

Catering

MENU

..........
.....> CUISINE FOR

**EVERY EVENT
& EVERY
APPETITE.**

..........
.....> WE PUT

**✦ ONLY OUR ✦
BEST
FOOD
FORWARD.**

..........
EAT TO YOUR HEART'S DELIGHT. LITERALLY.

ILC's chefs and registered dietitians collaborate to ensure that every menu offers options that are both delectable and nutritious. These items are marked with a ✦. Our wholesome recipes are carefully crafted from the freshest, most flavorful fruits, vegetables, and meats, for a taste that's as rich and tempting as any other menu item. After all, we'd never feed you anything we wouldn't eat ourselves.

Breakfast Creations

PRICED PER PERSON UNLESS OTHERWISE STATED

MORNING BAGELS

An assortment of freshly baked bagels served with cream cheese, butter, and preserves • 460-520 CAL • **3.95**

SWEET TOOTH

A sinfully delicious assortment of frosted, glazed, and plain cake donuts
300-900 CAL • **3.25**

✦ MORNING KABOBS

Fresh fruit skewers, served with creamy yogurt for dipping
70 CAL • **4.75**

PASTRY DELIGHTS

A beautiful display of freshly baked mini muffins, Danishes, and buttery croissants • 475-835 CAL • **4.25**

MINI MUFFINS

An assortment of freshly baked mini muffins served with butter
475 CAL • **4.25**

BEST BANANA BREAD EVER

Housemade banana bread with chocolate drizzle • 270 CAL • **4.00**

✦ GREEK YOGURT PARFAITS

Layers of tangy Greek yogurt, berries, mint, and granola • 220 CAL • **4.00**

SAVORY QUICHE

Quiche Lorraine or Broccoli & Cheddar. Feeds six
600-660 CAL • **16.95 (PER PIE)**

✦ EGGS-CELLENT SUGGESTION

Egg whites, spinach, and tomato on English muffins • 170 CAL • **4.95**

HEARTY EGG SANDWICHES

Fluffy scrambled eggs and cheese with your choice of bacon, ham, or sausage served on buttery croissants or English muffins
340-540 CAL • **4.95**

HOT BREAKFAST BAR

Fluffy scrambled eggs, breakfast potatoes, buttery croissants, and your choice of bacon, sausage, or ham • 640-810 CAL • **10.50**

CLASSIC CONTINENTAL

A variety of fresh fruit and assorted pastries, served with coffee, tea service, and bottled juices
745-1250 CAL • **9.25**

SAVORY TURNOVERS

Smoked Bacon, Tomato & Olive, Leek & Parmesan, and Spinach & Feta turnovers • 320-350 CAL • **4.95**

**EVEN BETTER
WITH BAGELS**

Add mini bagels and accompaniments for \$1 per person (adds 390 calories).

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Calories per person unless otherwise stated.

Sandwich Creations

PRICED PER PERSON

❖ CLASSIC CREATIONS

An assortment of freshly sliced ham, turkey, roast beef, and roasted vegetables, served on wheat, white, and rye breads with condiments on the side • 305-365 CAL • **7.95**

DELUXE CREATIONS

An assortment of artisan sandwiches including:

- Turkey, Cranberry & Brie
- Corned Beef, Swiss, Thousand Island & Sauerkraut
- Turkey with Bacon, Swiss, Lettuce & Tomato
- Greek Tuna Salad with Olives, Cucumber, Lettuce & Tomato
- Curry Chicken Salad with Lettuce & Tomato

525-755 CAL • **8.95**

EXECUTIVE SANDWICH BAR

An assortment of our Classic and Deluxe Creations with choice of one Side Salad (Coleslaw, Italian Pasta Salad, Picnic Potato Salad, or Fruit Salad), bags of chips, house-baked cookie platter, and an assortment of soda and bottled water

830-1805 CAL • **13.95**

❖ ALL WRAPPED UP

An assortment of Chicken Caesar, Tuna Salad, Turkey & Avocado, and Roasted Vegetables in various wraps

575-755 CAL • **8.95**

BUILD YOUR OWN

A platter of freshly sliced meats and cheeses accompanied by assorted rolls and condiments on the side. Roasted vegetables available upon request

490-605 CAL • **9.95**

CLASSIC BOX LUNCH

Your choice of turkey, roast beef, ham, or roasted vegetable sandwich with a bag of chips and artisan bottled water • 340-420 CAL • **11.95**

EXECUTIVE BOX LUNCH

Your choice of turkey, roast beef, ham, or roasted vegetable sandwich with the choice of one side salad, bag of chips, whole fruit, cookie, and artisan bottled water

