



{BARS}

CHICKEN AND WAFFLES

plump five-ounce chicken breast breaded and fried, served with Belgian waffle, maple syrup, powdered sugar, whipped butter, and fruit topping

BAKED POTATO BAR

baked No. 1 Idaho® potato, toppings include: BBQ pork, homemade chili, corn chips, whipped butter, shredded cheese, sour cream, jalapeños, black olives, and green onions

CHICKEN TACO BAR

marinated chicken, southwestern rice, black beans, fresh salsa, sour cream, black olives, jalapeños, shredded cheese, guac, served with tortillas, taco shells, and chips
{queso available upon request: +\$2 per person}

{ENTRÉES}

CHICKEN PARMESAN

fried chicken breast, shaved parmesan, American cheese, served atop a bed of fettuccine and paired with zucchini and squash marinara *{vegetarian upon request}*

BAKED SPAGHETTI

penne pasta, squash and zucchini marinara, fennel, cheese and more cheese

ORANGE THYME CHICKEN

marinated chicken breast served with Mediterranean quinoa *{gf}*

MALIBU "ONE CARB" CHICKEN

pork rind breaded chicken with sliced ham, swiss cheese, and a tangy no-carb sauce *{gf}*

CASHEW TERIYAKI CHICKEN

sautéed diced chicken breast with an assortment of stir fried vegetables served atop pineapple rice

{SIDES}

BRAISED HONEY CARROTS

GARLIC MASHED POTATOES

ROASTED BROCCOLI

GREEN BEANS

HAWAIIAN ROLL

SEASONAL VEGETABLE

{SALAD}

heritage green lettuce, tomatoes, English cucumber slices, shredded cheddar cheese

{DESSERTS}

CHOCOLATE CHIP COOKIES

CHEESECAKE BROWNIES

LOW-CARB BLUEBERRY MUFFIN

SEASONAL DESSERT

{PRICING & NOTES}

Bars: \$9 per person (no sides)
Entrées: \$9 per person (two sides)
Additional sides: +\$1 per person
Salad or Fruit Platter: +\$2 per person
Dessert: +\$1 per person

Drinks (Tea, Lemonade): +\$5 per gallon
Plates, utensils and napkins included
Cups and ice included with drinks
Min. order 15 people & 24 hours' notice
\$35 Delivery fee

Contact: (865) 816-0368 or FroschauerCatering@gmail.com