



Seward Co-op   
GROCERY & DELI

# Catering

by Seward Co-op

Seward Co-op's Deli specializes in fresh, local, natural, and organic food. We are proud to offer a variety of options for any occasion.





Niçoise Platter

Everything on our menu is made from the same healthful ingredients you are used to enjoying in the store. Choose from vegetable, fruit and salad platters; a variety of sandwiches and wraps; cheese trays; entrees; and delights from our bakery, including scones, cookies, and cakes.

## Platters

*Small serves 15–20; large serves 20–25*

### Fresh Vegetable Platter

Carrots, broccoli, cauliflower, tomatoes, cucumbers, bell peppers, and celery, with choice of garlic hummus or buttermilk ranch, bleu cheese, miso yellow onion, or goddess dressing

SMALL: \$39.<sup>99</sup>      LARGE: \$49.<sup>99</sup>

### Fruit Platter

Seasonal fresh fruit with ginger-citrus yogurt dipping sauce

SMALL: \$59.<sup>99</sup>      LARGE: \$75.<sup>99</sup>

### Bruschetta Platter

Fresh tomato salad, mushroom pâté, basil walnut pesto, tapenades, goat cheese spread, marinated feta cheese, and fresh mozzarella, served with toasted baguettes

SMALL: \$49.<sup>99</sup>      LARGE: \$59.<sup>99</sup>

### Mediterranean Platter

Stuffed grape leaves, Kalamata and green olives, garlic hummus, cucumber-tomato salad, artichokes, tapenades, and marinated feta cheese, served with pita bread

SMALL: \$44.<sup>99</sup>      LARGE: \$55.<sup>99</sup>

### Smoked Fish Platter

Smoked salmon and trout, goat cheese spread, whole grain mustard, roasted beets, marinated cucumbers, and green olives, served with rye crackers

SMALL: \$59.<sup>99</sup>      LARGE: \$75.<sup>99</sup>

### Roasted Vegetable Platter

Beets, cauliflower, carrots, parsnips, green beans, potatoes, and tomatoes, served with goat cheese spread, walnut basil pesto, and garlic mustard vinaigrette

SMALL: \$39.<sup>99</sup>      LARGE: \$49.<sup>99</sup>

### Niçoise Platter

Mediterranean tuna salad, hard-boiled eggs, green beans, tomatoes, potatoes, and tapenades, served with crackers

SMALL: \$49.<sup>99</sup>      LARGE: \$59.<sup>99</sup>

### Southwestern Platter

Guacamole, black bean salad, salsa diablo, salsa verde, black bean dip, shredded cheese and sour cream, served with corn tortilla chips

SMALL: \$44.<sup>99</sup>      LARGE: \$55.<sup>99</sup>

### Spanakopita

Traditional spanakopita served with tzatziki sauce

SMALL: \$44.<sup>99</sup>      LARGE: \$55.<sup>99</sup>

## Entrées

*Comes in 9" x 12" pan*

### Four Cheese Lasagna

Ricotta, parmesan, asiago, and mozzarella cheeses layered with mushrooms, spinach, and marinara. Serves 12–16

\$74.<sup>99</sup>

### Enchilada Verde Bake

Zucchini, black beans, onion, kale, tomato, garlic, cilantro, tomatillo salsa, and cheddar Jack cheese, layered on corn tortillas. Serves 12–16

\$74.<sup>99</sup>      WITH CHICKEN: \$84.<sup>99</sup>

### Mac & Cheese

An American tradition and an all-time Seward favorite. Serves 12–16

\$35.<sup>99</sup>

### Roasted Chicken

10 lbs. of free-range chicken legs and thighs, roasted in your choice of tandoori, BBQ, jerk, or rosemary garlic marinade. Serves 20–25

\$64.<sup>99</sup>

### Quiche

Choose from the following varieties:

Mediterranean, broccoli cheddar, ham and cheddar, or quiche Lorraine. Serves 6–8

\$19.<sup>99</sup>

Fresh Vegetable Platter



# Sandwiches

*Finger sandwiches. Small serves 15–20; large serves 20–25*

## Wrap Tray

Choose up to three varieties: chana masala wrap, harvest quinoa wrap\*, Thai mojito wrap\*, turkey spiral wrap, vegetable spiral wrap, or Thai peanut wrap. \*With chicken or tofu

SMALL: \$39.<sup>99</sup>      LARGE: \$49.<sup>99</sup>

## Bánh Mì Tray

Vietnamese baguette sandwiches made with pork, mock duck, or a combination of both

SMALL: \$39.<sup>99</sup>      LARGE: \$49.<sup>99</sup>

## Specialty Sandwich Tray

Assortment of sandwiches: caprese, brie and apple (plain, with turkey, or ham), Italian ciabatta, muffaletta, beet bagna càuda, or avocado BLT

SMALL: \$39.<sup>99</sup>      LARGE: \$49.<sup>99</sup>

## Build-Your-Own Sandwich Tray

All trays come with romaine lettuce, tomatoes, red onions, bell peppers, cucumbers, mayonnaise, and stone-ground mustard. Let us build the rest for you, or customize your tray from the following options:

### PROTEIN

smoked ham  
roasted turkey  
roast beef  
sesame tempeh

### CHEESE

swiss  
monterey jack  
cheddar  
provolone

### ROLLS

white  
multigrain  
onion

\$8.<sup>99</sup> PER PERSON  
(MINIMUM ORDER OF 8)

# Salads

*Comes in a 5-quart bowl and serves 15–20*

## Garden Salad

Mixed greens, tomatoes, bell peppers, carrots, cucumbers, red onions, mushrooms, alfalfa sprouts, and croutons, with choice of buttermilk ranch, bleu cheese, miso yellow onion, goddess dressing, or balsamic vinaigrette

