

Men At Work Caterers

311 W. Mt. Pleasant Ave •Philadelphia, PA 19119•(215) 247-7225

To Whom It May Concern:

We are a full-service, on & off caterer, specializing in gourmet cuisine and providing dining experiences comparable to those of your favorite restaurants. We promise to make your affair a most memorable day for you and your guests.

Here is our general menu to familiarize you with the type of foods we prepare, although we by no means limit ourselves to just these items. We design all of our menus on a customized basis. If you can tell me what kind of menu or meal you have in mind, as well as the budget you would like to work with, I would be delighted to create some sample menu's for you. And since we do prepare everything on a customized basis, we need approximately two weeks lead time for an order, except for May, June and December when we need at least one month.

We also provide hosts/hostesses, bartenders, china, linens, etc. Host/hostesses are \$12.50 an hour plus a fixed gratuity, which is based on the number of guests and type of menu you select.

And of course we eagerly provide references to anyone who requests them!

The highest quality of food, made only from the finest ingredients, creative presentation and impeccable service are our trademarks. I would be delighted to meet with you to further discuss our menus and services, and I'll look forward to hearing from you soon!

Sincerely,

David C. Smith
President, Men At Work Caterers

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Standard Buffet:

- 3 Entrees
- 1 Hot Vegetable
- 1 Cold Vegetable
- 1 Starch
- 5 Assorted Hors D'oeuvres
- Dessert Bar
- Bread & Butter
- Coffee, Tea and punch (fountains are available)

Plan A Includes :

- Standard Buffet
- Paper & Plastic goods
- Decoration

Minimum of 100 people:

\$21.00 per person (estimated price)
8 % Tax (if applicable)
18% Gratuity

Plan B Includes:

- ❖ Standard Buffet
- ❖ Waiters
- ❖ China
- ❖ Set up & Decorations (Linen & Center Pieces not included)

Minimum of 100 people:

\$25.00 per person (estimated price)
8% Tax (if applicable)
18 % Gratuity

Prices may vary

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Sit Down Option:

- (a) 5-7 Hors D'oeuvres
- (b) Salad, Fruit Bowl or Soup
- (c) One to two Entrée's
- (d) One Vegetable
- (e) One Starch
- (f) One to Two Desserts or Dessert Bar

Includes:

- i. Coffee, Tea & Punch (Fountains are available)
- ii. China, Linen, Napkins & Silverware
- iii. 5 Waiters up to 100 people (Over 100 you will need an additional 1 waiter for every 20 people at the cost of: \$70.00 per waiter)

Minimum of 100 people:

\$30.00 per person (Estimated price)
8% Tax (if applicable)
18% Gratuity

Prices may vary

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Hors D'oeuvres / Appetizers:

Beef:

Beef Sate

Market fresh flank steak lightly dusted with a Mediterranean, and placed on wooden skewers and grilled until perfection

* Filet Mignon Kabobs *

Juicy chunks of market fresh filet mignon lightly dusted with a Mediterranean seasoning, accompanied by Cherry tomato's and onions on wooden skewers and grilled until perfection

"Pigs" in a Blanket (Beef)

Fresh mini hotdogs wrapped in a hand made puff pastry dough, baked until golden brown and served with spicy or honey mustard

Hot Dogs Wrapped in Pastrami (Beef)

Fresh mini hotdogs wrapped in thinly sliced pastrami baked until golden brown and served with spicy or honey mustard

Italian Meatballs

Hand-rolled ground sirloin marinated in carefully selected herbs and spices and smothered in an italian style gravy

Southwestern Style Beef Kabobs

NY strip steak and vegetables marinated in a special blend of spices, then expertly grilled and served with a honey Dijon cumin sauce

Chicken:

Barbeque Chicken & Pineapple

Chicken and pineapple chunks marinated in barbecue sauce and other fine spices grilled to perfection

Buffalo Style Chicken Fingers

Our fresh tenderloins are marinated in our own version of traditional buffalo style seasonings & fried until golden brown

Buffalo Wings

Market fresh select party size wings, lightly seasoned in our chef's choice of spices, baked until golden brown And tossed in our buffalo style sauce, served with bleu cheese dressing

Chicken Fingers

Marinated tenderloins are covered with our special mildly spiced bread crumbs and fried Until golden brown

Chicken Kabobs with Pineapple

Market fresh select chicken breast carefully seasoned and cut into juicy chunk, marinated over night, accompanied by sliced pineapples and grilled to perfection

Chicken Nuggets

Juicy chunks of fresh chicken breaded and seasoned in our special mix of spices and fried until golden-brown

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Chicken Sate

Fresh boneless chicken marinated in oriental herbs and spices and grilled until perfection, served on wooden skewers

Italian Style Chicken Fingers

Market fresh chicken flavored in an Italian marinade and coated in Italian seasoned batter & breading, fried until golden brown

Mini Chicken Kiev

Sliced chunks of chicken wrapped and rolled with herbs, parsley, and butter and baked to perfection

Mini Chicken Puffs

Market fresh select chicken tenders carefully seasoned and stuffed with an assortment of herbs and spices such as butter & parsley, broccoli and cheddar, ham and alpine lace Swiss all breaded in Japanese bread crumbs and fried til golden brown

North Shore Chicken Fingers

Marinated tenderloins are battered & breaded with a southern style breading and fried to perfection

Rumaki

Market fresh chicken liver wrapped in beef or turkey bacon, garnished with soy and water chestnuts and baked to perfection

Sesame Chicken on a Stick

Chicken cut up and marinated in a special sauce and the finest spices attached on a wooden skewer and baked until golden brown & topped with sesame seed and with Dijon mustard

Wings of Fire

Fresh chicken wings carefully seasoned in our chef's selected spices then tossed in a home made hot sauce

Pork:

"Pigs" in a Blanket (Pork)

Fresh mini hotdogs wrapped in a hand made puff pastry dough, baked until golden brown and served with spicy or honey mustard

Hot Dogs Wrapped in Pastrami (Pork)

