

# One stop for all of your business catering needs



Whether it be breakfast for your morning meeting, box lunches for that all day seminar, or a four-course meal to reward your employees, Jeff Can Cook? Catering is here to make it all simple and straightforward. With over 20 years experience working in a cubicle in the corporate world, Jeff has seen the good, the bad, and the ugly of catered in business meals.

Learning from his experiences on the receiving end of the business lunch, Jeff has created a series of business catering menus that are interesting, creative, and above all, tasty.

Browse through our different business menus, or let Jeff work with you to create a custom catering experience you won't soon forget.

## Contact Information

For more information, or to plan your corporate event, contact us at:

Phone: (847)301-2411

E-mail: [jeff@jeffcancook.com](mailto:jeff@jeffcancook.com)

Web: <http://jeffcancook.com>

Office hours: Tuesday – Friday: 9am-5pm

All other times: by appointment

Jeff Can Cook? Catering, Inc.

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References available upon request.

# Breakfast and Brunch Options

English Pastry Tray: Assorted scones, fresh-made in Jeff's kitchen, presented with whipped butter and jams

\$2

Continental Pastry Tray: Assorted muffins and danish, served with whipped butter

\$2

American Pastry Tray: Assorted donuts, fresh from the bakery

\$2

Sliced Seasonal Fruit Tray: A selection of at least 4 seasonal fruits. Served with choice of banana cream sauce or raspberry yogurt sauce.

\$2

Fruit skewers: Same as the fruit tray above, but presented on 6 inch skewers.

\$3

Biscuits & Gravy: Warm buttermilk biscuits, baked just before serving, served with rich pork sausage gravy. A real down-home favorite

\$4

Build-your-own Breakfast Sandwich Bar: Biscuits, English muffins, & croissants, served with omelet patties, bacon, sausage, and cheese.

\$5

Egg Frittata: Whipped eggs, seasonal vegetables, and cheeses. Like a quiche without the crust.

\$5

Fruit-stuffed French Toast: Cream cheese and fresh fruit are sandwiched between slices of French bread, dipped in a vanilla egg wash, then fried. Served with fresh fruit sauce.

\$6

Pan Perdu: French brioche, dipped in a sweet egg wash, then pan-fried French Toast style. Served with bananas and pecan-maple syrup.

\$5

"Piggy" Pudding: Funny name, great taste! Layers of breakfast sausage, Granny Smith apples, and corn bread, all baked together. A real crowd-pleaser.

\$5

Assorted Quiche: Seasonal vegetables, meats, and cheeses of your choice, baked in an egg batter inside a flaky pie.

\$6

Swedish Pancakes: A recipe handed down from Jeff's Grandfather. Served with choice of strawberry or the more traditional lingonberry sauce.

\$6

## A La Carte Items:

Bacon	\$1
Sausage links	\$1
Sausage patties	\$1
Canadian bacon	\$1
Mixed toast	\$0.50
Individual fruit yogurt	\$2.50
Coffee: Regular or Decaf	\$1
Orange juice	\$1.50
Assortment of bottled juices	\$2
Bottled water	\$1.50

Note: All prices are per serving. Minimum of 6 servings per individual item, please.

# Casual Lunch Options

Build-your-own Sandwich Bar: Assorted deli meats and cheeses, bakery breads and rolls, condiments, lettuce, tomato slices, and pickles. \$8

Chef's Choice Sandwich Assortment: Let Jeff create an assortment of cold sandwiches sure to please all of your guests. \$8

Spice-crusted Tenderloin of beef Sandwiches: The finest beef, crusted in spices, seared, and sliced thin, served with only the best cheeses and condiments. You will not taste a better sandwich! \$11

Brats, Burgers, and Dogs: Forget fast food. Let Jeff bring the burger joint to your office. Your choice of meat selection. Served with a plentiful array of fixin's. \$7

Sliced Seasonal Fruit Tray: A selection of at least 4 seasonal fruits. Served with choice of banana cream sauce or raspberry yogurt sauce. \$2

Fruit skewers: Same as the fruit tray above, but presented on 6 inch skewers. \$3

Jeff's Signature Salad Bar: Mixed field greens, candied pecans, crumbled blue cheese, and sun-dried cherries, presented salad bar style, served with Jeff's three favorite dressings: Mango-chardonnay, Toasted sesame, and Buttermilk ranch. \$3

## Sides:

Broccoli salad	\$2
Cucumber-papaya salad	\$2
Jicama slaw	\$1
Minted watermelon salad	\$1
Molokai sweet potato salad	\$2
Tomato and mozzarella salad	\$2
Assorted bagged chips	\$1
Cascade of Crudités	\$2.50

## Other Items:

Soft drinks	\$1.50
Individual fruit yogurt	\$2.50
Coffee: Regular or Decaf	\$1
Assortment of bottled juices	\$2
Bottled water	\$1.50

## Desserts & Snacks

Assorted cookies	\$1.50
Assorted finger pastries	\$2
Chocolate-covered Strawberries	\$3
Dessert Sushi	\$2
Fresh fruit tartlets	\$2
Brownie tray	\$2
Chocolate-dipped pretzels	\$1.50

Note: All prices are per serving. Minimum of 6 servings per individual item, please.

Also: All items can be packaged as boxed lunches.

# Executive Lunch Options

All of the Executive Lunch options presented here include your choice of 2 sides, and a dessert.

**Chef's Choice Executive Lunch:** Let Jeff customize your corporate event. He will work with you to determine your needs and tastes, and present you with a lunch sure to impress. **\$13**

**Spice-crusted Tenderloin of beef Sandwiches:** The finest beef, crusted in spices, seared, and sliced thin, served with only the best cheeses and condiments. You will not taste a better sandwich! **\$14**

**Chili-lime Pork Loin Chop:** Served with Jeff's famous cilantro pesto. **\$13**

**Herbed Pork Loin with fruit salsa:** Whole pork loin, roasted and carved station-style. **\$12**

**Chicken Satay:** Thai-spiced chicken, skewered and grilled, served with peanut-lime sauce. **\$11**

**Jerk Chicken:** A Caribbean favorite. Served with fresh mango salsa. **\$11**

**Red Curry Chicken and veggies:** Includes steamed rice. Can also be presented on skewers. **\$11**

**Chipotle-mango Tilapia:** served with a fresh mango salsa. **\$12**

**Baked potato bar:** Jumbo baked potatoes, presented with a generous assortment of toppings. **\$11**

**The Pasta Bar:** Assorted pastas, sauces, and toppings, prepared while you wait. **\$12**

## Sides:

- Broccoli salad
- Brown-sugared Plantains
- Cucumber-papaya salad
- Garlic mashed potatoes
- Jicama slaw
- Minted watermelon salad
- Molokai sweet potato salad
- Seasonal fruit tray
- Seasonal sautéed vegetables
- Summer vegetable rice
- Tomato and mozzarella salad
- Cascade of Crudités

## Other Items:

- Soft drinks **\$1.50**
- Coffee: Regular or Decaf **\$1**
- Assortment of bottled juices **\$2**
- Bottled water **\$1.50**

## Desserts & Snacks

- Assorted cookies
- Assorted finger pastries
- Chocolate-covered Strawberries
- Fresh fruit tartlets
- Brownie tray
- Chocolate-dipped pretzels

**Note:** All prices are per serving. Minimum of 6 servings per individual item, please.

**Also:** Ask us about our monthly and annual corporate lunch programs.