815-1100 CAL • **15.95**

Lunch Buffets



PRICED PER PERSON. COMES WITH ROLLS, BUTTER, AND CHOICE OF GREEN SALAD (250 - 485 CAL)

CHOOSE ONE ENTRÉE

CHICKEN & VEGETARIAN

220 - 680 CAL

16.95

-  Lemon Pepper Roast Chicken
Chicken Milanese with Tomato Bruschetta
BBQ Chicken with Sweet Corn Relish
Sweet & Spicy Korean Fried Chicken
-  Vegetable Lasagna 
- Eggplant Involtini 
- Stuffed Shells with Basil Marinara 

BEEF & PORK

260 - 410 CAL

18.95

-  Garlic Rosemary Roast Beef
Meatloaf with Brown Sugar Tomato Glaze
Asian-Style Beef & Broccoli
-  Pork Loin with Sweet Sage Glaze
BBQ Pulled Pork

SEAFOOD

190 - 380 CAL

20.95

-  Chili-Rubbed Salmon with Sweet Corn Relish
Fried Cod with Asian Slaw
-  Tilapia with Lemon Dill Sauce
Maryland-Style Crab Cakes

CHOOSE TWO SIDES

Scalloped Potatoes • 140 CAL

-  Herb Roasted Potatoes • 170 CAL

Mashed Potatoes • 130 CAL

-  Spanish Brown Rice • 50 CAL

Hawaiian-Style Fried Rice • 120 CAL

Vegetable Fried Rice • 150 CAL

-  Fresh Steamed Vegetables • 35 CAL

-  Herb Glazed Green Beans • 70 CAL

-  Roasted Vegetable Mélange • 70 CAL

**COMPLETE
YOUR MEAL**

To round out your buffet with drinks and sweets, see Beverage Service and Dessert Platters.

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Green Salads

PRICED PER PERSON. SERVED WITH CHOICE OF DRESSING (INCLUDED IN CALORIE RANGE)

✦ GARDEN

Fresh mixed greens with julienned carrots, diced cucumber, and tomatoes. Best paired with balsamic vinaigrette or ranch dressing

65-195 CAL • **3.75**

CLASSIC CAESAR

Crisp Romaine lettuce with housemade croutons and Parmesan cheese. Best paired with creamy Caesar dressing • 300 CAL • **4.00**

GREEK

Fresh mixed greens with crumbled feta cheese, olives, tomatoes, cucumber, and red onion. Best paired with Greek vinaigrette

260 CAL • **4.50**

✦ FALL HARVEST BOUNTY

Fresh mixed greens with dried cranberries, grapes, goat cheese, and toasted sunflower seeds. Best paired with balsamic or raspberry vinaigrette • 190-230 CAL • **4.75**

**MAKE IT
A MEAL!**

Add chicken (180 calories, \$4 per person), beef (230 calories, \$5 per person), or shrimp (130 calories, \$6 per person)

Add a beverage (bottled water or soda) and one side (piece of fresh fruit, bag of chips, or a cookie) for \$2 per person (100-390 calories)

Side Salads

SMALL FEEDS 10-15, MEDIUM FEEDS 15-25, LARGE FEEDS 25-35

COLESLAW

Traditional cabbage slaw with tangy dressing • 60 CAL

SMALL 35.00

MEDIUM 52.50

LARGE 70.00

PICNIC POTATO SALAD

Classic potato salad with egg, celery, and mayonnaise • 190 CAL

SMALL 37.00

MEDIUM 54.00

LARGE 72.00

❖ ITALIAN PASTA SALAD

Pasta with mozzarella, tomatoes, and spinach, dressed with classic Italian dressing • 120 CAL

SMALL 40.00

MEDIUM 55.00

LARGE 75.00

❖ FRUIT SALAD

An assortment of freshly diced fruit
25 CAL

SMALL 40.00

MEDIUM 55.00

LARGE 75.00

➔ WANT A CUSTOM MENU? ➔

WE CAN CREATE ONE JUST FOR YOU

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Meeting Packages



PRICED PER PERSON

MID-MORNING BREAK

A variety of tea cookies, biscotti, and fresh fruit, served with coffee, tea service, and bottled water

650 - 670 CAL • **8.95**

✦ AFTERNOON TEA SANDWICHES

Smoked Ham & Dill Cream Cheese, Watercress & Herb Cheese Spread, Cucumber & Melon, and Turkey & Cranberry Relish tea sandwiches, served with bottled water

75 - 210 CAL • **7.95**

✦ SNACK RIGHT

A variety of fresh fruit, individual yogurts, and granola bars, served with coffee, tea service, and bottled water

340 - 490 CAL • **8.95**

SNACK ATTACK

A variety of house-baked cookies as well as chips accompanied by your choice of zesty salsa or creamy herb dip, served with coffee, tea service, and assorted soda

640 - 1110 CAL • **8.95**

ALL DAY BREAK

Combine our Classic Continental Breakfast with your choice of two meeting packages. Perfect for an all day meeting

1160 - 3030 CAL • **25.95**

Beverage Service

PRICED PER PERSON

✦ COFFEE & TEA

Freshly brewed coffee and an array of assorted teas served with cream, milk, sweeteners, and lemon slices. Decaf served upon request.

