



**69 4th Street North  
Fargo, North Dakota 58102**

**701.899.FOOD(3663)**

**Email: [events@urbanfoodscatering.com](mailto:events@urbanfoodscatering.com)**

# Urban Foods Catering

## Breakfast Menu

### Hot Items

#### **Breakfast Burritos \$4/Burrito**

Egg, Sausage, Onions & Peppers, Cheese

**Cheesy Hash Browns \$30 serves 15-20 \$60 serves 35-40**

**Roasted Breakfast Potatoes \$30 serves 15-20 \$60 serves 35-40**

**Egg Bakes \$40 serves 15-20 \$80 serves 35-40**

Variety of Meats, Cheeses & Vegetables

**Individual Egg Bakes \$3/Egg Bake**

**Bacon or Sausage \$2/person**

**Pancake or Waffle Station \$4/Person**

*Assorted toppings*

**Eggs to Order \$4/Person**

*Chef attended*

**Biscuits & Gravy \$4/Person**

### Cold Items

**Bagel Basket \$2/person**

*Cream cheese, Peanut butter & Preserves*

**Bakery Basket \$2/person**

*Variety of baked goods*

**Caramel Rolls \$45/tray (15 rolls/tray)**

**Cinnamon Rolls \$2.5/roll**

*With Icing*

**Fresh Fruit Salad \$2.50/person**

**Yogurt Bar \$6/person**

*Variety of toppings*

# Urban Foods Catering

## Warm Hors d' Oeuvres Menu

**Serves 24**

**Potato Parmesan Croquettes ~1.50**

*Basil Pesto*

**Bacon Wrapped Dates ~1.75 GF**

*With Chorizo Sausage*

**Chorizo Stuffed Mushrooms ~2**

**Asian Style Meatballs ~1.75**

*Hoisen Soy Glaze*

**Chinese Chicken Skewer ~1.75 GF**

*Sweet Chili*

**Tandoori Chicken Skewers ~1.75 GF**

*Spicy Pineapple Salsa*

**Chicken Skewers ~1.75 GF**

*Jerk Marinated*

**Vegan "Crab" Cakes ~1.75**

*Chipotle Aioli & Sweet Onions*

**Broiled Stuffed New Potatoes ~1.75 GF**

*Roast Garlic, Spinach & Brie*

**Roasted Vegetable Stuffed Mushrooms ~2**

*With Hummus*

**'Urban' Meatballs ~2**

*Creamy Sherry Mushroom Sauce*

**Petite Crab Cakes ~2.50**

*Caper Aioli*

**Hawaiian Pulled Pork ~1.75**

*Miniature Buns*

**Smoked Barbeque Pulled Pork ~2**

*Miniature Buns*

**Braised Beef ~2**

*Miniature Buns*

**Burnt Ends ~2**

*Miniature Buns*

**Crostini ~1.50**

*Cuban, Caprese, Barbeque Burnt Ends  
Roasted Vegetables & Hummus*

*Turkey, Cranberry, & Bleu Cheese*

*Chicken, Tomato, Chipotle Aioli, Cheddar*

*Gluten Free GF*

*Vegan V*

## Cold Hors d' Oeuvres Menu

**Serves 24**

**Traditional Deviled Eggs ~1.50**

**'Urban' Deviled Eggs ~1.75 GF**

*Crab & Spinach*

**Wonton Cups ~1.75**

*Sweet Chili Chicken*

*Chinese Chicken*

*Buffalo Chicken with Blue Cheese & Celery*

**Vegetarian Spring Rolls ~1.75 GF V**

*Spicy Peanut Sauce*

**Cuban Skewers ~1.75**

*Honey Mustard*

**Ham & Pickle Wraps ~1.50**

*Cream Cheese*

**Cucumber Bites ~1.50 GF V**

*Hummus & Tomato*

**Fruit Skewers ~2 GF V**

**Greek Skewers ~2**

*Feta, Tomato, Kalamata Olives*

