



# *The Adequate Snack*

*Chef Heidi Wittenborn*

*www.TheAdequateSnack.com*

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*Prepared meals to fill your fridge, catering  
for your special occasions, and more...*

## *Business & Small Event Catering*

*Our focus is on*

- \* Fresh Ingredients,*
- \* Variety,*
- \* Convenience, and*
- \* Customer Service.*

*We want to help you put your best foot forward at every occasion. We cater breakfasts, lunches, dinners, meetings, cocktail parties, casual parties, wedding receptions, and celebrations. Whether you need one dish or the whole meal, we can please your taste and your budget with excellent quality and reasonable price. We can provide everything from set-up to clean-up.*

### *The Story Behind The Name*

*My dad 's tongue-in-cheek way of paying a compliment for a great meal was to call it an "adequate snack." So for my dad, who gave me my first lessons in fine dining, I named my company The Adequate Snack.*



*Chef Heidi is a graduate of  
Texas Culinary Academy  
Le Cordon Bleu Program  
Austin*

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## *Business Event Menus*

Hosting a meeting, seminar, workshop, retreat, or training event? We will deliver any of our freshly prepared meals to your door ready to serve. Select one of our choices below or let us create a menu to meet your particular needs. Call to discuss your event or arrange a free consultation.

**Minimum order is 10 servings** per item per event. Volume pricing is available for larger events. Please give **24 hours notice** for all orders. 50% fee will be charged for all day-of cancellations. We deliver to Cedar Park, Leander, Lago Vista, Round Rock, Pflugerville, and many Northwest Austin locations. A **10% delivery fee** is added to each order.

Meals are served in disposable trays for easy clean up. Because we care, we conserve - plates, utensils, and napkins are available only by request.

The Adequate Snack is a full service catering company. We take pride in prompt, dependable service. All of our meals are prepared fresh to order and can be customized to meet your needs. Please consider us for all of your business events: meetings, trainings, seminars, workshops, conferences, birthdays, and celebrations.

### ~~~~~ Breakfast ~~~~~

\* **French Toast Bakes** 7.25/person Thick slices of Texas toast stuffed with fruit and baked in a rich custard until golden brown; served with syrup and bacon or sausage, and seasonal fresh fruit. French Toast Bakes are prepared group-style for a minimum of 10 people. For groups of 20 to 49 you may select two bakes. For groups of 50 to 99, you may select three bakes. For groups of 100 or more, please call us.

**Blueberry and Cream Cheese ~ Peach Pecan ~ Razzle Dazzle** (dried blueberries, cranberries, and cherries)

**Sweet Cherry Chocolate Chunk ~ Bananas Foster ~ Strawberries and Cream Cheese ~ Apple Cinnamon**

\* **Breakfast Taco Bar** 7.45/person Build your own tacos with eggs, bacon, sausage, potatoes and cheese; served family style with flour tortillas, salsa fresca, and seasonal fresh fruit. (Refried beans available upon request).

\* **Breakfast Stratas** 7.65/person A strata is a breakfast casserole. Served with salsa fresca and seasonal fresh fruit. Stratas are prepared group-style for a minimum of 10 people. For groups of 20 to 49 you may select two stratas. For groups of 50 to 99, you may select three stratas. For groups of 100 or more, please call us.

**Cowboy** (sausage, eggs, potatoes, and cheddar cheese) ~ **Veggie** (egg, potato, Parmesan cheese, spinach, mushrooms, and onions)

**Denver** (eggs, ham, green peppers, onions, cheddar cheese) ~ **Down Mexico Way** (eggs, chorizo, onions, green chilis, jack cheese)

\* **All American Breakfast** 7.85/person Scrambled eggs, bacon, sausage, home fries, biscuits, seasonal fresh fruit, butter, jelly, and salsa fresca. Served family style.

### ~~~~~ Pasta ~~~~~

Served with mixed green salad, ranch and raspberry vinaigrette dressings, and garlic bread. Pastas are prepared group-style for a minimum of 10 people. For groups of 20 to 49 you may select two pastas. For groups of 50 to 99, you may select three pastas. For groups of 100 or more, please call us.

\* **Lasagna** 7.50/person Layers of pasta, beefy garden marinara sauce, and mozzarella, ricotta, and Parmesan cheeses

\* **Chicken Parmesan Picatta** 7.50/person Chicken breaded with Parmesan cheese and bread crumbs with a lemony spinach and caper sauce; served over a bed of spaghetti.

\* **Stuffed Shells** 7.50/person Jumbo pasta shells stuffed with a spinach and ricotta filling, topped with Parmesan cheese and pine nuts, and served on a bed of fresh tomato and black olive sauce.

\* **Bowtie Pasta with Marinara** 7.50/person Bowtie pasta served with our garden marinara filled with ground beef, green peppers, onions, mushrooms, and black olives

### ~~~~~ Casseroles ~~~~~

Served with mixed green salad, ranch and raspberry vinaigrette dressings, rolls and butter. Casseroles are prepared group-style for a minimum of 10 people. For groups of 20 to 49 you may select two casseroles. For groups of 50 to 99, you may select three casseroles. For groups of 100 or more, please call us.

