In a world where time is at a premium, those instances where people come together deserve to be special. Whether celebrating achievement or planning future success, it is during these gatherings where the power of human connectivity is elevated. This same connectivity is what makes Flavours decidedly different.

Flavours is about more than great food. It’s about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceed the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

Our team of catering professionals are specially trained to assist you with planning your event, focusing on every aspect to ensure quality and consistency. Our culinary team has created a variety of healthy and delicious menus to fit a wide range of budgets and tastes, including choices featuring organic and/or sustainable selections. They also take great pride in using the best possible local and seasonal ingredients, regional favorites and specialty items that will make your event a complete success.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at 970-248-1027, Email us at catering@coloradomesa.edu, or Jacqueline.Roy@sodexo.com, or Sara.Graupner@sodexo.com. Or you can visit our website: Coloradomesa.edu/dining/catering.

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

= Mindful  = Vegetarian  = Vegan

We can also accommodate Gluten Free requests.
Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Freshly Brewed Fair Trade aspretto Coffee (8 fluid oz. | 0 cal), Fair Trade aspretto Decaffeinated Coffee (8 fluid oz. | 0 cal) and Aspretto Numi Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Aspretto Numi Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 15 or more.

# CONTINENTAL
$10.85 per guest

Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)

<table>
<thead>
<tr>
<th>CHOOSE TWO:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Breakfast Breads (1 slice</td>
<td>200 - 280 cal)</td>
</tr>
<tr>
<td>Mini Scones (1 each</td>
<td>180-210 cal)</td>
</tr>
<tr>
<td>Cinnamon Rolls (1 each</td>
<td>110 - 450 cal)</td>
</tr>
</tbody>
</table>

Cream Cheese, Butter and Assorted Jellies

Chilled Carafes of Cranberry Juice (8 fluid oz. | 210 cal)
Orange Juice (8 fluid oz. | 140 cal)
Apple Juice (8 fluid oz. | 90 cal)

# BREAKFAST BUFFET
$17.50 per guest

Seasonal Sliced Fresh Fruit (4 oz. | 50 cal)

<table>
<thead>
<tr>
<th>CHOOSE TWO:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Croissants</td>
<td></td>
</tr>
<tr>
<td>Assorted Muffins</td>
<td>(1 each</td>
</tr>
<tr>
<td>Low-Fat Muffins</td>
<td>(1 each</td>
</tr>
<tr>
<td>Assorted Breakfast Breads</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Coffee Cake</td>
<td>(1 square</td>
</tr>
<tr>
<td>Cinnamon Rolls</td>
<td>(1 each</td>
</tr>
</tbody>
</table>

Cream Cheese, Butter and Assorted Jellies

Hashbrowns (4 oz. | 130 cal) or Home Fries (4 oz. | 150 cal)

<table>
<thead>
<tr>
<th>CHOOSE TWO:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Crispy Bacon</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Turkey Bacon</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Sausage</td>
<td>(2 links</td>
</tr>
<tr>
<td>Turkey Link Sausage</td>
<td>(2 links</td>
</tr>
<tr>
<td>Breakfast Ham Steak</td>
<td>(1/2 slice</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CHOOSE ONE:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Eggs</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Scrambled Eggs with Cheddar</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Grilled Zucchini, Bacon and Swiss Frittata</td>
<td>(1 wedge</td>
</tr>
<tr>
<td>Hashbrown, Mushroom and Spinach Quiche</td>
<td>(1 wedge</td>
</tr>
<tr>
<td>Scrambled Egg Whites</td>
<td>(4 oz.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADD ON:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Pancakes (2 each</td>
<td>260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter (3 halves</td>
</tr>
<tr>
<td>Chilled Carafes of Orange Juice</td>
<td>(8 fluid oz.</td>
</tr>
<tr>
<td>Cranberry Juice</td>
<td>(8 fluid oz.</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>(8 fluid oz.</td>
</tr>
</tbody>
</table>
A FRESH NEW START

HEALTHY START
$13.05 per guest
Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)
Non-Fat Greek Yogurt Parfaits Made with Fresh Berries and Low-Fat Granola (1 each | 200 - 360 cal)
Multi-Grain Bars and Granola Bars (1 each | 90 - 160 cal)
Assorted Low-Fat Muffins and Butter (1 each | 160 - 210 cal)
Chilled Carafes of Orange Juice (8 fluid oz. | 140 cal)
Cranberry Juice (8 fluid oz. | 210 cal)
Apple Juice (8 fluid oz. | 90 cal)

WAFFLE STATION
$4.39 per guest
Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 15 or more.

Fluffy Belgian Waffles (1 each | 260 cal)
Whipped Topping (2 oz. | 180 cal)
Seasonal Fresh Berries (2 oz. | 15 cal)
Apple and Berry Topping (1 oz. | 35 cal)
with Warm Syrup (2 tbsp. | 100 cal)
Whipped Butter
Butter

All will be prepared by one of our talented culinarians.

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A LA CARTE SELECTIONS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. Waited Service is available upon request. Add a toaster to your sunrise bakery event for $.25 per guest.

FROM THE BAKERY  per dozen

<table>
<thead>
<tr>
<th>ASSORTED FRESHLY HOUSE-BAKED MUFFINS $21.99 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon Poppy Seed</td>
</tr>
<tr>
<td>Blueberry</td>
</tr>
<tr>
<td>Cranberry Orange</td>
</tr>
<tr>
<td>Apple Cinnamon</td>
</tr>
<tr>
<td>Cappuccino Chocolate Chunk</td>
</tr>
<tr>
<td>Banana Walnut</td>
</tr>
<tr>
<td>Low-Fat Carrot Raisin Bran</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ASSORTED BREAKFAST BREADS &amp; COFFEE CAKES $21.99 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Nut Bread</td>
</tr>
<tr>
<td>Double Lemon Poppy Seed Coffee Cake</td>
</tr>
<tr>
<td>Blueberry Sour Cream Coffee Cake</td>
</tr>
<tr>
<td>Apple Streusel Coffee Cake</td>
</tr>
<tr>
<td>Chocolate Espresso Coffee Crumble</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ASSORTED DANISH $21.99 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 each</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ASSORTED BAGELS with Whipped Cream Cheese and Jellies $21.99 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 bagel</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOUSE-BAKED COUNTRY BISCUITS with Whipped Butter, Honey and Jellies $13.50 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 each</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ASSORTED MINI SCONES $16.29 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 each</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CINNAMON ROLLS $21.99 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 each</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STICKY BUNS $21.99 per dozen</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>STARTERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL ASSORTED YOGURTS &amp; LOW-FAT GREEK YOGURT $26.39 per dozen</td>
</tr>
<tr>
<td>(1 each</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA $40.69 per dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 each</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEASONAL SLICED FRESH FRUIT $5.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small 15-25 $56.00 per tray</td>
</tr>
<tr>
<td>Medium 25-50 $140.00 per tray</td>
</tr>
<tr>
<td>Large 50-75 $250.00 per tray</td>
</tr>
</tbody>
</table>
## FIRST THINGS FIRST

### BREAKFAST SANDWICH $50.59 per dozen

**Choice of One:**
- Toasted English Muffins (1 each | 110 cal)
- Biscuits (1 each | 290 cal)
- Bagels (1 each | 280 cal)
- Croissants (1 each | 280 - 310 cal)

**Choice of One:**
- Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Eggs and Cheese (4 oz. | 240 cal)
- Scrambled Egg Whites (4 oz. | 60 cal)

