

Drop-Off Menu
Bartenders and servers available
if needed. Charges apply.

Fresh. Local. Good.

food group



IRON HEN
C A F E

CATERING & EVENTS

Lunch!

Call one of our Catering & Event Producers today to set up your next catering! We are happy to work with you on **CUSTOM MENUS** for your special event, meeting, wedding, birthday, or in-home party.

MAIN DISH

\$8.95/person

Includes 1 Complement, Refresher, Sweet Treat, Eco-Disposables, and Ice
Add an extra complement, \$2/per person
Add Rolls with Butter, \$1/per person

Protein

Herb Rubbed Grilled Chicken • Smoked BBQ Chicken • Pulled Slow Roasted Pork • Flank Steak (+.50) • Fig & Brown Sugar Pork Tenderloin • Grilled Dry Rubbed Salmon • Blackened Catfish with Cajun Remoulade

Complements

Gouda Macaroni and Cheese
Red Bliss Dill Potato Salad
Oven Roasted Red Skin Potatoes
Garlic Red Bliss Mashed Potatoes
Cinnamon Mashed Sweet Potatoes
Hand-Cut Sweet Potato Chips
Garlic Grilled Green Beans
Grilled Harvest Vegetables
Mushroom Wild Rice
Cheddar Cheese Guilford Grits
Mixed Greens Garden Salad
Roasted Broccoli Florets

COVERED DISH

\$9.95/person

Includes Hen House Salad, Refresher, Sweet Treat, Roll, Eco-Disposables, and Ice

Sliced Chicken & Wild Rice Casserole • Pasta: Herb Grilled Chicken; Steak; or Portobello Mushroom with Harvest Garden Vegetables in Garlic Cream Sauce • Lasagna: Ground Beef; Chicken; or Veggie with our Low-Country White Cream Sauce • Grits & Greens • Southern Chicken & Broccoli Casserole

LIGHTER FARE

\$6.95/person

Includes Refresher, Eco-Disposables, and Ice
Add a Sweet Treat, \$1/per person
Add Rolls with Butter, \$1/per person

**Soup & 1/2 Sandwich Bar
OR Soup and Salad Bar**

Potato Bar

Garlic Red Bliss Mashed • Cinnamon Mashed Sweet • Idaho Baked
(We'll provide your favorite toppings!)

Add Hearty Chili

\$2.00/person

Soup, Salad, and Potato Bar

\$8.95/person

BAR SCENE

\$10.95/person

Includes Refresher, Sweet Treat, Eco-Disposables, and Ice

Southern Fajita Bar

Chicken and Steak • Tortillas • Black Eyed Peas • White Rice with Cut Corn, Tomato, and Red Onion • Sour Cream • Guacamole • Salsa • Shredded Cheddar • Lettuce • Tomatoes • House-made Red Tortilla Chips

Main Dish Salad Bar

Pick Your Protein

Grilled Chicken • Flank Steak (\$.50) • Salmon (\$.50) • Tofu • Portobello Mushrooms

Pick of Salad

Asian Pear & Pecan with Bacon • Spinach • Hen House with Fresh Chopped Toppings

All main dish salads served with a fresh roll and house-made dressings

NOT YOUR ORDINARY BOXED LUNCH

\$8.95/person (sandwich only \$5.50/person)
Includes Refresher, Eco-Disposables, and Ice

Choice of Sandwich

All Sandwiches made to order on locally made fresh bread or wrap
Red Delicious Chicken Salad • Egg Salad • Pimento Cheese • Turkey & Provolone • Roast Beef & Cheddar • Ham & Swiss • Chicken Caesar Wrap • Steak Caesar Wrap • Garden Veggie Wrap • Hen House Salad with Chicken, Tofu, Steak (\$.50), or Salmon (\$.50)

Choice of Side

Cut Fruit • Sweet Potato Chips • Red Bliss Dill Potato Salad

Choice of Treat

Cookie • Brownie • Lemon Bar • Fruit

Ask about our Deli Trays served with locally made bread and all the toppings!

