

KNOWLAN'S

FRESH FOODS 

Catering

Menu

Call your favorite store . . .  
Maplewood 651-739-9055  
South St. Paul 651-455-9332



## At Your Service

We are here to help make your next event more simple and stress free. From a simple platter to a completely catered meal, our goal is to let you focus on your guests and let us handle everything in the kitchen!

We kindly request you place your order with at least 24 hours notice. We understand special circumstances arise and we will work with you to accommodate your request. Our team will do everything possible to fulfill your order.

As you browse our ever expanding selection of fresh prepared foods, please feel free to give us a call and talk with one of our talented Deli or Bakery associates.

## Special Requests

We understand planning an event can be difficult and there may be questions surrounding dietary or allergen restrictions. You may have special menu items in mind that are not in our current list of offerings. Give us a call and we will talk about your special requests and complete a menu that is sure to satisfy you and your guests.

Breakfast

Made Easy

## Rise and Shine Platter

This delicious fresh bakery assortment is going to be a hit! Includes strudel bites, donut holes, mini muffins and all butter petite croissants. 60 personal sized treats that allow for your guests to pick a few of their favorites.

**Serves 14 to 18 \$30.00**

**Square Platter**

## Fresh Donut Platter

Our fresh donuts are arranged on a platter, ready to pop off the lid and serve. 24 assorted donuts.

**Serves 24 \$30.00**

**Round Platter**

## Homemade Quiche

Our homemade quiche is an effortless way to prepare an exquisite breakfast. Simply warm, slice and serve. You can take the credit while your guests rave about this excellent breakfast entrée. To round out the meal, order a fresh fruit platter! Choose from Cheese, Bacon and Cheese, Ham and Cheese, Sausage and Cheese or Vegetable and Cheese.

**Serves 6 \$14.99**

**9" Round Pan – Heat and Serve**

## Egg Bake – Sausage and Cheese

A simple and delicious way to serve breakfast all in one pan! We start with fresh eggs, sausage and cheese and bake to perfection. Simply warm, slice and serve.

**Serves 8 \$32.99**

**Rectangle Pan – Heat and Serve**

## Egg Bake – Southwestern Veggie and Cheese

This breakfast treat is a delicious combination of fresh eggs, Our Own Italian Sausage, cheese and vegetables that is baked to perfection. Simply, warm, slice and serve.

**Serves 8 \$32.99**

**Rectangle Pan – Heat and Serve**

## Appetizers

### Ready to Serve

#### Relish Platter

An old time favorite for snacking before, during or after a meal. Perfect accompaniment for any sandwich platter. Includes pickles, olives, assorted peppers and baby corn. Selection may vary due to seasonality or availability.

**Serves 18 to 25 \$35.99**

#### Fiesta Taco Dip Platter

This platter will please every guest. A perfectly seasoned taco dip topped with fresh chopped lettuce, tomato, green onion, shredded cheddar cheese and black olives. Choose your favorite hearty tortilla chip and you are set to entertain.

**Small - Serves – 12 to 15 \$31.99**

**Large – Serves – 16 to 25 \$39.99**

#### Traditional Deviled Egg Platter

Fresh hard boiled eggs, prepared by hand and filled with the perfect mixture. Just like grandma used to make.

**Serves 16 to 20 \$28.99**

#### Antipasto Platter

A delicious assortment of hard salami, pepperoni, provolone, salami panino roll mozzarella and salami rolled into a really special bite, prosciutto, dry salami, mixed olives, peppadew peppers and fresh marinated mozzarella balls.

**Serves 20 to 24 \$56.99**

#### Gourmet Spread, Breads, Crackers - Platters

We prepare a platter with two of the famous Taste of Scandinavia homemade spreads. Then surround them with an assortment of crackers. On a separate platter, we slice an assortment of homemade breads and baguette to serve along side. This delicious platter creates a Spread, Cracker and Bread assortment that makes for a fun appetizer or an accompaniment to any salad or soup you may be serving. Choose two spread choices from Herb, Green Olive or Sun-dried Tomato.