**Choice of One:**
- Pork Sausage Patty (1 patty | 140 cal)
- Bacon (1 slice | 50 cal)
- Ham (1 slice | 30 cal)
- Turkey Sausage Patty (1 slice | 30 cal)
- Turkey Bacon (1 slice | 10 cal)

### BREAKFAST TACO $50.59 per dozen

**Choice of One:**
- Flour Tortilla (1 each | 210 cal)
- Wheat Tortilla (1 each | 180 cal)

**Choice of One:**
- Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Egg Whites (4 oz. | 60 cal)
- Scrambled Eggs and Cheese (4 oz. | 240 cal)

**Choice of One:**
- Ham (1 slice | 30 cal)
- Bacon (1 slice | 50 cal)
- Turkey Bacon (1 slice | 10 cal)
- Pork Sausage Patty (1 patty | 140 cal)
- Turkey Sausage Patty (1 slice | 30 cal)
- Home Fried Potatoes (4 oz. | 150 cal)

**Accompanied by**
- Shredded Cheddar Cheese (1 oz. | 110 cal)
- Guacamole (2 oz. | 80 cal)
- Pico de Gallo (2 oz. | 15 cal)
- Fresh Salsa (2 oz. | 15 cal)
- Sour Cream (1 tbsp. | 30 cal)

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FIRST THINGS FIRST
### ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 15 or more.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Nutritional info</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOME FRIES WITH CARAMELIZED ONIONS</td>
<td>$2.30 per guest</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>ROASTED SWEET POTATOES</td>
<td>$2.19 per guest</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>HARD BOILED EGGS</td>
<td>$1.50 per guest</td>
<td>(1 each</td>
</tr>
<tr>
<td>INDIVIDUAL BISCUIT QUICHES</td>
<td>$2.75 per guest</td>
<td>(1 each</td>
</tr>
<tr>
<td>- Sausage and Cheddar Quiche</td>
<td></td>
<td>(1 each</td>
</tr>
<tr>
<td>- Quiche Lorraine</td>
<td></td>
<td>(1 each</td>
</tr>
<tr>
<td>- Western Quiche</td>
<td></td>
<td>(1 each</td>
</tr>
<tr>
<td>- Garden Vegetable Quiche</td>
<td></td>
<td>(1 each</td>
</tr>
<tr>
<td>- Broccoli Cheddar Quiche</td>
<td></td>
<td>(1 each</td>
</tr>
<tr>
<td>BREAD PUDDINGS</td>
<td>$2.75 per guest</td>
<td>(1 square</td>
</tr>
<tr>
<td>- Apple Raisin French Toast</td>
<td></td>
<td>(1 square</td>
</tr>
<tr>
<td>- Asparagus, Feta and Egg White Frittata</td>
<td></td>
<td>(1 square</td>
</tr>
<tr>
<td>- Ham, Mushroom and Swiss</td>
<td></td>
<td>(1 square</td>
</tr>
<tr>
<td>WHEAT BERRY PECAN CRUNCH FRENCH TOAST</td>
<td>$3.99 per guest</td>
<td>(3 halves</td>
</tr>
<tr>
<td>OATMEAL BAR</td>
<td>$3.19 per guest</td>
<td>(8 oz.</td>
</tr>
</tbody>
</table>

### A LA CARTE SELECTIONS

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REFRESH AND
REJUVENATE
**Hot Beverages**

16 servings per gallon

<table>
<thead>
<tr>
<th>Description</th>
<th>Price per Gallon</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly Brewed Fair Trade Aspretto Coffee and Decaffeinated Coffee</td>
<td>$23.79</td>
<td>(8 oz.)</td>
<td>0 cal</td>
</tr>
<tr>
<td>Freshly Brewed Flavoured Fair Trade Aspretto Coffee and Decaffeinated Coffee</td>
<td>$24.79</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aspretto Numi Herbal and Non Herbal Teas to include Decaffeinated Aspretto Numi Tea with Hot Water</td>
<td>$14.79</td>
<td>(8 oz.)</td>
<td>0 cal</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>$15.39</td>
<td>(8 oz.)</td>
<td>200 cal</td>
</tr>
<tr>
<td>Seasonal Hot Apple Cider</td>
<td>$17.59</td>
<td>(8 oz.)</td>
<td>110 cal</td>
</tr>
</tbody>
</table>

**Cold Beverages**

16 servings per gallon

<table>
<thead>
<tr>
<th>Description</th>
<th>Price per Gallon</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>$21.99</td>
<td>(10 oz.)</td>
<td>150 cal</td>
</tr>
<tr>
<td>Cranberry Juice</td>
<td>$21.99</td>
<td>(10 oz.)</td>
<td>140 cal</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>$21.99</td>
<td>(10 oz.)</td>
<td>170 cal</td>
</tr>
<tr>
<td>Freshly Brewed Unsweetened Iced Tea</td>
<td>$20.35</td>
<td>(8 oz.)</td>
<td>0 cal</td>
</tr>
<tr>
<td>Homemade Lemonade</td>
<td>$19.25</td>
<td>(8 oz.)</td>
<td>130 cal</td>
</tr>
<tr>
<td>Strawberry Lemonade</td>
<td>$21.99</td>
<td>(8 oz.)</td>
<td>100 cal</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$2.10</td>
<td>(12 oz.)</td>
<td>0 cal</td>
</tr>
<tr>
<td><strong>Bottled Fruit Juice:</strong></td>
<td>$2.30</td>
<td>(8 oz.)</td>
<td>35-170 cal</td>
</tr>
<tr>
<td>Orange, Cranberry, Apple</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Canned Soft Drinks, Regular and Diet</td>
<td>$1.80</td>
<td>(20 oz.)</td>
<td>0 - 270 cal</td>
</tr>
</tbody>
</table>

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*High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.*
GREENS TO GO
PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll and Butter, Pita Wedges or Toasted Flatbread, Large Cookie (1 each) | 160 - 170 cal, Brownie (1 each) | 170 - 180 cal, Seasonal Fresh Fruit Cup (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)
$10.40 per guest
Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
Add Grilled Breast of Chicken $11.49 per guest
Add Grilled Salmon $14.99 per guest

COBB SALAD (1 salad | 770 cal)
$15.95 per guest
Mounds of Smoked Turkey, Avocado, Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

ANTIPASTO SALAD (1 salad | 1650 cal)
$14.30 per guest
Balsamic-Drizzled Roasted Eggplant, Zucchini, Red Peppers and Mushrooms Served with Pesto-Tossed Pasta and Lemony Asparagus

SOUTHWESTERN GRILLED CHICKEN SALAD (1 salad | 290 cal)
$14.29 per guest
Crisp Romaine, Grilled Chicken, Black Bean Salsa, Cheddar Jack and Baked Tortilla Strips with Avocado Chipotle Dressing

NAPA VALLEY CHICKEN SALAD (1 salad | 310 cal)
$14.50 per guest
Creamy Chicken Salad Laced with Tarragon on Field Greens, Red Grapes, Carrots, Granny Smith Apples and Toasted Walnuts

GARDEN SALAD (1 salad | 280 cal)
$11.25 per guest
Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins and Almonds on a Bed of Tossed Greens with a Choice of Dressing

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MOVABLE
FEAST
PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips and a choice of one: Potato Salad (4 oz. | 45 cal), Italian Cucumber Salad (4 oz. | 90 cal), Orzo and Pepper Salad (3 oz. | 170 cal), Apple Fennel Slaw (4 oz. | 90 cal), Artichoke Hearts with Italian Parsley (3 oz. | 45 cal), BLT Pasta Salad (3 oz. | 170 cal), Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal), Seasonal Fresh Fruit Cup (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)
$14.00 per guest
Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef’s Hot Pepper Mayonnaise

TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)
$14.00 per guest
Classic Oven Roasted Turkey, Sharp Cheddar, Green Leaf Lettuce and Tomato Slice on a Hearty Kaiser Roll

SMOKED TURKEY AND BRIE CROISSANT (1 sandwich | 520 cal)
$14.50 per guest
Thinly Shaved Smoked Turkey, Creamy Brie, Fresh Spinach, Tomato, Caramelized Onion and Honey Mustard on a Flaky Croissant

CHIMICHURRI FLANK STEAK SANDWICH (1 sandwich | 500 cal)
$15.59 per guest
Chimichurri Flank Steak, Smoke Essence, Roasted Red Peppers, Onions and Fire-Roasted Tomato Salsa on a Baguette

HONEY BBQ CHICKEN SANDWICH ☕ (1 sandwich | 490 cal)
$16.50 per guest
Balsamic Garlic Chicken with Honey-BBQ Ranch Dressing, Roasted Onions, Green Lettuce and Fresh Tomato on a Multigrain Roll

TUSCAN GRILLED CHICKEN SANDWICH ☕ (1 sandwich | 530 cal)
$14.50 per guest
Balsamic Coated Chicken, Grilled, Paired with Fat-Free Hummus, Bistro Sauce, Roasted Onions and Peppers on a Multigrain Roll

HUMMUS, AVOCADO AND ROASTED VEGETABLE WRAP ☕️ (1 sandwich | 340 cal)
$13.50 per guest
Balsamic Roasted Eggplant, Zucchini, Red Peppers and Onions Finished with Lettuce, Avocado and Hummus Spread on a Tortilla

ROASTED VEGETABLE MULTIGRAIN SANDWICH ☕️ (1 sandwich | 410 cal)
$13.50 per guest
Roasted Squash, Peppers and Red Onion Complimented by Hand-Mixed Herbed Goat Cheese with Field Greens on a Multigrain Roll

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AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) Butter and choice of Dessert, Iced Water Service, Freshly Brewed Fair Trade asprettos Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Asprettos Numi Teas with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include delivery, linen-draped service tables, set up and clean up. All entrées are available buffet style, upon request.

CHICKEN

TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)
$24.99 per guest
Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

CHICKEN CORDON BLEU (1 plate | 910 cal)
$24.99 per guest
Chicken Breast Stuffed with Swiss Cheese and Smoked Ham, Coated in Garlic Thyme Panko, then Baked Golden Brown

CRANBERRY DIJON CHICKEN & SWEET POTATOES (1 plate | 150 cal)
$24.99 per guest
Sweet and Savory, Cranberry Dijon Basted Chicken Breast Plated with Spiced Sweet Potato Mash and Zesty Garlic Green Beans

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)
$24.99 per guest
Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal)
$24.99 per guest
Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

BEEF AND PORK

BEEF TENDERLOIN STUFFED WITH SPINACH (1 plate | 390 cal)
Market Price per guest
Beef Tenderloin Roulades Brimming with Baby Spinach, Red Peppers and Tangy Asiago Cheese, Slow Roasted, Served Au Jus

GORGONZOLA ENCRUSTED FILET WITH CABERNET DRIZZLE (1 plate | 290 cal)
Market Price per guest
Choice Cut of Filet Mignon, Grilled in Butter, Finished with Savory Gorgonzola Crumbles and Served with Cabernet Sauce

BLACKENED FLANK STEAK WITH DEMI-GLACE (1 plate | 560 cal)
Market Price per guest
Cajun Spices Rubbed on a Lean Flank Steak, Flash Grilled in a Hot Skillet to Blacken and Sear in Juices with a Beef Broth and Buttery Roux

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)
$22.50 per guest
Pan-Seared Pork Tenderloin Covered in a Savory Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg

CORIANDER RUBBED PORK TENDERLOIN WITH A GREEN PEPPERCORN MUSTARD SAUCE (1 plate | 290 cal)
$24.99 per guest
Lean Pork Tenderloin Rubbed with Chef’s Own-Made Coriander Spice Blend Served with Sautéed Onions and Garlic Blended with Dijon Mustard and Green Peppercorns for Piquant Creamy Sauce

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AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

LAMB

ROASTED LAMB WITH RISOTTO (1 plate | 840 cal)
*Market Price per guest*
Rosemary and Achiote Roasted Lamb Rack Plated with a Classic Risotto Prepared Using White Wine, Parmesan and Heavy Cream

COMBINATION PLATE

GRILLED BEEF TENDERLOIN & CRAB CAKE WITH A DEMI DIJON MUSTARD SAUCE (1 plate | 560 cal)
*Market Price per guest*
Tenderloin of Beef Dusted with Salt, Pepper, Rosemary and Parsley, then Charred for a Light Smoky Flavor and Light, Crispy Crab Cakes with a Crunchy Crust Served with a Stone Ground Mustard Sauce

SEAFOOD

SEAFOOD AND SPINACH LASAGNA WITH ROASTED RED PEPPER COULIS (1 plate | 340 cal)
$24.99 per guest
Lasagna Layered with a Medley of Seafood, Fresh Spinach, Tomatoes, Squash and Our Chef-Made Roasted Red Pepper Coulis

CITRUS SALMON, COUSCOUS & GREEN BEANS (1 plate | 120 cal)
$35 per guest
Citrus and Herb Crusted Salmon Served with Couscous Primavera and Lemon Garlic Green Beans

PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)
$21.59 per guest
Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter

GARLIC SHRIMP SKEWERS (1 plate | 350 cal)
$21.99 per guest
Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

BARBECUED SHRIMP WITH BACON-CHEDDAR GRITS (1 plate | 840 cal)
$25.99 per guest
BBQ Shrimp and Plum Tomatoes atop Creamy Stone Ground Grits with Bits of Applewood Smoked Bacon and Cheddar Cheese

VEGETARIAN

VEGETARIAN PAELLA WITH EDAMAME (1 plate | 250 cal)
$16.50 per guest
Saffron Rice Baked with Tomatoes, Carrots, Edamame and Black Olives

Eggplant Roulade with a Peppery Wild Mushroom and Tofu Medley, a Roasted Plum Tomato Sauce and Caramelized Onion Polenta

SMOKED GOUDA FARFALLE (1 plate | 510 cal)
$19.99 per guest
A Casserole of Farfalle Pasta Hand-Prepared with Fresh Spinach, Savory Smoked Gouda and Grated Parmesan Cheeses

PORTOBELLO MUSHROOM NAPOLEON (1 plate | 170 cal)
$22.95 per guest
Layers of Portobello, Soft Mozzarella, Zucchini, Spinach and Red and Yellow Peppers Sitting on a Swirl of Roasted Tomato Coulis

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ENTRÉE ACCOMPANIMENTS

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette (1 salad | 110 cal)
Iceberg Wedge with Maytag Bleu Cheese (1 salad | 130 cal)
Caesar Salad with Anchovies and Homemade Croutons (1 salad | 160 cal)
Fresh Mozzarella and Tomato Stack with Fresh Basil (1 salad | 430 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing (1 salad | 740 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette (1 salad | 190 cal)
Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze (1 salad | 350 cal)

