Welcome to The Sassy Gourmet!

We offer a wide variety of luncheons for your business meetings.
We can deliver a self-serve luncheon or our popular boxed lunch.
PLUS we have a large assortment of "Extras"... you know... those little things that make everyone happy like cookies, veggies trays, etc!

How To Order?
Call Us At: 717-766-8512
and ask for The Sassy Gourmet!
Email Us At: sassyg@cparc.org
Fax Us At: 717-766-0434
OR
Order Online At:
www.cparc.org/programs/sassy-gourmet

Things to Remember:

We are open Monday thru Friday
Delivery times are: 11:00 am to 3:00 pm
We ask that orders be placed **48 hours** in advance.
(There is a $20 delivery fee.)

Each lunch choice is available in quantities of 10 or more. Exceptions are made when including Vegetarian and Gluten Free requests.

NOTE: All Scratch Baked Cookies are made with vegetable shortening

You will find us at
the S. Wilson Pollock Center for Industrial Training
262 Silver Spring Road
Mechanicsburg, PA 17050

Contact Us For Your Catering Needs
717-766-8512
717-766-0434
www.cparc.org

Luncheon Beverages:
Pepsi, Diet Pepsi, 7-Up, Root Beer, and Bottled Water
**Extras**

Additional items that pair perfectly with our meals!

**Fruit Tray** - a selection of "in season" fruits with dip

- Small: $30.25 (Serves 10-16)
- Medium: $39.40 (Serves 16-20)
- Large: $47.75 (Serves 20-28)

**Veggie Tray** - baby carrots, celery, broccoli, cauliflower, and ranch dip

- Small: $26.25 (Serves 10-12)
- Medium: $31.45 (Serves 14-16)
- Large: $36.75 (Serves 20-25)

**Tossed Salads** - with cheese, tomatoes, eggs, and green peppers

- Small Bowl: $26.45 (Serves 10-12)
- Large Bowl: $38.25 (Serves 18-20)

**Finger Sandwiches** - tuna, chicken, and ham salad sandwiches

- Small: $38.45 (Serves 12-15)
- Large: $51.45 (Serves 16-20)

**Lettuce, Tomato, and Onion Tray**

- Pretzels or Chips (by the bowl)

**Bottled Water** - $1.50 each  
**Canned Soda** - $1.25 each

**Luncheons**

Our luncheons are large platters that serve 10 or more people.

*Prices shown are per-minimum of 10 servings are required to order. Vegetarian substitutions may be specified.

**#1 Cold Buffet**

$11.50 per person

Sliced Smoked turkey, Virginia ham, roast beef and American cheese. All accompanied by Brioche, Pretzel, and French Round Rolls. Also included are chips, pickles, our scratch baked cookies, potato or macaroni salad, and a beverage.

**#2 Grilled Chicken Spinach Wrap**

$12.00 per person

Grilled chicken, onion straws, cheddar cheese and lettuce with a BBQ/ranch sauce in a spinach wrap. Our own freshly made pasta salad, bowl of chips, beverage, and of course our scratch baked cookies are included with this choice.

**#3 Mini Sandwiches**

$12.00 per person

Smoked turkey, Virginia ham and our famous chicken salad (made with walnuts and red grapes) are paired up with an assortment of mini rolls to make just the right size sandwich. A bowl of mixed salad greens topped with cran-raisins, mandarin orange slices and walnuts, assorted dressings, and a bowl of chips. We include our scratch baked cookies and a beverage.

**#4 Wraps**

$11.50 per person

An assortment of soft tortillas wrapped around tuna salad, Virginia ham and smoked turkey. Accompanied by a bowl of fresh fruit salad, pasta salad, beverage and our scratch cookies.

**#5 Chicken or Tuna Croissant**

$11.75 per box

A generous portion of white albacore Tuna or Chicken salad on a croissant topped with lettuce & tomato. A fruit cup, macaroni or potato salad, chips, our scratch cookie and beverage complete this box lunch.

**#6 Gourmet Italian Wrap**

$11.75 per box

Capicola ham, Virginia ham, Salami & Provolone Cheese with lettuce, tomato & Italian dressing in a garlic herb wrap. A fruit cup, macaroni or potato salad, chips, scratch cookies and beverage complete this box lunch.

**#7 Crispy Chicken Salad**

$12.00 per box

Mixed greens with crispy chicken, tortilla strips, cheddar cheese, hard boiled egg and tomato. Bread stick and Assorted dressings are included. Our own scratch cookie and beverage complete this box lunch.

**#8 Chef Salad**

$12.00 per box

Virginia Ham, Smoked Turkey, Roast Beef and Swiss cheese on a bed of salad greens. Garnished with hard boiled eggs, tomato and green pepper. Breadstick and Assorted dressings are included. To complete this lunch scratch cookies and beverage are included.

*Prices shown are per-person cost, a minimum of 10 boxed lunches are required to order. Vegetarian substitutions may be specified.

**Boxed Lunches**

**#1 The Wrapper**

$11.50 per box

A whole wheat tortilla stuffed with smoked turkey and parmesan garlic spread or Virginia ham and honey mustard spread. Both choices come with American cheese, tomatoes and leaf lettuce. Your choice of potato or macaroni salad. A fruit cup, scratch cookies, chips and beverage.

**#2 The Traditional**

$11.50 per box

An excellent sandwich of your choice (smoked turkey, Virginia ham or roast beef) and American cheese with lettuce and tomato, on a soft Brioche roll. Your choice of potato or macaroni salad. A fruit cup, scratch cookies, chips and beverage.

**#3 The Vegetarian**

$11.75 per box

Fresh Mozzarella cheese, spinach and tomato slices with balsamic vinaigrette wrapped in a spinach tortilla. To compliment this wrap, we give you an apple, chips, scratch cookies and a beverage.

**#4 Gluten-Free Chicken Salad**

$11.75 per box

Gluten -free chicken salad with seedless grapes and tomatoes on a bed of lettuce accompanied by chips, apple, gluten free cookie and a beverage.

**Baked Treats**

**Scratch Baked Cookies** - $9.50 per dozen

- Chocolate Chip
- Oatmeal Raisin
- Soft Sugar
- Peanut Butter

**Chocolate Brownies** - $11.25 per dozen

*NOTE: All Scratch Baked Cookies are made with vegetable shortening.

**The Sassy Gourmet**