



Triple Fresh catering

801 Doe Run Rd East Fallowfield, pa 19320 • 888.3.Fresh.0 • TripleFresh.net

It's Lunchtime!

\$12.99 per person

Choice of green salad, three cold sandwiches and one side salad. Served with iced tea, lemonade, and fresh-baked desserts. Includes plates, napkins, and cutlery.

Salads

- Garden Salad with Dressing Assortment
- Traditional Caesar Salad
- Greek Salad with Tomatoes, Cucumbers, Red Onion, Black Olives and Feta Cheese
- Field Greens with Walnuts, Berries and Feta Cheese with a Homemade Balsamic Vinaigrette

Sandwich Selection

- Roasted Chicken Salad with Red Grapes, and Walnuts
- Roasted Turkey Breast with Muenster Cheese and Whole Grain Mustard
- Albacore Tuna with Lettuce and Tomato
- Hickory Smoked Ham and Swiss with a Pesto Mayo
- Slow Roasted Beef with Provolone and Roasted Red Peppers and a Pesto Mayo Spread
- Grilled Seasonal Vegetable Wrap with Provolone Cheese and Pesto Spread
- Grilled Salmon with Garlic Mayo on a Croissant
- Grilled London Broil with Caramelized Onions and Provolone
- Italian Meats with Provolone, Roasted Red Peppers and Pesto Mayo Spread
- Fresh Mozzarella and Roma Tomatoes with Field Greens and Roasted Red Peppers
- Cobb Baguette with Turkey, Sliced Egg, Danish Bleu Cheese, Field Greens and Garlic Mayo
- Grilled Chicken Caesar Wrap

Accompaniments

- Baked Potato Salad with Chopped Egg, Bacon
- Pasta and Vegetable Salad with Italian Vinaigrette
- Mom Mom's Cole Slaw
- Macaroni Salad
- Broccoli Salad
- Seasonal Fruit Salad (add 1.25pp)
- Grilled Seasonal Vegetables (add 2.00pp)

Hot Lunch Break

\$15.99 per person

Choice of green salad, two hot sandwiches and accompaniment. Served with iced tea, lemonade, and fresh-baked desserts. Includes plates, napkins, and cutlery.

Salads

- Garden Salad with Dressing Assortment
- Traditional Caesar Salad
- Greek Salad with Tomatoes, Cucumbers, Red Onion, Black Olives and Feta Cheese
- Field Greens with Walnuts, Berries and Feta Cheese with a Homemade Balsamic Vinaigrette

Hot Sandwiches

- Slow Roasted Beef with Au Jus, Sliced Thin and served With Horseradish Cream Sauce
- Roasted Pork Italiano with Fresh Herbs, Provolone and Roasted Red Peppers
- Pulled Pork Barbecue Seasoned and Slow Roasted, Served with One of Our Signature Sauces
- Meatball Marinara-Pork and Beef Meatballs Served in our Homemade Marinara Sauce
- Roasted Turkey and Gravy with a Cranberry Relish
- Cranberry Walnut Melt with Fontina and Gouda Cheeses Served on Focaccia
- Warm Beef Baguette-Sliced London Broil with Caramelized Onions and Provolone
- Pulled Chicken Barbecue with One of Our Signature Sauces
- Smoked Texas Style Beef Brisket
- Grilled Pit Beef-Top Round, Seasoned and Grilled Over Charcoal (min 50 guest)
- *all sandwich selections come with rolls

Accompaniments

- Baked Potato Salad with Chopped Egg, Bacon
- Pasta and Vegetable Salad with Italian Vinaigrette
- Mom Mom's Cole Slaw
- Macaroni Salad
- Broccoli Salad
- Seasonal Fruit Salad (add 1.25pp)
- Grilled Seasonal Vegetables (add 2.00pp)



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Hot Entree Lunch

\$16.99 per person

Choice of green salad, two hot entrees and two side dishes, served with iced tea, lemonade, and fresh-baked desserts. Includes plates, napkins, and cutlery.

