



HEALTHY CUISINE CATERING 2011

Fresh & Healthy Lifestyle Cuisine Catering for Your Next Luncheon, Meeting, Reception or Special Event

All menu items can be ordered individually wrapped or served platter style. We will deliver all fresh to your site with everything needed; cold food cold and hot food hot, guest plastic wares, assorted beverages and yummy sweet treats. Our chicken is all natural and roasted fresh on site, all Deli meats are nitrate/preservative free. We use fresh herbs, high quality produce and only low-fat mayo/cream cheese in all our fillings/spreads.

Select 2 or 3 of Your Market Favorites:

(Two veggies for \$6.95 per person, veggie/protein for \$7.95 or any three for \$9.95)

- Fresh Broccoli with Golden Raisins, Ham, Almonds
- Orzo with Roasted Veggies & Feta
- VPM Southern Pimento Cheese & Flatbread Crackers
- Curry Cashew Chicken Salad
- Market Chicken Salad with Apple, Celery and Almonds
- VPM Shrimp Salad (quarter pound per person)
- Seasonal Fresh Fruit Salad

The Village Green Salads:

(add Chicken or Turkey to the salads for \$2)

- Caesar Salad:** Crisp Romaine, Parmesan, Red Onion and Herb Croutons, Caesar Dressing \$5.50 pp
- Turkey Mango Salad:** Fresh Greens, Cucumber Grape Tomatoes, Turkey, Havarti, Apple, Mango Vinaigrette \$6.95 pp
- Spinach Salad:** Baby Spinach, Mushrooms, Red Onion, Eggs, Applewood Bacon, Dijon Dressing \$5.95 pp
- Garden Greek Salad:** Cucumbers, Tomatoes Red Onions, Fresh Oregano & Feta Cheese, Balsamic Vinaigrette \$5.50 pp
- Veggie Cobb Salad** with Fresh Greens, Eggs, Red Onions, Grape Tomatoes, Avocado, Bleu Cheese, Ranch Dressing \$6.95 pp
- Albacore Tuna:** Fresh Greens, Tomato, Scallions, Cucumber, Carrots, Bleu Cheese, Ranch Dressing \$6.95 pp

Sandwiches:

(individually wrapped or platter style)

Sandwiches are served with reduced fat Cape Cod Chips
You may **substitute a side** of fresh fruit, broccoli, orzo for \$1.50
You can also add Cabot White Cheddar, Avocado or Applewood Bacon for \$1.00

- Golden Sunflower:** VPM Pimento Cheese with Tomato on Whole Wheat \$6.95
- Pesto Chicken:** Roasted Peppers, Spinach Mozzarella in Sundried Tomato Wrap \$7.95
- Veggie Delight:** Hummus, Fresh Avocado, Tomato, Havarti, Cucumber, Shredded Carrots, Red Onion, Spinach in your choice of wraps \$6.95
- Market Chicken Salad:** Apples, Almonds, Celery, Lettuce & Tomato on Whole Wheat \$7.50
- Thai Chicken Wrap:** Shredded Carrots, Cucumbers, Spicy Peanut Sauce in Wheat Wrap \$7.50
- BLT:** Applewood Bacon, Spinach, Cucumbers, Avocado and Tomato on Whole Wheat, Garlic Mayo \$7.95
- Chicken Ranch Wrap:** Applewood Bacon, Shredded Carrots and Lettuce in Wheat Wrap \$7.50
- Turkey Brie:** Apple, Fresh Spinach, in Wheat Wrap \$7.95
- Turkey Mango:** Dijon Chutney, Apples & Havarti in Wheat Wrap \$7.95
- Panini Capri:** Fresh Mozzarella, Fresh Basil Tomatoes and choice of Roasted Chicken, Prosciutto or Vegetarian with Spinach \$8.50

Bringing Healthy & Fresh Gourmet Cuisine To You

TO SCHEDULE DELIVERY & MORE INFO: 252 943 7013

www.villagepointmarket.com

Soup from the Village: \$ 12.95 per quart/serves 3

All are homemade from scratch each week using no MSG or added preservatives. Low-Fat 1% Milk replaces heavy cream.