30 - 50 CAL • **1.95**

Coffee refresh \$1 per person

✦ ASSORTED BOTTLED JUICE

10 OZ • 140 - 265 CAL • **1.95**

✦ ILC ARTESIAN BOTTLED WATER

16 OZ • 0 CAL • **1.75**

The following items come with cups, ice, and lemon slices:

ASSORTED SODA • 0 - 300 CAL • **1.95**

✦ **ICED TEA** • 0 - 90 CAL • **1.75**

LEMONADE • 45 CAL • **1.75**

FRUIT PUNCH • 45 CAL • **1.95**

✦ **INFUSED WATER**

Citrus, cucumber, or berry

15 CAL • **1.50**

Dessert Platters

PRICED PER PERSON

HOUSE-BAKED COOKIES

Freshly baked chocolate chip, oatmeal raisin, sugar, and white chocolate macadamia nut cookies

300 - 585 CAL • **3.95**

DESSERT BAR

An assortment of tart lemon bars, loaded chocolate brownies, and raspberry cheesecake bars

240 - 270 CAL • **4.95**

MINI CUPCAKES

An assortment of gourmet cupcakes

180 - 240 CAL • **5.25**

✦ **FRUIT KABOBS**

Fresh fruit skewers served with velvety chocolate drizzle

130 CAL • **4.75**

BAKER'S CREATION

Delicious variety of freshly baked cookies, brownies, and blondies

330 - 540 CAL • **4.95**

PETITE BITES

An assortment of petits fours, mini cheesecakes, and mini brownies

175 - 400 CAL • **5.25**

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Gourmet Platters

SMALL FEEDS 10-15, MEDIUM FEEDS 15-25, LARGE FEEDS 25-35

❖ CRUDITÉ BASKET

Crisp vegetables served with your choice of blue cheese, ranch, or spinach dip • 95 - 245 CAL

SMALL 45.00

MEDIUM 65.00

LARGE 95.00

ARTISANAL CHEESE & FRUIT BOARD

Fresh fruit and gourmet cheeses, served with crackers and crispy baguette slices • 365 - 400 CAL

SMALL 60.00

MEDIUM 80.00

LARGE 120.00

❖ MEDITERRANEAN MEZZE

Creamy hummus, served with olives, pita chips, and vegetables for dipping

395 CAL

SMALL 50.00

MEDIUM 70.00

LARGE 110.00

ITALIAN ANTIPASTO

An assortment of Italian meats and cheeses, accompanied by roasted vegetables, sun-dried tomatoes, olives, and crispy baguette slices

375 - 635 CAL

SMALL 60.00

MEDIUM 80.00

LARGE 120.00

SOUTHWEST DIPPING TRIO

Fresh tomato salsa, guacamole, and spicy black bean dip, served with crispy fried tortilla chips • 465 CAL

SMALL 50.00

MEDIUM 70.00

LARGE 110.00

Reception Platters

PRICED PER PERSON. MINIMUM OF 10 PEOPLE REQUIRED

❖ BRUSCHETTA TRIO

Three types of bruschetta—olive, white bean, and tomato basil—served with crispy baguette slices

405 CAL • 5.50

❖ JUMBO SHRIMP COCKTAIL

Steamed and dusted with Old Bay® seasoning, served with spicy cocktail sauce • 130 CAL • 8.00

QUESADILLAS

An assortment of freshly pressed chicken, beef, and cheese quesadillas, sliced and served with sour cream and guacamole for dipping

500-590 CAL • 6.50

❖ ROASTED VEGETABLES

Assorted vegetables roasted to perfection and drizzled with balsamic vinegar reduction • 45 CAL • 6.95

PU PU TRAY

Spicy Korean chicken wings, Thai chicken satay, crab rangoon, and mini vegetable spring rolls, served with soy sauce and sweet duck sauce for dipping • 270 CAL • 8.50

