

OAK & ESSENCE
CATERING



BRIGHTWOOD
ZERO-CONTACT CATERING



WELCOME TO
OAK & ESSENCE
CATERING

OUR STORY

Where tradition intersects with innovation, Oak & Essence Catering embodies culinary excellence. Our journey started with a deep respect for the sturdy oak tree, symbolizing strength and resilience. Just as its branches stretch towards the sky, our mission is to elevate the rich culinary traditions to new heights, honoring their legacy and embracing modern creativity.

At Oak & Essence, we celebrate the timeless flavors and soulful dishes that have woven themselves into the tapestry of American culinary history. From the savory spices of Creole cuisine to the comforting warmth of Southern soul food, each dish tells a story of heritage and passion. Our chefs, inspired by generations of culinary wisdom, infuse these traditions with bold, modern twists that capture the essence of our diverse world.

We believe in the power of flavors to connect people across cultures and continents. Our menus are crafted with meticulous attention to detail, offering a journey through global tastes that awaken the senses and ignite the palate. Whether it's a corporate gathering, a wedding celebration, or an intimate soirée, Oak & Essence Catering ensures every event is a masterpiece of flavor and sophistication.

Step into our sleek, modern kitchen where creativity meets precision. Here, innovation dances with tradition as we blend the robust spices of the Caribbean with the delicate flavors of Asia, and the hearty textures of Africa with the refined tastes of Europe. Each dish is a harmonious symphony of flavors, carefully curated to delight and inspire.

Beyond the culinary artistry, Oak & Essence Catering is committed to excellence in every aspect of our service. From the first consultation to the final bite, we strive to exceed expectations, creating unforgettable dining experiences that leave a lasting impression. Our dedication to quality, hospitality, and innovation sets us apart, ensuring that your event is not just memorable, but truly exceptional.

Join us at Oak & Essence Catering, where tradition meets innovation, and every bite tells a story of flavor, culture, and the timeless spirit of the oak.

BRAND PROMISES

1. **Flavorful Essence:** We promise to infuse every dish with the flavorful essence of Black American culinary traditions, complemented by bold, global inspirations.
2. **Innovative Branches:** We promise to innovate like the mighty oak, blending traditional flavors with modern twists that surprise and delight, ensuring each bite is a culinary revelation.
3. **Sleek Elegance:** We promise a catering experience that exudes sleek elegance, from our sophisticated presentation to our impeccable service, setting the stage for an unforgettable event.
4. **Deep Roots:** We promise to uphold our roots in quality, sourcing the finest ingredients and crafting each dish with passion and precision and in service, providing impeccable attention to detail to your event from idea to execution.

At Oak & Essence Catering, these promises embody our commitment to culinary excellence, innovation, and creating unforgettable oak-periences that stand the test of time.



OUR TIERS OF SERVICE

At Oak & Essence, we epitomize a fusion of tradition and innovation, drawing inspiration from the enduring strength of the oak tree. Like its resilient branches, our mission is to elevate every culinary affair to unparalleled levels of sophistication and excellence.

Throughout this guide, we delve into the nuances of menu curation, explore cutting-edge culinary trends that seamlessly blend global flavors with timeless elegance, and provide strategic insights for seamless event management. Whether you're a seasoned professional seeking to refine your skills or an aspiring host aiming for perfection, our objective is to empower you with the refined knowledge and creativity to surpass expectations.

Join us on a journey where tradition meets modernity, and where each event crafted by Oak & Essence Catering reflects our unwavering commitment to exceptional taste, style, and impeccable service.

Oak & Essence Catering offers a comprehensive range of catering tiers, each inspired by the intricate growth rings of an oak tree, symbolizing strength, growth, and timeless elegance. Beginning with **BRIGHTWOOD**, our zero-touch catering tier, we provide a seamless and safe dining experience, ensuring convenience without compromise. **BLOOMWOOD** caters specifically to student organizations, offering cost-conscious options that maintain sophistication and flavor, nurturing the growth of vibrant student communities. **LUXEWOOD** stands as our versatile everyday tier, renowned for its punctuality and ability to adapt, whether through boxed catering or lavish buffets, ensuring every event is executed flawlessly. Finally, **HEARTWOOD** represents the epitome of luxury and prestige in catering, reminiscent of presidential dining experiences, offering custom menus, luxurious settings, and unmatched service to meet the highest expectations of our distinguished clientele. Oak & Essence Catering promises not just exceptional dining but an expression of enduring quality and refinement, tailored to elevate every occasion with elegance and distinction.