SIDES

Choice of One:
Fresh Carrots with Dill (4 oz. | 40 cal)
French Green Beans and Carrot Medley (4 oz. | 40 cal)
Fresh Green Beans (4 oz. | 40 cal)
Grilled Balsamic Zucchini (4 oz. | 60 cal)
Broccoli with Sautéed Carrots (4 oz. | 60 cal)
Herb Crusted Broiled Tomatoes (1 half | 35 cal)
Roasted Root Vegetables (4 oz. | 60 cal)
Sautéed Mushrooms (4 oz. | 130 cal)
Fresh Spinach and Garlic Sauté (4 oz. | 45 cal)
Roasted Fresh Seasonal Asparagus (4 oz. | 30 cal)
Oven-Roasted Butternut Squash (4 oz. | 50 cal)
Sautéed Fennel and Brussels Sprouts (4 oz. | 70 cal)
Chef’s Choice of Seasonal Vegetable (4 oz. | 30 - 130 cal)

Choice of One:
Horseradish Mashed Yukon Potatoes (4 oz. | 120 cal)
Caramelized Onion Mashed Yukon Potatoes (4 oz. | 110 cal)
Mashed Sweet Potatoes (4 oz. | 210 cal)
Oven-Herbed Roasted Red Potatoes (4 oz. | 130 cal)
Oven-Roasted Sweet Potatoes (4 oz. | 100 cal)
Potatoes O'Gratin (4 oz. | 400 cal)
Roasted Fingerling Potatoes (4 oz. | 180 cal)
Israeli Couscous (4 oz. | 110 cal)
Basil Orzo (4 oz. | 190 cal)
Ginger Jasmine Rice (4 oz. | 180 cal)
Fontina Risotto Cake (1 cake | 210 cal)
Vegetable Risotto (4 oz. | 210 cal)
Chef’s Choice of Side Pairing (4 oz. | 100 - 400 cal)
Black Beans and Rice (4 oz. | 180 cal)
IN GOOD COMPANY

DESSERTS

Cora’s Red Velvet Cake
New York Cheesecakes
Chocolate Fudge Cake & Chocolate Ganache
Dutch Apple Pie
Honey Fig Pastry

(1 slice | 760 cal)
(1 slice | 450 cal)
(1 slice | 760 cal)
(1 slice | 450 cal)
(1 each | 70 cal)

ADDITIONAL OPTIONS:

German Chocolate Pecan Tart $3.85 per guest
White Chocolate Bread Pudding $3.29 per guest
White Chocolate Raspberry Creme Brulee $3.85 per guest
Designer Key Lime Pie $2.75 per guest
Cookies and Cream Cheesecake $2.75 per guest

(1 each | 2260 cal)
(1 each | 850 cal)
(1 each | 840 cal)
(1 slice | 1000 cal)
(1 slice | 520 cal)

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BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Soft Drinks, Regular and Diet or Bottled Water are included. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. Add Soup du Jour with Crackers $2.50 per guest. These menus are available for groups of 15 or more. Waited service is available upon request.

SIGNATURE SALADS
$18.59 per guest

These Delicious Salad Creations Have Been Proven to be Most Popular with Our Customers and Come Complete with:

- Fresh Baked Crusty Rolls (1 roll | 100 cal)
- Crispy Pita Wedges (2 oz. | 190 cal)
- Flatbreads (1/4 flatbread | 70 cal)
- Assorted Crackers (1 package | 25 cal)
- Butter (2 chips | 110 cal)
- A Selection of Oversized Cookies (1 cookie | 160-180 cal)
- Scrumptious Brownies (1 bar | 190-510 cal)
- or Assorted Bars (1 bar | 60-380 cal)

**CHOOSE ONE SALAD:**
- Classique Niçoise Salad
- Napa Valley Chicken Salad
- Grilled Chicken Tabbouleh Salad
- Greek Salad
- Cobb Salad
- Italian House Wedge Salad
- Caesar Salad
  - with Grilled Chicken
  - with Shrimp
  - with Salmon
  - with Portobello Mushroom

**CHOOSE TWO ADDITIONAL SALADS:**
- Market Salad with Balsamic Vinaigrette
- Italian Cucumber Salad
- Seasonal Fresh Fruit Salad
- Apple Fennel Slaw
- Minted Cucumber Salad
- Orzo and Pepper Salad
- Artichoke Hearts with Italian Parsley
- Broccoli & Cavatelli Salad
- Farmhouse Potato Salad
- Antipasto Platter
- Vegetarian Antipasto Platter
- Seasonal Crudité with
- Hummus
- Ranch Dip

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HANDCRAFTED SANDWICHES
$19.99 per guest

Your Choice of Three Delicious Sandwich Creations are Skillfully Arranged and Accompanied by:

Two Salads
- Assorted Bags of Chips
- Oversized Cookies
- Assorted Bars
- A Selection of Oversized Cookies
- or Fresh In-Season Fruit Cups

Sandwiches are Cut Diagonally Enabling Guests to Mix & Match their Choices.

CHOOSE THREE HANDCRAFTED SANDWICHES:
- Turkey and Sharp Cheddar on Kaiser
- Roast Beef and Cheddar on Ciabatta
- Twisted Beef & Horseradish Wrapped in Whole Grain
- Tuscan Grilled Chicken Breast on Multigrain Roll
- Picnic Grilled Chicken Sandwich on Parisian Roll
- Southwestern BBQ on Ciabatta
- Roasted Vegetables on Multigrain Roll
- Tabbouleh Hummus Pita
- Dijon Egg Salad on Pumpernickel Bread

CHOOSE TWO SIDE SALADS:
- Market Salad with Balsamic Vinaigrette
- Seasonal Fresh Fruit Salad
- Apple Fennel Slaw
- Minted Cucumber Salad
- Orzo and Pepper Salad
- Artichoke Hearts with Italian Parsley
- Farmhouse Potato Salad
- Seasonal Crudité with
- Hummus
- Ranch Dip

MAGNIFICENT MORSELS
MAGNIFICENT MORSELS
BOUNTIFUL BUFFETS

ARTISANAL DELI AND PLATTERS
$16.50 per guest

Personalize Your Deli Presentation with a Selection of Signature Ingredients and Platters Offered in Build Your Own Style,
Accompanied by:

Artisanal Breads
(1 slice | 80-180 cal)

Assorted Cheeses and Appropriate Condiments
(1 slice | 50-100 cal)

Complimented by Fresh Side Salads
(1 salad | 110 cal)

Spreads
(1 bread and topping | 610 cal)

Assorted Bags of Chips
(1 bag | 130-320 cal)

Oversized Cookies
(1 cookie | 160-180 cal)

Scrumptious Brownies
(1 bar | 190-510 cal)

Assorted Bars
(1 bar | 60-380 cal)
or Fresh In-Season Fruit Cups
(4 oz. | 45 cal)

CHOOSE TWO SIGNATURE DELI SELECTIONS:

Chimichurri Flank Steak
(1 sandwich | 500 cal)

Pesto Grilled Chicken Breast
(1 breast | 240 cal)

Tuscan Pesto Grilled Chicken
(1 sandwich | 470 cal)

Antipasto Platter
(1 serving | 340 cal)

Vegetarian Antipasto Platter
(1 serving | 190 cal)

Italian Cold Cuts with Assorted Cheeses
(1 serving | 400 cal)

Breads
(1 slice | 70-180 cal)

Appropriate Condiments
(1 each | 1-100 cal)

CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette
(1 salad | 110 cal)

Seasonal Fresh Fruit Salad
(4 oz. | 45 cal)

Orzo and Pepper Salad
(4 oz. | 170 cal)

Artichoke Hearts with Italian Parsley
(4 oz. | 60 cal)

Farmhouse Potato Salad
(4 oz. | 220 cal)

Tuna
(3 oz. | 90 cal)

