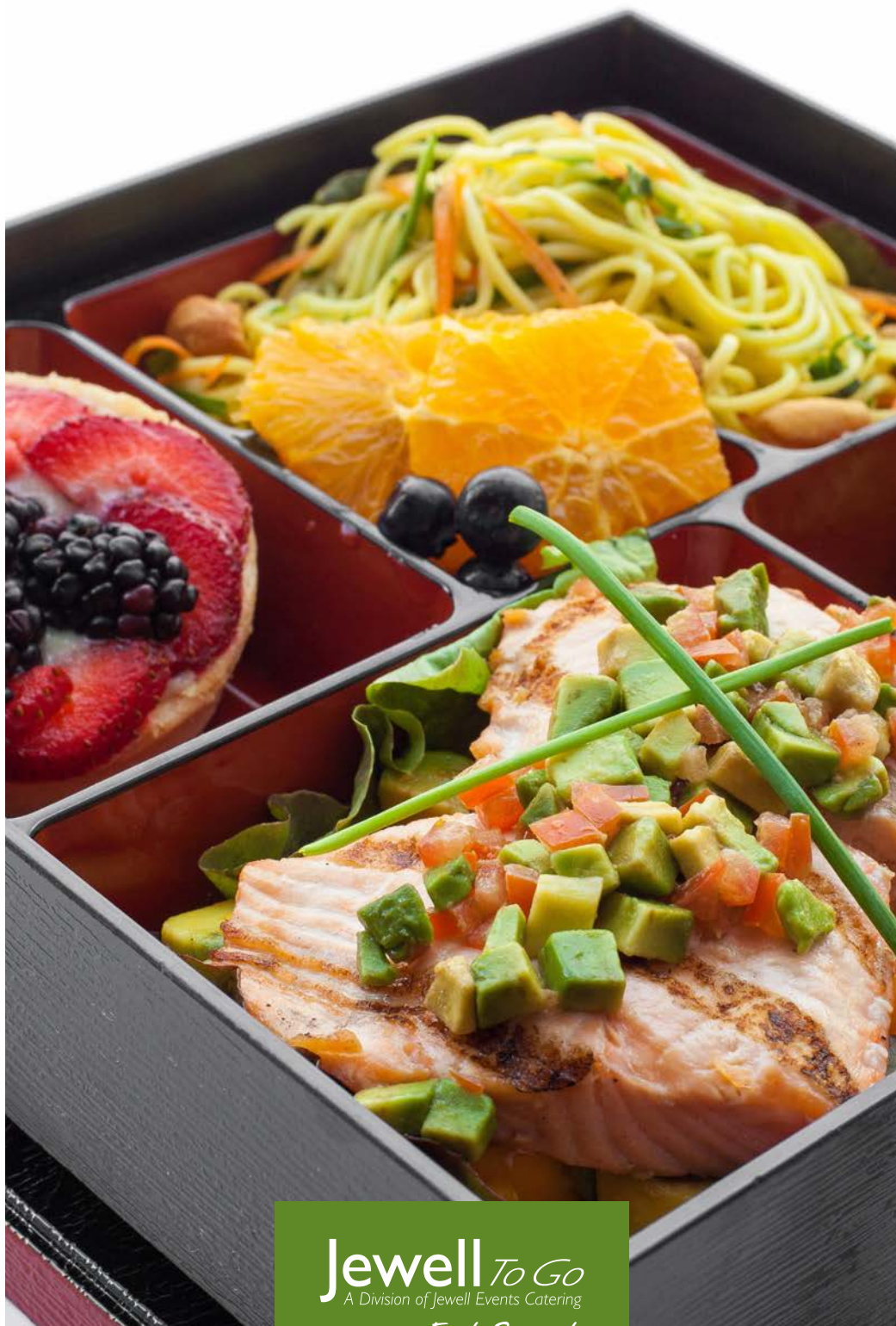


JEWELL EVENTS CATERING | JEWELL TO GO

# bento box

*Celebrating 50 years of Creative Catering*



**Jewell** *To Go*  
A Division of Jewell Events Catering  
*Eat Smart.*



# BREAKFAST BENTO BOXES

All Breakfast Bento Boxes are Served with an Entrée, Yogurt Parfait, Fresh Fruit and a Pastry

