



Sweeties

Southern & Vegan Catering

Organizing for Equity
Feeding Community

CATERING MENUS & POLICIES

The following menus list selections of the types of menus that we can provide for your event. Please know that the Sweeties Team consists of talented experienced chefs who can customize menus to suit your needs and dietary preferences.

Pricing: All prices include chafers (when applicable), serving utensils, disposable eating ware (plates, napkins, utensils, and cups). We can provide eco-friendly disposable eating ware at an additional charge of \$1.50 per person. The per-person prices do not include sales tax. Base pricing presumes one hour of food service time and up to one hour of set up/break down time. Sweeties' employees and contractors are paid a living wage and we procure locally whenever possible.

Delivery to Durham, Wake, Orange, and Chatham Counties	\$15
Delivery to Alamance and Guilford Counties	\$25
Delivery to other areas	TBD
Set up and break down (one person, up to 2 hours)	\$24
Extended attendance beyond 2 hours	\$12/hour per person

Guarantees: The final guaranteed number of guests for your event must be submitted as soon as possible and no later than 5 days before your scheduled event. The guarantee becomes the minimum number of guests used in calculating the amount to be charged and the maximum number for food preparation. Should the actual number of guests in attendance of the event exceed the guarantee; the customer will be charged for the number of guests in attendance.

Deposits: Sweeties Southern & Vegan Catering™ respectfully requires a 50% deposit to guarantee your reservation, which must be received at least five days prior to the event. The total remaining balance must be paid upon arrival and before set-up on the day of the scheduled event. Events that are cancelled five days or more (120 hours) before the event without being rescheduled will receive a 50% refund of their deposit within 10 business days. Events that are cancelled with less than five days' notice are not entitled to a refund.

Payment: Payment can be made by credit card or check. We use "Square" to process our credit cards and the transaction can be done over the phone. We also accept checks. If the check is mailed, please mail to Sweeties Southern & Vegan Catering™, 1109 Mays Chapel Rd, Bear Creek NC 27207. Revised 02.20.18



BREAKFAST BUFFETS

{Supplies for 1 hour of service. All Buffets require a 10-person min}

All listed breakfast buffets include Regular & Decaf Coffee, A Selection of Hot Teas & Orange, Apple and Cranberry Juices

Sweeties Bakery Continental

\$10 per person

- Big Mamas Buttermilk Biscuits
- Homemade Banana Nut Bread or Zucchini Bread
- Bagels
- Fresh Fruit Muffins
- Mini Croissants
- Assorted Preserves, Fresh Butter, Molasses Butter, Cream Cheese, Agave Syrup or Honey
- Fresh Seasonal Fruit & Berries,
- Individual Low Fat Yogurt
- Granola, Dried Cranberries & Raisins

Fresh from the Farmers Garden

\$12 per person

- Yogurt Parfait with Fresh and Dried Fruit & Granola
- Steel Cut Oatmeal with Berry Compost or Baked Apples
- Whole Fresh Assorted Fruits
- Sliced Fresh Heirloom Tomato Platter
- Roasted Sweet Potatoes or Baked Apples
- Boiled Eggs
- Homemade Bran Muffins

Sweeties Home-Style Breakfast

\$15.00 per person

- English Muffins or Big Mamas Buttermilk Biscuits
- Bakers Choice Homemade Muffins
- Assorted Preserves, Fresh Butter, Molasses Butter, Cream Cheese, Agave Syrup or Honey
- Assorted Fresh Fruit Bowl
- Southern Cheese Grits or Fried Potatoes with Onions & Peppers
- Farm Fresh Scrambled Eggs
- Turkey Bacon or Homemade Turkey Sausage Patties, or Turkey Smoked Sausage

Breakfast Add-On

- Homemade Cinnamon Rolls (Vegan Cinnamon Rolls available) \$4 per person
- Deep Dish Quiche (Sausage & Potato, Vegetable, Loraine,) \$20 per quiche/6-8 servings
- Vegan Deep Dish Quiche \$25 per quiche/6-8 servings
- Fried Green Tomatoes (atop cheese grit cakes , vegan available) \$6 per person
- Sweeties Style Fried Shrimp & Grits \$8 per person
- Buttermilk Pancakes (Whole Grain, Sweet Potato, Banana, Vegan, Gluten Free) \$4 per person
- Buttermilk Waffles (Whole Wheat, Vegan available) \$5 per person
- Big Mamas Buttermilk Biscuits and Sawmill Sausage Gravy (Vegan available) \$6 per person
- Chef Michael's Fresh Salmon Cakes \$7 per person
- Maple Turkey Bacon & Homemade Pimento Cheese Biscuit Sandwich \$7 per person
- Big Mamas Meat Biscuit (Homemade Turkey Sausage, Turkey Bacon, Chicken Filet) \$4 pp/chicken \$6pp
- Breakfast Burrito (sausage, egg, cheese, salsa) \$5 per person

