COLORADO MESA UNIVERSITY

FLAVOURS
by sodexo

New options coming soon!
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, Sara.Duford@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)

**CHOOSE TWO:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Breakfast Breads</td>
<td>(1 slice</td>
<td>200 - 280 cal)</td>
</tr>
<tr>
<td>Mini Scones</td>
<td>(1 each</td>
<td>180-210 cal)</td>
</tr>
<tr>
<td>Cinnamon Rolls</td>
<td>(1 each</td>
<td>110 - 450 cal)</td>
</tr>
<tr>
<td>Coffee Cake</td>
<td>(1 square</td>
<td>240-450 cal)</td>
</tr>
<tr>
<td>Danish</td>
<td>(1 each</td>
<td>270 cal)</td>
</tr>
<tr>
<td>Assorted Muffins</td>
<td>(1 each</td>
<td>330-450 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)

**CHOOSE TWO:**

<table>
<thead>
<tr>
<th>Item</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Mini Croissants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Muffins</td>
<td>(1 each</td>
<td>280 - 310 cal)</td>
</tr>
<tr>
<td>Low-Fat Muffins</td>
<td>(1 each</td>
<td>300 - 450 cal)</td>
</tr>
<tr>
<td>Assorted Breakfast Breads</td>
<td>(1 slice</td>
<td>370 - 400 cal)</td>
</tr>
<tr>
<td>Coffee Cake</td>
<td>(1 square</td>
<td>240 - 450 cal)</td>
</tr>
<tr>
<td>Cinnamon Rolls</td>
<td>(1 each</td>
<td>110 - 450 cal)</td>
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</tbody>
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Hashbrowns (4 oz. | 130 cal) or Home Fries (4 oz. | 150 cal)

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<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy Bacon</td>
<td>(1 slice</td>
<td>50 cal)</td>
</tr>
<tr>
<td>Turkey Bacon</td>
<td>(1 slice</td>
<td>10 cal)</td>
</tr>
<tr>
<td>Sausage</td>
<td>(2 links</td>
<td>100 cal)</td>
</tr>
<tr>
<td>Turkey Link Sausage</td>
<td>(2 links</td>
<td>70 cal)</td>
</tr>
<tr>
<td>Breakfast Ham Steak</td>
<td>(1/2 slice</td>
<td>50 cal)</td>
</tr>
</tbody>
</table>

**CHOOSE ONE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Eggs</td>
<td>(4 oz.</td>
<td>190 cal)</td>
</tr>
<tr>
<td>Scrambled Eggs with Cheddar</td>
<td>(4 oz.</td>
<td>240 cal)</td>
</tr>
<tr>
<td>Grilled Zucchini, Bacon and Swiss Frittata</td>
<td>(1 wedge</td>
<td>250 cal)</td>
</tr>
<tr>
<td>Hashbrown, Mushroom and Spinach Quiche</td>
<td>(1 wedge</td>
<td>210 cal)</td>
</tr>
<tr>
<td>Scrambled Egg Whites</td>
<td>(4 oz.</td>
<td>60 cal)</td>
</tr>
</tbody>
</table>

**ADD ON:**

Pancakes (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter (3 halves | 200 cal)

$1.39 per guest

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
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

ASSORTED FRESHLY HOUSE-BAKED MUFFINS $21.99 per dozen
Lemon Poppy Seed (1 muffin | 400 cal)
Blueberry (1 muffin | 390 cal)
Cranberry Orange (1 muffin | 330 cal)
Apple Cinnamon (1 muffin | 380 cal)
Cappuccino Chocolate Chunk (1 muffin | 450 cal)
Banana Walnut (1 muffin | 430 cal)
Low-Fat Carrot Raisin Bran (1 muffin | 198 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES $21.99 per dozen
Banana Nut Bread (1 slice | 370 - 400 cal)
Double Lemon Poppy Seed Coffee Cake (1 square | 240 cal)
Blueberry Sour Cream Coffee Cake (1 square | 310 cal)
Apple Streusel Coffee Cake (1 square | 260 cal)
Chocolate Espresso Coffee Crumble (1 slice | 450 cal)