Fresh mini hotdogs wrapped in thinly sliced pastrami baked until golden brown and served with spicy or honey mustard

Pruschetta

Hand rolled Spanish ham carefully seasoned and served cold

Seafood:

Anti-Pasta and Smoked Fish Display

An elegant table display of anti-pasta platters including:
Marinated mushrooms, marinated sun dried tomatoes, marinated olives, marinated artichoke hearts and

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Marinated mozzarella, smoked blue fish, smoked white fish, smoked trout, smoked salmon, smoked turkey, smoked pancetta ham and assorted smoked cheeses

Atlantic Shellfish Fillo Tartlet

Shrimp, scallops, and crab napped with a delicious parsley and garlic sauce into a crunchy fillo shell

Avocado wrapped with smoked salmon

Market fresh avocado wrapped in smoked salmon and garnished with dill & Caviar

Barbecue Shrimp Wrapped in Bacon

Market fresh shrimp lightly seasoned in our chef's selected spices, wrapped in fresh bacon and baked to perfection

Breaded Calamari Rings

Our chef's selected calamari delicately seasoned & breaded and fried until golden brown

Breaded Oysters

Fresh oysters lightly seasoned with parmesan cheese, bread crumbs and dill and fried until golden brown

Broiled Sea Scallops Wrapped in Bacon

Ocean fresh baby sea scallops delicately wrapped in bacon, served with a Creole hollandaise sauce and Broiled to perfection

Cajun Catfish Nuggets

Juicy bite size portions of market fresh select catfish seasoned in New Orleans style compilation herbs and spices and fried until perfection and served with Men at Works special dressing

Grilled Shrimp

Fresh shrimp served on kabob sticks, served with pineapple, tomatoes and onions and grilled to perfection

Herb Mussel Tartlet

Puff pastry tartlet shells stuffed with a blend of minced mussels and herbs and baked until golden brown

Jalapeño Shrimp

Market fresh shrimp marinated in a jalapeño & vodka, can be served hot or cold

Jewish Crackers and Shrimp Salad

Jewish crackers served with shrimp salad and a dab of dill and paprika

Little Fried Shrimp

Market fresh baby shrimp lightly seasoned and breaded, then fried until golden brown

Mini Crab Cakes

Jumbo lumps of crabmeat blended together with diced scallions, a dash of Creole seasoning and pan fried until golden brown

Puff balls

Balls of fresh puff pastry stuffed with a seafood stuffing

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Shrimp Cocktail

Cocktail shrimp served on a bed of ice garnished with lemon and dill and served with a home made cocktail sauce garnished in the center

Shrimp wrapped with smoked salmon

Market fresh shrimp wrapped in smoked salmon and garnished with dill & Caviar

Smoked Salmon Pate

Smoked salmon spread delicately seasoned with virgin olive oil, diced dill and garlic, served cold and accompanied by assorted crackers

Stuffed Mushrooms

Small Garden Mushrooms stuffed with a tastefully blended bread & crabmeat stuffing and baked until golden brown

Thai Scallop Fillo Tartlet

Layers of hand shaped, paper-thin fillo dough surrounded by delicious fillings which include scallops and rice in a spicy Thai curry sauce.

Vegetarian:

Assorted Vegetables/Vegetable Tempora

Lightly breaded in tempora batter then fried to perfection served with vegetable and sour cream dips

Black Bean Empanada

Black beans, corn, jalapeño peppers seasoned with fresh cilantro in a light flaky puff pastry

Cheese & Crackers

A delicious assortment of cheeses such as: Avari, New York Sharp, Smoked Brie, Herb & Garlic and Port Wine accompanied by an assortment of English tea biscuits, Jewish crackers and garnished with fresh strawberries and red grapes

Corn Puff Pasty or Roasted Eggplant Fillo Flamer

Eggplant and roasted onions with feta cheese and a Mediterranean style seasoning

Fancy Cherry Tomatoes

Fresh fancy cherry tomatoes stuffed with market fresh crab meat and garnished with dill

Feta/Sun Dried Tomato Roll

A mix of feta cheese, sun-dried tomatoes and our special seasonings wrapped in paper Thin layers of fillo dough and shaped into a roll

Fruit Kabobs

Carved shapes of honeydew, strawberries, red and green seedless grapes, Sunkist oranges, kiwi, cantaloupe and pineapple served on a kabob stick.

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Fruit Crudite

The fresh fruit will include:

Honeydew slices, strawberries, red and green seedless grapes, Sunkist orange slices, kiwi slices, cantaloupe slices, pineapple slices

Fruit and Vegetables Crudite Display

Market fresh vegetables that may include:

Crinkle cut carrot and zucchini sticks, red ripe cherry tomatoes, celery sticks, broccoli and Cauliflower florets, cool cucumber slices, red bell peppers

The fresh fruit will include:

Honeydew slices, strawberries, red and green seedless grapes, Sunkist orange slices, kiwi slices, cantaloupe slices, pineapple slices. Served with the fruits and vegetables are vegetables dip. Assorted crackers are served with a variety of cheeses.

Grilled Vegetables

Market fresh zucchini, mushrooms, peppers, onions lightly seasoned and grilled to perfection

Grilled Vegetable Kabobs

A delicious assortment of fresh vegetables including Red pepper, mushrooms, red onion, zucchini and cherry tomatoes, delicately seasoned and grilled on a wooden skewer

Herb pancakes with Avocado Butter Sauce

Mini potato pancakes blended with a delicious infused avocado – butter sauce

Marinated Peppers over Stone Baked Bread

Market fresh peppers marinated in olive oil for days served over sliced stone baked bread

Mini Egg Rolls

Fresh spiced cabbage, chopped carrots and other assorted vegetables stuffed in an oriental dough and fried until golden brown

Mushroom Mini Quiches

Chopped fresh mushrooms and onions placed into a tender short crust tartlet shell and baked until golden brown.

Roasted Eggplant Fillo Flower

Fresh eggplant and onions roasted in 100% olive oil, feta cheese, pignoli nuts and a special blend of Mediterranean seasonings then wrapped in layers of paper-thin fillo dough and hand shaped into a flower.