BRIGHTWOOD

Zero-Touch Catering

Brightwood is Oak & Essence's premier zero-touch catering tier. Born out of the contactless catering era, Brightwood continues to offer a seamless and safe dining experience for clients seeking convenience without compromising on quality.

Features

- Contactless Delivery: Our team provides hassle-free, contactless delivery and setup, adhering to the highest standards of hygiene.
- Eco-Friendly Disposables: Meals are served in eco-friendly disposable tableware, making cleanup easy and environmentally conscious.
- Single-Serve Beverages: Choose from a variety of beverages delivered in single-serve packaging to maintain safety and convenience.
- Virtual Coordination: Our dedicated support team offers virtual coordination to ensure your event runs smoothly from start to finish.

Brightwood is designed for the modern client who values safety, convenience, and a touch of elegance in their catering experience. With Oak & Essence's commitment to exceptional service, Brightwood provides a flawless, contactless dining solution that exceeds expectations.



CREATIVE TAKE-OUT OR DELIVERY. CONTACTLESS. TO KEEP YOU SAFE AND HEALTHY.

STEP 1: Order.

STEP 2: Select menu items + set pick up or delivery location.

STEP 3: Serve + Enjoy. Each meal is packaged individually.

When you dine with us, your health and safety is of paramount importance. We want you to know that we have a comprehensive plan in place to ensure we effectively manage the spread of illnesses such as COVID-19. Our team continues to monitor guidance provided by the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and other health authorities.

You can rest assured we are taking many steps to ensure a safe foodservice environment and to reinforce our stringent health and hygiene standards.

This includes:

1. Maintaining strict cleaning, sanitizing, and disinfecting protocols
2. Ensuring CDC guidelines for handwashing and hygiene etiquette
3. Reinforcing Food Safety Management System/HACCP standards for food preparation and service
4. Temperature checks for anyone entering the workplace
5. Contactless clock-in procedures for associates
6. Social Distancing

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COMFORT FOOD.





MORNING MEALS

Continental Breakfast

\$10.25

Bagel

(Cals: 240-340)

Cream cheese

(Cals: 50)

Seasonal fresh fruit

(Cals: 60)

Bottled cold brew

(Cals: 5)

Bottled orange juice

(Cals: 120)

Traditional Breakfast

\$11.25

Cinnamon French toast

(Cals: 170-240)

Scrambled eggs

(Cals: 190)

Bacon

(Cals: 45-70)

Seasoned breakfast potatoes

(Cals: 120)

Bottled cold brew

(Cals: 5)

Bottled orange juice

(Cals: 120)

Vegan Breakfast Bowl

\$8.99

Spicy tofu breakfast bowl with kale,
mushroom, tofu scramble, lemon
couscous, grape tomato, scallion
and avocado

(Cals: 450)

HAND-CRAFTED SANDWICHES

Minimum of 12 persons per order.

Choose Your Bread

Croissant	(Cals: 350)
Biscuit	(Cals: 200)
Wrap	(Cals: 290)
English muffin	(Cals: 130)

Choose Your Filling

Bacon and egg	(Cals: 170)	\$4.05
Egg and cheese	(Cals: 130)	\$3.99
Fried chicken	(Cals: 270)	\$4.99
Tomato and cage-free eggs	(Cals: 90)	\$4.99
Hot ham and cheese	(Cals: 120)	\$3.25
Sausage	(Cals: 460)	\$3.25





BREAKFAST A LA CARTE

Yogurt parfait with fresh berries and granola
Seasonal fresh fruit cup

(Cals: 250) \$5.25
(Cals: 60) \$4.99

PERSONAL SMACK PACKS

Minimum of 12 persons per order.