Chicken
(3 oz. | 110 cal)

Egg Salad
(3 oz. | 230 cal)

Seasonal Crudité with
(2 oz. | 15 cal)

Hummus
(1 oz. | 50 cal)

Ranch Dip
(2 oz. | 110-190 cal)

CHOOSE TWO SPREADS:

Tabbouleh with Garbanzo Beans & Feta
(1 oz. | 40 cal)

Sun-Dried Tomato and Olive Tapenade
(1 oz. | 40 cal)

Artichoke Tapenade
(1 oz. | 70 cal)

Black Olive & Caper Tapenade
(1 oz. | 100 cal)

Green Olive Tapenade
(1 oz. | 40 cal)

Baba Ghanoush
(1 oz. | 15 cal)

White Bean Spread with Caramelized Onions
(1 oz. | 60 cal)

Hummus
(1 oz. | 50 cal)

Mediterranean Tzatziki Sauce
(20 cal)

Served with Pita Wedges
(2 oz. | 190 cal)

Flatbreads
(1 flatbread | 260 cal)

and Crackers
(1 package | 25 cal)

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SPECIALTY BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. These menus are available for groups of 15 or more. Waited Service is available upon request.

DELI BUFFET
$16.75 per guest

**Choice of Two Salads:**
- Creamy Cole Slaw with Apples (4 oz. | 100 cal)
- Potato Salad (4 oz. | 190 cal)
- Balsamic Vinaigrette (2 oz. | 90 cal)
- Assorted Breads and Rolls (2 slices | 140-200 cal)
- Sliced Roasted Turkey (3 oz. | 90 cal)
- Buffet Ham (3 oz. | 90 cal)
- Salami (3 oz. | 200 cal)
- Monterey Jack Cheese (1 slice | 50 cal)
- Provolone Cheese (1 slice | 70 cal)
- Leaf Lettuce (1 slice | 0 cal)
- Sliced Onions (2 rings | 0 cal)
- Mayonnaise
- Dijon Mustard
- Bulk Chips (2 oz. | 140-320 cal)
- Brownies (1 brownie | 190-510 cal)
- Bars (1 bar | 310 cal)

Freshly Brewed Iced Tea

*Add Tuna Salad (3 oz. | 90 cal)
*Add Soup du Jour with Crackers (1 package | 25 cal)

$1.99 per guest

$2.50 per guest

OLD FASHIONED BBQ
$27.05 per guest

- Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
- Roasted Vegetable Bow Tie Pasta Salad (4 oz. | 120 cal)
- Country Potato Salad (4 oz. | 120 cal)
- Cornbread (4 oz. | 120 cal)
- Rolls (1 roll | 90 cal)
- Ranch Style Baked Beans (4 oz. | 160 cal)
- Vegetarian Baked Beans (4 oz. | 120 cal)
- Baked Barbecued Chicken (1 quarter | 290 cal)
- Barbecued Beef Brisket (4 oz. | 310 cal)
- Assorted Cookies
- Brownies (1 brownie | 200 cal)

Freshly Brewed Iced Tea and Lemonade

*Add a chef for BBQs held outside; weather permitting $25.00 per hour
BARBECUE NATION

$25.50 per guest

Seasonal Fresh Fruit Salad [V/V]
Apple Fennel Slaw
Farmhouse Potato Salad
Cornbread and Butter
Root Beer Baked Beans
Macaroni & Cheese

Choice of Two Entrées:
Baked Barbecue Chicken
Santa Maria Salmon
Kansas City BBQ Beef
BBQ Turkey Breast with Ancho Mango BBQ
Hot Apple Crisp
Assorted Cookies
Brownies
Peach Cobbler

Assorted Canned Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea

**Add Tortilla Chips (2 oz. | 140-260 cal) with Guacamole (2 oz. | 80 cal), Salsa (2 oz. | 10-130 cal) and Jalapeños (1 tbsp. | 0 cal) $6.50 per guest

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FESTIVE FLAIR
SPECIALTY BUFFETS

LITTLE ITALY
$21.99 per guest

Caesar Salad with Homemade Croutons
(1 salad | 460 cal)
Assorted Rolls and Butter
(1 roll | 90 cal)
Pasta Bar with Spaghetti (4 oz. | 200 cal) and Penne Pasta (4 oz. | 200 cal)
(2 meatballs + 1 oz. sauce | 190 cal)
Marinara Sauce (2 oz. | 20 cal) and Pesto Cream Sauce (2 oz. | 150 cal)
(1 quarter | 400 cal)
Home-Style Meatballs in Marinara Sauce
(1 oz. | 120 cal)
Parmesan Cheese
(4 oz. | 50 cal)
Traditional Chicken Cacciatore
(1 slice | 490 cal)
Sautéed Fresh Zucchini
(1 cannoli | 320 cal)
Tiramisu
Assorted Canned Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea

ASIAN FUSION
$21.99 per guest

Asian Salad
(4 oz. | 120 cal)
Garlic Lemon Ginger Broccoli
(4 oz. | 45 cal)
Sticky Rice
(4 oz. | 210 cal)
Vegetable Lo Mein
(4 oz. | 130 cal)
Cilantro Breast of Chicken
(1 breast | 110 cal)
Teriyaki Glazed Salmon Filet
(1 filet | 220 cal)
Coconut Lemon Almond Gourmet Bar
(1 cut | 320 cal)
Fortune Cookies
(1 cookie | 35 cal)
Assorted Canned Pepsi Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea

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BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both high quality plastic serviceware and china are available, upon request. Build Your Own Buffet by selecting - One Salad, Two Entrées, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for $4.99 per guest. Waited service is available upon request. These menus are available for groups of 15 or more.

SALADS

CHOOSE ONE:
Market House Salad with a Choice of Three Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing
(1 salad | 110-370 cal)
Greek Salad (1 salad | 190 cal)
Caesar Salad (1 salad | 460 cal)
Includes Assorted Dinner Rolls with Butter (1 roll | 90 cal)

ENTRÉES

POULTRY
Chicken Marsala $18.59 per guest (1 entrée | 280 cal)
Fried Chicken Breast Parmesan $18.59 per guest (1 entrée | 470 cal)
Apricot Glazed Roasted Turkey $18.59 per guest (1 entrée | 140 cal)

BEEF
Braised Beef Sicilian $20.79 per guest (1 entrée | 310 cal)
Caramelized Onion Meatloaf $18.49 per guest (1 entrée | 210 cal)
Beef Stroganoff $18.49 per guest (1 entrée | 410 cal)

PORK
Asian Marinated Pork Loin with Honey and Soy Glaze $19.59 per guest (1 entrée | 220 cal)
Roast Pork Loin with Mustard Herb Crust $19.59 per guest (1 entrée | 300 cal)

SEAFOOD
Broiled Salmon with Dill Butter $21.99 per guest (1 entrée | 270 cal)
Barbecued Shrimp with Bacon-Cheddar Grits $20.89 per guest (1 entrée | 560 cal)
Tilapia with Mango Jicama Relish $20.89 per guest (1 entrée | 120 cal)

VEGETARIAN
Vegetarian Lasagna $17.29 per guest (1 entrée | 290 cal)
Marinated Portobello with Quinoa Pilaf $18.15 per guest (1 entrée | 170 cal)
Stuffed Peppers with Herbed Tomato Sauce $19.59 per guest (1 entrée | 210 cal)
**SIDES**