Potato Pancakes

Fresh shredded potato blended with red & green peppers and cooked until golden brown

Potato Puffs

A flavorful blend of mashed potatoes and our chef's selected spices wrapped in puff pastry dough

Spanakopita

Spinach, feta and cream cheese accompanied by our special blend of spices wrapped in layers of paper-thin fillo dough

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Spinach Quiche

A flavorful appetizer consisting of a blend of cream of spinach and wrapped in a flaky pastry crust

Stone Bread Bruschetta

Extra virgin olive oil and tomato concassé spread over fresh stone baked bread and garnished with
A dash of sweet basil

Vegetable Quiche

A flavorful appetizer consisting of a blend of cream of spinach and other assorted vegetables wrapped in a flaky pastry crust

Vegetable Crudite

Market fresh vegetables that will include:

Crinkle cut carrot and zucchini sticks, red ripe cherry tomatoes, celery sticks Broccoli and Cauliflower florets, cool cucumber slices, red bell peppers and a vegetable dip served in a carved red cabbage bowl

Other:

Asparagus Mini Quiches

Asparagus spears and Gruyere cheese placed into a tender short crust tartlet shell and baked until golden brown.

Assorted Hors D'oeuvres

An assortment of deliciously hand made fillo pastries filled with fresh vegetable and cheese and baked until golden brown including Broccoli & Cheddar, Spinach & Cheddar, Zucchini & Cheddar and Mushrooms & Onions

Bacon Mini Quiches

Sharp cheddar cheese and bacon put into a tender short crust tartlet shell and baked until golden brown

Broccoli Mini Quiche

Lots of fresh broccoli and cheddar cheese placed into a tender short crust tartlet shell and baked until golden brown.

Specialty:

Assorted Tea Sandwiches

An assortment of deliciously hand made tea sandwiches made with chicken salad, egg salad, tuna salad Roast Beef with Cheese, Turkey, and Ham & Cheese and served on a variety of breads including Pita Bread, Wheat Bread, Jewish Egg Rolls, Rye Squares and Tortillas, all accompanied by the following condiments: Crisp Romaine Lettuce, Juicy "Jersey Tomato's", Onions, Mayonnaise, Mustard, olives and Vinaigrette.

* Lolli-Pop Lamb Chops *

Deliciously marinated baby lamb chops served with a Dijon mustard sauce and mint chutney and grilled to perfection

Assorted Pizza Puffs and Bagels

Mini Burritos and Tacos

Apple or Corn Nuggets

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Assorted Mini Chicken Puffs

Dips:

Veggie Dip
Onion Dip
Cucumber Dip
Red Pepper Dip
Spinach Dip
Ranch Dip
Bleu Cheese Dip
Salsa

Salads:

All White Meat Chicken Salad

Generous chunks of all white meat chicken in a delicious mixture of celery, real mayonnaise and spices

Baby Vegetable Salad

An assortment of seasonal vegetables mixed with a special lime and cilantro dressing

Caesar Salad

Crisp, fresh Romaine lettuce lightly tossed with Romano cheese and Parmesan cheese Caesar dressing and home made croutons

Caesar Salad II

Crisp, fresh Romaine lettuce lightly tossed with Gorgonzola cheese, Caesar dressing and homemade croutons

Cajun Style Seafood Salad

A unique blend of shrimp, imitation crabmeat, peppers, celery, and onions marinated in a tangy but mild Cajun style sauce

Cucumber Salad

Freshly sliced cucumbers and onions tossed in a light vinaigrette dressing

Cucumber & Crab Meat Salad

Market fresh cucumber and fresh crabmeat mixed together with a blend of sesame oil, rice vinaigrette, hot pepper flakes and scallions

Deviled Eggs

Fancy stuffed boiled eggs

Deep Sea Delight Salad

Succulent chunks of imitation crabmeat tossed with real mayonnaise, celery, garlic and other spices

Deluxe Shrimp Salad

Plump, tender shrimp in a light blend of real mayonnaise, celery & other spices

Egg Salad

A great tasting mixture of chopped hard-boiled eggs, real mayonnaise, crisp celery and seasonings

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Garden Salad

Crisp seasonal greens accompanied by slices of jersey tomatoes and cucumbers and dressed a raspberry vinaigrette

Greek Pasta Salad

Pasta shells in a feta cheese based dressing. Garnished with sun-dried tomatoes, red onions, Peppers and black olives for a refreshing taste

House Salad

Fresh iceberg lettuce garnished with tomatoes and cucumbers, accompanied by handmade raspberry vinaigrette, French & ranch dressings

Macaroni Salad

Firm cooked elbow macaroni, carrots, and onions and celery seed mixed with real mayonnaise And just the right amount of seasonings

Magnum Shrimp Salad

Large tender shrimp blended with celery, creamy mayonnaise and selected spices

Oriental Pasta Salad

Soba noodles mixed with oriental vegetable and tossed with a homemade oyster sauce

Pasta Salad

Hand made pasta blended together with diced tomatoes and cucumbers and carefully selected spices

Potato Salad

Slices of firm freshly cooked potatoes, carrots, onions, and celery seed, blended with real mayonnaise and spices

Red Potato Salad

Sliced red potatoes and fresh shredded carrots in a piquant dressing of fresh garlic, real mayonnaise and selected spices

Seafood Salad

A delightful combination of imitation crabmeat, large shrimp, and crisp celery blended in a low fat, Non-cholesterol mayonnaise with the chef's choice of spices

Seafood Pasta Salad

A luscious combination of imitation crabmeat, pasta shells, real mayonnaise, celery, shrimp and special seasonings

Shrimp & Tortellini Salad

Market fresh shrimp & tortellini cheese blended together with Italian dressing and selected herbs

Spring Mix Salad

An assortment of seasonal mixed greens accompanied by handmade raspberry vinaigrette, French & ranch dressings

Three Potato Salad

Market fresh red bliss, sweet & Yukon gold potatoes mixed together with our chef's selected seasonings