**Serves – 26 to 30 \$44.99**

**Spreads and Crackers, Round Platter – Breads**

#### Caprese Platter

A beautifully arranged platter of fresh sliced tomatoes and fresh mozzarella adorned with fresh basil leaves. The mouthwatering freshness is served with a simple dressing that you drizzle over the top just before serving. A refreshing appetizer or side dish that will go with most menus.

**Serves 10 to 12 \$29.99**

# Appetizers

## Ready to Serve

### Fresh Fruit Platter

The best of the season every day of the year! This platter will change seasonally to include only the finest, best tasting fruits of the season. We build these trays to be as bountiful in color as they are in quantity in order to deliver the best value to you. May be cubed as well.

**Small – Serves 16 to 25 \$49.99**

**Large – Serves 26 to 35 \$69.99**

### Fresh Vegetable Platter

The best of the season every day of the year! This platter will change seasonally to include only the finest, best tasting vegetables of the season. You choose if you would like to have Dill Dip or Hummus for dipping! We build these trays to be as bountiful in color as they are in quantity in order to deliver the best value to you.

**Small – Serves 20 to 25 \$36.99**

**Medium – Serves 26 to 35 \$49.99**

**Large – Serves 36 to 45 \$59.99**

### Cheese Lover's Platter

A tempting selection of domestic cheeses that are chosen for their quality and popularity. These cheeses are sliced on this tasty platter and can be cubed instead upon request. Serve with a cracker platter.

**Small – Serves 15 to 25 \$54.99**

**Large – Serves 26 to 40 \$74.99**

### Sausage & Cheese Platter

Perfect for any party, truly a casual platter that can be served to any group for any occasion. High quality sausage and natural cheeses arranged on a platter that more than pleases the eye. Serve with a cracker platter. Sliced or cubed.

**Small – Serves 16 to 25 \$51.99**

**Large – Serves 26 to 40 \$61.99**

Salads

Buffet Style

Our salads are prepared fresh with the finest ingredients that make a good salad great. They are arranged in an elegant black bowl, ready to serve. Each salad comes complete with disposable plates, cutlery, and napkins. Our family style salads are always a hit.

## Taco Salad

This is not your every day salad, be cautious after ordering the first time, as it might become a frequent guest for your event. A fresh bed of chopped Romaine and Iceberg Lettuce topped with a delicious mixture of freshly cooked and seasoned Ground Beef, Beans, Fresh Tomato and Sliced Black Olives for garnish. A hearty salad served with your choice of one bag of Que Pasa Organic Tortilla Chips, Doritos Nacho Cheese or Doritos Cool Ranch. Accompanied by a bottle of Western Dressing or Taco Sauce.

**Serves 10 to 12 - \$49.99**

## Cobb Salad

A stunning display of all things delicious. A fresh bed of chopped Romaine and Iceberg Lettuce topped with crumbled Blue Cheese, chopped Hard Boiled Eggs, julienne Red Pepper, diced Bacon, diced Roma Tomatoes, sliced Black Olives, diced Green Onion and thin strips of our own 12 Seasoned Grilled Chicken Breast. Served with your choice of dressing.

**Serves 10 to 12 - \$49.99**

## Caesar Salad

A traditional salad with a fantastic dressing that makes it almost perfect. Fresh chopped Romaine topped with shredded Parmesan Cheese, Seasoned Croutons and garnished with sliced Roma Tomatoes. Caesar Dressing is served on the side so you can toss right before serving or on the side. A Caesar salad is best eaten when freshly tossed.

**Serves 10 to 12 - \$34.99**

## Caesar Salad with Grilled Chicken

We have topped this Caesar with our own 12 Seasoned Grilled Chicken Breast.

**Serves 10 to 12 - \$39.99**

## Chef Salad

A hearty salad that starts with a fresh bed of chopped Romaine and Iceberg Lettuce topped with Honey Ham, Honey Turkey, Colby Cheese, Swiss Cheese, Roma Tomatoes, chopped Hard Boiled Egg and diced Green Onion. Served with your choice of dressing.