ASSORTED DANISH $21.99 per dozen
(1 each | 270 cal)

ASSORTED BAGELS with Whipped Cream Cheese and Jellies $21.99 per dozen
(1 bagel | 210 - 310 cal)

HOUSE-BAKED COUNTRY BISCUITS with Whipped Butter, Honey and Jellies $13.50 per dozen
(1 each | 160 - 450 cal)

ASSORTED MINI SCONES $16.29 per dozen
(1 each | 110 - 450 cal)

CINNAMON ROLLS $21.99 per dozen
(1 each | 790 cal)

STICKY BUNS $21.99 per dozen
(1 each | 270 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT $26.39 per dozen
(1 each | 90 - 180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA $40.69 per dozen
(1 each | 200 - 360 cal)

SEASONAL SLICED FRESH FRUIT [FV]
Small 15-25 $56.00 per tray
Medium 25-50 $140.00 per tray
Large 50-75 $250.00 per tray
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 Eggs and Cheese (4 oz. | 240 cal)
Scrambled Egg Whites (4 oz. | 60 cal)

Choice of One:
Ham (1 slice | 30 cal) Pork Sausage Patty (1 patty | 140 cal)
Bacon (1 slice | 50 cal) Turkey Sausage Patty (1 slice | 30 cal)
Turkey Bacon (1 slice | 10 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
A LA CARTE SELECTIONS

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.

HOME FRIES WITH CARAMELIZED ONIONS $2.30 per guest
(4 oz. | 150 cal)

ROASTED SWEET POTATOES $2.19 per guest
(4 oz. | 170 cal)

HARD BOILED EGGS $1.50 per guest
(1 each | 70 cal)

INDIVIDUAL BISCUIT QUICHES $2.75 per guest
Sausage and Cheddar Quiche
(1 each | 410 cal)
Quiche Lorraine
(1 each | 370 cal)
Western Quiche
(1 each | 370 cal)
Garden Vegetable Quiche
(1 each | 330 cal)
Broccoli Cheddar Quiche
(1 each | 310 cal)

BREAD PUDDINGS $2.75 per guest
Apple Raisin French Toast
(1 square | 600 cal)
Asparagus, Feta and Egg White Frittata
(1 square | 250 cal)
Ham, Mushroom and Swiss
(1 square | 400 cal)
Garden Vegetable
(1 square | 210 cal)

WHEAT BERRY PECAN CRUNCH FRENCH TOAST $3.99 per guest
(3 halves | 380 cal)

OATMEAL BAR $3.19 per guest
Steel Cut Oatmeal $3.19
(8 oz. | 170 cal)

Served with a Choice Of Six:
Sliced Bananas
(1 banana | 90 cal)
Dark or Light Brown Sugar
(1 oz. | 110 cal)
Raisins
(1 oz. | 80 cal)
Ground Cinnamon
(1 oz. | 0 cal)
Dried Cranberries
(1 oz. | 90 cal)
Honey
(1 oz. | 90 cal)

Choice of Milk:
2%
(3 fluid oz. | 45 cal)
Soy
(3 fluid oz. | 40 cal)

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REFRESH AND REJUVENATE
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.

**HOT BEVERAGES**

16 servings per gallon

Freshly Brewed Fair Trade aspretto Coffee and Decaffeinated Coffee

$23.79 per gallon

Freshly Brewed Flavoured Fair Trade aspretto Coffee and Decaffeinated Coffee

$24.79 per gallon

Aspretto Numi Herbal and Non Herbal Teas to include Decaffeinated Aspretto Numi Tea with Hot Water

(8 oz. | 0 cal)