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Tuna Salad

Tasty chunks of light tuna in a blend of celery, real mayonnaise and seasonings

Tuna Pasta Salad

A delicate, yet flavorful salad blending of flaky tuna and large shell pasta mixed with Real mayonnaise, celery, peppers, carrots and selected spices

Warm Fresh Spinach & Duck Salad

Fresh chunks of duck accompanied by a slightly warm spinach and complimented By our sweet and spicy dressing

Wild Lettuce Salad

A delicious blend of Bibb, radicchio, Belgium endive and watercress in a raspberry & walnut Oil vinaigrette

Whitefish Salad

A mixture of smoked whitefish blended with mayonnaise and seasonings

Indian Style Rice Salad with Beef Ratatouille

Soups:

Cream Soups:

Broccoli Cheese

A thick base of fresh cream rich with Parmesan, Cheddar and large cut broccoli

Brown & Wild Rice with Chicken

A thick & hearty heavy cream soup filled with Lots of brown & wild rice, celery, chicken And carrots

Cauliflower Cheese

A thick & creamy cheese soup garnished with tender fresh cauliflower

Cream of Asparagus

A classic soup made with tender asparagus, Real cream & flavored to perfection

Cream of Broccoli

Fresh, tender broccoli & subtle seasoning make this soup a creamy first course that's sure to please

Cream of Cauliflower

Carefully selected cauliflower, corn & carrots gently blended with cream & a dash of seasoning to give the perfect touch

Cream of Mushroom

Market fresh mushrooms, sliced and blended together in a creamy base with a hint of sherry

Cream of Potato

Diced fresh potatoes blended together with tender pieces of carrots & celery, then Simmered with onions & cream for an unrivaled taste

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Cream of Potato with Bacon

A rich creamy soup with large diced potatoes and flavorful bacon bits

Cream of Turkey with Brown & Wild Rice

A velvety soup with hearty chunks of turkey, brown & wild rice, mushrooms, celery & a splash of white wine

Creamy Garden Vegetable

A rich, creamy, lightly seasoned soup garnished with a medley of seven garden vegetables

Creamy Turkey Vegetable

A rich, turkey base, cream soup garnished with chunks of turkey, green beans, carrots, celery, corn and peas

Golden Broccoli Cheese

A deliciously smooth and creamy blend of American, Swiss & cheddar cheeses with Real cream & lots of tasty broccoli

Bean Soups:

Bean with Smoked Pork

A hearty soup consisting of potatoes, peas, beans, celery, carrots & flavorful smoked pork

Heartland Bean Medley with Smoked Ham

A thick and hearty soup made with Lima, kidney, pea, pinto, Great Northern beans and black eye peas

Santa Fe Style Black Bean

A richly colored soup consisting of garlic, cumin & cayenne pepper adding to its spicy, Ethnic flavor paralleled to the ever growing popularity of southern cuisine

Traditional Soups:

Cheese with Ham and Bacon

A rich blend of aged American & cheddar cheeses laced with tender ham & bacon, Onion green peppers & celery

Chicken Dumplings

A hearty home-style soup loaded with dumplings and chunks of chicken in a rich chicken sauce

Chicken Noodle

Tender chunks of chicken, carrots & celery, "Spoon-size" curly broad noodles to give it That unique taste and lightly seasoned to accentuate this ever-popular request

Home-Style Chicken Noodle

Tender dumpling-like noodles, juicy chunks of chicken, julienne carrots, celery & onions All blended together in a specially seasoned chicken broth

Old Fashion Chicken Noodle

Diced fresh chicken meat simmered in its own natural juices with julienne carrots, Celery and bow tie noodles

Chili with Beef & Beans

A hearty chili soup loaded with kidney beans, beef, fresh tomatoes, celery & green peppers

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French Onion

A robust soup loaded with sweet onions simmered in a hearty beef stock and Garnished with parsley

Golden Corn Chowder

Hearty chowder garnished with tender sweet corn, potatoes, celery, red peppers and carrots With a light bacon flavor

Pennsylvania Dutch Style Chicken Corn Chowder

A traditional Pennsylvania Dutch recipe, this hearty soup is loaded with plenty of Corn, potatoes & chicken in a delicious cream sauce

Savory Mushroom & Onion

A savory beef broth garnished with sliced fresh mushrooms, onions, rice and Italian greens beans

Split Pea with Ham

A delicious blend of split green peas, chunks of ham, carrots, onions & celery

Tomato Garden Vegetable with Shell Pasta

A flavorful combination of seven garden vegetables and shell pasta in a rich tomato broth garnished with Parmesan cheese

Seven Vegetables

A mix of fresh carrots, potatoes, tomatoes, celery, green beans, lima beans and corn Blended together in a delicious vegetable broth

Vegetable Beef

Juicy chunks of cooked lean beef, potatoes, carrots & delicious mix of other vegetables Simmered to perfection in a delightful beef broth

Regional & Ethnic Recipe's

African Style Peanut Soup with Chicken

A blend of rice, chicken, tomatoes, onions and red peppers with a little hint of cayenne Pepper garnish thick and deliciously creamy soup

Caribbean Style Chicken Vegetable

This extraordinary recipe of chicken, rice, red & green peppers and sweet potatoes is blended Together with cinnamon, allspice, nutmeg, black and red pepper which give this Caribbean Specialty a very unique taste

Creole-Style Chicken & Sausage Gumbo

Louisiana style gumbo & cayenne pepper and garnished with diced fresh tomatoes, rice, okra, Chicken & sausage and blended in a delightful chicken broth

Gazpacho

A zesty tomato soup filled with crunchy pieces of celery, cucumbers, onions and sweet red And green bell peppers

Indian Style Lentil

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This blend of brown & red lentils, tomatoes and green peppers is spiced with a traditional “Garam Masala” curry made with coriander, cumin, fennel, sesame, cardamom and Black pepper makes this a vegetarian delight

Italian Style Wedding

In Italy it is known as *Minestra Mariata*. A flavorful marriage of meat & vegetables, Usually a combination of mini meatballs, spinach and the chef's selected herbs & spices