Southern Hot Station - \$75 per chef attendant. 1 attendant per 33 guests

- Omelet Station- eggs, egg beaters, egg whites, vegan eggs, cheese, onions, spinach, mushroom, tomatoes, bell peppers, turkey bacon or turkey ham \$7 per person
- Griddle Cake Station-Buttermilk Pancakes or Waffles (all varieties listed above) \$5 per person



REFRESHMENTS & BREAKS

(prices vary; please ask for updated pricing menu)

Healthy Morning Break

- Trail Mix
- Whole Fresh Fruit
- Granola Bars/ Protein Bars
- Vitamin Water

Sweet & Salty Break

- Assorted Nuts
- Kettle Chips & Pretzels
- Sweeties Peanut Brittle
- Bottled Water

Fresh Fruit Break

- Individual Fresh Fruit Cups
- Individual Assorted Juices

Cookie & Milk Break

- Homemade Assorted Cookies (Chocolate Chip, Oatmeal, Peanut Butter)
- Selection of 2% Milk, Almond Milk, Soy Milk

Chocolate Lovers Break

- Assorted Chocolate Candy Bars
- M & M's plain & peanut
- Assorted Soft Drinks

Chips & Dip Break

- Loaded Veggie Dip
- Pita Chips or Sweet Potato Chips

Healthy Afternoon Break

- Fresh Whole Fruit
- Assorted Nuts or Trail Mix

Back in the Day Candy Break

- Assorted Candy Favorites
- Assorted Lollipops

Movie Time Break

- "Smart Pop" Popcorn
- Bottled Water



LUNCH & DINNER BUFFETS & LUNCH BOXES

Lunch/Dinner Buffets are based on a minimum of 10 guests and will supply enough food for 1 hour of service.

Soup, Salad & Baked Potato Bar \$15 pp

- Chef Michael's Selection of One Seasonal Soup (one vegan or one meat)
- Chef Michael's Selection of One Artisan Salads (using fresh, seasonal, local and organic vegetables when possible)
- Assorted Dressings
- Hot Baked Russet Baked Potatoes or Sweet Potatoes
- Toppings Including: Fresh Butter, Sour Cream, Shredded Cheeses, Turkey Bacon Bits, Black Beans, Cheddar Cheese Sauce, Broccoli, Brown Sugar, Cinnamon
- Sweeties Southern Vegan Pound Cake +\$5.00pp
- Sweeties Lemon Pound Cake +\$3.50 pp

Carolina Barbeque Buffet \$18 pp

- Sweeties Famous Turkey Barbeque (vegan option available)
- Sweeties Fresh Southern Coleslaw
- Savory Vegetarian Baked Beans
- Homemade Corn Sticks or Sandwich Buns
- Kettle Cooked Potato Chips
- Sweeties Famous Banana Pudding

Miss Sweeties Southern Tea Buffet \$20 pp

- Homemade Chicken Salad or Tuna Salad
- Homemade Egg Salad
- Roasted Potato Salad
- Mixed Green Salad with Cherry Tomatoes & Cucumbers in Vinaigrette
- Pimento Cheese Finger Sandwiches
- Assorted Bread & Crackers Basket
- Fresh Seasonal Fruit Platter
- Sweeties Thumbprint Cookies

Sweeties Southern Favorites Buffet \$ 20 pp

- Oven Baked Fried Chicken or Meat Loaf (vegan options available)
- Homemade Mashed Potatoes
- Steamed Green Beans or Sweeties Mixed Greens
- Chef Michael's Fresh Hoe Cakes
- Seasonal Cobbler

Sweeties Southern Picnic Lunch \$18 pp

- Assorted Deli Meat Platter (turkey, turkey ham, roast beef)
- Marinated Tofu Slices, Black Eyed Pea Hummus,
- Assorted Sliced Cheese Platter
- Tomato, Lettuce, Red Onion Platter
- Pickle Platter
- Assorted Sandwich Bread, Rolls, Croissants (some gluten free)
- Homemade Cookie Platter(Peanut Butter, Sugar or Chocolate Chip)



Sweeties Creole Buffet **\$25pp**

- Chef Stephanie's Chicken & Turkey Sausage Homemade Gumbo (vegan option available) or
- Chef Michael's Chicken , Sausage Shrimp Jambalaya (vegan option available)
- Chilled Broccoli & Apple Salad
- Mixed Garden Green Salad with Assorted Dressing
- Fresh Dinner Rolls
- Homemade Bread Pudding with Lemon Glaze

