

# Seminar Packages

Minimum 20 persons per item ordered

## Select a Breakfast, Lunch & Snack



**\$26 per person** (delivery add'l)

### Breakfast Choices

*Includes: Coffee Service, Juice*

**Fresh Bagels** | *With Cream Cheese, Peanut Butter, Fresh Fruit*

**Muffins & Fresh Fruit**

**Ham, Cheese & Scallion Egg Bake (GF)** | *With Potatoes O'Brien*

**French Toast Bake** | *With Powdered Sugar, Maple Syrup*

**Scrambled Eggs (GF)** | *With Veggies and Cheese*

**Belgian Waffles** | *With Berry Compote, Scratch Whipped Cream*

**Jumbo Croissants** | *With Nutella and a Banana*

**Breakfast Sandwich** | *Individually Wrapped Croissant with Egg and a Choice of Protein and Cheese*

### Afternoon Snack Options

- Chips and Salsa (GF)
- Crackers and Cheese
- Fresh Fruit Salad (GF)
- Veggies and Dip (GF)
- Salty Snack: Chips, Chex Mix, Pretzels, etc.
- Fresh Made Hummus (GF) and Baked Pita Chips
- Snack Breads: Banana Bread, Lemon Poppy Seed, etc.
- Mini Croissants, Butter and Jam

Delivered with lunch.

Inquire about vegetarian and vegan options.

GF items don't contain gluten; not prepped in a GF kitchen.

### Lunch Choices

*Includes: Coffee Service, Bottled Water, Assorted Sodas*

**Turkey & Cheese Sandwich** | *With Garnish Platter and Condiments, Chips, Chocolate Chip Cookie*

**Chilled Salad Trio** | *Pasta Salad with Fresh Herb Pesto, Grilled and Marinated Chicken, Parmesan and Sauteed Vegetables; Tangy Cucumber, Tomato and Dill Salad; Fresh Melon and Mint Salad*

**Ham & Cheese Sandwich** | *House-Made Bacon and Scallion Potato Salad, Oatmeal Raisin Cookie*

**Pasta Pomodoro** | *With Fresh Herbs, Olive Oil and Grated Parmesan. Served with Italian Antipasti Salad, Garlic Brushed Rolls, Dessert Bar.*

**Authentic Chicken Tinga Taco Bar (GF)** | *Slow Braised and Pulled Chicken in a Zesty Tomato, Garlic, Lime Sauce with Chopped Lettuce, Crema, Queso Fresco, Corn Tortillas and Spanish Rice. Served with Tajin-Tossed Pineapple.*

**Texas-Style Slow-Roasted Pork Shoulder** | *With Caramelized Onions and Choice of Cider Gastrique or Scratch-Made BBQ Sauce on a Potato Bun. Served with Sliced Pickles, Scratch-Made Coleslaw and Cookie.*

# A Boutique Partner Catering to You

CKC Good Food is a catering partner you can trust to provide delicious food to impress any sized crowd and take the stress off you. From weddings and formal galas to corporate seminars, casual picnics and barbecues, we provide accommodating, attentive service and a variety of cuisine to meet your needs and budget.

## Catering Menus

Breakfast | Appetizers / Snacks | Box Lunches / Seminar Packages | Buffets / Food Bars | Upscale Dinners | Weddings | Desserts & Beverages

Our standard menus give you a glimpse into our culinary depth and versatility. We often develop custom menus for specific themes and special occasions for truly memorable experiences.\*

*\*At least 7 days' notice required.*



## Executive Chef Najil Bagdadi

A Minneapolis native, Executive Chef Najil Bagdadi has more than 20 years' experience cooking diverse cultural and high-end cuisines. He has led CKC Good Food Event Catering since 2018, after 15 years in restaurants including Masa, D'Amico Kitchen, Victory 44 and IE, as well as 2 years with 3 Sons Signature Cuisine Catering. While at 3 Sons, he cooked for events that drew up to 1,000 people.

Chef Naj began his culinary career at age 19 at the acclaimed Minneapolis seafood restaurant Oceanaire. While there, he regularly cooked for celebrities and pro athletes, including the likes of actor Ving Rhames (*Mission Impossible*), comedian Dave Chappell, comedian-turned-politician Al Franken and NBA player and coach Sam Cassel. Rhames said the sea bass Chef Naj prepared was "excellent."

The broad array of menus Chef Naj has created for CKC Good Food reflect both his professional experience as well as his North African/Middle Eastern roots, his wife's Mexican heritage and his extensive world travels.

## We Promise Transparent Pricing

Our catering menus list exact prices for each item, so you always know what to expect. For a full look at the details that go into catering your special event – like setup, delivery, labor, and other fees – we've outlined everything so there are no surprises along the way.

To see all pricing details, scan QR code or go to [www.ckccatering.com/transparent-pricing](http://www.ckccatering.com/transparent-pricing).



Let's Work Together!  
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