Mediterranean Style Clam & Bean

White beans, tomatoes, clams, onions and peppers blended together with a splash of Clam & lemon juice in a flavorful fish broth

Mexicali Vegetable

This traditional recipe includes onions, carrots, green chili peppers, zucchini and hominy comes Alive with our addition of lime, cilantro, oregano, jalapeño and almond slices to make this zesty Mexican masterpiece

Mexican Tortilla

This aromatic ethnic soup screams the alluring taste of tortillas with the special addition of Chili pepper, this delicious blend of well balanced herbs including cilantro, cumin & bay leaves, All to give it that desired Mexican taste

Minestrone

This Italian vegetable soup is packed with fresh tomatoes, carrots, kidney beans, spinach, celery, Peas & zucchini, blended together for a delicious result

Pasta Fagioli

This classic Italian soup is blended together with red beans, mini ziti pasta, Parmesan cheese, Adding to the broth's rich flavor, and a hint of bacon contributing a slightly smoky taste

Ravioli & Tomato

Cheese ravioli blended together with Parmesan cheese in a savory tomato broth

Roasted Garlic Potato Chowder

This robust soup is generously flavored with roasted garlic and onions, then garnished With tender potato pieces, red pepper and parsley, which makes the perfect blend for Garlic lovers

Spanish Style Bean & Sausage

An ever so popular Spanish bean soup is made with fresh black eye peas, garbanzo beans, rice, Green olives, tomatoes, and sausage all simmered in a lightly flavored broth spiced with turmeric, Paprika and a dash of black pepper

Tomato Florentine with Shell Pasta

Shell pasta, tomatoes, and chopped spinach blended together in a rich tomato base with A touch of Parmesan cheese

Tomato Tortellini

Lots of tortellini filled with beef, ricotta and Romano cheeses are blended together With fresh tomatoes, spinach and onions in a rich tomato broth

Thai Style Coconut Chicken

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A unique combination of chicken, coconut, rice and red & green peppers in a smooth Broth spiced with cayenne pepper, lemon grass and lime juice

Water Zoie D'Pullet

A traditional French cream of chicken with julienne vegetables and a splash of white wine

Seafood Soups:

New England Clam Chowder

Clams and potatoes are complimented with high quality seasonings and cream simmered until thick and hearty

Lobster Bisque - Soup

Fresh lobster boiled and chopped, then added to a heavy cream sauce with seafood Seasonings and a dab of old bay and sherry mixed for that southern New Orleans taste

Manhattan Clam Chowder

A blend of diced fresh potatoes, tomatoes, carrots, celery and onion with sea clams Simmered in a seasoned tomato-clam broth

Maryland Style Crab

Succulent crab meat simmered with a lightly seasoned blend of carrots, tomatoes, potatoes, Celery and onions

New England Clam Chowder

Made with tender sweet clams & diced white potatoes, garnished with celery in a pearl cream Sauce make this a hearty classic truly delicious

Entrée's:

Beef:

Barbeque Beef Short Ribs

Market fresh beef short ribs hickory smoked and grilled to perfection

Beef Tips with Mushrooms

Beef tenderloin served with a mushroom sauce

Diced Ribs

Bite size baby back beef or pork ribs marinated and seasoned grilled to perfection

Fillet Mignon

Juicy tenderloin marinated in brown sugar and garlic and baked to perfection

Fillet Tips

Juicy chunks of beef fillet simmered in an "Au jus" sauce with a blend of green peppers, Onions and selected spices

Pepper Steak

Thinly sliced steak strips simmered in an "Au jus" sauce with a blend of green peppers,

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Onions and selected spices

Prime Rib

Top choice aged prime rib marinated in our chef's selected spices and broiled in an "Au jus" to perfection

Roast Beef

Roast Beef marinated in Teriyaki Sauce, Brown Sugar, Garlic and a dab of Ginger
Baked to perfection and carved personally by our Chef's

Thai Style Beef

A char broiled NY sirloin topped with a spicy peanut sauce and selected spices to
Add that Oriental flair

Whole Roasted Beef Tenderloin

Whole roasted tenderloin of beef rolled in black pepper corns with fresh herbs and
Mushrooms served on a garlic crouton and served with a horseradish Dijon cream
And a Bordelaise sauce

Carne Guisadas – Spanish Beef Cubes

Veal Chops

Top Sirloin

London Broil

Prime Rib

Beef & Broccoli

Beef Lo Mien

Poultry:

Apricot Sweet & Sour Chicken

Juicy pieces of fresh chicken delicately seasoned and blended with our apricot sweet & sour sauce

Baked Chicken

Market fresh chicken lightly seasoned with our chef's selected spices and baked to perfection

Barbeque Chicken

Market fresh chicken marinated over night lightly seasoned with our chef's selected spices and grilled to
perfection and glazed with our chef's homemade barbeque sauce

Boneless Chicken Breast

Selected chicken breasts stuffed with our specially blended colonial style stuffing

Champagne Chicken

Fresh boneless chicken breast sautéed, topped with a blend of Macadamia nuts, grapes and a mouthwatering
Champagne cream sauce

Chicken Capon

Stuffed with herbs and vegetable stuffing with gravy over top

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Chicken Cordon Bleu

A blend of American and Swiss cheeses accompanied by ham, all enrobed in chicken
Breasts then covered by a crisp, subtly seasoned breading

Chicken Country Puff

A medley of classic green peas, julienne carrots and pearl onions smothered in gravy & enrobed
In chicken breast meat each chicken breast is then wrapped in a delicate puff pastry

Chicken Florentine

Swiss & American cheeses are blended together with leaf spinach, & enrobed in a select chicken
Breast The chicken breast is then wrapped in a delicate puff pastry

Chicken Kiev

Garlic and herb butter are enrobed in carefully selected chicken breasts and then covered in
A seasoned breading

Chicken Parmigiana

Breaded boneless chicken breasts smothered home made Italian red sauce, topped with
Mozzarella cheese and baked to perfection.

