

# FLAVOURS

TASTE : SUCCESS



COLORADO MESA  
UNIVERSITY



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TASTE : SUCCESS

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 exceeds 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](mailto:Catering@ColoradoMesa.edu) or visit our website: <https://www.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    = Plant Based

*We can also accommodate Gluten Free requests.*



Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. All breakfasts include coffee and hot tea service.

CLASSIC CONTINENTAL BREAKFAST

12 guest minimum | \$10.99 per guest

Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.


INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF THREE:

Muffins  (each | 160-230 cal) Croissants  (each | 200 cal)

Coffee Cakes  (each | 110-430 cal) Mini Scones  (each | 190-200 cal)

Breakfast Breads  (each | 250 cal)

Butter and Assorted Jam

MINI CONTINENTAL BREAKFAST

12 guest minimum | \$9.99 per guest

Seasonal fresh fruit with choice of mini breakfast breads. Includes condiments, coffee and hot tea service.

INCLUDES:

Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF THREE:

Mini Danish  (each | 130-170 cal) Mini Croissants  (each | 80-100 cal)

Muffins  (each | 160-230 cal) Mini Scones  (each | 190-200 cal)

Butter and Assorted Jam

BREAKFAST:  
MORNING  
BUFFETS




# BREAKFAST: MORNING BUFFETS, cont.

## BREAKFAST BUFFET

20 guest minimum | \$17.50 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish. Includes coffee, hot tea and condiments..

### INCLUDES:

Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries











Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

### CHOICE OF THREE:

Sliced Plain Mini Bagel 	(each   90 cal)	Mini Butter Croissant 	(each   80 cal)
Mini Danish 	(each   130-170 cal)	Mini Scones 	(each   190-200 cal)
Muffins 	(each   160-230 cal)	Mini Chocolate Croissant 	(each   190-200)
Southern Style Biscuits 	(each   170 cal)		

Cream Cheese  (1 oz. | 70 cal), Light Cream Cheese  (1 oz. | 60 cal) and Strawberry Cream Cheese  (1 oz. | 70 cal)

### CHOICE OF ONE:

Hash Browned Potatoes with Onion & Thyme 	(1/2 cup   170 cal)
Grits with Cheese 	(1/2 cup   200 cal)
Classic Grits 	(4 oz.   70 cal)
Potato Roesti with Chives & Parsley 	(1 slice   70 cal)
Sweet Potato Hash with Shallots & Kale 	(1/2 cup   110 cal)
French Fried Tater Tots 	(1/2 cup   190 cal)
Hash Browned Potato 	(1/2 cup   90 cal)
Home Fried Potatoes 	(1/2 cup   90 cal)
Golden Beet Hash 	(1/2 cup   100 cal)
Root Vegetable Hash 	(1/2 cup   80 cal)

### CHOICE OF TWO:

Bacon Slices	(1 slice   35 cal)	Sausage Links	(1 link   110 cal)
Turkey Sausage Link	(1 link   45 cal)	Canadian Bacon Slices 	(1 slice   25 cal)
Cage-Free Hard-Boiled Egg 	(each   80 cal)	Turkey Bacon	(1 slice   25 cal)

### CHOICE OF ONE:

Seasoned Scrambled Egg Whites 	(1/2 cup   90 cal)	Seasoned Scrambled Eggs 	(1/2 cup   180 cal)
Cholesterol Free Scrambled Eggs 	(1/2 cup   120 cal)	Scrambled Tofu 	(1/2 cup   130 cal)

## SET AND GO BREAKFAST

15 guest minimum | \$17.50 per guest

This buffet displayed on to-go packaging and includes eco-friendly serviceware, coffee and hot tea service.

Start with seasonal fresh fruit, then customize your buffet with your choice of breakfast breads, oatmeal bowl, a mini yogurt parfait and breakfast sandwich selection. Includes coffee, hot tea, and condiments.