$14.79 per gallon

Hot Chocolate $15.39 per gallon

Seasonal Hot Apple Cider $17.59 per gallon

**COLD BEVERAGES**

16 servings per gallon

Orange Juice $21.99 per gallon

Cranberry Juice $21.99 per gallon

Apple Juice $21.99 per gallon

Freshly Brewed Unsweetened Iced Tea $20.35 per gallon

Homemade Lemonade $19.25 per gallon

Strawberry Lemonade $21.99 per gallon

Bottled Water $2.10 per guest

Bottled Fruit Juice: $2.30 per guest

Orange, Cranberry, Apple

Assorted Canned Soft Drinks, Regular and Diet $1.80 per guest
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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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 aspretto Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Aspretto 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 WILD MUSHROOMS AND TOFU (1 plate | 580 cal)
$19.99 per guest
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. | 60 cal)
- Fresh Spinach and Garlic Sauté (4 oz. | 60 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. | 130 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)
## DESSERTS

<table>
<thead>
<tr>
<th>Dessert</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cora’s Red Velvet Cake</td>
<td>(1 slice</td>
</tr>
<tr>
<td>New York Cheesecakes</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Chocolate Fudge Cake &amp; Chocolate Ganache</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Dutch Apple Pie</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Honey Fig Pastry</td>
<td>(1 each</td>
</tr>
</tbody>
</table>

### ADDITIONAL OPTIONS:

<table>
<thead>
<tr>
<th>Dessert</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>German Chocolate Pecan Tart</td>
<td>(1 each</td>
</tr>
<tr>
<td>White Chocolate Bread Pudding</td>
<td>(1 each</td>
</tr>
<tr>
<td>White Chocolate Raspberry Creme Brulee</td>
<td>(1 each</td>
</tr>
<tr>
<td>Designer Key Lime Pie</td>
<td>(1 each</td>
</tr>
<tr>
<td>Cookies and Cream Cheesecake</td>
<td>(1 slice</td>
</tr>
</tbody>
</table>

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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 (1 salad | 200 cal)
- Napa Valley Chicken Salad (1 salad | 290 cal)
- Grilled Chicken Tabbouleh Salad (1 salad | 240 cal)
- Greek Salad (1 salad | 190 cal)
- Cobb Salad (1 salad | 770 cal)
- Italian House Wedge Salad (1 salad | 180 cal)
- Caesar Salad (3 oz. | 490 cal) with Grilled Chicken (2 oz. | 110 cal)
  - with Shrimp (1 oz. | 110 cal)
  - with Salmon (1 filet | 250 cal)
  - with Portobello Mushroom (4 oz. | 60 cal)

**CHOOSE TWO ADDITIONAL SALADS:**

- Market Salad with Balsamic Vinaigrette (1 salad | 110 cal)
- Italian Cucumber Salad (4 oz. | 90 cal)
- Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
- Apple Fennel Slaw (4 oz. | 90 cal)
- Minted Cucumber Salad (4 oz. | 20 cal)
- Orzo and Pepper Salad (4 oz. | 170 cal)
- Artichoke Hearts with Italian Parsley (4 oz. | 60 cal)
- Broccoli & Cavatelli Salad (4 oz. | 120 cal)
- Farmhouse Potato Salad (4 oz. | 220 cal)
- Antipasto Platter (1 serving | 340 cal)
- Vegetarian Antipasto Platter (1 serving | 190 cal)
- Seasonal Crudité with Hummus (2 oz. | 15 cal)
- Ranch Dip (2 oz. | 110-190 cal)

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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 (1/2 sandwich | 180 cal)
- Roast Beef and Cheddar on Ciabatta (1/2 sandwich | 1000 cal)
- Twisted Beef & Horseradish Wrapped in Whole Grain (1/2 wrap | 160 cal)
- Tuscan Grilled Chicken Breast on Multigrain Roll (1/2 sandwich | 260 cal)
- Picnic Grilled Chicken Sandwich on Parisian Roll (1/2 sandwich | 220 cal)
- Southwestern BBQ on Ciabatta (1/2 sandwich | 310 cal)
- Roasted Vegetables on Multigrain Roll (1/2 sandwich | 200 cal)
- Tabbouleh Hummus Pita (1/2 sandwich | 280 cal)
- Dijon Egg Salad on Pumpernickel Bread (1/2 sandwich | 180 cal)

