

Catering Menu

Menu Item	Calories	Protein (g)	Fiber (g)	Price
Jerk Meatballs (2 pcs)	150	12	1	\$60 Servers 12
Coconut Shrimp (3 pcs)	190	10	1	\$130 Servers 12
Cocktail Beef Patty (1 pc)	180	7	1	\$15/dozen
Cocktail Vegetable Patty (1 pc)	160	5	2	\$15/dozen
Cocktail Beef Empanadas (1 pc)	190	8	1	\$15/dozen
Cocktail Chicken Empanadas (1 pc)	185	9	1	\$15/dozen
Cocktail Cheese Empanadas (1 pc)	170	7	1	\$15/dozen
Charcuterie Cup (1 cup)	220	12	2	\$5-\$9 each
Fruit Cup (1 cup)	80	1	3	\$5-\$9 each
Grilled Fig & Goat Cheese Crostini (1 pc)	140	5	2	\$75 /2 dozen
Jerk Chicken Wings (2 pcs)	210	16	0	\$70 Serves 12
Tropical Chicken Wings	220	17	0	\$70 Serves 12
Slab Bacon Skewer with Vanilla Bourbon Sauce	250	14	0	\$60/Serves 12
Impossible Meatballs (2 pcs)	160	10	3	\$65 Serves 12
Calzone Cheese (Kosher)	260	11	2	\$5-\$15
Short Rib and Roquefort Hand Pie	310	14	2	\$120-180 Serves 12
Whole Fruit	90	1	4	\$1.50
Spinach Salad (1 cup)	120	6	3	Sm \$25 Med \$35 Lrg \$45
Strawberry Salad (1 cup)	150	4	3	Sm \$25 Med \$35 Lrg \$45
Mediterranean Salad (1 cup)	160	5	4	Sm \$25 Med \$35 Lrg \$45
Caesar Salad (1 cup)	170	6	2	Sm \$25 Med \$35 Lrg \$45
Chicken Soup (1 cup)	120	10	1	\$50 Serves 6
Red Peas Soup (1 cup)	180	9	6	\$60 Serves 7
Potato Salad	210	3	2	\$5-\$7 each
Asian Noodles Salad	240	6	2	\$5-\$7 each
Cheese Tortellini Salad	280	10	3	\$5-\$7 each
Sunshine Pasta Salad	260	8	3	\$5-\$7 each
Ackee & Saltfish (1 cup)	300	20	3	\$160 half \$300 full
Callaloo & Saltfish (1 cup)	250	18	4	\$100 half \$180 full
Roti Breakfast Roll-Up (1 roll)	350	14	3	\$7.95
Pancakes (2 pcs)	280	6	2	\$3-\$6 slice \$24-\$48 dozen \$45-\$90 tray
Cornmeal Porridge (1 cup)	220	6	2	\$60 Serves 6
Jerk Chicken (1 pc)	290	27	1	\$95 half \$180 full
Fried Chicken (1 pc thigh)	320	28	0	\$75 half \$140 full
BBQ Chicken (1 pc)	280	25	1	\$85 half \$160 full
Stew Chicken (1 pc)	300	26	1	\$85 half \$160 full
Curry Chicken (2oz)	290	25	1	\$85 half \$160 full
Braised Oxtail (2oz)	360	30	2	\$200 Serves 12
Curried Goat (2oz)	310	27	2	\$150 Serves 12
Creole Salmon (1 fillet)	240	28	0	\$170 Serves 12
Jerk Shrimp (6 pcs)	200	22	0	\$170 Serves 12
Rice & Peas (1 cup)	260	6	3	\$65 Serves 12
Garlic Mashed Potato (1 cup)	210	4	2	\$65 Serves 12
Sweet Plantains (1/2 cup)	180	1	2	\$65 Serves 12
Steamed Cabbage (1 cup)	80	3	4	\$50 Serves 12
Cornbread (1 slice)	200	4	1	\$50 Serves 12
Bread Pudding (1 slice)	290	6	2	\$6 slice Half \$45-Full \$90 tray
Banana Pudding (1 cup)	310	5	2	\$50
Rum Cake (1 slice, 2 oz)	280	3	1	\$6 slice \$50-\$95 tray
Carrot Cake (1 slice)	320	4	2	\$6 slice \$50-\$95 tray

Taste of the Caribbean Restaurant Catering

📍 4 Branford Pl, Newark, NJ 07102

📞 908-569-4744

✉ catering@tocfoodmarket.com

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📱 @tocrestaurant_catering

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Menu Item	Calories	Protein (g)	Fiber (g)	Price
Jerk Wings	210	17	0	75 half \$140 full
BBQ Wings	220	18	0	75 half \$140 full
Jerk Salmon	250	27	0	\$170 Serves 12
Teriyaki Salmon	260	26	0	\$170 Serves 12
Chicken Marsala	280	27	1	\$85 half \$160 full
Chicken Parmesan	320	30	2	\$85 half \$160 full
Chicken Piccata	300	28	1	\$85 half \$160 full
Jasmine Rice	200	4	1	\$50-\$95 full
Roasted Sweet Potato	180	2	4	\$65-\$90 full
Chocolate Chip with Nutella Cookie	270	3	2	\$2.5 \$28 dozen
White Chocolate Chip with Cookie Butter	280	3	2	\$2.5 \$28 dozen
Ricotta & Pistachio Cake	310	6	2	\$6 slice Whole Cake \$50
Mini Dessert Cups	200	3	1	\$90 48
Mini Exotic Tarts	220	3	1	\$90 48
Baklava	290	5	2	\$95 72
Macaron Winter Assortment (1 piece, 12 g)	70	1		\$100 90
Chocolate Chip Cookie with Nutella (large, 2.5 oz)	250	3	1	\$2.5 \$28 dozen
White Chocolate Chip with Cookie Butter	280	3	1	\$2.5 \$28 dozen
Oatmeal Raisin	210	3	2	\$20 Serves 12

