



BUILDING MEANINGFUL CONNECTIONS

*the*

**TRYST TRADING**

COMPANY

SINCE 1998

CATERING MENU



## BREAKFAST MENU

### **Breakfast Pastries**

A mixture of Bullfrog bagels, muffins, scones, croissants, and other fresh baked selections. Cream cheese, butter, and house made strawberry preserves served on the side. (V)

### **Breakfast Parfait**

Create a breakfast parfait with yogurt, house made granola, and fresh berries. (V)

### **The New Yorker**

Smoked salmon slices served on a platter with Bullfrog bagels, sliced red onions, sliced tomatoes, and capers.

### **Fruit Salad**

### **Seasonal Frittata**

Choose from a meat or vegetarian option.



## LAND & SEA

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We recommend choosing two options. Choose two condiments pairings: horseradish cream, tarragon mustard aioli, chimichurri, lemon & herb, or cucumber yogurt.

**Grilled Chicken Paillard** (GF)

**Panko Crusted Chicken Cutlet**  
with charred lemon

**Chicken Kebab**  
with rosemary, lemon, and garlic (GF)

**Sliced Beef Tenderloin** (GF)

**Beef Kebab**  
with rosemary, lemon, and garlic (GF)

**Roasted Atlantic Salmon** (GF)

**Roasted Jumbo Shrimp** (GF)

**Lump Crab Cake**  
with Old Bay remoulade

## GRAINS & POTATOES

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**Orange Scented Wheat Berries**  
Almonds, cranberries, and spinach (VV)

**Bulgur Wheat**  
Tomato, cucumber, parsley, mint, lemon, and olive oil (VV)

**Toasted Quinoa**  
Cranberry, almonds, and lemon vinaigrette (VV GF)

**Couscous**  
Roasted apple, raisins, and almonds (VV)

**Braised Beluga Lentils**  
and baby spinach (VV GF)

**Wild Rice**  
Stawberry, goat cheese, red onion, baby arugula, balsamic vinegar, and olive oil (V GF)

**Orzo Pasta Salad**  
Tomato, cucumber, spinach, red onion, feta, and lemon dressing (V)

**Dill Honey Mustard Potato Salad** (V GF)

## LEAFY GREENS

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**Kale Caesar**  
Garlic crouton and parmesan

**Greek**  
Romaine and mixed greens, tomato, cucumber, sweet peppers, kalamata olives, feta, and dill (V GF)

**Baby Spinach**  
Artichoke, sundried tomato, chickpeas, and parmesan (V GF)

**Baby Arugula**  
Apple and red onion (VV GF)

**Mixed Green Salad** (VV GF)

## HEARTY GREENS

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**Roasted Broccoli** (VV GF)

**Grilled Asparagus** (VV GF)

**Grilled Seasonal Vegetables** (VV GF)



## HAPPY HOUR SELECTIONS

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Pick 5 from the choices below

### French Cheese Puffs <sup>(V)</sup>

#### Mini Quiche

with choice of spinach parmesan <sup>(V)</sup>, quiche lorraine, or caramelized onion and gruyere <sup>(V)</sup>

#### Hummus Duo

original and roasted red pepper hummus with pita <sup>(VV)</sup>

#### Quesadilla

Served with salsa fresca and sour cream. Choice of corn, poblano, and black bean <sup>(V)</sup>, or jerk chicken

#### Spanakopita <sup>(V)</sup>

### Grilled Seasonal Vegetables

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#### Vegetable Spring Rolls

with duck sauce and spicy mustard <sup>(V)</sup>

#### Vegetable Dumpling

with soy ginger sauce <sup>(V)</sup>

#### Coconut Shrimp

with orange soy remoulade

#### Shrimp Cocktail

with classic red cocktail sauce <sup>(GF)</sup>

#### Mini Crab Cakes

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#### Chicken Skewers

with choice of pesto chicken or thai style with peanut sauce

#### Roast Beef on Brioche

with horseradish sauce

#### Pulled Pork Sliders

with green apple slaw

#### Ham and Swiss Biscuit

with honey mustard

## SIGNATURE DINNER BUFFETS

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Available after 5pm only

### Baltimore Pride

Lump crab cakes with tartar sauce and lemon, and filet of beef with port mushroom sauce <sup>(GF)</sup>. Served with Baltimore potato hash—roasted potatoes, peppers, onion and corn <sup>(VV GF)</sup>. Also roasted vegetable medley <sup>(VV GF)</sup>

### Lasagna

Meat or vegetarian <sup>(V)</sup> with herb tomato sauce served with Caesar salad <sup>(V)</sup> and garlic bread.

### Baked Polenta

Baked parmesan polenta topped with tomato, squash, peppers, onions, and herbs. Served with grilled asparagus, and tomato basil salad <sup>(VV GF)</sup>

### The Eiffel Tower

Sliced filet of beef au Poivre with red wine peppercorn sauce <sup>(GF)</sup>, and grilled chicken with tarragon white wine sauce <sup>(GF)</sup>. Served with hand smashed red bliss potatoes with herbs and parmesan <sup>(V GF)</sup>, and mixed green salad <sup>(VV GF)</sup>

### Athens Café

Roasted salmon with white wine, lemon, dill and caper sauce <sup>(GF)</sup>, and roasted chicken breast with herb butter, olives and tomatoes <sup>(GF)</sup>. Served with rice pilaf and Greek salad <sup>(V GF)</sup>.

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ALSO

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## ARTISAN CHEESE & CHARCUTERIE DISPLAYS



## BEVERAGE MENU

### **Brunch**

Bloody Mary, Mimosa, White or Red Sangria,  
Juices, Drip Coffee, Iced or Hot Tea

### **Coffeehouse**

Sodas, Iced & Hot Tea, Iced & Hot Coffee, Juices (self-serve)

### **Bar**

Selection of DMV (local) Bottled Beer,  
Wine (White and Red, Sparkling optional),  
Selection of up to two House Cocktails,  
Soft Drinks

### **After Dinner Coffee & Tea**

Hot Tea & Hot Coffee served with our signature animal crackers

Juices, signature cocktails, and selection of beer and wine are dependent on the restaurant