### CHOOSE TWO SIDE SALADS:

- Market Salad with Balsamic Vinaigrette (1 salad | 110 cal)
- Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
- Apple Fennel Slaw (4 oz. | 90 cal)
- Minted Cucumber Salad (4 oz. | 20 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)
- Seasonal Crudité with Hummus (1 oz. | 50 cal)
- Ranch Dip (2 oz. | 110-190 cal)
MAGNIFICENT MORSELS
BOUNTIFUL BUFFETS

ARTISANAL DELI AND PLAGERS
$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
Assorted Cheeses and Appropriate Condiments
Complimented by Fresh Side Salads
Spreads
Assorted Bags of Chips
Oversized Cookies
Scrumptious Brownies
Assorted Bars
or Fresh In-Season Fruit Cups

CHOOSE TWO SIGNATURE DELI SELECTIONS:
Chimichurri Flank Steak
Pesto Grilled Chicken Breast
Tuscan Pesto Grilled Chicken
Antipasto Platter
Vegetarian Antipasto Platter
Italian Cold Cuts with Assorted Cheeses
Breads
Appropriate Condiments

CHOOSE TWO SIDE SALADS:
Market Salad with Balsamic Vinaigrette
Seasonal Fresh Fruit Salad
Orzo and Pepper Salad
Artichoke Hearts with Italian Parsley
Farmhouse Potato Salad
Tuna
Chicken
Egg Salad
Seasonal Crudité with
Hummus
Ranch Dip

CHOOSE TWO SPREADS:
Tabbouleh with Garbanzo Beans & Feta
Sun-Dried Tomato and Olive Tapenade
Artichoke Tapenade
Black Olive & Caper Tapenade
Green Olive Tapenade
Baba Ghanoush
White Bean Spread with Caramelized Onions
Hummus
Mediterranean Tzatziki Sauce
Served with Pita Wedges
Flatbreads
and Crackers

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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 Salads (2 slices | 140-200 cal)
- Sliced Roasted Turkey (3 oz. | 50 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

Egg Salad (3 oz. | 230 cal)
Chicken Salad (3 oz. | 110 cal)

$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)
and Butter

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 cookie | 160-180 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  
Apple Fennel Slaw  
Farmhouse Potato Salad  
Cornbread and Butter  
Root Beer Baked Beans  
Macaroni & Cheese

(4 oz. | 45 cal)  
(4 oz. | 90 cal)  
(4 oz. | 220 cal)  
(1 cut | 210 cal)  
(4 oz. | 130 cal)  
(1 cut | 400 cal)

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

(1 quarter | 290 cal)  
(1 filet | 230 cal)  
(3 oz. | 190 cal)  
(4 oz. | 120 cal)  
(1 serving | 150 cal)  
(1 cookie | 150-180 cal)  
(1 brownie | 180-220 cal)  
(1 serving | 170 cal)

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar Salad with Homemade Croutons</td>
<td>(1 salad</td>
</tr>
<tr>
<td>Assorted Rolls and Butter</td>
<td>(1 roll</td>
</tr>
<tr>
<td>Pasta Bar with Spaghetti (4 oz.</td>
<td>200 cal) and Penne Pasta (4 oz.</td>
</tr>
<tr>
<td>Marinara Sauce (2 oz.</td>
<td>20 cal) and Pesto Cream Sauce (2 oz.</td>
</tr>
<tr>
<td>Home-Style Meatballs in Marinara Sauce</td>
<td>(2 meatballs + 1 oz. sauce</td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td>(1 oz.</td>
</tr>
<tr>
<td>Traditional Chicken Cacciatore</td>
<td>(1 quarter</td>
</tr>
<tr>
<td>Sautéed Fresh Zucchini</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Tiramisu</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Cannoli</td>
<td>(1 cannoli</td>
</tr>
<tr>
<td>Assorted Canned Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea</td>
<td></td>
</tr>
</tbody>
</table>