**Serves 10 to 12 - \$49.99**

## Greek Salad

Flavor and then some. This salad is built on a bed of fresh chopped Romaine, topped with sliced Cucumber, julienne Sliced Red Pepper, sliced Seeded Cucumber, sliced Red Onion, sliced Roma Tomatoes, pitted Kalamata Olives and crumbled Feta Cheese. All tossed with excellent Greek style vinaigrette that connects the dots of full flavor in this salad.

**Serves 10 to 12 - \$49.99**

Salads

Buffet Style

We take pride in creating salad recipes that start with the finest ingredients and then are combined to create salads that meet our standards to taste great. Once we prepare our salads, they are packaged in a black bowl and garnished so they are simple and ready to serve.

### **Antipasto Salad**

Truly a one of a kind salad with pepperoni, olives, cheese, vegetables and a delectable dressing.

**Serves 26 to 30 \$54.99**

### **Baked Potato Salad**

Often referred to as a steakhouse style potato salad with potatoes, sour cream and bacon.

**Serves 26 to 30 \$41.99**

### **Broccoli Bacon Salad**

Fresh broccoli buds, smoked bacon, and cheddar cheese tossed in a just right dressing that complements the flavors.

**Serves 26 to 30 \$41.99**

### **Broccoli Cashew Salad**

A new addition to our salad line up that starts with fresh cut broccoli buds. We then toss in golden raisins and cashews and fold it all together with a flavorful dressing with an asian twist of sesame and ginger.

**Serves 26 to 30 \$41.99**

### **Coleslaw - Creamy or Homestyle**

Fresh cabbage in a creamy dressing. Choose from Creamy or Homestyle.

**Serves 26 to 30 \$34.99**

### **Creamy Chicken Pasta with Cherries & Almonds**

We start with an al dente pasta and add dried cherries, roasted almonds and rotisserie chicken.

**Serves 26 to 30 \$46.99**

### **Garden Medley**

Fresh cut vegetables marinated with our Italian style dressing.

**Serves 26 to 30 \$41.99**

### **Italian Rotini**

One of our longest running salads, this pasta salad is vibrant and fun to eat. Rotini pasta with diced peppers, pimentos and olives and our Italian style dressing.

**Serves 26 to 30 \$45.99**

### **Mandarin Chicken Salad**

This salad is a customer favorite! The fun shaped pasta combined with chicken, mandarin oranges, grapes, slivered almonds and celery create a taste and texture like no other.

**Serves 26 to 30 \$46.99**

### **Potato Salad - Homestyle or Original**

Our most requested salad remains a staple of many menus! Choose from our homestyle with hard boiled egg or original with a more mustard twist.

**Serves 26 to 30 \$34.99**

# Sandwiches

## Ready to Serve

### Mini Bun Sandwich Platter

Our fresh white or wheat dollar buns filled with your choice of ham, turkey, or roast beef with cheese or tuna, chicken, egg or ham salad. Arranged neatly on an appropriate sized platter.

**\$21.99 Per Dozen - Order in Quantities of 12**

### Hye Roller Platter - Ham & Turkey

A wonderful combination of refreshing ingredients that include fresh sliced meats, fresh vegetables and herb spread.

**Serves 16 to 25 \$47.99**

### Hye Roller Platter - Special Recipe

Our own flavor combination of salami, provolone, pimentos, black olives, spinach, and herb spread.

**Serves 16 to 25 \$53.99**

### Mini Sub Sandwich Platter

Our famous fresh baked picollo rolls topped with high quality equal quantities of each turkey, ham, roast beef, and cheese.

**Small – Serves 8 to 12 \$39.99, 12 ct.**

**Large – Serves 18 to 24 \$54.99, 24 ct.**

### Petite Croissant Platter

Fresh baked all butter petite croissants filled with your favorite filling. Every bite will be tender and memorable.