**VG** **HALF BRULEED GRAPEFRUIT**

Fresh Grapefruit, Caramelized Sugar

**V** **TUSCAN QUICHE**

Tomato, Basil, Parmigiano-Reggiano Quiche

**V** **GARDEN VEGGIE QUICHE**

Fresh Vegetables, Cheddar Cheese

**QUICHE LORRAINE**

Bacon, Caramelized Onion, Swiss Cheese

**FAMERS QUICHE**

Ham and Cheddar Quiche

**V** **STUFFED FRENCH TOAST ROLL-UPS**

Your choice of Filling: Berry Compote, Apples or Cream Cheese

**V** **MEDITERRANEAN SAVORY FILLED CROISSANT**

Spinach, Sun Dried Tomato, Feta Cheese

**MIDWESTERN SAVORY FILLED CROISSANT**

Country Ham, Swiss Cheese

**SMOKED SALMON**

Sliced Tomato, Cucumber, Capers, Hard Boiled Egg

**COLD MEATS AND CHEESES**

Assorted Sausages, Sliced Salami, Smoke Gouda, Dill Havarti

Breakfast

Vegetarian

Chicken

Beef

Seafood

# VEGETARIAN BENTO BOXES

- ◆ V SPINACH & LEEK TART**  
Creamed Leeks, Gruyere Cheese, Egg Custard, Golden Crust
- ◆ V ARUGULA, RICOTTA PARMESAN TART**  
Roasted Tomato, Egg Custard, Golden Crust
- ◆ VG LEMON GINGER TOFU**  
Cold Lo Mein Noodle Salad, Red Cabbage, Cilantro, Ponzu
- ◆ VG NAPOLEON OF GRILLED VEGETABLES**  
Hummus, Corn, Peas, Tomatoes, Couscous, Dijon Vinaigrette
- ◆ VG SANTA FE STUFFED TOMATO**  
**◆ GF** Avocado, Corn, Black Beans, Pepper, Onion, Chile-Lime Dressing
- ◆ V STUFFED ROASTED RED PEPPER**  
**◆ GF** Bell Peppers, Onion, Mushroom, Feta Cheese, Greek Vinaigrette
- ◆ VG SESAME SOY TOFU AND GINGER SALAD**  
Ginger, Edamame, Chives, Cilantro, Sesame Ginger Vinaigrette
- ◆ VG LEMONGRASS TOFU**  
Japanese Soba Noodles
- ◆ V KALE, WHITE BEAN AND WALNUT SALAD**  
**◆ GF** Crumbled Goat Cheese, Cherry Tomatoes, Honey Mustard Vinaigrette
- ◆ VG SOUTHWEST QUINOA SALAD**  
**◆ GF** Avocado, Corn, Black Beans, Bell Pepper, Red Onion, Cilantro, Chile-Lime Dressing
- ◆ VG BLACK RICE AND SOY SALAD**  
Bell Pepper, Edamame, Sesame Soy Tofu, Chives, Cilantro, Sesame Ginger Vinaigrette
- ◆ VG SPICY CHICKPEA MOROCCAN COUSCOUS**  
Spicy Chickpeas, Couscous, Shredded Carrots, Fresh Herbs, Tahini Dressing
- ◆ V GRILLED CAJUN TOFU**  
**◆ GF** Lemon Zest