Mezze Spreads

\$4.25

Served with crisp vegetables and pita chips
Classic chickpea hummus
Babaganoush

(Cals: 50-80)
(Cals: 30)
(Cals: 50)

Charcuterie Board

\$13.99

A selection of cured meats, cheeses, assorted nuts,
dried fruits, and crackers

(Cals: 70-120)

Cheese Board

\$7.55

A selection of hard and soft cheeses with assorted
nuts, dried fruits, and crackers

(Cals: 70-682)

SWEET TREATS

Assorted freshly-baked cookies	(Cals: 170-210)	\$3.25
House-made fudge brownies	(Cals: 200)	\$2.99
Cereal Treats	(Cals: 37-690)	\$2.85
Choice of Trix, Cinnamon Toast Crunch, Cocoa Puffs, or Rice Krispy Treat		
Individually wrapped granola bars	(Cals: 190)	\$1.89
Individually bagged chips	(Cals: 130-320)	\$1.89
Fresh whole fruit	(Cals: 30-110)	\$1.89
Fruit & nut energy bars	(Cals: 110)	\$1.89



CRAFT LUNCHES

Minimum of 12 persons per order.

Express Box Lunch

All sandwiches served on chef's selection of freshly baked bread with seasonal hand fruit, potato chips, and freshly-baked cookie.

Sandwich Selections

Turkey breast and provolone cheese	(Cals: 490)	\$10.99
Ham and swiss	(Cals: 590)	\$10.99
Roast beef and cheddar	(Cals: 540)	\$12.99
Grilled veggie wrap	(Cals: 580)	\$11.99
Tuna salad	(Cals: 580)	\$10.99
Grilled Mediterranean chicken	(Cals: 730)	\$11.99



Artisan Box Lunch

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad, and dessert bar.

Sandwich Selections

Muffuletta vegetarian sandwich	(Cals: 600)	\$12.99
Mediterranean grilled chicken with sun-dried tomato hummus on ciabatta	(Cals: 730)	\$17.99
Cajun roast turkey with pepper jack, beruma onion, cajun mayo	(Cals: 480)	\$14.85
Classic Italian, pepperoni, capicola, salami and provolone with balsamic on hero	(Cals: 730)	\$21.99
Avocado, lettuce and tomato on wheat	(Cals: 450)	\$16.99
Roast beef sub with American cheese, lettuce, tomato and onion	(Cals: 540)	\$16.99
Turkey, bacon and ranch on wheat with pepper jack cheese	(Cals: 640)	\$14.85

Side Salads

House-made chips	(Cals: 400)
Chickpea tomato salad	(Cals: 80)
Quinoa and tabbouleh salad	(Cals: 260)
Small garden salad	(Cals: 40)



FOR YOUR SAFETY
AND CONVENIENCE.



CRAFT SALADS

Minimum of 12 persons per order.

All salads include artisan crackers, choice of dressing, fresh/baked cookie, and compostable cutlery.

Turkey breast and provolone cheese (Cals: 450) \$13.99

Mesclun greens with turkey, applewood smoked bacon, fresh avocado, cage-free hardboiled egg, black olives, onion, and house-made croutons

Blackened chicken ceasar salad (Cals: 430) \$12.99

Chopped romaine lettuce, blackened chicken, grated Parmesean cheese, and house-made croutons with our traditional Caesar dressing

Traditional chef's salad (Cals: 520) \$11.99

Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers, and crisp greens with creamy buttermilk dressing

Greek salad with grilled chicken (Cals: 730) \$14.99

Grilled chicken, tomatoes, cucumbers, Kalamata olives, feta cheese, red onion, and mixed greens with a red wine vinaigrette

California salmon salad (Cals: 420) \$15.99

Mesclun greens with grilled salmon, red cabbage, celery, black olives, tomatoes, cucumbers, and avocado with balsamic vinaigrette

Mediterranean grain salad (Cals: 330) \$7.99

Orzo, barley, & farro with Kalamata olives, tomato & Bermuda onion



CRAFT BOWLS

Minimum of 12 persons per order.