Chefs Michael's Box Lunch **\$15pp**

- Deli Roast Beef & White Cheddar on a Kaiser Onion Roll, Crisp Romaine, Beefsteak Tomatoes, Horseradish Mayo
- Orzo Pasta Salad Cup
- Homemade Cucumber Pickles
- Whole Fruit or Potato Chips
- Homemade Cookie

Jenny B's Box Lunch **\$13pp**

- Turkey Ham & Swiss Cheese on a Large Flaky Croissant, Crisp Romaine, Sliced Tomato
- Orzo Pasta Salad Cup
- Homemade Cucumber Pickles
- Whole Fruit or Potato Chips
- Homemade Cookie

Minnie's Box Lunch **\$10pp**

- White Beans, Shredded Carrots, Bean Sprouts, Shredded Romaine Lettuce, Marinated Red Peppers in Sundried Tomato Oil, Hummus Mayo in Whole Wheat Pita
- Orzo Pasta Salad Cup
- Whole Fruit or Potato Chips
- Homemade Vegan Cookie

Aunt Blanche's Box Lunch **\$13pp**

- Turkey Club on Wheat Bread, Turkey Bacon, Crisp Romaine, Ripe Tomatoes, Cheddar Cheese, Mustard & Mayo Packets
- Orzo Pasta Salad Cup
- Homemade Cucumber Pickles
- Whole Fruit or Potato Chips
- Homemade Cookie

Sweeties Vegan Box Lunch **\$12pp**

- "TLT"- Marinated Fried Tofu, Crisp Lettuce, Ripe Tomatoes, Sundried Tomato Mayo on Sunflower Bread
- Vegan Orzo Pasta Salad Cup
- Homemade Cucumber Pickles
- Whole Fruit or Potato Chips
- Vegan Homemade Cookie



Chef Stephanie's Box Lunch **\$13pp**

- Grilled Chicken Caesar Salad in a Spinach Wrap
- Orzo Pasta Salad Cup
- Homemade Cucumber Pickles
- Whole Fruit of Potato Chips
- Homemade Cookie

Delores's Box Lunch **\$13pp**

- Homemade Chicken Salad on Croissant,
- Orzo Pasta Salad
- Homemade Cucumber Pickles
- Whole Fruit or Potato Chips
- Homemade Cookies

Faith Ann's Box Lunch **\$12pp**

- Fresh Tuna Salad on Raisin Bread,
- Orzo Pasta Salad
- Homemade Cucumber Pickles
- Whole Fruit or Potato Chips
- Kettle Chips
- Homemade Cookies



A LA CARTE ENTREES (prices vary; ask for updated pricing menu)

Beef Lasagna (1/2 pan 12)
Beef Lasagna (full pan 24 servings)
Vegetable Alfredo Lasagna (1.2pan)
Vegetable Alfredo Lasagna (full pan)
Sweeties Macaroni & Cheese (1/2 pan)
Sweeties Macaroni & Cheese (full pan)
Chicken & Dumplings (1/2 pan)
Chicken & Dumplings (full pan)
Sweeties Chicken & Sausage Jambalaya
(add shrimp)

SOUPS & STEWS

Beef Stew (1 quart)
Chicken & Sausage Gumbo (1 quart)
Sweeties Beef & Bean Chili
(can be made with ground turkey)
Sweeties Vegetarian/Vegan Chili
Sweeties Red Beans & Rice
Chef Michael's French Onion Soup (1 quart)
Sweeties Detox Vegetable Soup (1 quart)
Sweeties Beef & Vegetable Soup
Sweeties Chicken Noodle Soup
Sweeties Spinach Tortellini Soup
Sweeties Carrot & Navy Bean Soup
Sweeties Roasted Tomato with Grilled Cheese Croutons



APPETIZER CATERING MENU

The following menu lists selections of the types of appetizers that Sweeties Southern & Vegan Catering™ can provide for your event. It includes a selection of appetizers, some savory and some sweet. You have the option of choosing a total of **6 selections** from the items listed below for a price of **\$18.00 per person**. We will make enough to serve 5 or more servings of each type of your appetizer selections per person. **If you wish to order more appetizers, the price will be \$1.00 extra per person for each type of appetizer.** Please note that our Chef can create customized menus that suit the season, occasion and dietary preferences including vegan and gluten free. If there is something that you would like and do not see it listed, let us know and we can make the adjustments.