Chicken Roma

Garden fresh tomatoes, zucchini and onions are lightly seasoned in a hearty Italian style
Sauce, then combined with Monterey jack cheese and enrobed in premium, lightly
Breaded chicken breast meat

Chicken Wellington (Florentine Style)

Swiss & American cheeses are blended together with leaf spinach, & enrobed in a select chicken
Breast The chicken breast is then wrapped in a delicate puff pastry and baked to perfection

Chicken with Apple, Raisin & Almond Stuffing

A succulent tasting all natural blend of fresh apple, raisin and almond stuffing enrobed
In our finest chicken breast and covered in a softly spiced breading

Chicken with Asparagus & Cheese Stuffing

A wonderful combination of market fresh asparagus and cheddar cheese is enrobed in chicken
Breast meat and covered in a seasoned breading

Chicken with Broccoli & Cheese Stuffing

A unique and delicious blend of Swiss and American cheeses, cuts of broccoli, all
Enrobed in chicken breasts, then covered with a crisp, seasoned breading

Chicken with Long Grain and Wild Rice Stuffing

Spiced and blended long grain & wild rice stuffing is enrobed in specially selected
Chicken breasts then lightly covered and seasoned

Chicken with Scallop & Lobster Stuffing

Scallops, lobster meat & cracker crumbs are blended into a delicious stuffing, stuffed into
Premium chicken breast meat covered with a specially spiced breading

Chicken with spinach & Cheese Stuffing

Swiss and American cheeses are blended with leaf spinach, then enrobed in carefully selected
Chicken breast meat and lightly breaded

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Curry Chicken

Market fresh select chicken lightly seasoned with a special arrangement of curry and other spices and baked o perfection

Grilled Chicken

Boneless chicken breast marinated in fresh herbs, charbroiled then topped with a blend of thin Strips of carrots, leeks mushrooms and tomatoes in a light *buerre Blanc* sauce

Jamaican Jerk Chicken

Freshly selected chicken marinated in a mouth watering spicy jerk seasoning rub and grilled to perfection

Lemon Chicken

Boneless chicken breast marinated in fresh herbs, accompanied by fresh shallots, lemons, cilantro & grilled to perfection

Mexican Style Chicken

Tomatoes, jalapeño peppers & a hint of chili powder are blended with mild cheddar cheese, Black olives, onion and selected spices, all enrobed in select chicken breast and covered In a specially spiced breading

Orange and Lime Chicken

Boneless chicken breast marinated with shallots, fresh herbs, orange, lime, and fresh cilantro, Grilled and served with *sauce au naturel*

Sesame Chicken

Chicken cut up and marinated in a special sauce and the finest spices baked until Golden brown and Topped with sesame seeds and served with a honey mustard sauce

Southwestern Chicken

A flavorful corn bread stuffing of black beans, corn, andouille sausage, jalapeño peppers & Feisty southwestern spices this unique Blend is stuffed into our premium chicken Meat and covered with our chef's special glaze.

Stuffed Chicken Breast

Fresh chicken breast stuffed with prosciutto, provolone and sun dried tomatoes topped With a lemon caper sauce

Teriyaki Chicken

Baked chicken sautéed in a flavorful teriyaki sauce

Adobe Chicken

Chicken & Dumplings

Cajun Chicken

Chicken Dijon

Curry Chicken

Chicken & Broccoli

Pollo Fricisse

Cornish Hens

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Pasta's:

Baked Macaroni and Cheese

Macaroni boiled and mixed with three types of cheeses and baked to perfection

Baked Ziti

Pasta casserole made with ziti pasta, mozzarella cheese baked in a homemade Italian sauce

Fusilli

Served with julienne vegetables, fresh fusilli with tomato, zucchini, yellow squash, and mushrooms in a Lemon dill butter sauce

Farfalle Pasta Primavera

Butterfly pasta served with fresh vegetables and basil in a light rose sauce and toasted pignoli nuts

Pasta Primavera Station

A self serve station personally supervised by one of our certified chef's, this station includes bowtie pasta; fresh garlic; vegetables including diced peppers, broccoli, mushrooms; a variety of cheeses as well as a choice of a white or rose gravies and accompanied by diced chicken and shrimp

Pasta Primavera with Chicken

Fresh vegetables and basil in a light rose sauce accompanied by diced chicken

Seafood Pasta Primavera

Hand made bowtie pasta complimented by fresh garlic; vegetables including diced peppers, broccoli, mushrooms, baby shrimp, scallops and crab meat, served with parmesan cheese and an Italian style rosé gravy

Stuffed Shells

Hand made shells stuff with ricotta cheese, smothered in a home made red sauce and Baked to perfection

Tortellini Bolognese

A delicious filled tri-color tortellini with peas and prosciutto in an Alfred sauce and topped with Locciatella cheese

Vegetarian Lasagna

Hand made lasagna pasta mixed with of ricotta, mozzarella and colby-moterey jack cheeses and blended with fresh garden vegetables, a light tomato and basil sauce and baked until golden brown

Tortellini

Baked Ravioli

Baked Rigatoni

Manicotti

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Linguine Served with one choice of Clam, Lobster, Crab, Scallops, or Shrimp (Red & White Sauce Available)

Spaghetti with Chicken

Spaghetti with Italian Sausage

Spaghetti with Meatballs

Lasagna

Fettuccine Alfredo

Pork:

Sausage Parmigiana

Fresh Italian sausage sautéed with green peppers, mushrooms & mozzarella cheese

Ham

Slowly cooked and covered in a unique honey-spice glaze is carved personally
By one of our chefs

Creole Pork Chops

Butcher fresh select chops marinated overnight in a selection of creole herbs and spices and smothered in a red eye gravy

Roast Pork

Butcher fresh select tenderloin marinated overnight in our chef's carefully selected herbs and spices, slowly roasted until tender and smothered in brown giblet gravy

Seafood:

Baked Salmon Newburg

Market fresh select salmon delicately seasoned with our chef's selected herbs and spices, served with a lobster Newburg sauce and garnished with peppers and lemon

