



Catering Menu

310 Hwy 31 N • Flemington, NJ • wapelhorst@healthquest-fitness.com • (610) 360-8674

Platters

Smoked Salmon Platter
Shrimp Cocktail
Poached Salmon Platter
Baked Brie
Soft Philly Pretzel Bites
Chicken Tender Platter
Chips and Salsa Platter
Mediterranean Platter

Vegetable Platter
Fruit Platter
Wrap Platter
Cookie Platter
Assorted Brownie Platter
Cheese Platter
Cold Cut Platter
Buffalo Wing Platter

Boneless Wing Platter
Antipasti Platter
Chicken Fry Platter
Seafood Platter
Johanna Crab Platter
Grilled Asparagus Platter
Hummus Platter

Spreads

White Fish Salad
Smoked Salmon Spread
Buffalo Chicken Dip

Spinach and Artichoke Dip
Spinach and Crab Dip
Chick Pea Hummus

Champagne Cheddar Spread
Port Wine Cheese Spread
Cheddar Horseradish Spread

Salads

Spinach Salad
Caesar Salad
Caesar Calabrese
Fresh Kale Salad
Mixed Green Salad
Fresh Tomato and Basil Salad
Green Bean Salad
Oriental Salad

Greek Salad
Egg Salad with Spinach and
Honey Mustard
Cucumber Salad
Roasted Vegetable Salad
Antipasti Salad
California Tuna Salad

Pasta Salad
Macaroni Salad
Broccoli Slaw
Broccoli Salad
Potatoes Salad
German Potato Salad
Chicken Salad

Breakfast

Coffee Service - \$3.50/person

Includes regular coffee, decaf coffee and assorted tea
Napkins, cups, stirrers, sugar, cream and milk

Assorted Baked Goods - \$5.00/person

Mini bagels
Mini scones
Mini Croissants
Mini Muffins

Includes butter, cream cheese and fruit preserves

Additional - Choose one of the Breakfast choices below
which includes the coffee service and assorted baked goods above.

Breakfast #1

\$9.95/person

Fruit Salad
Individual Cereal
Individual Yogurt

Breakfast #2

\$12.95/person

Egg and Cheese Casserole
Assorted Quiche

Breakfast #3

\$15.95/person

Sausage
Bacon
Glazed Ham
Smoked Salmon
Morning Potatoes

Afternoon Break

Choice #1

\$7.95/person

Pretzels
Potato Chips
Popcorn
Tortilla Chips & Salsa
Dry Fruit Mix
Mixed Nuts

Choice #2

\$7.95/person

Crudit  Platter
Bruschetta
Humus with Pita Chips and Veggies
Spinach Dip
Champaign Cheddar Cheese Spread
Garlic Dip
Port Wind
Beer Cheddar Dip
Home Garlic Chips

Afternoon Breaks includes assorted soda, water and seltzer

Lunch

Lunch #1 - \$12.95/person

Choice of 1:

- Caesar Salad with Chicken or Shrimp
- Oriental Chicken Salad
- Spinach Salad

Choice of 1:

- Penne Pasta Spinach w/ sautéed tomatoes and fresh mozzarella
- Potato Salad
- Coleslaw
- Green Bean Salad

Choice of 1:

- Cookies
- Brownies
- Fruit Platter

Includes: Assorted rolls with butter and bread sticks

Lunch #2 - \$15.95/person

Choice of 1:

- Grilled Salmon with Dill Sauce
- Crab Dip Platter
- Flank Skirt with bourbon on chicken chimichurri sauce
- Grilled Chicken Medallions with mango salsa

Choice of 1:

- Grilled Asparagus
- Wild Rice with pecans and dried cranberries
- Greek Salad with feta Kalamata olives

Choice of 1:

- Cookies
- Brownies
- Fruit Platter

Includes: Assorted rolls with butter and bread sticks

Lunch #3 - \$15.95/person

Choice of 1:

- Chicken HealthQuest - with wild mushrooms & sherry sauce
- Chicken Francaise
- Flounder Francaise
- Vegetable Lasagna
- Baked Ziti
- Penne Vodka

Choice of 1:

- Caesar
- Garden
- Spinach

Choice of 1:

- Cookies
- Brownies
- Fruit Platter

Includes: Assorted rolls with butter and bread sticks

Lunch #4 - \$16.95/person

Choice of 1:

