



ZALLIE'S

fresh kitchen

fresh ideas • fresh ingredients • fresh results

CATERING



1-855-ZFK™-MENU

WWW.ZALLIESFRESHKITCHEN.COM
serving south jersey and surrounding areas



NUTRITION GUIDE

Item Description	Page	Calories	Serving Size
STARTERS			

Fruit, Vegetables & Finger Foods

Cheese Continental Tray	1	240-260	3 oz
Cheese and Pepperoni Tray	1 & 8	230-280	3 oz
Garlic & Herb Spread	1	90	1 oz
Garden Vegetable Spread	1	90	1 oz
Horseradish Cheddar Spread	1	80	1 oz
Gourmet Cheese and Fruit Tray	1	210-220	3 oz
Baked Brie	1	370	3 oz
Stuffed Peppadews w/ Asiago	1	35	1 piece
Stuffed Dates with Creamy Brie and Almonds	1	100	1 piece
Insalata Caprese Skewers	1	150	1 skewer
Cut Fruit Tray	1	60	5 oz
Kids Fruit Rainbow	1 & 8	120	5 oz
Sliced Fruit Tray	1	60	5 oz
Fresh Fruit Fruit Bouquet	1	45	1 skewer
Crudites	1	25	3 oz
Grilled Vegetables	1	70	3 oz
Mediterranean Platter	1	250	3 oz
Antipasto Display	1	200	3 oz
Hot Crab Dip	1	100	1 oz
Bread and Dip Bowl	1	280	4 oz
Dip Trays	1	15-90	1 oz

Platters & Trays

Potstickers	2	50-60	1 piece
Stromboli Tray	2	195-305	4 oz
Mozzarella Sticks	2 & 8	140	1 piece
Family Favorites	2	160	1 piece
Cocktail Franks	2	50	1 piece
Chicken Tenders	2 & 8	340	3 oz
Coconut Chicken Tenders	2	350	3 oz
Chicken Nuggets	2 & 8	350	3 oz
Premium Chicken Wings	2	100-150	1 wing

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STARTERS			

Hor d'oeuvres

ZFK Premium Shrimp Cocktail	2	15	1 piece
Add 1 lb Colossal Crab	2	45	2 oz
Shrimp Cocktail	2	15	1 piece
ZFK Jumbo Lump Crab Cakes	2		
Petite (3 oz)	2	280	1 piece
Bite Size (1 oz)	2	90	1 piece
Poached Salmon	2	210	5 oz
Asparagus Fresco	2	40	1 piece
Assorted Mini Quiche	2	170-210	1 piece
Goat Cheese Tartlets	2	120	1 piece
Mini Beef Weillingtons	2	280	1 piece
Asian Chicken Skewers	2	120	1 skewer
Mini Chicken Cordon Blue	2	70	1 piece

Dipping Sauces

ZFK Marinara	2	5	1 oz
Cocktail Sauce	2	45	1 oz
ZKF Remoulade	2	150	1 oz
Honey Mustard	2	90	1 oz
Peanut Sauce	2	70	1 oz
Sweet and Sour Sauce	2	45	1 oz
BBQ Sauce	2	60	1 oz

SANDWICHES

Finger Sandwich Tray	3	140-400	1 sandwich
Traditional Hoagie Tray	3	170-250	1 piece
Gourmet Hoagie Tray	3	160-300	1 piece
Wrap Sandwich Tray	3	340-400	1 piece
Roll up Tray	3	160-260	1 piece
Kids Kayak & Triangles	3 & 8	200	3 oz
Custom Sandwich Board	3	170-420	1 piece
New Yorker Deli Platter	4	260	3 oz
Classic Deli Platter	4	190	3 oz

Additional nutrition available upon request. 2,000 calories per day is used for general nutritional advice, but calorie needs vary.



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SALADS			

Green Salads

Mixed Green Salad	5	20	3.5 oz
Caesar Salad	5	130	3.5 oz
add 1 lb Grilled Chicken	5	150	3 oz
Strawberry Bleu Cheese Salad	5	130	3.5 oz
ZFK Signature Salad	5	200	3.5 oz
Spinach Salad	5	90	3.5 oz

Dressings

Balsamic Vinagrette	5	100	1 oz
Blue Cheese	5	130	1 oz
Caesar	5	120	1 oz
Honey Mustard	5	160	1 oz
Ranch	5	110	1 oz
Raspberry Vinagrette	5	120	1 oz
White Balsamic	5	110	1 oz

Homemade Traditional & Gourmet Salads

Old Fashioned Potato Salad with egg	5	340	5 oz
Old Fashioned Potato Salad without egg	5	360	5 oz
Macaroni Salad	5	350	5 oz
Cole Slaw	5	280	3.5 oz
Creamed Cabbage Salad	5	200	3.5 oz
Tomato & Cucumber Salad	5	60	3.5 oz
Broccoli Pasta Salad	5	170	3.5 oz
Southwest Quinoa Salad	5	290	5 oz
Farro & Tomato Salad	5	180	5 oz
Capellini & Asiago	5	250	5 oz
Penne Tomato & Basil	5	290	5 oz
Tomato Mozzarella Salad	5	100	3 oz