**CHOOSE ONE (4 oz. serving):**
- Oven-Roasted Herbed Red Potatoes [✓](4 oz. | 130 cal)
- Garlic-Mashed New Potatoes [✓](4 oz. | 120 cal)
- Rice Pilaf [✓](4 oz. | 150 cal)
- White Rice [✓](4 oz. | 140 cal)
- Olive Oil and Garlic Spaghetti [✓](4 oz. | 380 cal)

**CHOOSE ONE (4 oz. serving):**
- Balsamic Herb Roasted Vegetables [✓](4 oz. | 110 cal)
- Lemon Garlic Broccolini [✓](4 oz. | 60 cal)
- Sautéed Zucchini [✓](1 each | 50 cal)
- Glazed Carrots [✓](4 oz. | 120 cal)
- Fresh Green Beans [✓](4 oz. | 40 cal)
- Variety of Seasonal Vegetables [✓](4 oz. | 40-120 cal)

**DESSERTS**

**CHOOSE TWO:**
- Double Chocolate Layer Cake (1 slice | 350 cal)
- Chocolate Mousse (1 scoop | 90 cal)
- Cora’s Red Velvet Cake (1 slice | 760 cal)
- Apple Crisp (1 serving | 150 cal)
- Assorted Pies: Dutch Apple, Blueberry, Lemon Meringue or Pecan Pie (1 slice | 320-520 cal)
- Assorted Cookies and Brownies (1 serving | 160-510 cal)

**BEVERAGES**

- Freshly Brewed Fair Trade aspretto Coffee (8 fluid oz. | 0 cal)
- Decaffeinated Coffee (8 fluid oz. | 0 cal)
- Aspretto Numi Herbal and Non-Herbal Teas (1 tea bag | 0 cal)
- Decaffeinated Aspretto Numi Tea with Hot Water (1 tea bag | 0 cal)

**CHOOSE TWO:**
- Iced Water Station
- Freshly Brewed Iced Tea
- Lemonade

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HOT HORS D’OEUVRES

FROM PLATTERS TO PASSED

High quality plastic serviceware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 1 dozen.

CHICKEN

Chipotle Maple Bacon-Wrapped Chicken (1 each | 50 cal)  $19.79 per dozen
Coconut Chicken with Orange Dipping Sauce (1 each | 60 cal)  $19.79 per dozen
Chicken Diablo Empanadas with Chipotle Ranch Dipping Sauce (1 each + 1 oz. sauce | 230 cal)  $24.99 per dozen
Blackened Chicken Sliders (1 each | 140 cal)  $24.19 per dozen
Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce (1 each + 1/2 tbsp. sauce | 45 cal)  $19.79 per dozen
Peri Peri Chicken Skewers (1 each | 130 cal)  $19.79 per dozen

PORK

Pork Pot Stickers with Garlic Soy Sauce (1 each + 3 oz. sauce | 50 cal)  $18.59 per dozen
Maple-Glazed Apple Rumaki (1 each | 60 cal)  $15.89 per dozen
Sausage-Stuffed Mushrooms (1 each | 20 cal)  $18.09 per dozen
Ham and Cheese Pinwheels (1 each | 50 cal)  $14.29 per dozen
Sausage Bites with Dijon Mustard (1 each | 300 cal)  $14.29 per dozen

SEAFOOD

Crab and Risotto Balls (1 each | 80 cal)  $19.79 per dozen
Grilled Sugar Cane Shrimp & Scallop Skewers (1 each | 150 cal)  $27.49 per dozen
Mini Crab Cakes with Cajun Rémoulade Sauce (1 each | 70 cal)  $21.99 per dozen
Seafood Stuffed Mushrooms (1 each | 15 cal)  $20.29 per dozen
SAVORY SELECTIONS

**BEEF**
- Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour
  $17.95 per dozen
- Mini Reuben Sandwiches
  $23.09 per dozen
- Chimichurri Beef Skewer
  $24.19 per dozen
- Beef Satay with Sweet & Spicy Sauce
  $24.19 per dozen
- Petite Beef Wellington
  $27.49 per dozen

**VEGETARIAN**
- Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce
  $17.59 per dozen
- Mini Greek Pizzas
  $27.49 per dozen
- Tomato, Vidalia Onion and Goat Cheese Tart
  $27.499 per dozen
- Mini Grilled Cheese and Tomato Soup
  $27.49 per dozen
- Spanakopita
  $19.79 per dozen

(1 each + 3 oz. sauce | 45-130 cal)
(1 each | 150 cal)
(1 each | 110 cal)
(1 each + sauce | 110 cal)
(1 each | 70 cal)

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MAGNIFICENT MORSELS
# COLD HORS D’OEUVRES

High quality plastic serviceware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 1 dozen.

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<tr>
<th>Assorted Finger Sandwiches</th>
<th>1 each</th>
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<td>$17.59 per dozen</td>
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**CHOOSE THREE:**
Ham Salad, Chicken Salad, Tuna Salad and Egg Salad on White, Wheat or Silver Dollar Rolls

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<tr>
<th>Roasted Garlic Hummus and Smoked Salmon Bruschetta</th>
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<tr>
<th>Shrimp Cocktail with Cajun Rémoulade and Cocktail Sauce</th>
<th>shrimp + sauce</th>
<th>150 cal</th>
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<td>$25.29 per dozen</td>
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<tr>
<th>Mini Curried Chicken Tart</th>
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<tr>
<th>Crostini with Spicy Mango Shrimp Salsa</th>
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<th>70 cal</th>
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<td>$20.89 per dozen</td>
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<tr>
<th>Black Currant and Brie Crostini</th>
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<tr>
<th>Sun-Dried Tomato and Gorgonzola Bruschetta</th>
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<th>100 cal</th>
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<th>Goat Cheese and Honey Phyllo Cups</th>
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<th>Charred Peaches Wrapped in Prosciutto</th>
<th>1 each</th>
<th>60 cal</th>
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<tr>
<th>Smoked Salmon on Rye with Popped Capers</th>
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<th>80 cal</th>
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<tr>
<th>Smoked Salmon Roulade</th>
<th>1 each</th>
<th>70 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>$21.50 per dozen</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fresh Mozzarella and Shrimp Skewers</th>
<th>1 each</th>
<th>230 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>$25.29 per dozen</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cucumber Rounds with Feta and Tomatoes</th>
<th>1 each</th>
<th>30 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>$19.79 per dozen</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
DELECTABLE
DELIGHTS
GOURMET DIPS AND MORE

Services include delivery, linen-draped service tables, set up and clean up.

HOT DIPS
Sold per guest

Warm Parmesan Artichoke Dip with Bagel or Pita Chips $4.39 per guest (1 oz. + 2 oz. chips | 250 cal)
Spinach and Crab Dip with Baguette Rounds $4.75 per guest (1 oz. + 1 chip | 120 cal)

COLD DIPS
Sold per guest

Tzatziki Cucumber Yogurt Dip (1 tbsp. | 5 cal), Hummus (1 oz. | 50 cal) or Baba Ghanoush (1 oz. | 15 cal) with Pita Chips (2 oz. | 190 cal)
$3.99 per guest

Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1 oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso (2 oz. | 60 cal) accompanied by Tortilla Chips (2 oz. | 260 cal)
$4.99 per guest

COLD DISPLAYS
Small (15-25), Medium (25-50) and Large (50-75)

Fresh Farm Crudités with Ranch Dip $79.00 Small/$159.00 Medium/$219.00 Large (2 oz. + 2 oz. dressing | 15-190 cal)
Seasonal Cubed Fresh Fruit $66.00 Small/$132.00 Medium/$193.00 Large (4 oz. | 50 cal)
Domestic Cheeses with Crackers $66.00 Small/$132.00 Medium/$193.00 Large (2 oz. + 6 crackers | 340 cal)
Artisan Cheeses with Crackers $82.00 Small/$159.00 Medium/$204.00 Large (2 oz. + 6 crackers | 280 cal)
Antipasto Platter with Crackers $94.00 Small/$176.00 Medium/$220.00 Large (1 serving + 1 cracker | 390 cal)

SAVORY CHEESECAKES
Please order by the Cheesecake and Torte. Served with Crackers and Baguette Rounds.