- Chicken Marsala
- Chelsea Chicken
- Grilled Salmon with lemon butter sauce
- Chicken Piccitto

Choice of 1:

- Red Bliss Potatoes
- Rice Pilaf
- Fresh Mozzarella and Tomatoes Salad

Choice of 1:

- Caesar
- Garden
- Spinach

Choice of 1:

- Cookies
- Brownies
- Fruit Platter

Includes: Assorted rolls with butter and bread sticks

Lunch #5 - \$18.95/person

Choice of I:

- Filet Mignon sliders with sautéed onions and horseradish
- Beer Batter Fish
- Fried Chicken
- California Meatloaf with gravy

Choice of I:

- Mac and Cheese
- Curly Fries
- Coleslaw
- Mashed Potatoes

Choice of I:

- Caesar
- Garden
- Spinach

Choice of I:

- Cookies
- Brownies
- Fruit Platter

Includes: Assorted rolls with butter and bread sticks

Lunch #6 - \$18.95/person

Choice of I:

- Beef or Chicken Fajitas
- Beef or Chicken Quesadillas
- Cheese or Chicken Enchiladas
- Beef or Chicken Burritos

Choice of I:

- Mexican Rice
- Spanish Rice

Choice of I:

- Fiesta Garden Salad
- Garden Salad
- Roasted Corn and Black Bean Salad

Choice of I:

- Cornbread
- Mini Baguettes

Choice of I:

- Cookies
- Brownies
- Fruit Platter

Includes: Salsa, sour cream and Guacamole

Lunch #7 - \$16.95/person

Choice of I:

- Sausage and Peppers
- Eggplant Parm
- Chicken Parm
- Eggplant Rollatini
- Penne Vodka (choice of chicken or shrimp)
- Meat or Cheese Lasagna
- Sausage and Broccoli Rabe Cavatelli

Choice of I:

- Fresh Mozzarella Salad
- Caesar Salad
- Garden Salad

Choice of I:

- Cheesy Garlic Bread
- Mini Baguettes

Choice of I:

- Tiramisu
- Ricotta Cheese Cake
- Assorted Cannoli's

Deli Salads

\$4.95/person

Potato Salad
Marconi Salad
Greek Salad

Orange Ginger Couscous
7 Grain Salad
Cucumber and Onion Salad

Asian Slaw
Cole Slaw
Quinoa

Sandwich Platters

(Served on assorted rolls)

\$10.95/person

Turkey
Roast Beef

Tarragon Chicken
Tuna Salad

Grilled Chicken
California Grilled Chicken Salad

Includes: Condiment Platter, Assorted Cookie and Brownie Platter

Sandwich Platter

(Served on 6 inch Subs)

\$13.95/person

Italian Hero
Turkey Hero
Grilled Vegetable
and Fresh Mozzarella
Grilled Chicken Salad with

Roasted Red Bell Pepper
Roast Beef (with lettuce,
tomato, and Cajun mayo)
Grilled Chicken Cutlet
with Bruschetta

Smoked Virginia Ham
(with Swiss cheese, Dijon
mustard, lettuce and tomato)

Includes: Condiment Platter, Assorted Cookie and Brownie Platter

Sandwich Platter

(Served on assorted wraps)
\$13.95/person

Grilled Chicken Caesar Wrap
Turkey BLT Wrap
Buffalo Chicken Wrap
Sloppy Joe Wrap

Tewksbury Wrap
(Grilled zucchini, eggplant,
roasted red bell pepper, brie
and Asian Thai dressing)

Cust Wrap
(Turkey, pesto, roasted red bell
peppers, fresh mozzarella)

Includes: Condiment Platter, Assorted Cookie and Brownie Platter

Sandwich Platter

(Served on homemade focaccia)
\$13.95/person

Cust
(Turkey, pesto, roasted red bell
peppers, fresh mozzarella)

Grilled Veggies with fresh
mozzarella, balsamic glaze

Beef Tenderloin
(with horseradish dressing)

Grilled Chicken Portabella
(with herb mayo)

Grilled Eggplant
(fresh tomatoes, goat cheese
and Kalamata olive spread)

Includes: All Sandwich Platters comes with a salad and dessert

Boxed Lunches

\$10.95/person

Includes a deli sandwich, choice of 2 side salads, chips, 2 cookies, water or soda, napkin and utensils.