\* **King Ranch Chicken** 7.25/person Chicken, roasted red peppers, tomatoes, and onions layered with corn tortillas and cheese in a creamy chipotle sauce

\* **Chicken Artichoke** 7.45/person Chicken breast, marinated artichoke hearts, sun-dried tomatoes, and capers with egg noodles in a creamy Parmesan cheese sauce

\* **Tex-Mex Tortilla Stack** 7.25/person Layers of seasoned beef, tortillas, and cheddar cheese baked in a ranchero sauce.

\* **Chili Mac** 7.25/person Elbow macaroni, chili con carne y frijoles, and cheese layered and baked.

\* **Chicken Enchilada** 7.25/person Layers of chicken, Monterrey jack cheese, onions, and tortillas in a sour cream sauce with salsa fresca on the side

## ~~~~~ "Build Your Favorite" Bars ~~~~~

- \* **Hamburger Bar** 9.75/person Add charro beans or potato salad for 2.50/person. Certified all natural select Black Angus lean ground beef patties, (grilled chicken breast and veggie burgers on request), assorted cheeses, pickles, onions, lettuce, tomato, assorted condiments, buns, chips.
- \* **Grand Baked Potato Bar** 8.25/person Add garden salad for 2.85/person. Piping hot potatoes, grilled chicken, chili con carne, cheddar cheese, butter, sour cream, green onions, and chopped bacon
- \* **Fajita Bar** 10.35/person Add guacamole for 2.95/person. Beef and chicken fajitas served with sautéed peppers, onions, and soft flour tortillas. Includes Spanish rice, refried beans, salsa fresca, sour cream, shredded lettuce, cheese, and jalapenos.
- \* **Black Bean Chili Bar** 8.00/person Add garden salad for 2.85/person. Black bean chili (vegetarian), taco meat, grilled chicken, cheddar cheese, sour cream, guacamole, green onions, jalapenos, salsa fresca, and tortilla chips.
- \* **Salad Bar** 9.85/person Mixed greens, baby spinach, grilled chicken, ham, albacore tuna, hard boiled eggs, shredded carrots, cucumbers, olives, cheddar cheese, parmesan cheese, blue cheese, croutons, bacon, tomatoes, walnuts, cranberries, ranch and balsamic vinaigrette dressings; served with roll assortment and butter
- \* **Cake Bar** 8.25/person Pound cake, angel food cake, dark chocolate brownies, chocolate sauce, whipped cream, Jack Daniels fruit sauce, pecans, walnuts, chocolate chips, strawberry sauce, pineapple sauce, toffee bits

## ~~~~~ Sandwiches & Wraps ~~~~~

Served with chips, pickle spear, and your choice of dark chocolate brownies or chocolate chunk or sugar cookies. Sandwiches and wraps are prepared for a minimum of 10 people. For groups of 10 you may select two sandwiches or wraps. For 20 to 49 you may select three sandwiches or wraps. For groups of 50 to 99, you may select four sandwiches or wraps. For groups of 100 or more, please call us. Add homemade soup for 2.50/person. Add fresh garden salad, potato salad, or Greek pasta salad for 2.85/person.

- \* **Greek Wrap** 8.25/person or **Greek Veggie Wrap** (no turkey) 8/person Herb roasted turkey, feta cheese, cucumbers, red onion, marinated artichoke hearts, roasted red peppers, and black olives with a Greek dressing.
- \* **Italian Wrap** 8.35/person Ham, mozzarella cheese, and a tapenade of black and green olives, sun-dried tomatoes, and capers with a balsamic dressing.
- \* **All American Wrap** 8.35/person Roast beef, Muenster cheese, lettuce, tomatoes, red onion, and pickle slices with Dijon mustard and mayo.
- \* **Chicken Salad Sandwich** 8.45/person Creamy chicken salad with lettuce and tomato on hazelnut poppy seed bread.
- \* **Southwestern Wrap** 8.35/person Spicy chicken, black bean and corn pico, lettuce, and shredded Monterrey jack, dressed with chipotle mayo.

## ~~~~~ Entrees ~~~~~

Entrees are prepared for a minimum of 10 people and include your choice of two sides. Served family style with rolls and butter.

- \* **Rosemary Peppercorn Crusted Pork Loin** 9.25/person Oven roasted, tender and juicy boneless pork loin.
- \* **BBQ Glazed Pork Chops or Chicken** 9.75/person Chicken breast or boneless pork chops (choose 1) marinated and braised with Texas style BBQ sauce.
- \* **Roast Beef** 10.25/person Eye of Round Roast seasoned with olive oil, salt and pepper, oven roasted and served with creamy horseradish and chimichurri sauces on the side.
- \* **Chicken Dijon or Chicken Marsala** 9.25/person Dijon - Tender chicken breasts in a creamy Dijon mustard sauce with artichoke hearts  
Marsala - Tender chicken breasts in a sauce of mushrooms and marsala wine
- \* **Classic Beef Meat Loaf or Turkey Meat Loaf** 9.00/person  
Classic- ground beef, bell peppers, onions, and mushrooms topped with bacon and a tomato glaze  
Turkey - Herbed turkey meatloaf served with a tangy orange mustard gravy

### Sides for Entrees

Choose two sides per entree. Add a third side for 2.25 per person.

