

FULL-SERVICE CATERING TO FIT YOUR NEEDS

Stress free ordering, delivery and set-up. Options for every appetite. Good Uncle's got you covered. We'll work with you to create a menu for your next meeting or event.

BRINGING THE NATION'S BEST FOOD TO SYRACUSE

We've chosen the most popular items from 10 of New York's most iconic restaurants to recreate in our Syracuse kitchen. After months of training in their kitchens and sourcing their exact ingredients and equipment, we make and deliver these award-winning dishes to you, here in Syracuse. Our menu consists of brands like Joe's Pizza and Ess-a-Bagel, both rated by Zagat as the best NYC has to offer, balanced with a couple of local favorites from Gannon's & Original Grain, alongside our own chopped salads, healthy protein plates and variety of market sides.



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Best bagels
in NYC.



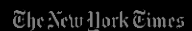
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#1 Pizza
in NYC.



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The Willy Wonka
of sandwiches.



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Catering Menu

- 1 All Day Breakfast
- 2 Salads & Grain Bowls
- 3 Sandwiches & Pub Food
- 4 Healthy Protein & Market Sides
- 5 All Day Breakfast Options
- 6 Lunch & Dinner Options
- 7 Food Allergy Info

 NUT-FREE  GLUTEN-FREE  DAIRY-FREE

Ess-a-Bagel with Cream Cheese 

Plain, Everything and Cinnamon Raisin bagels from New York's iconic Ess-a-Bagel, served with our house-whipped cream cheese.

Ess-a-Bagel's Bacon, Egg, and Cheese Sandwich 

Fried egg, bacon, and American cheese on an Ess-a-Bagel.

Bacon, Egg, and Cheese on Brioche from Tom Cat Bakery 

Fried egg, bacon, and American cheese on a brioche bun.

Ess-a-Bagel's Signature Lox Sandwich 

House-cured lox, capers, red onion, leafy greens, tomato and scallion cream cheese on an Ess-a-Bagel.

"The Carlos Santana" Breakfast Burrito 

Scrambled eggs, cheddar cheese, chorizo, home fries, Sriracha mayo and avocado mash wrapped in a flour tortilla.

Original Grain's Chia Seed Pudding:

Goji & Granola  

Chia seeds in a pudding of coconut milk, agave nectar and vanilla extract, with dried goji berries and granola mix-ins.

Original Grain's Chia Seed Pudding:

Peanut Butter & Cacao

Chia seeds in a pudding of coconut milk, agave nectar and vanilla extract, with peanut butter and cacao nibs mix-ins.



NUT-FREE



GLUTEN-FREE



DAIRY-FREE

Our recommended dressing

Cajun Chicken Cobb Salad

Romaine and kale mix, hardboiled egg, bacon crumbles, Heirloom cherry tomatoes, shredded cheddar cheese, black bean & corn salsa and diced Cajun-spiced chicken.

Buttermilk Ranch dressing

Chicken Kale Peanut

Kale, cabbage, peanuts, cilantro, mint, grated parmesan cheese and diced grilled chicken.

Spicy peanut dressing

Caesar Salad

Romaine and kale mix, Heirloom cherry tomatoes, grated parmesan cheese and croutons.

Garlic parmesan dressing

Ahi Tuna Poke Grain Bowl

Trio of ancient grains and mixed greens with raw ahi tuna, edamame, cucumber, carrot, roasted broccoli, roasted mushroom, radish, scallions, sriracha aioli and a sesame soy glaze.

Spicy miso dressing

Kale Quinoa Strawberry Salad

Kale, sliced strawberries, seasoned quinoa, goat cheese, chopped walnuts and a balsamic reduction glaze.

House balsamic vinaigrette

House Salad

Mixed greens, diced red onion, cucumber, Heirloom cherry tomatoes, and shredded carrots.

House balsamic vinaigrette

Asian Salad

Mixed greens, Shiitake mushrooms, shredded carrots, sesame-charred broccoli, edamame, almonds and crispy wontons.

Spicy miso dressing

NO. 7 SUBS' SANDWICHES

The Godfather Part II

Mexican chorizo, salami, provolone cheese, ham, sweet potato mash, pickled jalapenos and Thai basil on a toasted sub roll.

The Battle of Italy

Breaded fried chicken, Thai basil pesto, fresh mozzarella cheese, pepperoncini peppers and marinara sauce on a toasted sub roll.

PUB FARE

Sticky's Chicken Fingers

Breaded and fried gourmet chicken tenders.