Varies each week from French Onion, Chicken Enchilada, Tomato Basil, Chicken Corn Chowder, Rosemary White Bean, Carrot Ginger, Potato Leek, Veggie Chili, Minestrone, Broccoli & White Cheddar, Roasted Butternut Squash, Italian Meatball, Wild Mushroom, Chilled Gazpacho (served April – September)


All salads/soups are served with Peppridge Farm Crackers, plastic wares.


The Village Lunch Box: \$9.95 each


(Each individual box is filled with your choice of one entrée item below and accompanied with the Village Green Salad or Fresh Fruit & Daily Dessert (minimum order of five per selection below please)

 **Italian Herbed Chicken** Breast served atop Angel Hair Pasta with Pesto, Fresh Tomato Herb Concasse


 **Asian Chicken** served atop Sesame Linguine with Peanut Sauce, Scallions, Snow Peas, Red Peppers and Shredded Carrots


 **Classic Chicken Caesar** of Fresh Romaine Leaves, Grilled Chicken, Slivered Red Onions, Shredded Parmesan, Herb Croutons and Caesar Dressing


 **Mediterranean Albacore Tuna** Toss with Scallions, Capers, Feta, Artichoke Hearts, Lemon Dill Potatoes, Pepperoncini & Cucumbers

 **Greek Salad with Chicken** served atop Baby Field Greens, Feta Cheese, Kalamata Olives, Tomatoes, Pepperoncini, Red Onion with Balsamic Vinaigrette

 **VPM Market Chicken Salad** atop Baby Field Greens, accompanied by Cucumbers, Lemon Dill Potatoes & Grape Tomatoes

 **Southwest Chicken** served atop bed of Romaine with Fiesta Corn, Guacamole, Chopped Tomatoes, Scallions, Black Olives and Cumin Spiced Vinaigrette

 **The Village Veggie Feast** with our own Hummus Spread, Flatbread Crackers, Roasted Red Peppers, Grilled Fresh Veggies, Pepperoncini, Cucumbers, Artichoke Hearts, Teardrop Tomatoes, Balsamic Vinegar Dressing

 **Polynesian Chicken** served atop Grilled Pineapple with Tropical Salsa of Avocado, Mango, Red Pepper, Confetti Rice Salad

Hot Entrees from the Village Kitchen:

(minimum order of eight per entrée please)

VPM Turkey Lasagna with Homemade Marinara \$6.95 pp

Chicken Marsala with Fresh Mushrooms and Sautéed Onions, light Marsala Wine Sauce \$7.50 pp

Fresh Salmon with Dill Butter \$7.95 pp

Roasted Pork Tenderloin \$7.25 pp
(glazes, marinades, herbs & seasonings vary weekly)

Oven Baked Salmon Cakes \$5.50 pp
with Lemon Caper Mayo

Village Veggie Frittata \$4.95 pp
(recipe changes weekly)

VPM Chicken Fiesta Casserole with White Cheddar, Green Chilies & Ranchero Beans \$5.95 pp

Sheppard's Pie with Yukon Jack Mash Potatoes \$6.95 pp

Village Beverages:

(* items priced by the quart, serves 4)

Inko's Ice Teas \$2.25
(Plain, Apricot, Hint o' Mint, White, Honeysuckle, Cherry, Blueberry)

Bottled Spring Water \$1.00

Coke, Diet Coke & Sprite \$1.25

Fresh Lemonade* \$6.95

Herbal Apple Tea* \$6.95

Fresh Limeade* (May to August only) \$6.95

Spicy Sipper Tea* (September to March only) \$6.95

Raspberry Lemonade *(February to August only) \$7.50

Daily Desserts:

All made from high quality ingredients, no preservatives added

Carrot Cake Cookies \$2.95
(filled with Low Fat Cream Cheese Frosting)

Oatmeal Pecan Chocolate Chip Cookie \$1.90

Lemon Yogurt Cake \$2.60

Espresso Fudge or Peanut Butter Fudge Brownie \$2.65

Coconut Macaroon (gluten free) \$2.60

Banana Bread (nut free) \$2.40

Rosemary Shortbread \$2.50

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