**Small – Serves 8 to 12 \$39.99, 12 ct.**

**Large – Serves 12 to 18 \$54.99, 24 ct.**

### 2 Foot Submarine Sandwich

Great for a crowd! Made with the finest fresh sliced meats and cheeses! Topped with fresh vegetables, ready to slice and serve! Over 3 pounds of fresh ingredients!

**Serves up to 8 \$39.99**

### Box Lunch

Box lunch includes sandwich of your choice served on Croissant, Kaiser or Artisan Bread. Salad, chips, fruit and fresh baked gourmet cookie.

**Serves 1 \$11.99 each**

# Sandwiches

## Build Your Own

### Meat and Cheese Platter

We build this tray for quality and value! Wait until you pick up one of these platters! We use only the highest quality cuts of meat - roast beef, turkey breast, virginia baked ham, Wisconsin Swiss, colby and gold'n jack cheese. Don't forget to order your fresh baked buns or rolls.

**Small – Serves 8 to 15 \$48.99**

**Medium – Serves 16 to 25 \$59.99**

**Large – Serves 26 to 35 \$74.99**

**Round Platter**

### Gourmet Meat Platter

We build this platter for quality and value! We use only the highest quality cuts of meat - roast beef, turkey breast, virginia baked ham and corned beef. Don't forget to order your fresh baked buns or rolls.

**Small – Serves 8 to 15 \$48.99**

**Medium – Serves 16 to 25 \$59.99**

**Large – Serves 26 to 35 \$74.99**

**Round Platter**

### Create a Sandwich Platter

We build this platter for quality and value! An assortment of meats, cheeses and the toppings! A fun and simple way to allow your guests to build their own sandwich. Don't forget to order your fresh baked buns or rolls.

**Small – Serves 8 to 15 \$48.99**

**Medium – Serves 16 to 25 \$59.99**

**Large – Serves 26 to 35 \$74.99**

**Round Platter**

### Ham, Turkey, & Cheese Platter

An assortment of ham, turkey and cheese arranged to create your own sandwiches. Don't forget to order your fresh baked buns or rolls.

**Serves up to 24 \$64.99**

### Sandwich Salad - Party Pails

We have created some great recipes that are traditional and savory to build your own sandwiches.

These sandwich salads are all sold by the party pail. Don't forget to order your fresh baked buns or rolls.

- **Makes approximately 24 Dollar Bun Sandwiches.**
- All White Meat Chicken Salad - \$29.99
- Cashew Chicken Salad - \$29.99
- Egg Salad - \$25.99
- Ham Salad - \$23.99
- Rotisserie Chicken Salad - \$29.99
- Tuna Salad - \$29.99

# Buns, Rolls & Bread

We take pride in baking fresh buns, rolls and breads for special events. All buns and rolls are not sliced so you have the freshest product possible to serve your guests

## **Dollar Buns**

12 Count Package – White or Wheat - \$3.79

## **Hamburger Buns**

8 Count Package – White or Wheat - \$3.79

## **Hot Dog Buns**

8 Count Package – White or Wheat - \$3.79

## **Brat Buns**

6 Count Package – White or Wheat - \$3.79

## **Spinach Parmesan Rolls**

8 Count Package - \$3.99

## **Croissants - Petite**

6 Count - \$3.99

## **Croissants - Large**

4 Count - \$4.99

## **Three Cheese Bread**

Whole Loaf – Sliced or Unsliced - \$4.49

## **Bread & Baguette Platter**

Assorted Breads and Sliced Baguettes for appetizer.  
Round Platter - \$15.99

## **Kaiser Rolls**

6 Count Package – White or Wheat - \$3.49

## **Piccolo Rolls**

6 Count Package – White or Wheat - \$3.49

## **Ciabatta Roll - Square**

6 Count Package – White or 9 Grain - \$3.99

## **Baguette - Sliced for Appetizers**

Single Baguette – White - \$3.29

## Entrees

### Party Pans – Heat and Serve

#### **Pasta Alfredo**

We start off with Penne Pasta cooked al dente and top it with a delicious Alfredo sauce. This can be served as an entrée, side dish or a base for you to add your own meat or seafood. A nice balance of pasta and sauce that is ready to heat and serve.