Blackened Salmon

Served with lobster bisque sauce and garnished in lemons

Broiled Flounder

Fresh Flounder covered in freshly made butter herb-sauce and broiled to perfection

Broiled Scallops

Fresh scallops smothered in freshly made garlic-butter sauce and broiled to perfection

Cajun Catfish (Fried)

Market fresh select catfish seasoned in new orleans style compilation herbs and spices and fried until perfection

Center Cut Swordfish, Mahi Mahi, Tuna, or Salmon

(Depending on seasonal availability)

Served with Julienne vegetables and a *Buerre Blanc sauce*

Flounder Served with a Newburg Sauce

Fresh Flounder perfectly baked and covered in a freshly made Newburg sauce

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Grilled Mahi Mahi

Fresh fillet grilled to perfection and served with a sweet and spicy butter
And ginger sauce to accentuate the exquisite taste of this delicacy

Grilled Salmon

Market fresh salmon garnished with tomato concassé and grilled to perfection

Grilled Tuna

Market fresh tuna garnished with corn relish and Grilled to perfection

Lemon Herbed Tuna

Fresh fillet of tuna loin marinated with a blend of fresh herbs, garlic and citrus, grilled to perfection and
Smothered in herb butter sauce

Norwegian Salmon

A carefully poached fillet served with a blend of leeks and dijonaise sauce

Polynesian Shrimp

Market fresh jumbo shrimp delicately seasoned with our chef's selected spices, accompanied by freshly made
spinach, garnished with diced pineapple's and tomatoes and topped with a hand made oriental garlic/soy sauce
and served on a bed of white rice

Red Snapper

A carefully sautéed fillet garnished with mangoes and topped with a delicate caviar butter sauce

Stuffed Flounder

Market fresh flounder stuffed with a crab meat mousse and served with a delicious herb & butter sauce

Turbans of Flounder

Market fresh flounder stuffed with a crab meat mousse and served with a red pepper *coulis*

Shrimp Scampi

Salmon Steak

Turkey:

Baked Turkey

Fresh turkey marinated in our chef's selected spices, slowly cooked to a juicy golden brown & carved
Personally by one of our chef's and served with stuffing and cranberry sauce

Fried Turkey

Men at Works Original Recipe market fresh turkey seasoned in our
Chef's finest spices and fried in peanut oil carved personally by our chef's

Stuffed Boneless Turkey Chops

Market fresh turkey chops lightly dusted with our chef's selected spices, stuffed with our homemade
cornbread-sage stuffing and baked to perfection and served with a bordelaise sauce

Veal:

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Broiled Veal Chops

Our chef's personally selected veal cuts lightly dusted with selected seasonings and broiled to perfection

Veal & Shrimp

Our chef's personally selected veal cuts lightly dusted with selected seasonings and & sautéed with a blend of shrimp, garlic, butter, fresh lemons and a homemade white sauce

Veal Parmigiana

Breaded boneless veal cuts smothered home made Italian red sauce, topped with mozzarella cheese and baked to perfection.

Vegetables:

Asparagus

Market fresh asparagus steamed and seasoned to perfection

Baby Vegetable Medley

An assortment of seasonal vegetables steamed with butter and seasoned with our chefs selected spices

Boston Baked Beans

Market fresh kidney beans blended a Boston style sauce and slowly baked to perfection

Broccoli with Cheese

Market fresh broccoli steamed to perfection and accompanied by a home made cheese sauce

Cabbage

Market fresh cabbage lightly seasoned and steamed to perfection

Carrots

Garden fresh carrots blended with select spices and steamed to perfection

Cauliflower with Cheese

Market fresh cauliflower steamed to perfection and accompanied by a home made cheese sauce

Collard Greens

Market fresh collard greens prepared with the chefs choice of spices and Decorated with diced red peppers

Corn on the Cob (Baked or Grilled)

Fresh corn on the cob delicately seasoned and buttered. Can be baked or grilled.

Creamed Corn

Market fresh corn slowly cooked in a sweet cream sauce

Egg Plant

Garden fresh select egg plant sautéed in olive oil and garlic, can also be baked or breaded and fried

Eggplant Parmigiana

Garden fresh eggplant topped with mozzarella cheese and smothered in a home made marinara sauce

Fresh Green Beans

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Garden fresh select green beans lightly buttered and steamed to perfection

Glazed Baby Carrots

Fresh baby carrots blended together with a homemade lemon & raisin syrup glaze

Green Bean Almondine

Garden fresh green beans sautéed in a garlic butter sauce selected spices and accompanied by oven roasted almond slivers

Lima Beans

Garden fresh lima beans steamed to perfection

Mixed Vegetables

Fresh red peppers, zucchini, squash, string beans and snow peas subtly seasoned and steamed to perfection

Peas

Garden fresh peas lightly buttered and steamed to perfection

Raspberry String Beans

Steamed string beans sautéed in a raspberry vinaigrette dressing

Stewed Tomatoes

Garden fresh tomatoes slowly stewed with carefully selected herbs and spices

String Beans

Mixed with strips of Carrots & sautéed in a Virgin Oil and Garlic Sauce

Stuffed Peppers

Garden fresh bell peppers stuffed with white rice, ground beef and topped with a home made marinara sauce

Vegetarian Boston Baked Beans (NO PORK)

Market fresh kidney beans blended with our chef's selected spices and baked to perfection

Vegetable Stir Fry

A delicious blend of fresh broccoli, snow peas, green beans and bok choy with Oriental garlic Ginger sauce

Vegetable Medley

An assortment of seasonal vegetables steamed with butter and seasoned with our chefs selected spices

Starches:

Brown Rice

Garnished with Black Beans, mushrooms, grilled tofu and asparagus

Brown Basmati Rice or Quino

Garlic Mashed Potatoes

Freshly made mashed potatoes seasoned with our own buttery garlic blend

Couscous

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Indian style grain rice garnished with black beans, mushrooms, grilled tofu & asparagus

Piella

Fresh Saffron rice accompanied by a blend of little shrimp and assorted seasonal seafood such as mussels, clams, crab meat, scallops, and peas

Red Bliss Potatoes

Market fresh red bliss potatoes seasoned in the chefs selected seasonings and colored
With diced red peppers and baked to perfection can be baked, scalloped or mashed.

