69 4th Street North
Fargo, North Dakota 58102

701.899.FOOD(3663)

Email: 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**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Parmesan Croquettes</td>
<td>~1.50</td>
<td>Basil Pesto</td>
</tr>
<tr>
<td>Bacon Wrapped Dates</td>
<td>~1.75 GF</td>
<td>With Chorizo Sausage</td>
</tr>
<tr>
<td>Chorizo Stuffed Mushrooms</td>
<td>~2</td>
<td></td>
</tr>
<tr>
<td>Asian Style Meatballs</td>
<td>~1.75</td>
<td>Hoisen Soy Glaze</td>
</tr>
<tr>
<td>Chinese Chicken Skewer</td>
<td>~1.75 GF</td>
<td>Sweet Chili</td>
</tr>
<tr>
<td>Tandoori Chicken Skewers</td>
<td>~1.75 GF</td>
<td>Spicy Pineapple Salsa</td>
</tr>
<tr>
<td>Chicken Skewers</td>
<td>~1.75 GF</td>
<td>Jerk Marinated</td>
</tr>
<tr>
<td>Vegan “Crab” Cakes</td>
<td>~1.75</td>
<td>Chipotle Aioli &amp; Sweet Onions</td>
</tr>
<tr>
<td>Broiled Stuffed New Potatoes</td>
<td>~1.75 GF</td>
<td>Roast Garlic, Spinach &amp; Brie</td>
</tr>
<tr>
<td>Roasted Vegetable Stuffed Mushrooms</td>
<td>~2</td>
<td>With Hummus</td>
</tr>
<tr>
<td>‘Urban’ Meatballs</td>
<td>~2</td>
<td>Creamy Sherry Mushroom Sauce</td>
</tr>
<tr>
<td>Petite Crab Cakes</td>
<td>~2.50</td>
<td>Caper Aioli</td>
</tr>
<tr>
<td>Hawaiian Pulled Pork</td>
<td>~1.75</td>
<td>Miniature Buns</td>
</tr>
<tr>
<td>Smoked Barbeque Pulled Pork</td>
<td>~2</td>
<td>Miniature Buns</td>
</tr>
<tr>
<td>Braised Beef</td>
<td>~2</td>
<td>Miniature Buns</td>
</tr>
<tr>
<td>Burnt Ends</td>
<td>~2</td>
<td>Miniature Buns</td>
</tr>
<tr>
<td>Crostini</td>
<td>~1.50</td>
<td>Cuban, Caprese, Barbeque Burnt Ends, Roasted Vegetables &amp; Hummus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turkey, Cranberry, &amp; Bleu Cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken, Tomato, Chipotle Aioli, Cheddar</td>
</tr>
</tbody>
</table>

*Gluten Free GF  
Vegan V* 

## Cold Hors d’ Oeuvres Menu

**Serves 24**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Deviled Eggs</td>
<td>~1.50</td>
<td></td>
</tr>
<tr>
<td>‘Urban’ Deviled Eggs</td>
<td>~1.75 GF</td>
<td>Crab &amp; Spinach</td>
</tr>
<tr>
<td>Wonton Cups</td>
<td>~1.75</td>
<td>Sweet Chili Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Buffalo Chicken with Blue Cheese &amp; Celery</td>
</tr>
<tr>
<td>Vegetarian Spring Rolls</td>
<td>~1.75 GF V</td>
<td>Spicy Peanut Sauce</td>
</tr>
<tr>
<td>Cuban Skewers</td>
<td>~1.75</td>
<td>Honey Mustard</td>
</tr>
<tr>
<td>Ham &amp; Pickle Wraps</td>
<td>~1.50</td>
<td>Cream Cheese</td>
</tr>
<tr>
<td>Cucumber Bites</td>
<td>~1.50 GF V</td>
<td>Hummus &amp; Tomato</td>
</tr>
<tr>
<td>Fruit Skewers</td>
<td>~2 GF V</td>
<td></td>
</tr>
<tr>
<td>Greek Skewers</td>
<td>~2</td>
<td>Feta, Tomato, Kalamata Olives</td>
</tr>
<tr>
<td>Caprese Salad Skewers</td>
<td>~2 GF</td>
<td>Marinated Tomatoes, Fresh Mozzarella &amp; Basil</td>
</tr>
<tr>
<td>Prosciutto wrapped Melon</td>
<td>~1.50 GF</td>
<td>Honeydew &amp; Cantaloupe</td>
</tr>
<tr>
<td>Candied Bacon</td>
<td>~1.75 GF</td>
<td></td>
</tr>
<tr>
<td>Deli Sliders</td>
<td>~1.75</td>
<td>Assorted Meats, Cheeses and Spreads</td>
</tr>
<tr>
<td>Crisp Apple &amp; Cheddar Cheese Skewers</td>
<td>~1.50</td>
<td>Honey Mustard Sauce GF</td>
</tr>
<tr>
<td>Turkey &amp; 3 Cheese Pinwheels</td>
<td>~1.75</td>
<td></td>
</tr>
<tr>
<td>Asparagus wrapped with Prosciutto &amp; Turkey</td>
<td>~2 GF</td>
<td>Herb Cream Cheese</td>
</tr>
<tr>
<td>Miniature Honey Ham &amp; Boursin Cheese Wraps</td>
<td>~1.75</td>
<td></td>
</tr>
<tr>
<td>Goat Cheese Stuffed Apricots w/ Pistachios</td>
<td>~1.75 GF V</td>
<td></td>
</tr>
<tr>
<td>Walleye Cakes</td>
<td>~2.50</td>
<td>Wild Rice &amp; Cranberry Aioli</td>
</tr>
<tr>
<td>Shrimp Cocktail</td>
<td>~2.50 GF</td>
<td></td>
</tr>
<tr>
<td>Toast Points</td>
<td>~2.50 GF</td>
<td></td>
</tr>
<tr>
<td>Caprese</td>
<td>~1.50</td>
<td></td>
</tr>
<tr>
<td>Smoked Salmon</td>
<td>~1.75</td>
<td></td>
</tr>
<tr>
<td>Bacon, Lettuce, Tomato</td>
<td>~1.50</td>
<td></td>
</tr>
<tr>
<td>Chipotle Chicken Salad</td>
<td>~1.75</td>
<td></td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Salad Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Cranberry Pasta Salad</td>
<td>Roast Turkey, Dried Cranberries, Toasted Almonds, Celery, Onions, Creamy Poppy Seed Dressing</td>
</tr>
<tr>
<td>Chicken Gorgonzola</td>
<td>Pasta with Chicken, Smoked Bacon, Tomatoes, Baby Spinach, Gorgonzola</td>
</tr>
<tr>
<td>Spinach Cobb Salad</td>
<td>Chicken, Smoked Bacon, Tomatoes, Boiled Egg, Sweet Onions &amp; Buttermilk Herb Dressing</td>
</tr>
<tr>
<td>Greek Salad</td>
<td>Kalamata Olives, Tomatoes, Sweet Red Onion Capers, Feta Cheese, Mixed Greens, Creamy Balsamic Dressing</td>
</tr>
<tr>
<td>Caesar</td>
<td>Tomato Confit, Roast Red Onions, Rustic Croutons, Caesar Dressing</td>
</tr>
<tr>
<td>Chicken Wild Rice Salad</td>
<td>Grapes, Toasted Almonds, Creamy Balsamic Dressing</td>
</tr>
<tr>
<td>Tuscan Style Balsamic Pasta</td>
<td>Kalamata Olives, Capers, Tomatoes, Red Onion, Feta Cheese, Smoked Ham</td>
</tr>
<tr>
<td>Strawberry Spinach Salad</td>
<td>Boursin Cheese, Toasted Pecans, Creamy Balsamic Dressing</td>
</tr>
<tr>
<td>Jerk Chicken Salad</td>
<td>Spring Mix, Pineapple, Black Beans</td>
</tr>
<tr>
<td>Soba Noodle Salad</td>
<td>Sprouts, Scallions, Carrots, Sesame Soy Vinaigrette</td>
</tr>
</tbody>
</table>