**Serves 8 to 10 \$39.99**

**Rectangle Pan – Heat and Serve**

#### **Pasta Alfredo with Chicken**

Our own Pasta Alfredo with our own fully cooked 12 Seasoning Chicken Breast slices added to complete the meal.

**Serves 8 to 10 \$49.99**

**Rectangle Pan – Heat and Serve**

#### **Pasta with Red Sauce and Italian Sausage**

We start this delicious sauce by cooking our own Italian Sausage. Once fully cooked we add the sausage to our marinara sauce and slow cook for tremendous flavor. We then add our al dente cooked Penne Pasta. This is a great entrée that can be served with a simple side and bread and your meal is complete, simply heat and serve.

**Serves 8 to 10 \$39.99**

**Rectangle Pan – Heat and Serve**

#### **Lasagna with Sausage**

Always a favorite and a comfort food the whole guest list will enjoy! This pan of pasta, sauce and noodles is topped with a healthy portion of mozzarella cheese. Ready to pop in the oven, heat and serve.

**Serves 8 to 10 \$39.99**

**Rectangle Pan – Heat and Serve**

#### **Goulash**

A favorite that grandma used to make! This entrée is one that does not get made very often and for sure not with this great taste. We prepare a special sauce that starts by fully cooking ground beef and italian sausage and then adding in the perfect blend of sauce and spice. This hearty entrée is a throwback to days gone by, however it makes a regular meal into a comfortable feast!

**Serves 8 to 10 \$39.99**

**Rectangle Pan – Heat and Serve**

## Chicken & Sides

### Party Pans

#### **Fried Chicken**

50 Piece \$52.99

100 Piece \$99.99

Rectangle Pan – Hot, Ready to Serve

#### **Roasted Chicken**

1/2 Order - 10 Pieces - \$19.99 - White & Dark, \$24.99 - All White

Full Order - 20 Pieces - \$39.99 - White & Dark, \$49.99 - All White

Rectangle Pan – Hot, Ready to Serve

#### **Au Gratin Potatoes**

Our wonderful Au Gratin Potatoes are made with cheddar cheese and fresh diced potatoes. A delicious new addition to our family of side dishes!

**Serves 12 to 16 \$25.99**

**Oven Ready Aluminum Foil Pan - 5 Pounds of Potatoes.**

#### **Cheesy Potatoes**

This might be the most popular side you can serve! A perfect combination of hashbrown potatoes, cheese and more all topped with cornflake crumbs.

**Serves 12 to 16 \$25.99**

**Rectangle Pan – Heat and Serve**

#### **Calico Beans**

A hearty combination of beans along with fully cooked ground beef all baked together to create an excellent addition to most meals.

**Serves 15 to 20 \$45.99**

**Rectangle Pan – Heat and Serve**

#### **Macaroni & Cheese**

A classic in its own right! A tender elbow macaroni with a delicious cheese sauce and topped with cheddar cheese.

**Serves 15 to 20 \$22.99**

**Rectangle Pan – Heat and Serve**

#### **Mashed Potatoes**

These are the real thing! Mashed Potatoes just like mom makes, ready for topping!

**Serves 15 to 20 \$24.99**

**Rectangle Pan – Heat and Serve**

#### **Stuffing with Sausage**

Our own stuffing that is made with our own fresh sausage, blended with the perfect seasonings for a tender and tasty bite.

**Serves 15 to 20 \$42.99**

**Rectangle Pan – Heat and Serve**

#### **Whipped Squash**

Seasonally, our whipped squash takes a regularly harvested produce variety and turns it into one amazing side! The perfect balance of fresh whipped squash, butter and sugar that excites even young kids to ask for a second helping!

**Serves 15 to 20 \$52.99**

**Rectangle Pan – Heat and Serve**

Desserts

For Any Occasion

## **Traditional Cookie Platter**

Our everyday fresh baked cookies arranged for your special occasion, 36 count.