French Fries

Croxley's Buffalo Wings

Classic chicken wings in mild, medium, hot or BBQ sauce.

JOE'S PIZZA

Cheese Pizza

Classic 18" pie from New York's top pizzeria, with a chewy, golden-brown crust, authentic Italian tomato sauce and melty mozzarella.

Veggie Pizza

Joe's Pizza's iconic cheese pie topped with fresh green pepper, mushrooms, red onion, broccoli and black olives.

Pepperoni Pizza

Joe's Pizza's classic pie covered edge-to-edge in fresh pepperoni with a little kick.

Real American Hero

Sliced turkey breast, crispy bacon, smashed avocado, tomato, leafy greens and smoked French dressing on a sub roll.

General Tso's

Breaded fried chicken, General Tso's sauce, smashed avocado and crispy fried shallots on a toasted sub roll.

Sticky's Sauces

Buffalo Balsamic Maple

A little heat & a little sweet

Sticky's Signature Sauce

Smoky sweet sensation

Mac Sauce

Jalapeño heat & cheesy goodness

Sunny Mustard

Sticky's universally-loved take on honey mustard



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HEALTHY PROTEINS

Herb-Marinated Chicken



Tender marinated chicken, grilled and served over a trio of ancient grains.

Teriyaki Wild Salmon



Wild-caught salmon filet, grilled then glazed in teriyaki and topped with sesame seeds.

Sesame-Crusted Ahi Tuna



Tuna steak crusted in black and white sesame seeds, then seared to medium rare and drizzled with a sesame soy glaze and served over a trio of ancient grains.

Marinated Steak with Wild Mushroom Sauce



Marinated tender beef tips in a house-made gravy with Shiitake, cremini and button mushrooms served over a trio of ancient grains.

MARKET SIDES

Quinoa Chickpea



Avocado Salad

Walnut Pesto



Mashed Potatoes

Truffle Mac & Cheese



Honey Dijon Brussel



Sprouts with Bacon

Bulleit Bourbon



Glazed Carrots

Kale Peanut Side Salad

Fries



Sesame Charred Broccoli



with Shiitake Mushrooms

Soups

Soup selections rotate daily; we do our best to accommodate specific requests.

AVAILABLE PLATTERS

All pricing is dependent on the number of people, with a minimum order size of 15 people. All food is served family style. We're happy to work with you on a combination that fits your needs and budget!

BREAKFAST PLATTERS

- Assortment of bagels by Ess-a-Bagel with Cream Cheese
- Assortment of Breakfast Sandwiches
- Assortment of Breakfast Sandwiches & Bottled Juices or Water
- Assortment of Breakfast Sandwiches, Seasoned Home Fries & Bottled Juices or Water
- Assortment of Chia Seed Puddings from Original Grain

LUNCH PLATTERS

- **Salad Platter**
Choice of salad.
- **Soup & Salad Lunch**
Choice of salad and soup with crostini & a selection of soft drinks and bottled waters.
- **Submarine Sandwich Platter**
Assortment of sandwiches from No. 7 Subs.
- **Submarine Sandwich Lunch**
Assortment of sandwiches from No. 7 Subs & a selection of chips, soft drinks and bottled waters.
- **Sub & Soup Lunch**
Assortment of sandwiches from No. 7 Subs, choice of soup or side, & a selection of chips, soft drinks and bottled waters.
- **Jumbo Chicken Tenders Platter**
Jumbo gourmet chicken tenders and assorted signature sauces from Sticky's Finger Joint.

DINNER PLATTERS

- **Tenders & Fries Platter**
Jumbo gourmet chicken tenders, fries & assorted signature sauces from Sticky's Finger Joint.
- **Jumbo Chicken Tenders Feast**
Jumbo gourmet chicken tenders & signature sauces from Sticky's Finger Joint, one market side & one salad or soup.
- **Market Platter**
Choice of one healthy protein & two market sides.
- **Signature Dinner Combo**
Choice of one healthy protein, two market sides, a salad & an assortment of Ample Hills ice cream pints.

Looking for something customized? We'll make it happen. Contact us with your party size and needs.

CONTACT US

catering@gooduncle.com | 315.333.7100

Food Allergy Notice

Our meals are prepared in a kitchen environment that contains nuts and gluten. We use best practices when preparing our meals, but inadvertent cross-contamination can occur. We cannot guarantee the complete absence of allergens.

ALLERGY KEY



NUT-FREE



GLUTEN-FREE



DAIRY-FREE