## ASIAN FUSION

$21.99 per guest

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Salad</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Garlic Lemon Ginger Broccoli</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Sticky Rice</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Vegetable Lo Mein</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Cilantro Breast of Chicken</td>
<td>(1 breast</td>
</tr>
<tr>
<td>Teriyaki Glazed Salmon Filet</td>
<td>(1 filet</td>
</tr>
<tr>
<td>Coconut Lemon Almond Gourmet Bar</td>
<td>(1 cut</td>
</tr>
<tr>
<td>Fortune Cookies</td>
<td>(1 cookie</td>
</tr>
<tr>
<td>Assorted Canned Pepsi Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea</td>
<td></td>
</tr>
</tbody>
</table>

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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 Ø
- Caesar Salad Ø
- Includes Assorted Dinner Rolls with Butter

(1 salad | 190 cal)
(1 salad | 460 cal)
(1 roll | 90 cal)

#### ENTRÉES

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

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

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

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

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

### CUSTOMIZED CREATIONS
SIDES

**CHOOSE ONE (4 oz. serving):**
- Oven-Roasted Herbed Red Potatoes **V**
- Garlic-Mashed New Potatoes **V**
- Rice Pilaf **V**
- White Rice **V**
- Olive Oil and Garlic Spaghetti **V**

  (4 oz. | 130 cal)
  (4 oz. | 120 cal)
  (4 oz. | 150 cal)
  (4 oz. | 140 cal)
  (4 oz. | 380 cal)

**CHOOSE ONE (4 oz. serving):**
- Balsamic Herb Roasted Vegetables **V**
- Lemon Garlic Broccoli **V**
- Sautéed Zucchini **V**
- Glazed Carrots **V**
- Fresh Green Beans **V**
- Variety of Seasonal Vegetables **V**

  (4 oz. | 110 cal)
  (4 oz. | 60 cal)
  (1 each | 50 cal)
  (4 oz. | 120 cal)
  (4 oz. | 40 cal)
  (4 oz. | 40-120 cal)

DESSERTS

**CHOOSE TWO:**
- Double Chocolate Layer Cake
- Chocolate Mousse
- Cora’s Red Velvet Cake
- Apple Crisp
- Assorted Pies: Dutch Apple, Blueberry, Lemon Meringue or Pecan Pie
- Assorted Cookies and Brownies

  (1 slice | 350 cal)
  (1 scoop | 90 cal)
  (1 slice | 760 cal)
  (1 serving | 150 cal)
  (1 slice | 320-520 cal)
  (1 serving | 160-510 cal)

BEVERAGES

- Freshly Brewed Fair Trade aspretto Coffee
- Decaffeinated Coffee
- Aspretto Numi Herbal and Non-Herbal Teas
- Decaffeinated Aspretto Numi Tea with Hot Water

  (8 fluid oz. | 0 cal)
  (8 fluid oz. | 0 cal)
  (1 tea bag | 0 cal)
  (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
$19.79 per dozen
(1 each | 50 cal)

Coconut Chicken with Orange Dipping Sauce
$19.79 per dozen
(1 each | 60 cal)

Chicken Diablo Empanadas with Chipotle Ranch Dipping Sauce
$24.99 per dozen
(1 each + 1 oz. sauce | 230 cal)

Blackened Chicken Sliders
$24.19 per dozen
(1 each | 140 cal)

Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce
$19.79 per dozen
(1 each + 1/2 tbsp. sauce | 45 cal)

Peri Peri Chicken Skewers
$19.79 per dozen
(1 each | 130 cal)

PORK

Pork Pot Stickers with Garlic Soy Sauce
$18.59 per dozen
(1 each + 3 oz. sauce | 50 cal)

Maple-Glazed Apple Rumaki
$15.89 per dozen
(1 each | 60 cal)

Sausage-Stuffed Mushrooms
$18.09 per dozen
(1 each | 20 cal)

Ham and Cheese Pinwheels
$14.29 per dozen
(1 each | 50 cal)

Sausage Bites with Dijon Mustard
$14.29 per dozen
(1 each | 300 cal)

SEAFOOD

Crab and Risotto Balls
$19.79 per dozen
(1 each | 80 cal)

Grilled Sugar Cane Shrimp & Scallop Skewers
$27.49 per dozen
(1 each | 150 cal)

Mini Crab Cakes with Cajun Rémoulade Sauce
$21.99 per dozen
(1 each | 70 cal)

Seafood Stuffed Mushrooms
$20.29 per dozen
(1 each | 15 cal)
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

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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.