Roasted Vegetable Cheesecake $43.95 each (1 cracker | 25-70 cal)
Savory Pesto and Sun-Dried Tomato Torte $104.49 each (1 slice | 360 cal)

WINGS AND THINGS BAR
$17.60 per guest

CHOOSE TWO WING STYLES (6 wing serving):
Buffalo (510 cal)
BBQ (630 cal)
Honey (530 cal)
Boneless (270 cal)
Celery and Carrot Sticks (6 sticks, 3 each | 15 cal)
Bleu Cheese (2 oz. | 280 cal)
Ranch Dressing (2 oz. | 190 cal)
Steak Fries (4 oz. | 270 cal)

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SPECIALTY AND CARVING STATIONS

Create a delightful culinary experience for your guests by adding an interactive flair. Add one or more of these chef – attended action or bar stations and watch your event come alive! Services include delivery, linen-draped service tables, set up and clean up.

SLIDER STATION
$13.50 per guest

**CHOOSE THREE:**
Cheeseburger (1 sandwich | 180 cal), Hamburger (1 sandwich | 170 cal), Pork BBQ (1 sandwich | 330 cal), Buffalo Chicken (1 sandwich | 290 cal), Atomic Burger with Habañero Salsa (1 sandwich | 210 cal)
Served with Pickles (1 chip | 0 cal), Chipotle Mayonnaise (1 tbsp. | 40 cal), Ketchup (1 tbsp. | 15 cal), Lettuce (1 leaf | 0 cal), Tomato (1 slice | 0 cal), Relish (1 tbsp. | 20 cal), Grainy Mustard (1 tbsp. | 20 cal), Honey Mustard (2 oz. | 310 cal) and Potato Chips (2 oz. | 110 cal) with Ranch Dip (1 oz. | 50-90 cal).

MASHED POTATO BAR
$10.99 per guest

Yukon Gold (4 oz. | 120 cal) and Sweet Potatoes (4 oz. | 210 cal) Served with Whipped Margarine and Sour Cream.

**CHOOSE FIVE:**
Chopped Scallions (1 tbsp. | 0 cal) Crumbled Bacon (1 oz. | 160-170 cal), Shredded Cheddar Cheese (1 oz. | 110 cal), Country Brown Gravy (1 oz. | 10 cal), Caramelized Onions (1 oz. | 30 cal), Fried Onion Crisps (1 oz. | 50 cal), Grated Parmesan Cheese (1 oz. | 120 cal), Crumbled Gorgonzola Cheese (1 oz. | 100 cal), Toasted Pecans (1 oz. | 200 cal) or Horseradish Sauce (1 tbsp. | 20 cal).

CARVING STATIONS

*Our Beef, Poultry, and Pork selections are cooked to perfection and carved by an experienced uniformed Chef. Served with wonderful sauces and condiments, as well as assorted Mini Rolls (1 roll | 70-160 cal).*

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp. | 180 cal)
$7.50 per guest

Roasted Beef Tenderloin (3 oz. | 220 cal) with Horseradish Aioli (1 oz. | 50 cal) and Stone Ground Mustard Sauce (1 oz. | 20 cal)
*Market price per guest*

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp. | 80 cal)
$6 per guest

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)
$6 per guest

Roast Beef (3 oz. | 140 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 25 cal)
$10.99 per guest

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**SWEET AND SALTY**

Services include delivery, linen-draped service tables, set up and clean up.

### ASSORTED HOME-STYLE COOKIES (2 cookies per serving) $16.49 per dozen

<table>
<thead>
<tr>
<th>Cookie Type</th>
<th>Calories</th>
<th>Price per Dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter</td>
<td>350 cal</td>
<td>$16.49</td>
</tr>
<tr>
<td>Sugar</td>
<td>330 cal</td>
<td>$16.49</td>
</tr>
<tr>
<td>White Chocolate Macadamia Nut</td>
<td>340 cal</td>
<td>$16.49</td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>360 cal</td>
<td>$16.49</td>
</tr>
<tr>
<td>Oatmeal Raisin</td>
<td>310 cal</td>
<td>$16.49</td>
</tr>
<tr>
<td>Double Chocolate Chip with White Chips</td>
<td>330 cal</td>
<td>$16.49</td>
</tr>
</tbody>
</table>

### BROWNIES (1 cut per serving) $18.69 per dozen

<table>
<thead>
<tr>
<th>BROWNIES Type</th>
<th>Calories</th>
<th>Price per Dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream Cheese</td>
<td>220 cal</td>
<td>$18.69</td>
</tr>
<tr>
<td>Fudge</td>
<td>350 cal</td>
<td>$18.69</td>
</tr>
<tr>
<td>M&amp;M's®</td>
<td>510 cal</td>
<td>$18.69</td>
</tr>
<tr>
<td>Plain</td>
<td>200 cal</td>
<td>$18.69</td>
</tr>
<tr>
<td>Frosted</td>
<td>350 cal</td>
<td>$18.69</td>
</tr>
<tr>
<td>Blondie</td>
<td>220 cal</td>
<td>$18.69</td>
</tr>
</tbody>
</table>

### GOURMET DESSERT BARS (1 cut per serving) $19.25 per dozen

<table>
<thead>
<tr>
<th>GOURMET DESSERT BARS</th>
<th>Calories</th>
<th>Price per Dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luscious Lemon Bar</td>
<td>70 cal</td>
<td>$19.25</td>
</tr>
<tr>
<td>Cran Scotch Bar</td>
<td>260 cal</td>
<td>$19.25</td>
</tr>
<tr>
<td>Gooey Chocolate Peanut Butter Bar</td>
<td>290 cal</td>
<td>$19.25</td>
</tr>
<tr>
<td>Linzi Bar</td>
<td>210 cal</td>
<td>$19.25</td>
</tr>
<tr>
<td>Ooey Gooey Pumpkin Square</td>
<td>100 cal</td>
<td>$19.25</td>
</tr>
<tr>
<td>Raspberry Almond Bar</td>
<td>190 cal</td>
<td>$19.25</td>
</tr>
<tr>
<td>Chocolate Chess Bar</td>
<td>260 cal</td>
<td>$19.25</td>
</tr>
</tbody>
</table>

### ASSORTED MINI CANDY BARS $4.39 per pound

<table>
<thead>
<tr>
<th>ASSORTED MINI CANDY BARS</th>
<th>Calories</th>
<th>Price per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3 pieces</td>
<td>130 cal)</td>
<td>$4.39</td>
</tr>
</tbody>
</table>

### MULTI-GRAIN BARS AND GRANOLA BARS $2.50 per item

<table>
<thead>
<tr>
<th>MULTI-GRAIN BARS AND GRANOLA BARS</th>
<th>Calories</th>
<th>Price per Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 bar</td>
<td>90-160 cal)</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

### INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS $2.19 per item

<table>
<thead>
<tr>
<th>INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS</th>
<th>Calories</th>
<th>Price per Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 bag</td>
<td>110-230 cal)</td>
<td>$2.19</td>
</tr>
</tbody>
</table>

