



# The Catering Insider

MARCH / APRIL 2026

Serving the DFW  
Metroplex for 28 years!

TABC Licensed  
Woman-Owned

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- **Pro Tip: Fuel the energy of your guests with protein!**
- **NEW! Burrito Power Bowls**
- **Mocktails**

## PRO TIP: Fuel the energy of your guests with protein!

There's a **new food pyramid** designed by the USDA to guide us to eat healthier so we can be healthier. It focuses on eating more real food, more protein, fruits and vegetables, healthy fats, whole grains and full-fat dairy with no added sugar. These guidelines suggest reducing refined sugars or carbohydrates by selecting zero added sugars in your food choices. Highly processed foods and artificial additives should be avoided. Serve foods that are baked, broiled, roasted or grilled instead of fried.

### PROTEIN

#### Serve nutrient-dense protein!

Protein is now at the top of the food pyramid and should be included in every meal and in between.

*Why? What are some protein menu item suggestions? What is the new food pyramid all about?*

*Continued on our blog!*

[Protein blog](#)

[Our Menus](#)

For our suggested meals with protein, please see our Corporate Menu.

## **NEW** BURRITO POWER BOWLS

**Nutrient-dense protein and delicious!**

### Build your own bowl!

Bowls are eco-friendly and include white rice, black beans, Southwestern style corn, and sautéed peppers and onions. Served with sour cream, cheddar cheese, jalapeno slices, and an avocado cup.

*Guests can create their own or we'd be glad to create them for you!*

**Chicken Fajita (\$16)**

**Spicy Taco Beef (\$16)**

**Beef Fajita (\$21)**

**Beef and Chicken Fajita (\$18)**

**Veggie with Plant Based Chicken (\$17)**



**Chicken Fajita Burrito Bowl**



**Spicy Taco Beef Burrito Bowl**



**Veggie with Plant Based Chicken Burrito Bowl**

[Our Menus](#)

[Our Services](#)

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## MOCKTAILS

*When you want to serve cocktails but without the alcohol!*

**HOSTED BAR AND CASH BAR OPTIONS AVAILABLE**



**Peach Cranberry Spritzer**

White cranberry juice, Peach nectar, Cranberry Juice, and Sprite



**Blueberry Lavender Lemonade**

Blueberry lavender syrup, Lemonade, and Sprite



**Tropical**

Mango, Pineapple juice, Coconut water, and Cranberry juice



**Purple Rain Fizz**

Cranberry juice, Grape juice, Sprite, and Lime



**Blue Lemonade**

Blue Gatorade, Lemonade, and Sprite



**Green Apple Fizz**

Green apple juice, Ginger ale, and Lime

**Custom Mocktails available**

*Ask us about our St Patrick's Day and other Holiday Mocktails!*

Prices start at \$10 per person

[Our Menus](#)

[Our Bar Services and Mocktails Menu](#)

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