**Caprese Salad Skewers ~2 GF**

*Marinated Tomatoes, Fresh Mozzarella & Basil*

**Prosciutto wrapped Melon ~1.50 GF**

*Honeydew & Cantaloupe*

**Candied Bacon ~1.75 GF**

**Deli Sliders ~1.75**

*Assorted Meats, Cheeses and Spreads*

**Crisp Apple & Cheddar Cheese Skewers ~1.50**

*Honey Mustard Sauce GF*

**Turkey & 3 Cheese Pinwheels~1.75**

**Asparagus wrapped with Prosciutto & Turkey ~2 GF**

*Herb Cream Cheese*

**Miniature Honey Ham & Boursin Cheese Wraps ~1.75**

**Goat Cheese Stuffed Apricots w/ Pistachios ~1.75 GF V**

**Walleye Cakes ~2.50**

*Wild Rice & Cranberry Aioli*

**Shrimp Cocktail ~2.50 GF**

**Toast Points**

**Caprese ~1.50**

**Smoked Salmon ~1.75**

**Bacon, Lettuce, Tomato ~1.50**

**Chipotle Chicken Salad~1.75**

# Urban Foods Catering

## Platters Menu

**Serves 20 to 30**

**Pepper Baked Brie ~40**

*Fruit Chutney, Breads & Crackers*

**Bruschetta Bar ~40** *GF options available*

*Assorted Spreads & Toppings with Toasted Breads*

**Roasted Vegetable Platter ~40** *GF (except Ranch), V options*

*Hummus, Pesto & Ranch*

**Fresh Vegetable Crudités ~40** *GF (except Ranch), V options*

*Hummus, Pesto & Ranch*

**Fresh Fruit Platter ~50** *GF V*

*Variety of Seasonal Fruit*

**World Tour Cheese Platter ~60** *GF options available*

*Olives, Fresh & Dried Fruits, Assorted Nuts & Crackers*

**Deli Platter ~60** *GF options available*

*Smoked Ham, Turkey, Roast Beef,  
Cheddar, Pepper Jack & Swiss Cheese,  
Lettuce, Tomatoes, Pickles, Onions,  
Bread, Spreads & Homemade Rolls*

**Creamy Spinach Dip ~60**

**Creamy Spinach Dip with Crab ~90**

*Served Hot with Bread & Crackers*

**Salsa Bar ~80**

*Homemade Chips, Pico de Gallo, Black Bean & Corn Salsa, Cilantro Cream, Guacamole*

**Whole Poached Salmon ~ approximately 200** *GF options available*

*Traditional Garnishes, Bread & Crackers*

**Chilled Beef Tenderloin ~ approximately 200** *GF options available*

*Capers, Red Onion & Olive Relish  
Bread & Crackers*

*Gluten Free GF*

*Vegan V*

# Urban Foods Catering

## Cold Lunch Menu

### **Bag Lunch ~10/person**

2 sandwich choices, 2 salad choices, Chips, Cookie or Brownie

### **Buffet Lunch ~12/person**

2 sandwich choices, 2 salad choices, Chips, Cookie or Brownie

## Salads

### **Turkey Cranberry Pasta Salad**

*Roast Turkey, Dried Cranberries, Toasted Almonds, Celery, Onions, Creamy Poppy Seed Dressing*

### **Chicken Gorgonzola**

*Pasta with Chicken, Smoked Bacon, Tomatoes, Baby Spinach, Gorgonzola*

### **Spinach Cobb Salad**

*Chicken, Smoked Bacon, Tomatoes, Boiled Egg Sweet Onions & Buttermilk Herb Dressing*

### **Greek Salad**

*Kalamata Olives, Tomatoes, Sweet Red Onion Capers, Feta Cheese, Mixed Greens, Creamy Balsamic Dressing*