ENTREES

Italian Favorites

Baked Penne	6	200	5 oz
Cheese Lasagna	6	250	5 oz
Meat Lasagna	6	240	5 oz
Vegetable Lasagna	6	300	5 oz

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ENTREES			

Italian Favorites

Stuffed Shells	6	220	5 oz
Eggplant Rollatini	6	310	5 oz
Penne with Tomato and Basil	6	290	5 oz
Penne Vodka	6	210	5 oz
add 1 lb Grilled Chicken	6	150	3 oz
Eggplant Parmesan	6	320	5 oz
Sausage and Peppers	6	190	5 oz
Italian Meatballs	6	380	5 oz
Cavatelli & Broccoli	6	250	5 oz

Beef, Poultry & Seafood

Flank Steak Au Poivre	6	250	5 oz
Balsamic Flank Steak w/ pesto & pine nuts	6	480	5 oz
Chili Flank Steak	6	250	5 oz
Sliced Tenderloin Tray	6	320	5 oz
Braised Short Ribs	6	200	5 oz
Pot Roast	6	190	5 oz
Mediterranean Chicken	6	280	5 oz
Grilled Chicken Caprese	6	220	5 oz
Chicken Marsala	7	320	5 oz
Chicken Francaise	7	330	5 oz
Chicken Piccata	7	280	5 oz
Chicken Parmesan	7	310	5 oz
Grilled Asian Salmon	7	290	5 oz
Maple Mustard Salmon	7	250	5 oz
Maryland Jumbo Lump Crab Cakes	7	560	1 crab cake
Shrimp Scampi	7	230	5 oz

SUSHI

Beginner Sushi Platter	7	30	1 piece
Deluxe Cooked Fish & Vegetable Sushi Platter	7	35	1 piece
Nigiri & Sushi Roll Platter	7	40	1 piece
Deluxe Nigiri & Sushi Roll Platter	7	35	1 piece
Sushi Crowd Pleaser Platter	7	40	1 piece

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SUSHI

Cooked Fish & Vegetable Sushi Platter	7	40	1 piece
Kids' Sushi Platter	7 & 8	15	1 piece

SIDES

Green Bean Almondine	8	120	3 oz
Roasted Asparagus & Mushrooms	8	60	3 oz
Sauteed Green Beans	8	80	3 oz
Sauteed Kale	8	160	3 oz
Broccoli Rabe	8	60	3 oz
Sauteed Broccoli	8	120	3 oz
Roasted Brussel Sprouts	8	190	3.5 oz
Honey Glazed Carrots	8	140	4 oz
Vegetable Medley	8	30	3 oz
Oven Roasted Vegetables	8	90	3 oz
Cauliflower and Spinach Gratin	8	150	4 oz
Potatoes - Mashed	8	300	5 oz
Potatoes - Herb Roasted	8	220	5 oz
Potatoes - Whipped Yams	8	260	5 oz
Potatoes Roasted Yams	8	260	5 oz
Scalloped Potatoes	8	340	5 oz
Rice Pilaf	8	140	5 oz
Macaroni & Cheese	8	550	5 oz

DESSERTS

Cookies, Brownies, Bars

Italian Cookies	9	45 -190	1 cookie
Classic Cookie Assortment	9	160 -170	1 cookie
Brownie Tray	9	200	1 brownie
Gourmet Cookie Display	9	190 - 200	1 cookie
Gourmet Brownies and Bars	9	140 -180	1 bar

Specialty Desserts

Docì Italiano Tray	9	90 - 180	1 piece
Cream Puffs	9	150	1 piece
Eclairs	9	90	1 piece
Cannoli -small	9	180	1 piece
Mini Fruit Tarts	9	170	1 Piece

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DESSERTS

Tiramisu	9	260	3 oz
Mini Tartlette Tray	9	110 - 170	1 piece
Cannoli Tray - large cannoli	9	380	1 piece

BREAKFAST

Breakfast Sandwich Tray	11	370-740	1 sandwich
Bagel Tray with individual condiments	11	300-360	1 bagel
Cream cheese		75	1 packet
Butter		50	1 packet
Jelly		35	1 packet
Mini Breakfast Tray	11	130	1 piece
Mini Danish Tray	11	200	1 piece
The Continental Tray	11		
Danish	11	310-400	1 danish
Donuts	11	300-750	1 donut
Muffins	11	550-750	1 muffin
French Toast Casserole	11	440	5 oz
Roasted Vegetable Frittata	11	320	5 oz
Baked Virginia Ham	11	60	1 piece
Bacon	11	240	3 pieces
Sausage links	11	150	3 pieces
Yogurt Parfait	11	340	1 parfait
Fresh Fruit Bowl	11	60	5 oz
Quiche - 9"	11	430-500	5 oz
Smoked Fish Platter	11	300	5 oz
Coffee	11	0	cup
creamer	11	20	1 tbsps
equal	11	0	packet
sugar	11	15	packet
Sweet n Low	11	0	packet

Please note that we are unable to guarantee that any menu item is completely free on allergens. Menu items may come in contact with **WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.**

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