FIESTA

Fresh guacamole, pico de gallo, and salsa verde served with crispy fried tortilla chips • 320 CAL • 6.25

➔ ASK ABOUT OUR ➔

CUSTOM PLATTERS

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Hors d'Oeuvres



PRICED PER PIECE. 25 PIECE MINIMUM PER EACH HORS D'OEUVRE



BEEF

Mini Beef Empanadas • 75 CAL	2.50
Beef Satay • 35 CAL	3.25
Mini Beef Sliders • 110 CAL	3.75
Sicilian Arancini • 160 CAL	3.50



CHICKEN

Chicken Samosas • 15 CAL	2.50
Thai Peanut Chicken Satay • 35 CAL	3.00
Spicy Korean Chicken Bites • 45 CAL	2.75
Chili Lime Chicken Skewers • 40 CAL	3.00



SEAFOOD

Mini Crab Cakes with Rémoûlade • 135 CAL	3.75
Firecracker Shrimp • 120 CAL	4.25
Bacon-Wrapped Scallops • 20 CAL	3.25
Coconut Shrimp • 45 CAL	4.25



VEGETARIAN

Spicy Samosas • 55 CAL	2.50
Spanakopita • 70 CAL	2.75
Wild Mushroom Tarts • 85 CAL	3.00
Mini Spring Rolls • 10 CAL	2.50
Vegetable Dumplings • 35 CAL	2.25
Spinach Stuffed Mushroom Caps • 60 CAL	3.25

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Info & Policies

ORDERING

Orders are accepted until 2 days prior to the event. Minimum catering order is for 10 unless otherwise noted. We will accommodate last minute orders to the best of our ability; however, selection and availability may be limited. To accommodate your choices, we request that larger orders be placed at least 1 week in advance.

PAYMENT

We accept checks and all major credit cards, including American Express. A signed credit card authorization form is required one week prior to event, or your order will be canceled. Payment is required within 15 days of event date to avoid a 5% late fee.

CANCELLATIONS

Cancellations for events of more than 50 guests must be made at least 3 days prior to the event date. Cancellations for events of less than 50 guests must be made at least 2 days prior to the event date. Orders canceled after these times will be charged in full and for any food or labor costs already incurred at time of cancellation.

PRESENTATION

Orders are delivered on platters or chafing dishes, unless otherwise requested. China is available for an additional fee.

DELIVERY, SET-UP & CLEAN-UP

We deliver 7AM to 3 PM, Monday through Friday. After-hours events are accepted with an additional fee. Please have exact delivery location available when placing your order. All events are set up 30 minutes prior to the event start time. Events that require clean-up after 4 PM will be charged an additional fee.

TAXES & SERVICE FEES

Applicable DC, VA or MD sales tax rates are applied to all orders. Tax-exempt organizations must provide Certificate of Exemption issued by the local taxing authority, for DC by DC Office of Tax and Revenue (OTR) and State of MD or VA for others, at the time order is placed. If this Certificate of Exemption is not provided at the time of ordering, appropriate sales tax will be charged. A service fee of 10% is applied to all orders.

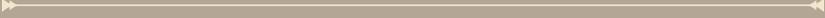
PRICING

We reserve the right to adjust prices based on market fluctuation and availability.

FULL SERVICE EVENTS

Your Catering & Events Coordinator is happy to customize a menu for your event. We are dedicated to assisting you with staffing, decor, linens, equipment, floral arrangements, and more. If you do not see something on the menu, just ask. We will cater to you!

Nutrition Info



The calorie values stated on this menu and additional information available upon request are estimates derived using ESHA software with both manufacturers' nutrition information and data from the USDA Standard Reference Nutrient database and are prepared by a registered dietitian nutritionist. Analyses do not include garnishes or fat used to grease pans. Actual nutrient values may vary based on product seasonality, preparation, origin, manufacturers' formulations, etc., and are by nature based on statistical averages.

Although we provide nutritional information for our recipes, the information provided is for informational purposes only. Alterations or customizations to menu items may alter calorie information. Allergen information is available upon request.

No information offered by or through us shall be construed as or understood to be medical advice or care. None of the information provided by our Company shall be used to diagnose or treat any health problem or disease. Please discuss any concerns with your physician or registered dietitian.

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.....> WE KNOW

**YOU'VE
GOT A LOT
✦ ON YOUR ✦
PLATE.**

..........
.....> THAT'S WHY

**WE MAKE
✦ CATERING ✦
A PIECE
OF CAKE.**



.....➤ **CONTACT** ◀.....

MONDAY-FRIDAY

7 AM - 4 PM

301-742-3003

CATERING@ILCREATIONS.COM