Black Beans ~ Black Bean and Roasted Corn Salad ~ Charro Beans ~ Crushed Red Potatoes ~ Cider Glazed Carrots ~ Garden Vegetable Sauté ~ Greek Pasta Salad ~ Green Beans Almandine ~ Green Beans with Asian Ginger Sesame Sauce ~ Mashed Potatoes ~ Mashed Potatoes with roasted garlic ~ Mashed Sweet Potatoes ~ Macaroni & Cheese ~ Mashed Potatoes fully loaded with cheese, green onions, sour cream, and chopped bacon ~ Orange Cashew Rice ~ Southwestern Corn and Potato Salad ~ Steakhouse Mushrooms ~ Italian Herb Roasted Potatoes ~ Seasoned Rice Pilaf ~ Spanish Rice ~ Steamed Broccoli ~ Yellow Squash and Zucchini Sauté

### FREE DELIVERY

for Cedar Park, Leander, & Lago Vista Chamber of Commerce members.  
Also for churches and non-profits.

# Save 10% on your first order from our business event menu.

Call Chef Heidi to place your order and mention the discount code "Events2010."

Offer expires December 31, 2010.

## ~~~~~ Desserts ~~~~~

- Chocolate Chunk Cookies or Sugar Cookies**(select one flavor or 6 of each) 9./dozen  
**Chocolate Raspberry or Vanilla Caramel Striped Brownies**(select one flavor or 6 of each) 9./dozen  
**Banana Pudding** 9.00-small (serves 2+) 12.00-large (serves 4+)  
Made-from-scratch vanilla pudding, filled with Nilla vanilla wafers and bananas, topped with fresh whipped cream  
**Triple Chocolate Trifle** 9.00-small (serves 2+) 12.00-large (serves 4+)  
Chocolate cake, made-from-scratch chocolate pudding, and fresh whipped cream topped with chocolate chips  
**Berry Bottom Trifle** 9.00-small (serves 2+) 12.00-large (serves 4+)  
Layers of mixed berry sauce, pound cake, made-from-scratch vanilla pudding, and fresh whipped cream  
**Bread Pudding** (select one flavor) 9.00-small (serves 2-3) 20.00-medium (serves 4-6) 35.00-large (serves 10-12)  
Our bread puddings are rich, creamy, and indulgent. Eat them alone or add a scoop of ice cream to take them over the top.  
**Black Forest Chocolate Cherry ~ Peach Pecan ~ Razzle Dazzle** (dried blueberries, cranberries, and cherries) ~ **Classic Raisin Pineapple Rightside Up ~ Chocolate Chunk Pecan ~ Elvis Presley** (bananas and peanut butter chips) ~ **Caramel Apple**

## ~~~~~ Snack Attacks ~~~~~

- \* **Not Your Ordinary Cheese ball** Blue cheese apricot, cranberry jalapeno, or olive tapenade (choose 1) with gourmet crackers 8.50 each (snacks 8-10)
- \* **Spinach Dip** with gourmet crackers 7.95/pint (snacks 8-10)
- \* **Guacamole** with corn chips 8.25/pint (snacks 8-10)
- \* **Veggie Tray** Garden fresh veggies with ranch dip 30. - snacks 10-12 35. - snacks 16-21 45. - snacks 25-30
- \* **Seasonal Fresh Fruit Tray** Seasonal fresh fruit with our creamy yogurt dipping sauce 35. - snacks 10-12 50. - snacks 16-21 65. - snacks 25-30

## ~~~~~ Beverages ~~~~~

- Iced Tea** 7. -half gal 12. -gal Includes sweeteners and lemon. **Moonshine Sweet Tea** 7. -half gal 12. -gal  
**Orange or Apple Juice** 1.75 each **Bottled Water** 1.75 each  
**Canned Sodas** 1.25 each Coca Cola ~ Dr. Pepper ~ Diet Coca Cola ~ Diet Dr. Pepper ~ Sprite  
**Maine Root Bottled Sodas** 2.50 each (sweetened with cane sugar, fair trade certified)  
Ginger Brew ~ Root Beer ~ Lemon Lime ~ Blueberry ~ Mandarin Orange ~ Sarsaparilla

## ~~~~~ Other Services ~~~~~

- Prepared meals (new choices weekly)
- Vacation rental provisioning – we cook so you can play
- Bunko/Bridge/Poker night catering
- Prepared meal gift certificates for new moms/sick friends
- Special occasion catering – weddings, birthdays, etc.
- Party trays
- Personal chef dinners in your home or at our chef's table

# Try our prepared meals with new dishes to choose from every week

Visit [www.TheAdequateSnack.com](http://www.TheAdequateSnack.com) to make your selection. Enter the coupon code "Weekly2010B" to receive 5% off your order of \$30 or more. Offer expires December 31, 2010.

Visit [www.TheAdequateSnack.com](http://www.TheAdequateSnack.com) and click on the Next Week's Menu icon to see what's cooking.

We accept

