuts with a rich honey mustard dressing
- ✓ **PEAR PANCETTA AND WALNUT SALAD 14.95 per serving**  
Butter lettuce, sliced pears, toasted walnuts, pan sautéed pancetta & grilled chicken breast with balsamic vinaigrette

**SIDE SALADS (Dressing served on the side)**

- ✓ **GREEK SALAD WITH MEYER LEMON VINAIGRETTE 6.50 per serving**  
Fresh Hearts of Romaine, Roma Tomatoes, Cucumbers Onion, Kalamata Olives and Capers  
Add Chicken Breast 5.95 pp; Add 4 Jumbo Prawns pp 7.95
- ✓ **MIXED BABY GREENS WITH HOUSE MADE RASPBERRY VINAIGRETTE (GF) 7.50 per serving**  
Spring Mix, Romaine Lettuce, Pecans, and Pears  
Add Chicken Breast 5.95 pp; Add 4 Jumbo Prawns pp 7.95
- ✓ **TOSSED GREEN SALAD 5.75 per serving**  
Mixture of Romaine Lettuce & Spring Mix, Cherry Tomatoes, Baby Carrots, Sliced Cucumbers & Sliced Mushrooms with Olive Oil and Balsamic Vinegar in Cruets
- ✓ **FRESH FRUIT SALAD (GF) 5.20 per serving**  
Cantaloupe, Pineapple, Honeydew Melon, Grapes and Seasonal Berries
- ✓ **RAINBOW BEET SALAD 7.25 per serving**  
Roasted red & yellow beets, with mandarin orange segments, jicama & Chevre cheese over mixed spring mix & romaine with a blood orange Vinaigrette
- ✓ **RED ROMAINE (GF) 6.95 per serving**  
Red & green romaine lettuce, red onion, yellow bells, toy box tomatoes & avocado with red wine vinaigrette
- ✓ **NAPA CABBAGE WITH MANGO 7.50 per serving**  
Napa Cabbage, sliced mango, toasted slivered almonds with soy Asian dressing

**FROM THE DELI**

**GOURMET SLIDERS WITH A TWIST**

(Our "Mini Slider Sandwiches" are served on a platter)

**Mini Turkey Club** on a Sour Dough Mini Roll with turkey, bacon, avocado, basil and tomato

**Mini Japanese Eggplant** with caramelized onion, roasted red bell peppers, provolone cheese and garlic mayo on a pumpkin seeded mini roll.

**Mini Steak Sandwich** with marinated tri tip, horseradish cream and micro greens on a mini baguette roll

**Mini Italian Chicken Sandwich** with grilled chicken, sun dried marinated tomato, pesto mayo, and green leaf lettuce on a mini sourdough roll

Priced per individual serving

Minimum order of 10 servings per flavor

**A la Carte: 4.75 per slider**

**DELI COLD CUTS**

(Make it yourself Sandwiches)

Deli trays are made with an assortment of four (4) ounce portions of roast beef, oven-roasted turkey & Black Forrest ham. Tuna & vegetarian are available upon request. The Deli includes lettuce, tomatoes, pepperoncini, pickles, mayonnaise & mustard served with sliced bread (including sour dough and wheat)

Extra Deli Meat Portions, scoops of chicken salad or tuna salad are available for 3.95 per 4 ounce serving

**A la Carte**  
**8.90 per serving**

**Combo Package**  
**11.40 per serving**

All of the above combo packages are priced per serving & include our famous homemade chips or deli salad choice of Italian pasta salad, red dill potato salad, pesto pasta salad, Caesar bowtie pasta, peanut & coleslaw, or ✓ fresh fruit salad

Add an additional deli salad or homemade chips for **3.75**

## ENTREES

Minimum order of 10 servings per item

### GRILLED MEAT PLATTERS

Pick one

GRILLED & SLICED PORK TENDERLOIN (GF)

**7.95 Per Serving**

GRILLED & SLICED BEEF TENDERLOIN (GF)

**9.95 Per Serving**

✓ GRILLED & SLICED CHICKEN BREAST (GF)  
**7.95 Per Serving**

THE ABOVE MEAT PLATTERS COME WITH OUR SIGNATURE FRESH SALSA BELOW

### SIGNATURE FRESH SALSAS

Pick one

✓ **CAPONATA SALSA (GF)**  
Grilled Eggplant Compote with Olives and Capers

✓ **MANGO SALSA (GF)**  
Fresh Pineapple, Mango and Peppers

✓ **ROMA TOMATO SALSA (GF)**  
Fresh Roma's, Garlic, Sweet Basil infused with Blood Orange Olive Oil

✓ **ROASTED CORN SALSA (GF)**  
Roasted Corn, Cilantro with Infused Jalapeno Olive Oil

### PASTAS

All are priced per serving & include your choice of tossed greens, Caesar, baby spinach your choice of tossed greens, Caesar, baby spinach, or Greek salad and Garlic bread or rolls & butter.