### TOSS POPCORN STATION $3.29 per guest

<table>
<thead>
<tr>
<th>TOSS POPCORN STATION</th>
<th>Calories</th>
<th>Price per Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 cup</td>
<td>40 cal)</td>
<td>$3.29</td>
</tr>
</tbody>
</table>

### MIXED NUTS WITH OR WITHOUT PEANUTS $17.59 per pound

<table>
<thead>
<tr>
<th>MIXED NUTS WITH OR WITHOUT PEANUTS</th>
<th>Calories</th>
<th>Price per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 oz.</td>
<td>120-170 cal)</td>
<td>$17.59</td>
</tr>
<tr>
<td>(1 oz.</td>
<td>150 cal)</td>
<td>$17.59</td>
</tr>
</tbody>
</table>

### TRAIL MIX $17.59 per pound

<table>
<thead>
<tr>
<th>TRAIL MIX</th>
<th>Calories</th>
<th>Price per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 oz.</td>
<td>120-170 cal)</td>
<td>$17.59</td>
</tr>
<tr>
<td>(1 oz.</td>
<td>150 cal)</td>
<td>$17.59</td>
</tr>
</tbody>
</table>

### DECORATED SHEET CAKES $19.25 per dozen

<table>
<thead>
<tr>
<th>DECORATED SHEET CAKES</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 slice + 2 tbsp. icing</td>
<td>140-150 cal + 120-140 cal)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DECORATED SHEET CAKES</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full $369.50 each Half $55.00 each Quartered $37.50 each Single Layer Round $23.65 each Double Round $54.25 each</td>
<td></td>
</tr>
</tbody>
</table>

### S'MORE'S STATION $5.25 per guest

<table>
<thead>
<tr>
<th>S'MORE'S STATION</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>S'more's Pizza (1 each</td>
<td>200 cal), Chai Spice S'more's (1 each</td>
</tr>
</tbody>
</table>

### ICE CREAM SUNDAE BAR $5.99 per guest

<table>
<thead>
<tr>
<th>ICE CREAM SUNDAE BAR</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 guest minimum</td>
<td></td>
</tr>
</tbody>
</table>

#### Choice of Ice Cream Flavours (One per 45 guests):

<table>
<thead>
<tr>
<th>Ice Cream Flavours</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>(1 scoop</td>
</tr>
<tr>
<td>Vanilla</td>
<td>(1 scoop</td>
</tr>
</tbody>
</table>

#### Choice of Three Sauces:

<table>
<thead>
<tr>
<th>Three Sauces</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>(2 oz.</td>
</tr>
<tr>
<td>Strawberry</td>
<td>(2 oz.</td>
</tr>
<tr>
<td>Butterscotch</td>
<td>(2 oz.</td>
</tr>
</tbody>
</table>

#### Choice of Three Toppings:

- Sprinkles (130 cal)
- Cookie Crumbs (130 cal)
- Crushed Peanuts (170 cal)
- Heath Bar™ Pieces (150 cal)
- M&M's® (140 cal)
- Maraschino Cherries (4 halves | 30 cal)
- Whipped Topping (2 oz. | 180-200 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
PLAN FOR SUCCESS
PLANNING YOUR EVENT

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure things are as perfect as possible for your special occasion! Please use this guide to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event.

Our experienced event planning specialists are very consultative and will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT FLAVOURS BY SODEXO

When you have a catered event in mind, please contact us as soon as possible. Even if you are not yet sure of such details as the exact event date, event location and number of guests that will be in attendance, it’s a good idea to touch base with us as early on in the process as possible.

Some catering arrangements through Flavours by Sodexo can be made by phone, email or online; other catering arrangements require an in-person appointment with one of our event planning specialists. It’s easy to get in touch with Flavours by Sodexo about your catering needs. Here are the options:

Visit Our Office: You may visit us in person at 1455 North 12th Street Grand Junction Co. Our office hours are Monday through Friday, 9am-4pm. Please be aware that we are closed on some holidays.

Give us a Call: You may speak with an event planning specialist by calling 970-248-1027.

Send us an Email: catering@coloradomesa.edu, or Jacqueline.Roy@sodexo.com, or Sara.Graupner@sodexo.com

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. When planning your event on Colorado Mesa University Campus, you will need to officially "reserve" the space in order for us to be permitted to serve you in this location. To reserve a room for an event, please contact 970-248-1643.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact 970-248-1643 to make these arrangements.

SERVED DINNER PRICING

Please add $3.50 per guest to the listed Served Luncheon per guest pricing for Served Dinners.

EVENT CHANGES

No less than 3 business days from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees or if your event needs to be canceled. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for expenses already incurred by the Catering Office.

EVENT PAYMENT

No Pre-payment nor deposit are required prior to your event; a final invoice will be sent via email 7-10 business days after the completion of your catered event.

All policies and prices are subject to change without notice.
DELIVERY FEES
There is no delivery fee for catering services held within CMU University Campus. Deliveries off campus will be subject to a delivery charge based on event size, travel time and distance from the CMU Campus.

SERVICE STAFF AND ATTENDANTS
To ensure that your event is a success, catering staff will be provided for all served meals and some buffets. Continental breakfasts, breaks, and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 25 guest. Served meals are priced on an individual basis.

THE CHARGE FOR EACH STAFF MEMBER IS:
Attendants/Waitstaff $25.00 (minimum 3 hours)
Station Chefs $35.00 (minimum 2 hours)

CATERING EQUIPMENT
As the host of the catered event, you are responsible for the equipment we have provided for the service of your catered event. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account. For very large events, specialty equipment may need to be rented at an additional charge.

CHINA CHARGES
We provide high quality plastic products or eco-friendly serviceware unless otherwise requested. We offer china service for any event at an additional charge.
Full Meal Service and Silverware $2.00 per guest
Coffee or Beverage China Service $1.00 per guest
Full Bar Glass Service $2.00 per guest
Reception China and Silverware $2.00 per guest

FLORAL CHARGES
We will be happy to order, receive, and handle floral arrangements for you. For decorative requests, an additional fee will be determined in accordance with your specific needs.

LINENS AND SKIRTING
We provide linens and skirting for food and beverage tables at no charge. If you would like linen to be placed on guest tables for receptions, breaks, meeting tables and boxed lunches, there will be a $5.25 for each tablecloth. The same applies to registration tables, name tags, head tables, and any additional table that will not be directly used for setup. Napkins and Specialty linens are available upon request for an additional charge.

FOOD REMOVAL POLICY
Due to health regulations, it is the policy of Flavours by Sodexo at Colorado Mesa University catering operation, that excess food items from events cannot be removed from the event site. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.

ALCOHOL POLICY
All alcoholic beverages must be served by our personnel and consumed in designated areas. Proof of age will be required. Flavours by Sodexo at Colorado Mesa University Catering Operations, reserves the right to refuse service of alcoholic beverages to any person. All personnel have completed the Serve Safe Training Program for Service.

ALCOHOL SERVICE
If liquor is planned; A full bar setup is $150.00 per bar. All necessary bar items, except the alcohol, are provided with this charge, including nonalcoholic beverages, ice, mixers, napkins and plastic cups. An additional charge for glassware will apply. We recommend at least one bartender for every 50-75 guests at a cost of $25 per bartender per hour with a 2 hour minimum
A Beer and Wine set up is $75.00 per bar. All necessary items except the beer and wine are provided with this charge, including napkins and plastic cups. An additional charge for glassware will apply. We recommend at least one bartender for every 75-100 guests at a cost of $25 per bartender per hour with a 2 hour minimum.

All policies and prices are subject to change without notice.
NOTES