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Athletic Menu

Menu Item	Calories	Protein (g)	Fiber (g)	Price
Grilled Chicken Skewers (with roasted peppers)	170	23	1	\$45/dozen
Egg White Veggie Muffins (spinach, mushroom, feta)	120	14	2	\$5-\$9 each
Greek Yogurt & Berry Cups (with granola)	210	15	3	4.5 Each
Grilled Salmon with Quinoa & Asparagus	430	36	5	\$120 half \$220 full
Teriyaki Chicken with Brown Rice & Broccoli	410	38	4	\$85 half \$160 full
Lean Beef Stir Fry with Mixed Vegetables & Rice Noodles	450	34	6	\$120 half \$220 full
Tofu & Vegetable Power Bowl (VG)	400	22	9	\$5-\$15
Roasted Sweet Potatoes	180	2	4	\$65 half
Steamed Broccoli & Cauliflower	90	4	4	\$50 half \$90 full
Brown Rice Pilaf	220	5	3	\$60 half \$100 full
Protein Energy Bites (peanut butter, oats, chia seeds)	190	12	5	\$3-\$6
Cottage Cheese with Pineapple	160	15	2	\$2.50
Chocolate Protein Smoothie (banana & almond milk)	250	22	5	\$3-\$6

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Hispanic Heritage Month

Menu Item	Calories	Protein (g)	Fiber (g)	Price
Empanadas Trio (beef, chicken, cheese)	210	9	1	\$35 dozen
Tostones con Salsa	180	2	3	\$30 dozen
Mini Tamales	220	8	3	\$30 dozen
Shrimp Ceviche Cups	140	15	1	\$5–\$9 each
Arroz con Pollo	420	28	3	\$70 half \$135 full
Ropa Vieja	450	32	4	\$60 Serves 6
Vegetarian Enchiladas	390	16	7	\$80 half \$150 full
Haitian Black Rice with mushrooms	260	6	3	\$50 half \$90 full
Elote (Mexican Street Corn)	220	7	4	\$4.50 each
Yuca Fries with cilantro garlic sauce	280	3	3	\$50 half \$90 full
Black Beans & Rice	310	12	9	\$65 half \$90 full
Tres Leches Cake	340	6	1	\$6 slice \$45 tray
Flan de Caramelo	310	7	0	\$6 slice \$24–\$48 dozen \$45–\$90 tray
Churros fill with chocolate sauce	280	5	2	\$3 2 pieces \$24 dozen
Agua Frescas (hibiscus, tamarind, horchata)	120	1	1	\$20–\$35 pitcher
Virgin Mojito Pitchers	100	0	0	\$20–\$35 pitcher

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Lunch Boxes

Menu Item	Calories	Protein (g)	Fiber (g)	Price
<i>Each meal is served with rice & peas, sweet plantains, steamed vegetables</i>				
Brown Stew Chicken Lunchbox	780	38	8	\$15-\$18/person
Jerk Chicken Lunchbox	770	40	8	\$15-\$18/person
Fried Chicken Lunchbox	850	42	7	\$15-\$18/person
Curried Chicken Lunchbox	790	39	8	\$15-\$18/person
Curried Chickpea Lunchbox (Vegetarian/Vegan)	720	22	12	\$14-\$16/person
Curried Goat Lunchbox	810	41	8	\$15-\$18/person
Oxtail Lunchbox	360	30	2	\$20-\$25/person

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Sandwiches

Menu Item	Calories	Protein (g)	Fiber (g)	Price
Chicken Salad Sandwich (9-Grain, Avocado, Arugula, Caesar Dressing)	520	32	7	\$5-\$9.5each
Bacon & Cheddar Sandwich (Hoagie, Cucumber, Caesar Dressing)	580	29	3	\$5-\$9.5each
Turkey & Cream Cheese Sandwich (Rye, Lettuce, Coleslaw, Italian Dressing Lite)	490	28	5	\$5-\$9.5each
Roast Beef & Feta Sandwich (Sourdough, Marinated Vegetables, Fruit Salad, Balsamic Vinaigrette)	610	35	6	\$5-\$9.5each
Ham & Goat Cheese Sandwich (Tomato Basil, Marinated Mushrooms, Mixed Greens, Balsamic)	540	30	5	\$5-\$9.5each
Salami & Havarti Sandwich (White, PB&J, Spinach, Raspberry Lite)	620	27	4	\$5-\$9.5each
Tuna & Provolone Wrap (Chili Lime, Pepperoncini, Italian Dressing Fat-Free)	500	36	6	\$5-\$9.5each
Pastrami & Swiss Wrap (Garlic & Herb, Pickle, Raspberry Vinaigrette Fat-Free)	570	34	4	\$5-\$9.5each
Jerk Chicken Wrap (Gluten Free, Mango Vinaigrette, Sun-dried Tomato Basil, Whole Wheat)	560	38	7	\$5-\$9.5each

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