**Serves up to 36 \$21.00**

## **Cupcakes – Traditional**

A beautiful arrangement of 48 cupcakes either white or chocolate, frosted in the colors of your choice. Happy Birthday or choose a theme that represents the current holiday like Valentine's Day, Halloween or Graduation.

We can decorate for most any event.

**6 Count - Serves up to 6 - \$4.99**

**24 Count - Serves up to 24 - \$17.99**

# Party Planning Guide

<b>NUMBER OF PEOPLE</b>	<b>1</b>	<b>10</b>	<b>20</b>	<b>30</b>
Deli Meats	3. oz.	1.75 lbs.	3.75 lbs.	5.5 lbs.
Cheese	1.5 oz.	1 lb.	2 lb.	3 lb.
Chicken (Bone In)	2 pcs.	20 pcs.	40 pcs.	60 pcs.
Chicken (Wing Seg)	5-7 pcs.	60 pcs.	120 pcs.	180 pcs.
Salads/Desserts	6 oz.	3.75 lbs.	7.5 lbs.	11.25 lbs.
Fresh Fruits	2.5 oz.	.25 gal.	.5 gal.	.75 gal.
Breads	3 slices	2 loaves	3 loaves	5 loaves
Rolls	1.5	15	30	45
Chips	1 oz.	10 oz.	1.25 lbs.	2 lbs.
Crackers	4 oz.	32	64	96
Deli Pickles	1.5 ea.	5	10	15
Sheet Cake Slices	3" x 3"	10	20	30
Cookies	2 ea.	20	40	60
Coffee	8 oz.	.75 gal.	1.5 gal.	2.25 gal.
Beverage/Punch	6 oz.	.5 gal.	1 gal.	1.5 gal.

## Vegetable Platter

Recommended Portion for 30

<b>VEGETABLE</b>	<b>WEIGHT</b>	<b>NUMBER TO PREPARE</b>
Celery	18 oz.	1.75 lbs.
Cauliflower	2.5 lbs	1 lb.
Carrots	10 oz.	20 pcs.
Baby Carrots	10 oz.	60 pcs.
Broccoli	1.75	3.75 lbs.
Bell Pepper	5 oz. (1)	.25 gal.
Cherry Tomatoes	.75 lbs. (2)	2 loaves
Dip	1.5 pts.	15

## Fruit Platter

Recommended Portion for 30

<b>FRUIT</b>	<b>APPROX.</b>	<b>YIELD</b>
Strawberries	1.25 lbs	30 Large
Honeydew	1 (2.5 lbs.)	45 Pieces
Watermelon	1 (5-6 lbs.)	55 Pieces
Cantaloupe	1 (5 lbs.)	45 Pieces
Seedless Red Grapes	1.25 lbs	20 Clusters
Seedless Green Grapes	1.25 lbs	20 Clusters
Pineapple	1 (1.25 lbs.)	30 Triangles



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Maplewood, MN 55119  
651-739-9055

SOUTH ST. PAUL  
225 13th Avenue South  
South St. Paul, MN 55075  
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### **Custom Catered Dinner Orders...**

When placing your custom catered dinner order, please call or stop in your favorite store. We kindly request a minimum of seven days to order for your event. We understand there are situations that arise that create an opportunity for you the event planner, please give us a call and let us work with you on a solution.

### **Special Requests or Custom Catering...**

We understand planning an event can be difficult and there are many questions. Beyond the questions are special requests you may have that will better fit your needs. Give us a call and let's talk about your needs and work out a menu that is sure to satisfy.

### **Change/Cancellation Policy:**

Once your order is confirmed, we start preparing to deliver to you on-time delicious quality food. Just in case there is a change in your plans, we kindly request you allow for the following. We require a minimum of 48 hours to finalize orders with no additional changes, prior to time/day of event. We require a minimum of 72 hours for cancellation of orders, prior to time/day of event. Any cancellations within 72 hours will be charged in full.

Prices and availability subject to change. 10.8.21