### **Caesar**

*Tomato Confit, Roast Red Onions, Rustic Croutons, Caesar Dressing*

### **Chicken Wild Rice Salad**

*Grapes, Toasted Almonds, Creamy Balsamic Dressing*

### **Tuscan Style Balsamic Pasta**

*Kalamata Olives, Capers, Tomatoes, Red Onion, Feta Cheese, Smoked Ham*

### **Strawberry Spinach Salad**

*Boursin Cheese, Toasted Pecans, Creamy Balsamic Dressing*

### **Jerk Chicken Salad**

*Spring Mix, Pineapple, Black Beans*

### **Soba Noodle Salad**

*Sprouts, Scallions, Carrots, Sesame Soy Vinaigrette*

## Sandwiches

**Choice of bread**    *Croissant, Whole Wheat or Wrap*

### **Ham and Boursin Cheese**

*Lettuce, Tomato*

### **Tuscan**

*Italian Cured Meats, Fresh Mozzarella, Basil & Pesto*

### **Tuna & Artichoke**

*Dill Havarti, Lettuce*

### **Club**

*Smoked Ham, Turkey, Bacon, Cheddar, Tomato Sprouts, Mayo, Mustard*

### **Roasted Vegetable**

*Hummus, Pesto, Variety of Roasted Vegetables*

### **Country Style Cobb**

*Chicken, Bacon, Tomatoes, Boiled Egg, Cheddar, Buttermilk Herb Mayo*

### **BLT**

*Bacon, Lettuce, Tomato, Chipotle Aioli*

### **\*Balsamic Roast Beef**

*Horseradish Cream, Cabbage, Whole Grain Mustard, Jarlsberg Cheese*

### **\*Smoked Turkey with Cranberry Cream Cheese**

*Candied Pecans, Sprouts, Grilled Red Onion*

### **\*Chipotle Chicken Salad**

*Tomato, Lettuce, Onions*

### **\*Smoked Turkey and Bacon Club**

*Tomato, Lettuce, Aioli*

### **\*Chili Chicken**

*Roasted Tomatoes, Black Beans, Sweet Corn, Cheddar*

**\* Minimum order of 15**

# Urban Foods Catering

## Hot Lunch Menu

### **Asian Bar ~18**

*Chicken Fried Rice, Egg Rolls with Sweet Chili Sauce, Garlic Ginger Vegetables,  
Tomato & Cucumber Salad*

### **Picnic Bar ~16**

*Pulled Pork & Brats, Coleslaw, "Urban" Caesar Salad,  
Kettle Chips, Fresh Fruit*

### **Pasta Bar ~15**

*Beef Bolognese, Chicken Alfredo, Roasted Vegetable & Pesto Pastas  
Caesar Salad, Garlic Herb Bread*

### **Fajita Bar ~18**

*Chile Lime Beef & Chicken, Peppers, Onions, Shredded Cheese  
Assorted Salsas, Guacamole, Sour Cream  
Caesar Salad*

### **Baked Potato Bar ~12**

*Large Baked Potatoes served with Smoked Bacon, Broccoli, Tomatoes, Onions  
Cheese, Sour Cream  
Baked Beans  
Romaine Salad with Cucumber, Tomato, Red Onion & Buttermilk Herb Dressing*

### **Mac & Cheese**

**Full Pan ~ 76.00 serves 30-40**

**Half Pan ~ 40.00 serves 15-20**

*A variety of flavors to choose from (prices may vary depending choice of ingredients).*

### **Tater Tot Hot Dish**

**Full Pan ~ 76.00 serves 30-40**

**Half Pan ~ 40.00 serves 15-20**

## Soups ~ 35

Serves 15-20

**Tomato Herb**

**Butternut Squash Bisque**

**Cheddar & Ale**

**Peppered Beef w/ Dried Cranberries & Barley**

**Caribbean Black Bean**

**Traditional Chicken Noodle**

**Vegetable Minestrone**

**Chile Infused Pumpkin with Coconut Milk**

**Chicken Wild Rice**

**Broccoli Cheddar**

**White Bean Chicken Chile**

**Split Pea & Ham**

**Traditional Chile**

**Curry Lentil**

**Tuscan White Bean with Pesto**

**Italian Sausage**

*...and many more! Soups also available by the gallon*

# Urban Foods Catering

## Luncheon & Dinner Buffet Menu

Luncheon/Dinner Buffets (please inquire about plated options)