Rice Pilaf

A flavorful rice garnished with diced red peppers

Potatoes Dauphanoise

Thinly sliced potatoes are blended with lemon Cream, cheese and egg whites and baked until golden brown

Potatoes Rissolle Champignon

Our hand carved mushroom shaped potatoes are pan fried with fresh rosemary

Spanish Rice

Short grain Spanish yellow rice mixed with our chef's carefully selected Hispanic seasonings, garnished with Capers, palmetto & olives and steamed till perfection

Buttered Noodles

Brown Rice

Cajun Rice

Home Fries

French Fries

Specialty:

Duck with Wild Cherries

Fresh breast of duck sautéed until crisp and served with a wild cherry and kirsch sauce
Along with a wild rice pilaf

Seafood Creole with Rice

Chefs choice of seasonal fish, sliced up and accompanied by garden fresh vegetables blended in a New Orleans style sauce and served over a bed of white rice

Seafood Jumbilia with Rice

Chicken, shrimp, and chorizo sausage with fresh vegetables blended in a sauce
Served over a bed of white rice

"Soul" Food:

Buffalo Wings

Chicken wings fried until golden brown and mixed in a special buffalo sauce

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Fried Wings

Chicken wings mixed with special spices and fried until golden brown

Baked Macaroni and Cheese

Elbow macaroni baked with a variety of cheeses topped with breadcrumbs and baked until golden brown.

Candied Yams

Market fresh yams prepared with a home-style recipe including pineapples
And brown sugar.

Collard Greens

Market fresh collard greens prepared with the chefs choice of spices and
Decorated with diced red peppers

Barbecue Entrée's:

Barbecue Chicken

Chicken parts marinated in barbecue sauce and other fine spices gilled to perfection

Barbecue Chicken with Pineapple

Chicken and pineapple chunks marinated in barbecue sauce and other fine spices grilled to perfection

Beef Kabobs

Sliced pieces of beef and vegetables grilled and glazed in barbecue sauce

Blackened Catfish

Served with lobster bisque sauce and garnished in lemons

Chicken Wings

Fresh chicken wings specially seasoned and fried or baked to perfection.

Fried Chicken

Chicken mixed with selected spices and fried until a crispy golden brown

Pork Ribs

Baby back pork ribs marinated and seasoned grilled to perfection

Beef Kabobs

Sliced pieces of beef and vegetables grilled and smothered in barbecue Sauce

Hot Dogs

Ball Park beef franks grilled to perfection

Hamburgers

Ground beef marinated and mixed with the finest ingredients rolled up into a ¼ pound ball flatten into a patty
And grilled to perfection

Turkey Sausage

Turkey sausage grilled to perfection

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Corn on the Cob

Corn grilled or boiled to perfection and buttered to your specification

Little Fried Shrimp

Fresh baby shrimp breaded and seasoned in our finest spices and fried 'til perfection

Cakes:

Layer Decorated

Restaurant Cakes

Black Forest

Italian Cream

Rum Cake

Strawberry Short Cake

Mousse Cake (Strawberry & Chocolate)

Carrot Cake

Letter Cakes (Vanilla/Chocolate)

Peach Shortcake

Cupcakes (Iced/Un-Iced)

Specialty Cakes:

Kopy Kat (Picture on top)

Cradle Cake (for Baby Showers)

Tropical Fruit Cake

Chocolate Banana Cake

Sponge Sheet Cake

Jewish Apple Cake

Number Cake (Pound Cake Only)

Wedding Cakes:

Butter Pound Cake

Carrot Cake

Italian Rum

Chocolate Cake

Chocolate Chip

Marble

Cheese Cakes:

NY Plain

NY Fruit

NY Strawberry

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Square Cheese (Plain, Cherry, Pineapple)

Chocolate

Additional Treats:

Pineapple Upside-Down Cake

Kee Wee Tart

Desert Trays

Tropical Fruit Cake

Pies:

Fruit

Fruit Crumb

Lemon Meringue

Sweet Potato

Mince Meat

Pumpkin

Rigotta

Banana Cream

Boston Cream

Key Lime

Lemon Chiffon

Mousse Pies (Chocolate/ Strawberry)

Coconut Custard

Apple Walnut

Pecan

French Apple

Strawberry

Cookies:

Assorted Italian

Assorted Butter

Almond Macaroons

Chocolate Chip

Pinoles

Trays

Danishes:

Danish (Medium/ Large)

Mini Danish

Rugalah

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Round Cinnamon Buns

Nut & Cherry Honey Buns (Mini)

Donuts:

Jelly

White Cream

Custard

Boston Cream

Vanilla Ice

Chocolate Ice

Sugar Rings

Crowlers

Cinnamon Rolls

Cinnamon Twists

Muffins:

Blueberry

Cherry

Corn Muffins

Plain Muffins

Mini Muffins

Bran Muffins

Regular French pastry:

Apple Strip

Apricot Horseshoes

Cheese Horseshoes

French Tarts

Strawberry Tarts

Jelly Rolls

Ladylocks

Name Pettifores

Napoleons

Pig Ears

Raspberry Horns

Assorted Italian Pastries/Mini:

BaBa Rum (Cream or Plain)

Stogotelli

Cannolies (cheese)

Cannolies (vanilla/chocolate)

Éclairs (Italian Cream)

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Bavarian Puffs (Vanilla/Chocolate)

Napoleons (whip cream)

Pasticutti

Cassadines (rigotta)

Butterflies (cream)

Rum Cuts

Pizzels

Cheese Tart

French pastry:

Continental

Cream Puffs

Éclairs

Mini Éclairs

Mini Cream Puffs

Mini Napoleons

Mini Fruit Tarts

Napoleons

Schnechum

Brownies:

Ginger Bread

Butterscotch

Turnovers:

Iced Cherry

Iced Apple

Butter Cakes