\$19.<sup>99</sup>

## Caesar Salad

Romaine lettuce, hard-boiled eggs, Asiago cheese, and croutons, with Caesar dressing

\$19.<sup>99</sup>      WITH CHICKEN: \$29.<sup>99</sup>

## Greek Salad

Romaine lettuce, cherry tomatoes, red onions, cucumbers, feta cheese, olives, and artichokes, with Greek vinaigrette

\$19.<sup>99</sup>

### Beet and Goat Cheese Salad

Baby spinach, roasted beets, toasted pecans, caramelized onions, and goat cheese, with balsamic vinaigrette

\$29.99

### Asian Salad

Spring greens, green cabbage, carrots, broccoli, bell peppers, cucumbers, green onions, toasted almonds and sesame seeds, and choice of roasted chicken or sesame tofu, with spicy cilantro-citrus vinaigrette

\$34.99

### Cobb Salad

Mixed greens, romaine lettuce, smoked ham, roasted turkey, hard-boiled eggs, tomatoes, red onions, bell peppers, peas, and bleu cheese, with buttermilk ranch dressing

\$49.99

## Cheese Trays

*Served with water crackers. Selections vary based on availability. Small serves 10–15; large serves 15–25*

### Local Cheese Tray

Four local artisan cheeses, including blue, chèvre, cheddar, and gouda

SMALL: \$35.99

LARGE: \$59.99

### Cheese and Fruit Tray

Selection of seasonal fruit paired with a variety of cheddar cheeses

SMALL: \$35.99

LARGE: \$59.99

### Cheddar and Brie Tray

Rich and creamy brie paired with white and yellow cheddars

SMALL: \$29.99

LARGE: \$49.99

### Cubed Cheese Tray

Assortment of cheeses, including two varieties of cheddar and two other cheeses: choice of swiss, provolone, colby jack, or pepper jack

SMALL: \$25.99

LARGE: \$45.99

### Build-Your-Own Cheese Tray

Customize with any available cheese

PRICE VARIES BASED ON SELECTION

Cheese and Fruit Tray





Perfect Vegan Chocolate Cake

## Bakery

Ask about vegan and gluten-free options. Small serves 10–15; large serves 15–25

### Muffins and Scones

Freshly baked muffins and scones

DOZEN: \$22.99

### Cookie Tray

Assorted mini cookies.

SMALL: \$29.99

LARGE: \$49.99

### Full-Size Cookies

Assorted full-size cookies

DOZEN: \$13.99

### Dessert Tray

Assorted bars, brownies, mini cookies and quick breads

SMALL: \$29.99

LARGE: \$49.99

## Cakes

Select from: *blackout cake with ganache and almonds; banana cake with white butter cream; perfect vegan chocolate cake with vegan peanut butter or chocolate mousse frosting; or vegan carrot cake with vegan maple frosting.* Or create your own cake combination by choosing from the options below.

#### CAKE

banana  
 devil's food  
 white  
 yellow  
 vegan carrot  
 vegan chocolate  
 vegan white  
 gluten-free chocolate  
 gluten-free white

#### FROSTING

chocolate butter cream  
 chocolate ganache  
 cream cheese  
 raspberry butter cream  
 white butter cream  
 vegan chocolate  
 vegan chocolate mousse  
 vegan maple  
 vegan peanut butter  
 vegan white

6" Round Cake

Serves 6–8

\$19.99

9" Round Cake

Serves 12–14

\$32.99

¼ Sheet Cake

Serves 20

\$39.99

½ Sheet Cake

Serves 40–45

\$59.99

Full Sheet Cake

Serves 85–90

\$119.99

### Cupcakes

All cake options are available as cupcakes

½ DOZEN: \$12.99

### Angel Food Cake

Select from: lemon, vanilla bean, coconut chocolate almond, cardamom ginger, raspberry, or 5-spice orange. Serves 8–10

\$10.99

### Chocolate Flourless Cake

A rich and dark, moist and fudgy flourless chocolate cake. Serves 12–14

\$39.99

### Cheesecake & Mini Cheesecakes

Select from: malted milk, turtle, lemon curd, fresh fruit, or fruit and chocolate. Full serves 12–14.

A minimum order of 6 is required for mini (4") cheesecakes

MINI (4"): \$3.99

FULL: \$39.99

## Pies

*9" whole pies serve 8–10*

### Fruit Pie

Select from: apple, peach, blueberry, raspberry, blackberry, or cherry. Vegan option available for all flavors

\$16.99

### Chocolate Cream Pie

\$16.99

### Key Lime Pie

With graham cracker crust

\$24.99

### Fruit Tarts

Shortbread crust topped with pastry cream and seasonal fresh fruit. Full serves 8–10. A minimum order of 6 is required for mini (4") tarts.

MINI (4"): \$4.99

FULL: \$39.99

## Beverages

### Coffee Pot

Fresh-brewed, fair-trade organic Peace Coffee, with cups, sugar, stir sticks, and a pint of half-and-half or soy creamer. 96 oz. pot serves twelve 8 oz. cups

\$14.99

### Tea

Hot water, selection of teas, with cups, sugar, and stir sticks. 96 oz. pot serves twelve 8 oz. cups

\$14.99

### Fresh Juice

Freshly juiced carrot, apple, or orange juice in a 1 quart container

\$8.99

## Ordering Guidelines

All orders must be placed a **minimum of 48 hours in advance**. Large orders may require more advance notice.

All orders can be picked up at the Deli counter.

Menu items and prices are subject to change.

A 50% deposit is required on orders exceeding \$200.

A minimum 24-hour notice is required for refunds on cancelled orders.



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