Salads

Garden Salad with Dressing Assortment
Traditional Caesar Salad

Greek Salad with Tomatoes, Cucumbers, Red Onion,
Black Olives and Feta Cheese

Field Greens with Walnuts, Berries and Feta Cheese
with a Homemade Balsamic Vinaigrette

Chicken Dishes

Chicken Marsala with a Mushroom Marsala Wine
Sauce

Chicken Picatta with Capers and White Wine Sauce

Chicken Francaise Pan Seared with a Citrus Marinade

Chicken Parmesan Hand Breaded and Pan Seared
Served with Our Homemade Marinara

Garlic Marinated Chicken Skewers Grilled with Red
Onions and Peppers, Zucchini and Squash

Herb Rubbed Chicken with Roasted Red Peppers and
Provolone served over Wilted Spinach

Beef Dishes

(beef dishes additional 1.00 per person)

Grilled London Broil Sliced Thin Served with Grilled
Portabella Mushroom and Red Wine Sauce

Herb Rubbed Beef Skewers Grilled with Fresh
Vegetables

Steak Florentine Roulade sliced thin and stuffed with
Ricotta Cheese and Spinach

6 oz Grilled Filet with Bleu Cheese Cream Sauce (add
4.50pp)

Pork Dishes

Roasted Pork Loin with a Blackberry and Wine
Reduction

Herb Roasted Pork Loin

Pork Florentine Roulade Sliced Thin and Stuffed with
Ricotta Cheese and Spinach
Italian Sausage and Peppers

Seafood Dishes

Barbequed Salmon with Pineapple Salsa and
Finished with Triple Fresh New Orleans Style
Barbeque Sauce

Baked Cod with Panko Bread Crumb Crust and
Served over Baby Spinach and Soba Noodle

Grilled Salmon Skewers with Pineapple Chunks and
Tomato Relish

Jumbo Lump, Maryland Crab Cakes Finished with a
Roasted Red Pepper Aioli (add 1.25pp)

Grilled Cilantro Shrimp Skewers with Fresh Mango
Salsa

Poached Salmon in a White Wine Sauce with Fresh
Herbs

Chesapeake Chicken- Seasoned Chicken Breast
Stuffed with Crab (add 1.75pp)

Pasta Dishes

Homemade Three Cheese Lasagna
Vegetable Lasagna

Penne Pasta with Meat Sauce
Baked Ziti

Traditional Spaghetti and Meatballs in Our Homemade
Marinara

Side Dishes

Green Beans Almandine
Carrots with Lavender

Roasted Corn with Red and Green Peppers
Steamed Vegetable Medley

Grilled Vegetables

Steamed Broccoli with Garlic Butter

Roasted Tomatoes with Fresh Herbs and Parmesan
Cheese

Garlic Mashed Potatoes
Scalloped Potatoes

Roasted Red Skin Potatoes with Rosemary
Baked Potato with Sour Cream and Chives

Breaded and Fried Potato Cakes
Sweet Potatoes

Duchess Potatoes
Wild Rice

Spanish Rice

Wild Mushroom Risotto (staffed events only)
Pasta with Marinara



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Soups

\$2.49 per person

Add any soup to your menu from the list below. All soups are homemade, using the freshest, local ingredients

Minestrone
Roasted Chicken Noodle
Tomato Blue Cheese Bisque
Black Bean and Beef Chili – served with Green Onion,
Sour Cream and Cheddar Cheese
Curried Roasted Red Pepper Bisque
Manhattan clam chowder
Escarole
Navy Bean
Pasta Fagioli
Cream of Portabella Mushroom with Sherry
Garden Vegetable with Canelli Bean and Fresh Basil
Broccoli and Cheddar
White Bean Chicken Chili
Bacon and Corn Chowder
Turkey Chowder
Potato and Leek
Lentil
Hot and Sweet Vegetable and Tofu Soup
Roasted Garlic and Butternut Squash Soup
Spicy Roasted Pumpkin Soup with Parmesan Crisp
Tuscan Canelli Bean Soup with Fresh Escarole
Beef and Barley
Shrimp Bisque

Beverages

Sweet Tea
Lemonade
Mint Tea
Bottled Water
Soft Drinks available upon request
(.55 additional pp)

Payment Information

All major credit cards are accepted and is the preferred method of payment. Personal checks are also accepted

A 25.00 fee will be charged for returned checks

Delivery Information

All orders require a 10 person minimum and are subject to delivery charges based on size, menu and distance. Any Cancellations must be confirmed 24 hours prior to delivery time.