**CALIFORNIA FRESH PENNE WITH GRILLED CHICKEN (GF available)**

Fresh Roma tomatoes, grilled diced chicken, feta cheese, sweet basil, garlic & olive oil

**15.50 per serving**

**FETTUCINE PRIMAVERA**

Fresh Italian vegetables sautéed in garlic, served with zesty marinara sauce with Fettucine noodles

**15.95 per serving**

**RED PESTO CHICKEN RIGATONI**

Rigatoni pasta with diced chicken, portabella mushrooms, green onions, mixed with a house pesto and marinara sauce

**16.25 per serving**

Gluten-free corn pasta available for an additional fee

## HOT POULTRY ENTREES

- ✓ **MEDITERRANEAN CHICKEN (GF)**  
Sautéed seasoned chicken breast with plums, apricots, and garnished with toasted almonds  
**16.75 per serving**
- ✓ **SOUTH BEACH HERB MARINATED CHICKEN (GF)**  
Cooked in white wine, crushed basil, oregano & tarragon with garlic  
**15.50 per serving**
- ✓ **LEMON HERB CHICKEN (GF)**  
Fresh lemon thyme herb sauce over grilled boneless chicken breasts  
**15.50 per serving**
- ✓ **MEXICAN CHICKEN**  
Baked chicken breasts smothered in homemade salsa, served with Spanish rice and black beans  
**15.70 per serving**
- ✓ **\*Change any Chicken to Organic for an additional 2.00 per serving. Advanced notice required.**

All of the above are priced per serving & include your choice of tossed greens, or Greek salad, or fresh seasonal vegetables sautéed in olive oil & garlic. Also includes a choice of white rice pilaf, brown rice, Quinoa with garlic and onions, roasted gold Yukon potatoes, or red potatoes with fresh rosemary, and garlic. Whole Wheat Rolls & Butter

## **ALL VEGETARIAN ENTREES**

Minimum order of 6 servings per item

- ✓ **MUSHROOM RAGOUT & FRESH DILL** over Grilled Three Cheese Polenta Cakes (2 per serving)  
**12.95 per serving (GF)**
  
- ✓ **VEGAN PORTOBELLO** stuffed with spinach, roasted bell pepper, carrot, asparagus & topped with balsamic reduction. Served with Brown Rice  
**12.95 per serving**
  
- ✓ **TOMATO & HERB FRITTATA** made with plum tomatoes, scallions, fresh basil & eggs. Served with Roasted Red Potatoes in olive oil, rosemary & garlic  
**12.95 per serving (GF)**
  
- FARM STAND PAELLA** made with Saffron infused Arborio rice tossed with zucchini, red sweet peppers, chick peas, corn and artichoke hearts  
**14.95 per serving (GF)**
  
- COUSCOUS CAKES** include two golden couscous cakes topped w/ plum tomatoes, black beans & zesty corn relish  
**13.60 per serving**
  
- VEGETARIAN ENCHILADAS** with matchstick vegetables in a Verde sauce served with whole black beans and Spanish rice  
**15.75 per serving**
  
- ✓ **STACKED EGGPLANT** with artichokes, red bell peppers a blend of mozzarella, parmesan cheeses, and chopped garlic in a veggie based zesty marinara sauce. Served with Brown Rice  
**14.95 per serving (GF)**
  
- ✓ **STIR FRIED TOFU** with snap peas. Served with Brown Rice  
**13.95 per serving**
  
- RIGATONI WITH GREEN BEANS** tomatoes & black olives in our zesty marinara sauce  
**13.95 per serving**
  
- ✓ **VEGETARIAN CHILI** with shredded cheese, chopped red onion & crackers  
**10.95 per serving (GF)**

The above Vegetarian Entrees are served with tossed greens, Caesar Salad, or Italian vegetables sautéed in olive oil & garlic, & wheat rolls & butter (excluding enchiladas).



## SIDES

- ✓ Wild rice with matchstick carrots & mushrooms (GF) **4.25**
- ✓ Fresh green beans amandine (GF) **4.25**
- ✓ Fresh steamed broccoli with lemon pepper (GF) **4.25**
- ✓ Julienne carrots, green beans & button mushrooms in lemon-thyme butter **4.25**
- ✓ Mexican Corn Mix (GF) **4.25**
- ✓ Roasted zucchini, sautéed mushrooms, Roma tomatoes & garlic with sweet basil (GF) **5.25**
- ✓ Indian Spiced Vegetables (GF) **5.25**
- ✓ Pan Roasted Broccoli in a spicy Peanut Sauce **5.25**
- ✓ Roasted Root Vegetables (GF) **5.25**

## DESSERTS

Minimum order of 6 servings for most items

### COOKIES

Assorted homemade cookies

**1.95 per serving**

### BROWNIES

Moist bittersweet dark chocolate brownies zinged with espresso drizzled with dark chocolate

**1.95 per serving**

### SPECIALTY BARS

**Our choice** to include Apple Cobbler Bars, Blueberry Cobbler Bars, Butter Brickle Blondies, Carrot Bars, Key Lime Bars, Lemon Bars, Pecan Squares, Raspberry Shortbread Bars,

1 bar per serving

**1.95 per serving**

- ✓ **SMALL FRUIT BROCHETTE** of cantaloupe, pineapple, honey dew, strawberry served with lemon yogurt dip. (GF)

**3.25 per serving**

### FRESH FRUIT TARTS

Small 2" Tarts

**3.25 per serving**

### CLASSIC BAKLAVA

Luscious bites of flaky buttery pastry filled with walnuts bathed in a golden syrup

**2.25 per serving**

### CHOCOLATE ASSORTMENT OF MINI CHEESECAKES

Turtle, Cappuccino & Chocolate Swirl Assortment

### CITRUS & BERRY ASSORTMENT OF MINI CHEESECAKES

White Chocolate Raspberry, Citrus & Key Lime Assortment

**2.15 per serving**