Luncheon: \$18 per person

*Choose 2 salads, 2 main dishes and 2 sides*

Dinner : \$25 per person

*Choose 2 salads, 2 main dishes and 2 sides*

*\* Note extra charge for "premium" items*

*Please inquire about further buffet pricing options. All buffets come with breads and whipped butter and chef/s choice seasonal vegetables. All entrees served with appropriate sauce*

### From the Garden

#### **Caesar Salad**

Crisp romaine, tomato confit, roasted red onions, rustic croutons, Caesar dressing

#### **Spinach Cobb Salad**

Chicken, pancetta, tomatoes, boiled egg, green onions, buttermilk herb dressing

#### **Apples, Grapes & Candied Pecans on Romaine**

Honey-yogurt dressing

#### **Greek Salad**

Kalamata olives, tomatoes, red onion, capers, feta cheese, mixed greens & cucumbers, Creamy balsamic dressing

#### **Tomato, Cucumber & Red Onion Salad**

With mixed greens, basil & balsamic vinaigrette

#### **Strawberry Spinach Salad**

*Spinach, roast red onions, boursin cheese & toasted pecans, Creamy balsamic dressing*

#### **Waldorf Salad**

Apples, Grapes, Celery & Candied Walnuts, Cinnamon Scented Chantilly Dressing

#### **Broccoli & Cauliflower with Raisins**

Toasted Almonds & Smoked Bacon

#### **Jerk Chicken**

Black Beans, Pineapple, Spring Mix, Lime Cream Dressing

### Pasta & Potato Salads

#### **Turkey Cranberries Pasta Salad**

Roast turkey, dried cranberries, toasted almonds & creamy poppy seed dressing

#### **Chicken Gorgonzola Pasta**

Pasta with chicken, smoked bacon, tomatoes, baby spinach & gorgonzola

#### **Tuscan Style Balsamic Pasta**

Mediterranean Vegetables & Italian Ham

#### **Tabbouleh Salad (Bulgur Wheat)**

Tomatoes, cucumbers, garlic & fresh parsley

#### **Soba Noodle Salad**

Carrots, Celery, & Scallions  
Peanut sauce

#### **Chicken Wild Rice Salad**

Toasted almonds, grapes, roasted chicken & creamy maple-balsamic dressing

#### **Roast Sweet Potato Salad**

Toasted walnuts & maple dressing

#### **Chipotle Sweet Potato Salad**

Celery & Red Onion

#### **Mustard Potato Salad**

Celery & Bell Peppers

#### **Grandmas Potato Salad**

Hard Boiled Eggs & Bacon

# Urban Foods Catering

## From the Sky

### **Bacon Wrapped Chicken Breast**

Fresh Tomato Relish

### **Herb Roasted Chicken Breast**

Olives & Capers

### **Chicken Cordon Blue Style**

Mustard, Thyme & Bacon

### **Chicken Picatta**

*Capers & Prosciutto Ham*

### **Red Curry Braised Chicken**

Coconut & Lime

### **Coq Au Vin**

Mushrooms & Pearl Onions

### **Vodka Tomato Braised Chicken**

Basil & Olives

## From the Sea

### **Maple Glazed Salmon**

Sweet Onion Slaw

### **Cajun Walleye Fillet**

Tomato & Shrimp Relish

### **Blackened Catfish**

Spicy Pineapple Salsa

## From the Land

### **Smoked Pork Loin**

Roasted Mushrooms & Peppers

### **Roasted Pork Loin**

Apple Chutney

### **Smoked Bacon Wrapped Pork Loin**

Caramelized Onions & Roasted Garlic

### **Smoked Pork Belly**

Mustard, Cherries & Apples

### **Boneless Pork Short Ribs**

Bacon & Pearl Onions

### **“Urban” Steak Diane**

Red Wine Mushrooms

### **Beef Bourguignon**

Bacon, Mushrooms & Pearl Onions

### **Balsamic Roasted Beef Sirloin**

Smoked bacon, blue cheese & spinach

### **Smoked Brisket**

Corn & Tomato Relish

## Vegetarian Entrees

Roast Vegetable & Sautéed Spinach Stuffed

Portobello Mushroom

Grilled Vegetable Strudel with Pesto