SNACKS

\$4.50/person

Red Delicious Chicken Salad, Egg Salad, and Pimento Cheese served with Bread Assortment • Fruit on the Rind & Assorted Cheeses • Butterbean Hummus with House-made Tortilla Chips • Hen House Bruschetta • Black Bean & Cut Corn Salsa with House-made Tortilla Chips • Vegetable Crudite with Butter Herb Dressing

SWEET TREATS

Ask what's on the Baker's rack today...
Cookies • Brownies • Lemon Bars • Cream Cheese Banana Pudding.
Gluten-Free desserts available.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Pick up or Delivery Available. We gladly deliver throughout the Triad, call for current delivery pricing in your area. Breakfast Catering Minimum, \$100.00. Lunch Catering Minimum, \$70. Supper Catering Minimum, \$100. Minimum includes food/beverage only. All Catering orders must be in by 2pm for next day delivery. All orders are volume based—selection variations allowed per every 10 guests. We accept AMEX, Visa, Mastercard, Discover, Diners Club, Company Check, or Cash.

433-107 Spring Garden Street • Greensboro, NC 27401 • 336.870.8103 x 3
info@freshlocalgoodfoodgroup.com • www.freshlocalgoodfoodgroup.com

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CATERING & EVENTS

Breakfast!

The most important meal of the day

CONTINENTAL

\$6.50/person

Bagels and Cream Cheese, Assorted Fresh Baked Muffins, Seasonal Fruit and Yogurt. *Add Gorilla Grains Granola for \$1/person.*

BIG BREAKFAST

\$8.50/person

Scrambled Eggs, Home Fries or Grits, Bacon or Sausage, & Seasonal Fruit. *Add Medallion Buckwheat Pancakes or Buttermilk Roll French Toast for \$2/person.*

GUILFORD MILL STONE GROUND GRIT BAR

\$5.00/person

Creamy Stone Ground Grits, Fresh Goat Cheese, Shredded Cheddar Cheese, Crumbled Bacon and/or Sliced Sausage, and Diced Scallions. *Add Scrambled Eggs for \$2/person*

SOUTHERN BURRITO BAR

\$8.95/person

Scrambled Eggs, Tortillas, Salsa, Shredded Cheddar Cheese, Home Fries, Crumbled Bacon or Sliced Sausage, and Stone Ground Grits.

PANCAKE OR FRENCH TOAST BAR

\$7.50/person

Medallion Buckwheat Pancakes or Buttermilk Roll French Toast, served with Syrup, Fresh Fruit, Fresh Blueberry Compote, Butter, and Stone-Grind Grits.

BREAKFAST SANDWICHES

\$8.00/person

Choice of Bread:
Biscuit, Croissant, or Bagel

Choice of Sandwich:
Bacon, Egg, & Cheese, Sausage, Egg, & Cheese, Egg & Cheese, and Country Ham

Includes Home Fries and Fresh Fruit

BREAKFAST BAKES

\$7.95/person
Served in increments of 12 and 24

- Ham and Hash Brown
- Sausage, Egg, and Cheese
- Stuffed French Toast Bake
- Hash Brown Spud Bake w/Sharp Cheddar

Complemented by Seasonal Fruit

Drink up!

COFFEE BARS

Coffee Carriers \$18.00
8 12oz cups of Coffee, Creamers, and Sweetener

Percolators \$70.00
up to 110 cups

Flavored Syrups Available

COKE PRODUCTS & LE BLUE WATER

\$1.75/bottle

Coke, Diet Coke, & Sprite,
Le Bleu Private Label Water

FULL BAR SERVICE

Iron Hen Cafe can provide local beer and wine (*and all others from across the world*) for your next event! Ask us about our specialty cocktails and drink infusions.

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