Assorted Finger Sandwiches
$17.59 per dozen

CHOOSE THREE:
Ham Salad, Chicken Salad, Tuna Salad and Egg Salad on White, Wheat or Silver Dollar Rolls

Roasted Garlic Hummus and Smoked Salmon Bruschetta
$21.50 per dozen

Shrimp Cocktail with Cajun Rémoulade and Cocktail Sauce
$25.29 per dozen

Mini Curried Chicken Tart
$18.99 per dozen

Crostini with Spicy Mango Shrimp Salsa
$20.89 per dozen

Black Currant and Brie Crostini
$20.89 per dozen

Sun-Dried Tomato and Gorgonzola Bruschetta
$17.59 per dozen

Goat Cheese and Honey Phyllo Cups
$19.79 per dozen

Charred Peaches Wrapped in Prosciutto
$21.99 per dozen

Smoked Salmon on Rye with Popped Capers
$21.50 per dozen

Smoked Salmon Roulade
$21.50 per dozen

Fresh Mozzarella and Shrimp Skewers
$25.29 per dozen

Cucumber Rounds with Feta and Tomatoes
$19.79 per dozen

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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 (1oz. | 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
Seasonal Cubed Fresh Fruit $66.00 Small/$132.00 Medium/$193.00 Large
Domestic Cheeses with Crackers $66.00 Small/$132.00 Medium/$193.00 Large
Artisan Cheeses with Crackers $82.00 Small/$159.00 Medium/$204.00 Large
Antipasto Platter with Crackers $94.00 Small/$176.00 Medium/$220.00 Large

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 (210 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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CHEF’S FARE
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 Habanero 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
Peanut Butter (350 cal) Chocolate Chip (360 cal)
Sugar (330 cal) Oatmeal Raisin (310 cal)
White Chocolate Macadamia Nut (340 cal) Double Chocolate Chip with White Chips (330 cal)

BROWNIES (1 cut per serving) $18.69 per dozen
Cream Cheese (220 cal) Plain (200 cal)
Fudge (350 cal) Frosted (350 cal)
M&M's® (510 cal) Blondie (220 cal)

GOURMET DESSERT BARS (1 cut per serving) $19.25 per dozen
Luscious Lemon Bar (70 cal) Ooey Gooey Pumpkin Square (100 cal)
Cran Scotch Bar (260 cal) Raspberry Almond Bar (190 cal)
Gooey Chocolate Peanut Butter Bar (290 cal) Chocolate Chess Bar (260 cal)
Linzi Bar (210 cal)

ASSORTED MINI CANDY BARS $4.39 per pound

MULTI-GRAIN BARS AND GRANOLA BARS $2.50 per item

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS $2.19 per item

TOSS POPCORN STATION $3.29 per guest

MIXED NUTS WITH OR WITHOUT PEANUTS $17.59 per pound

TRAIL MIX $17.59 per pound

DECORATED SHEET CAKES (1 slice + 2 tbsp. icing | 140-150 cal + 120-140 cal)
Full $69.50 each Half $55.00 each Quartered $37.50 each Single Layer Round $23.65 each Double Round $54.25 each

S'MORE'S STATION $5.25 per guest
S'more's Pizza (1 each | 200 cal), Chai Spice S'more's (1 each | 400 cal) and Classic S'more's (1 each | 240 cal)

ICE CREAM SUNDAE BAR $5.99 per guest

Choice of Ice Cream Flavours (One per 45 guests):
Chocolate (1 scoop | 90 cal)
Vanilla (1 scoop | 90 cal)

Choice of Three Sauces:
Chocolate (2 oz. | 200 cal)
Strawberry (2 oz. | 140 cal)
Butterscotch (2 oz. | 140 cal)

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) and Whipped Topping (2 oz. | 180-200 cal) are included.

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, Sara.Duford@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.
PLAN FOR SUCCESS
**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.