Service charge: pick up - \$17.98 | delivery - \$17.98






### INCLUDES:

Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

### CHOICE OF THREE:



Muffins 	(each   160-230 cal)	Croissant 	(each   200 cal)
Coffee Cakes 	(each   110-450 cal)	Mini Scones 	(each   190-200 cal)
Breakfast Breads 	(each   250 cal)		

Butter and Assorted Jam



### CHOICE OF TWO:

Strawberry Pecan Steel Cut Oatmeal 	(each   220 cal)
Cinnamon Brown Sugar Steel Cut Oatmeal 	(each   370 cal)
Cranberry Chocolate Steel Cut Oatmeal 	(each   340 cal)
Chocolate Covered Cherry Parfait 	(parfait   170 cal)
Apple Sweet Potato Yogurt Parfait 	(parfait   250 cal)
Lemon Rosemary Parfait 	(parfait   150 cal)
Hawaiian Sunset Parfait 	(parfait   120 cal)

### CHOICE OF TWO:

Cage-Free Egg & Cheese Bagel 	(each   200)	Cage-Free Egg & Cheese Biscuit 	(each   280 cal)
Ham, Cage-Free Egg & Cheese Bagel	(each   230 cal)	Ham, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Bacon, Cage-Free Egg & Cheese Bagel	(each   240 cal)	Bacon, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Sausage, Cage-Free Egg & Cheese Bagel	(each   390 cal)	Sausage, Cage-Free Egg & Cheese Biscuit	(each   470 cal)

### UPGRADE YOUR BREAKFAST SANDWICH:

Cage-Free Egg & Cheese Croissant 	\$1.49 per guest	(each   190 cal)
Bacon, Cage-Free Egg & Cheese Croissant	\$3.50 per guest	(each   220 cal)
Ham, Cage-Free Egg & Cheese Croissant	\$2.99 per guest	(each   220 cal)
Sausage, Cage-Free Egg & Cheese Croissant	\$2.99 per guest	(each   380 cal)
Cage-Free Egg & Cheese Brioche 	\$2.99 per guest	(each   210 cal)
Bacon, Cage-Free Egg & Cheese Brioche	\$3.50 per guest	(each   250 cal)
Ham, Cage-Free Egg & Cheese Brioche	\$2.99 per guest	(each   240 cal)
Sausage, Cage-Free Egg & Cheese Brioche	\$2.99 per guest	(each   400 cal)

## HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$12.99 per guest

Seasonal fresh fruit, Greek yogurt, granola bars, hard-boiled eggs and oatmeal with toppings Includes coffee and hot tea service.

### INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)


Cage-Free Hard-Boiled Egg  (each | 80 cal)

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Granola Bars  (each | 90 cal)

Steel Cut Oatmeal  (8 oz. | 170 cal)

### Served with:

Whole Milk 	(1 tbsp.   10 cal)
2% Milk 	(1 tbsp.   10 cal)
Unsweetened Almond Milk 	(1 tbsp.   0 cal)
Cinnamon Brown Sugar Topping 	(1 tsp.   15 cal)
Mini Chocolate Chips 	(1 tbsp.   60 cal)
Sweetened Dried Cranberries 	(1 tbsp.   30 cal)
Pecan Pieces 	(1 tbsp.   50 cal)
Fresh Whole Strawberries 	(1 tbsp.   5 cal)
Fresh Blueberries 	(1 tbsp.   5 cal)

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





Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items such as fresh fruit and house-baked pastries all packaged for an easy-to-serve individually boxed meal. Packaging includes eco-friendly service ware and cutlery.

BAKERY BREAKFAST BOX

12 guest minimum | \$8.99 per guest

Each box includes selection of bakery items, granola bar and choice of yogurt or cage-free hard-boiled egg.

INCLUDES:

Mixed Fruit Cup   (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant  (each | 80 cal)

Mini Chocolate Croissant  (each | 100 cal)

Classic Blueberry Muffin  (each | 170 cal)

CHOICE OF ONE GRANOLA BAR:


Granola Bar   (each | 90 cal)

Peanut Butter Granola Bar   (each | 100 cal)

Oats & Honey Granola Bar   (each | 90 cal)

CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)


Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

DANISH BREAKFAST BOX

12 guest minimum | \$8.99 per guest

Each box includes selection of danish pastry, granola bar and choice of yogurt or cage-free hard-boiled egg.

