



PGH FRESH

FRESH CATERING + MEAL DELIVERY

Website: pghfresh.com

Phone: 412.341.4626

Email: orders@pghfresh.com

Lean N Green Menu

Our Philosophy

Need to cater to a health-conscious crowd?

Choose our Lean N Green packages and put your worries to rest.

We offer lean meats and proteins, a wide array of fresh vegetables and a variety of nutrient-dense whole grains – all deliciously prepared and completely nutritious.

BUFFET SELECTION

\$19.95 per person

Two Meat Entrees and Two sides

Condiments

Freshly baked Breadworks Bread (Optional)

Paper Products (Eco friendly Plates/napkins/wire chafers/sternos/utensils/and serving utensils)

All buffets will be covered & decorated with fresh ferns

Delivery & setup fee starting at \$25 within 10 miles.

Paper Products \$40 for party under 50 people

(serving utensils, plates, salad bowls, napkin roll with utensil, buffet table cover, etc)

Gratuity is optional.

Parties under 20 guests are subject to an additional \$100 charge

Meat Entrée

Meatballs (Designed for special dietary needs): made with beef/pork/chicken/turkey or veggies.

Meatballs can be made gluten-free or dairy-free if needed

Smoky pulled chicken: chicken breast/Spanish onion/house made tomato sauce/adobo sauce and Spices

Balsamic chicken: pan-seared chicken breast topped with diced tomato/onion/mushroom and balsamic vinegar

Chicken Breast with Pesto Sauce: grilled chicken breast/fresh basil/parmesan cheese/cashew/olive Oil

Grilled Flank Steak with chimichurri sauce: flank steak / red wine vinegar / shallot / jalapeno / cilantro / parsley / oregano / olive oil / sea salt / pepper (additional \$3 per person)

Bruschetta Chicken: grilled chicken breast/fresh diced tomato/fresh basil/balsamic vinegar and olive Oil

Herb crusted pork loin: brined and oven roasted with fresh rosemary/thyme/sage/parsley/sea salt and olive oil

Oven roasted turkey breast: turkey breast/fresh rosemary/thyme/sage/parsley/sea salt and olive oil

Baked Salmon: salmon / dill / basil / shallots / lemon zest / butter / sea salt (additional \$3 per person)

Baked Cod: cod / panko breadcrumbs (optional) / butter / parsley / white wine / lemon zest additional \$2 per person)

Chicken salad: shredded chicken breast / house made olive oil mayo / avocado / egg

SIDES (Pick any two)

Crisp Greens

Berry Salad: spinach/strawberries / blackberries / grape tomatoes / pecans / red onion

Cobb Salad: romaine lettuce / bacon lardons / tomatoes / provolone / egg

Caesar Salad: romaine lettuce / tomatoes / hard boiled egg / red onion/parmesan

Tossed Salad: romaine lettuce / tomatoes / banana pepper / shredded carrots /

Super Food Salad: super mixed / baby kale / quinoa / roasted sweet potato / garbanzo beans / roasted beets (Additional \$2 per person)

Beets Salad: roasted beet / arugula / toasted walnuts / goat cheese / red wine vinaigrette dressing (\$1 up charge per person)

Mango Salad: mangos / English cucumber /bell pepper / red onion /

House Made Dressing (Choose 2):

Avocado, Caesar, Berry Vinaigrette and Red Wine vinaigrette

Hot Greens:

Roasted Beets: beets / raspberry vinegar / fresh thyme / olive oil / sea salt / pepper

Roasted cauliflower: cauliflower / parmesan / sea salt / olive oil

Butternut squash: butternut squash / duck fat / sea salt / pepper

Brussel sprouts: brussels sprouts / duck fat / balsamic vinegar /garlic / sea salt / pepper

Spaghetti squash noodles: spaghetti squash / sea salt / olive oil /pepper

Parmesan zucchini: zucchini / parmesan / sea salt / pepper

Mango and avocado salsa: avocado / mango / tomato / cilantro / lime juice / jalapeno pepper / olive oil / sea salt

Zucchini & Tomato au Gratin: zucchini / tomato / panko bread crumbs / butter / garlic

Oven Roasted Vegetables: cauliflower / broccoli / zucchini / squash / onion / pepper

Complex Carbs:

Quinoa: quinoa / black beans / corn / cilantro / bell pepper / red onion / jalapeno / cilantro lime dressing

Orzo salad: orzo / English cucumber / grape tomatoes / feta cheese / basil / lemon zest / lemon dressing

Wild rice: wild brown rice / edamame / carrots / scallions / sesame

Sweet potato casserole: sweet potato / coconut milk / honey / pecans / sliced almonds

Cauliflower rice: cauliflower / almond / raisins / onion / capers / lemon / parsley / garlic / olive oil / sea salt / pepper

Spinach mushroom quinoa: quinoa / spinach / mushroom / garlic oil

Wheat pasta primavera: wheat pasta / mixed vegetable / garlic oil