Breakfast

Vegetarian

Chicken

Beef

Seafood





# CHICKEN BENTO BOXES

## **GF** HONEY GRILLED CHICKEN

Napa Cabbage Slaw, Sugar Snap Peas, Broccoli, Cilantro, Honey Vinaigrette

## LEMON HERB ROASTED CHICKEN

Barley, Lentil Salad, Arugula, Radish, Cucumber, Basil Lemon Vinaigrette

## **GF** SMOKEY CILANTRO GRILLED CHICKEN

Cabbage Slaw, Poblano Peppers, Grilled Tomato, Cilantro, Chipotle Vinaigrette

## **GF** MAPLE BALSAMIC GLAZED CHICKEN

Feta Couscous, Mint, Scallions, Almonds, Maple Glaze

## GRILLED TARRAGON CHICKEN

Grain Mustard Potato Salad, Charred Scallions

## **GF** HONEY DIJON CHICKEN BREAST

Brown Rice Salad, Carrots, Cucumbers, Radish, Celery, Basil

## **GF** GRILLED CHICKEN BREAST

Gorgonzola, Tomato

## **GF** HERB CRUSTED CHICKEN BREAST

Green Goddess Herb Sauce, Watercress, Pink Peppercorns

## **GF** SLICED CHICKEN BREAST

Citrus White Wine Sauce, Fennel

## **GF** HONEY LIME CHICKEN BREAST

Quinoa Salad, Black Beans, Corn, Bell Pepper, Avocado, Cilantro

## **GF** CURRIED CHICKEN SALAD

Diced Apples, Golden Raisins

## LEMON PESTO GRILLED CHICKEN BREAST

Over Couscous Salad with Diced Vegetables, Fresh Herbs

## GRILLED CHICKEN

Lo Mein Noodles, Vegetables, Creamy Szechuan Dressing

## **GF** SESAME CRUSTED CHICKEN BREAST

Jicama and Cabbage Slaw, Carrots, Cucumber, Fresh Cilantro, Lime

## **GF** TUSCAN GRILLED CHICKEN BREAST

Cannellini Beans, Kalamata Olives, Roasted Red Pepper, Parsley, Lemon

Breakfast

Vegetarian

Chicken

Beef

Seafood

# BEEF BENTO BOXES

## ROSEMARY GRILLED STEAK

Israeli Couscous, Zucchini, Squash, Onion, Eggplant, Parsley, Basil

## **GF** CORIANDER CRUSTED STEAK

Grilled Spiced Eggplant, Pomegranate, Red Onions, Crema

## **GF** CILANTRO SOY GRILLED STEAK

Charred Cauliflower, Scallions, Ginger, Soy Vinaigrette

## **GF** MEDITERRANEAN GRILLED STEAK

Cucumber, Tomato, Peppers, Oregano, Mint, Feta Cheese, Tzatziki

## **GF** MUSTARD CRUSTED BEEF

Arugula, Red Onion and Wax Bean Salad, Balsamic Vinaigrette

## **GF** ARGENTINEAN STEAK SALAD

Chimichurri Dressing

## **GF** PEPPER STEAK SALAD

Mango, Avocado, Cotija Cheese, Jalapeño-Lime Vinaigrette

## **GF** GREAT PLAINS SALAD

Romaine, Red Onion, Tomato, Bleu Cheese, Shoestring Potatoes, Roasted Red Pepper Vinaigrette

## **GF** RED PEPPERCORN CRUSTED BEEF (GF)

Grilled Portobello Mushrooms, Tomato, Creamy Horseradish

## **GF** CHIPOTLE GRILLED FLANK STEAK (GF)

Roasted Corn, Black Bean Salsa

## ASIAN SEARED SKIRT STEAK

Hoisin, Shiitake Mushroom, Bok Choy, Ginger Dressing

## THAI BEEF KABABS

Marinated Beef, Assorted Vegetables with Thai Herbs and Spices

## KOREAN-STYLE STEAK

Spicy Cilantro Sauce



Breakfast

Vegetarian

Chicken

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Seafood



# SEAFOOD BENTO BOXES

## **GF** BALSAMIC GRILLED SALMON

Roasted Corn, Cherry Tomatoes, Grilled Red Onion, Basil, Balsamic Vinegar, Olive Oil, Avocado, Cilantro Crema

## LEMON BASIL GRILLED SHRIMP

Citrus Toasted Orzo, Orange Segments, Spinach, Basil, Chives, Lemon Zest

## CHARMOULA SALMON

Moroccan Spiced Carrots, Chick Pea Salad, Mint, Apricots, Dates, Almonds, Spinach Raita, Honey-Cumin Vinaigrette