Chicken Bowl (Cals: 1216) **\$12.99**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with chili lime chicken

Pulled Pork Bowl (Cals: 1219) **\$12.99**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with slow roasted pork carnitas

Barbacoa Bowl (Cals: 1136) **\$12.99**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with beef barbacoa

Vegetarian Bowl (Cals: 1136) **\$12.99**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with roasted vegetables

CRAFT THEME MEALS

Minimum of 12 people for all boxed theme meals per option.

Little Italy

Option 1

\$8.99

Rustic lasagna (cals: 480), freshly baked artisan garlic bread (cals: 210), fresh baked cookie (cals: 170-200)

Option 2

\$8.99

Tortellini primavera (cals: 280), freshly baked artisan garlic bread (cals: 210), fresh baked cookie (cals: 170-200)

Option 3

\$12.99

Chicken marsala over bed of penne (cals: 380), freshly baked artisan garlic bread (cals: 210), fresh baked cookie (cals: 170-200)

Option 4

\$12.99

Chicken parmesan over bed of penne (cals: 470), freshly baked artisan garlic bread (cals: 210), fresh baked cookie (cals: 170-200)

Home Style

Option 1

\$13.99

Herb-brined turkey breast with sage gravy (cals: 260), garlic roasted red bliss potatoes (cals: 130), roast brussel sprouts (cals: 45), fudge brownie (cals: 200)

Option 2

\$13.99

Herb and panko crusted salmon (cals: 170), garlic roasted red bliss potatoes (cals: 130), roast brussel sprouts (cals: 45), fudge brownie (cals: 200)

Option 3

\$13.99

Beyond (Beyond Meat) meatloaf (cals: 259), garlic roasted red bliss potatoes (cals: 130), roast brussel sprouts (cals: 45), fudge brownie (cals: 200)

Taste of the South

Option 1

\$12.99

Carolina pulled pork with slider rolls (cals: 400), macaroni and cheese (cals: 330), BBQ baked beans (cals: 270), cheddar jalapeno cornbread (cals: 330) and brownie (cals: 200)

Option 2

\$12.99

Buttermilk fried chicken (cals: 500), macaroni and cheese (cals: 330), BBQ baked beans (cals: 270), cheddar jalapeno cornbread (cals: 330) and brownie (cals: 200)

Option 3

\$11.99

Pulled BBQ portabello mushroom with slider rolls (cals: 282), macaroni and cheese (cals: 330), BBQ baked beans (cals: 270), cheddar jalapeno cornbread (cals: 330) and brownie (cals: 200)

Cookout

Pick 1

Hamburgers	(Cals: 340)	\$12.99
Veggie burgers	(Cals: 280)	\$8.99
Hot dogs	(Cals: 480)	\$8.90
BBQ chicken sandwich	(Cals: 630)	\$12.99

Includes

Bag of chips, pasta salad (cals: 270), lettuce (cals: 0), tomatoes (cals: 0), pickles (cals: 0), onions (cals: 5), condiments (cals: 10-90), and fresh-baked cookies (cals: 170-200)



ENJOY YOUR
FAVORITES.





POLICIES

To ensure proper delivery/pick up time, place your orders with a 24 hour notice or sooner.

Napkins and disposable cutlery will be provided as needed depending on menu choice and guest count.

Delivery will be limited to a 5 mile radius of campus.

All items are packaged in disposable containers and for the individual. When possible, recyclable and compostable packaging and flatware will be made available. Groups/House will be responsible for clean-up and trash removal.

Please let us know if any of your guests have food allergies and/or dietary restrictions; we are happy to accommodate.

Sanitation and safety is of our utmost importance. Please see all labels for quality assurance and temperature on all menu selections that need refrigeration and heating.

LOOKING FOR MORE?

Oak & Essence offers four distinct tiers of catering.

BRIGHTWOOD

Zero-Contact Catering

BLOOMWOOD

Student Organization Catering

LUXEWOOD

Everyday Catering

HEARTWOOD

Luxury Catering