## Starches

**Garlic Smashed Potatoes**

**Garlic & Herb Roast New Potatoes**

**Basmati Rice Pilaf**

**Herb Brown Rice**

**Chili Roasted Sweet Potatoes**

**Parmesan Scalloped Potatoes**

**Cheesy Hash Brown Potatoes**

**Blended Rice Pilaf**

**Maple Whipped Sweet Potatoes**

**Bacon & Mushroom Barley**

**Vegetable Dishes are included with the buffet and Change Seasonally. Please inquire with chefs....**



# Urban Foods Catering

## Dessert Menu

### **Full Sized Desserts:**

*Priced Per Person. Minimums May Apply.*

Carrot Cake 7

Tiramisu 8

Cheese Cake 7

“Urban” Apple Pie 7

Flourless Chocolate Cake 7

Tres Leche 8

### **Assorted Bites:**

*2 Dozen Minimum Order Per Item, Price Based Per Piece.*

Double Chocolate Brownie 1.75

Assorted Cheese Cakes 1.75

Chocolate Covered Strawberries 1.75

Mini Chocolate Mousse Cups 1.75

Mini PB&J Cups 1.75

Almond Cannoli 1.75

“Champagne” Chocolate Dipped Strawberries 2

Dessert Bites Assortment 1.50 (Chef’s Choice)

### **Snack List**

Trail Mix *2/person*

Chex Mix *2/person*

Spiced Nuts *2/person*

Seasoned Pretzels *1/person*

Hummus with Vegetables *2.5/person*

Simple Cheese Platter *2/person*

All menu items and prices are subject to change based on season  
Our objective at Urban Foods is to create individual menus for individual people and events,  
if you do not see what you want on our menu,  
please do not hesitate to call or email to work on a specialty menu.

We pride ourselves on creating all of our dishes from scratch.

Each item is individually made with great care from our professional chefs and kitchen staff.

This guarantees freshness and quality of all products.

We do not overbook our event days as we may lose quality or be unable to provide the best possible service.

To guarantee a booking, please contact us well in advance.

Please inquire about further menus for breakfast, lunches, dinners, picnics and more...

Event Staffing requires an 18% gratuity charge is based on three hours of service,  
service exceeding three hours will be billed at \$75/hour per server.

#### **Other Charges:**

Gratuity on deliveries with no staff needed is optional

Sales tax as required by law.

\$.85/mile delivery out of town

\$10 delivery in town

### **Service Options**

**PICK UP/ DROP OFF:** Orders to be picked up are typically placed on disposable platters or in foil containers. Selections for delivery can also be arranged in disposable containers.

**DELIVERY/SET UP/PLATTERS AND CHAFING DISHES:** A 5% surcharge will be added to orders utilizing service items including platters, chafing dishes and serving utensils. Paper goods and plastic ware are included. All service items must be returned to Urban Foods the following day, or if you prefer we can pick up the items for a nominal \$10 fee. China, flatware and glassware are available for a rental fee.

**FULLY CATERED EVENTS:** Our professional staff is available to personally serve and attend to your guests. An 18% gratuity charge of will be added on fully catered events.

**ADVANCE ORDERING:** We kindly request orders be placed 48 hours in advance. Menu items may change with the seasons and are subject to availability.

**DEPOSITS AND PAYMENTS:** A deposit of \$500 will be collected for staffed events. The balance will be due on the day of pick up or delivery.

**CHANGES AND CANCELLATIONS:** Changes or cancellations must be made at least 48 hours in advance of the scheduled delivery or pick up time.

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