## CHILI CITRUS SEARED SALMON

Wok Seared Green Beans

## SEARED TUNA

Cold Lo Mein Noodle Salad, Red Cabbage, Cilantro, Ponzu

## **GF** FILET OF SALMON

Avocado, Diced Tomato

## **GF** SWEET CHILI-LIME SALMON FILET

Corn, Black Bean and Bell Pepper Salad, Lime Vinaigrette

## TERIYAKI GLAZED PACIFIC SALMON

Exotic Baby Greens

## **GF** GRILLED SALMON

Vegetables, Dill Vinaigrette

## MISO-GLAZED FILET OF PACIFIC SALMON

On a Bed of Exotic Baby Greens

## **GF** GRILLED SALMON SALAD

White Beans, Cherry Tomatoes, Fresh Herbs, Lemon Dijon Vinaigrette

## **GF** GRILLED SHRIMP

Mango Avocado Salad, Peanut Dressing

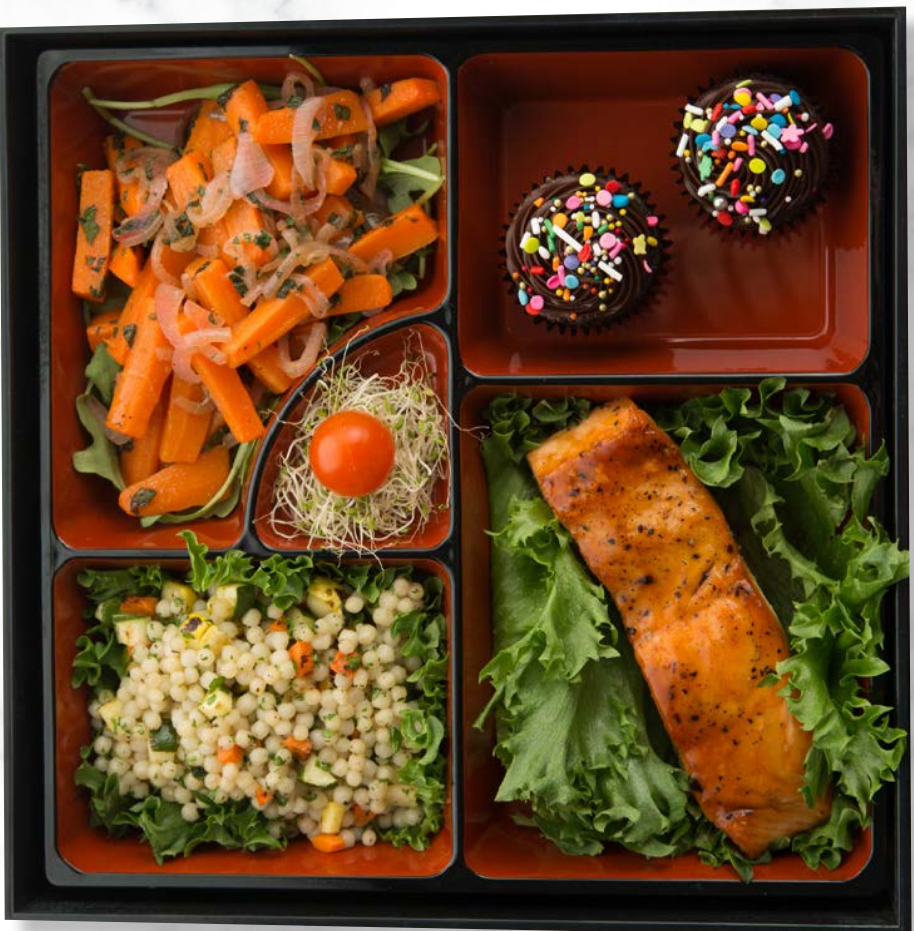
Breakfast

Vegetarian

Chicken

Beef

Seafood



# JEWELL

EVENTS · CATERING

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