## Sandwiches

<table>
<thead>
<tr>
<th>Sandwich Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choice of bread</td>
<td>Croissant, Whole Wheat or Wrap</td>
</tr>
<tr>
<td>Ham and Boursin Cheese</td>
<td>Lettuce, Tomato</td>
</tr>
<tr>
<td>Tuscan</td>
<td>Italian Cured Meats, Fresh Mozzarella, Basil &amp; Pesto</td>
</tr>
<tr>
<td>Tuna &amp; Artichoke</td>
<td>Dill Havarti, Lettuce</td>
</tr>
<tr>
<td>Club</td>
<td>Smoked Ham, Turkey, Bacon, Cheddar, Tomato Sprouts, Mayo, Mustard</td>
</tr>
<tr>
<td>Roasted Vegetable</td>
<td>Hummus, Pesto, Variety of Roasted Vegetables</td>
</tr>
<tr>
<td>Country Style Cobb</td>
<td>Chicken, Bacon, Tomatoes, Boiled Egg, Cheddar, Buttermilk Herb Mayo</td>
</tr>
<tr>
<td>BLT</td>
<td>Bacon, Lettuce, Tomato, Chipotle Aioli</td>
</tr>
<tr>
<td>*Balsamic Roast Beef</td>
<td>Horseradish Cream, Cabbage, Whole Grain Mustard, Jarlsberg Cheese</td>
</tr>
<tr>
<td>*Smoked Turkey with Cranberry Cream Cheese</td>
<td>Candied Pecans, Sprouts, Grilled Red Onion</td>
</tr>
<tr>
<td>*Chipotle Chicken Salad</td>
<td>Tomato, Lettuce, Onions</td>
</tr>
<tr>
<td>*Smoked Turkey and Bacon Club</td>
<td>Tomato, Lettuce, Aioli</td>
</tr>
<tr>
<td>*Chili Chicken</td>
<td>Roasted Tomatoes, Black Beans, Sweet Corn, Cheddar</td>
</tr>
</tbody>
</table>

* 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 Bolognaise, 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  
Chicken Wild Rice  
Butternut Squash Bisque  
Broccoli Cheddar  
Cheddar & Ale  
White Bean Chicken Chile  
Peppered Beef w/ Dried Cranberries & Barley  
Split Pea & Ham  
Caribbean Black Bean  
Traditional Chile  
Traditional Chicken Noodle  
Curry Lentil  
Vegetable Minestrone  
Tuscan White Bean with Pesto  
Chile Infused Pumpkin with Coconut Milk  
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 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
Parmesan Scalloped Potatoes

Garlic & Herb Roast New Potatoes
Cheesy Hash Brown Potatoes

Basmati Rice Pilaf
Blended Rice Pilaf

Herb Brown Rice
Maple Whipped Sweet Potatoes

Chili Roasted 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.

69 4th Street North Fargo, North Dakota 58102
701.899.FOOD(3663)
Email: events@urbanfoodscatering.com