SAVORY APPETIZERS

Shrimp and Grits Roulades
Lobster or Crab Ravioli
Mac and Cheese Bites
Beef Meatballs in Orange Ginger Glaze
Chicken Wings in Cranberry BBQ Sauce
Mushrooms stuffed with Turkey Italian Sausage
Chicken Quesadillas
Champagne Chicken Wings
Crackers with Smoked Salmon & Capers
NC Style Pulled Turkey Barbecue Miniature Sliders
Individual Cheese & Mushroom Lasagna Rollups
Pot Roast Sliders on Yeast Rolls with Au Jus

VEGETARIAN & VEGAN

Cucumber Bites
Spinach Dip with Pita Chips
Black Eye Pea Hummus with Dipping Vegetables
Mini Heirloom Tomato Kabobs
Corn Fritter Hoe Cakes topped with Southern Mixed Greens
Corn Fritter Hoe Cakes topped with Candied Yams
Black Bean Tortillas with Fresh Guacamole
Miniature Potato Cakes with Homemade Applesauce
Vegan Stuffed Mushrooms
Spinach Dip with Homemade Pita Chips
Crudités with Red Pepper Hummus
Roasted New Potato & Vegetable Skewers
Asparagus Finger Sandwiches
Homemade Pimento Cheese Sandwiches on Pumpernickel



SWEET APPETIZERS

Cheesecake Squares
Banana Pudding Shooters
Vegan Chocolate Mousse Shooters
Fresh Berry Shooters
White Chocolate Strawberries S'mores Pops
Chocolate and Peanut Butter Shooters
Mini Strawberry Shortcake
Sweeties Brownie Bites
Mini Fruit Kabobs
Thumbprint Sugar Cookies
Mini Carrot Cakes Bites
Sweeties Vegan Pound cake
Vegan Spelt Cookies
Miniature Vegan Apple Cider Donuts

Reception Displays

Reception displays are made for 60 minutes of service for your guest count. The display is set as a "décor" buffet and includes artful combinations of flowers, props, draped fabric and unique serving pieces. Our Reception Displays can serve as a beautiful component to your event.

Fruit, Cheese & Vegetable Display with Dips

25 per person

Assorted Domestic Cheeses including Blue and Goat, Dried and Fresh Fruit, Fresh and Marinated Vegetables, Spinach Dip, Black Eye Pea Hummus, Ranch Dressing, Assorted Breads and Crackers.

Southern Cobb Salad Display

18 per person

Crisp Iceberg Lettuce, Fresh Snow Peas, Avocado, Fresh Tomatoes, Poached Chicken Breast, Crisp Turkey Bacon, Crumbled Blue Cheese, Assorted Dressings, Assorted Breads and Rolls

Caesar Salad Display

15 per person

Crisp Romaine, Shaved Parmesan, Homemade Croutons, Sliced Grilled Chicken Breast, Caesar Dressing, and Homemade Focaccia. {Grilled Shrimp add \$ 3 per person}



Shrimp Cocktail Display

20.00 per person

Sweeties Poached Shrimp with Sweeties Homemade Cocktail Sauce served in a variety of ways.
{your choice: Shrimp Tower, Shrimp Shooters or Shrimp on Ice}

Whole Poached Salmon Display 9lbs (serves 35-40 people)

\$250.00

Whole Poached Salmon Display 15lbs (serves 60-70 people)

\$350.00

Fresh Poached Whole Salmon beautifully decorated with Cucumbers and garnished with Deviled Eggs, Capers, Lemon, & Onion. Served with Roasted Potato Salad, Lemon Aioli, Horseradish Dipping Sauce, Assorted Crackers & Homemade Bread Sticks.

Beverages

Our beverages are priced per gallon or per beverage dispenser. One gallon serves 16 people and one beverage dispenser serves 40 people.

Sweeties Sweet Steeped Tea

gallon 3.00 beverage dispenser 10.00

Fresh Brewed Black Tea sweetened with cane sugar

Sweeties Un-Sweet Tea

gallon 3.00 beverage dispenser 10.00

Fresh Brewed Black Tea

Sweeties Herbal Mint Tea

gallon 5.00 beverage dispenser 15.00

Fresh Brewed Peppermint Tea sweetened with cane sugar

Sweeties Fresh Squeezed Lemonade

gallon 5.00 beverage dispenser 15.00

Fresh squeezed lemons & lemon juice sweetened with cane sugar

Sweeties Pineapple Lemonade

gallon 7.00 beverage dispenser 20.00

Sweeties Lemonade with Fresh Pineapple Juice

Sweeties Strawberry Lemonade

gallon 7.00 beverage dispenser 20.00

Sweeties Lemonade with Fresh Crushed Strawberries

Sweeties Infused Water

gallon 5.00 beverage dispenser 15.00

Fresh Cold Water infused with mint leaves, cucumber, lemon, lime, seasonal fruit and crushed ice.