INCLUDES:

Mixed Fruit Cup    (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

CHOICE OF ONE BREAKFAST DANISH:

Mini Apple Danish  (each | 130 cal)

Mini Cheese Danish  (each | 140 cal)

Mini Raspberry Danish  (each | 130 cal)

Mini Maple Pecan Danish  (each | 170 cal)

CHOICE OF ONE GRANOLA BAR:

Granola Bar   (each | 90 cal)

Peanut Butter Granola Bar   (each | 100 cal)

Oats & Honey Granola Bar   (each | 90 cal)

CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

BREAKFAST: BOXES



BREAKFAST SANDWICH BOX

12 guest minimum | \$12.99 per guest

Includes seasonal fresh fruit, blueberry muffin and your choice of breakfast sandwich and a cage-free hard-boiled egg or yogurt.

INCLUDES:

Mixed Fruit Cup   (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)

CHOICE OF ONE BREAKFAST SANDWICH:


Smoked Salmon and Cucumber on a Bagel  (each | 140 cal)

Ham and Gruyere on a Croissant (each | 240 cal)

BLT with Avocado on a Bagel (each | 310 cal)

CHOICE OF ONE:

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

BREAKFAST YOGURT PARFAIT BOX

12 guest minimum | \$10.09 per guest

Includes seasonal fresh fruit, blueberry muffin, choice of mini yogurt parfait and cage-free hard-boiled eggs.

INCLUDES:

Mixed Fruit Cup   (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)

Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

CHOICE OF ONE:

Chocolate Covered Cherry Parfait   (parfait | 170 cal)


Lemon Rosemary Parfait   (parfait | 150 cal)

Apple Sweet Potato Parfait   (parfait | 250 cal)

Hawaiian Sunset Parfait   (parfait | 120 cal)

ADD ON BEVERAGES

12 guest minimum

Bottled Water  \$2.19 each (20 oz. | 0 cal)

Orange Juice   \$2.79 each (12 oz. | 150 cal)

Apple Juice   \$2.79 each (12 oz. | 160 cal)

Starbucks® Coffee Mocha Frappuccino \$3.49 each (13.7 oz. | 260 cal)

Starbucks® Coffee Almond Milk Vanilla Frappuccino \$3.49 each (13.7 oz. | 170 cal)

BREAKFAST:  
A LA CARTE



Upgrade your breakfast with la carte selections.

CHEF SELECT EGG DISHES  
20 guest minimum | \$4.99 per guest

A selection of chef-created egg dishes.

- Vegan Shakshuka
- Chilaquiles with Salsa Roja

- ADDITIONAL SELECTIONS:
- Grilled Zucchini, Bacon, Swiss Frittata
  - Hash Brown, Mushroom & Spinach Quiche
  - Cage-Free Hard-Boiled Eggs \$12.99

(each| 160 cal)  
(3/4 cup | 280 cal)

(1 slice | 290 cal)  
(1 wedge | 210 cal)  
(each | 80 cal)

BREAKFAST BAKERY

A variety of mini and regular baked goods sold by the dozen.

- Muffins \$19.99 per dozen
- Mini Danish \$19.49 per dozen
- Mini Croissants \$16.99 per dozen
- Mini Scones \$16.99 per dozen
- Coffee Cakes \$19.49 per dozen
- Cinnamon Roll Flats \$24.00 per dozen
- Sliced Plain Mini Bagels \$19.49 per dozen
- Southern Style Biscuits \$19.99 per dozen
- Homestyle Banana Nut Bread \$16.99 per dozen

(1 each | 160-230 cal)  
(1 each | 130-170 cal)  
(1 each | 80-100 cal)  
(1 each | 190-200 cal)  
(1 each | 110-430 cal)  
(1 each | 120 cal)  
(1 each | 90 cal)  
(1 each | 170 cal)  
(1 each | 250 cal)

DONUT HOLES \$10.99 per two dozen

- Glazed Donut Holes
- Cinnamon Sugar Donut Holes

(6 donut holes | 280 cal)  
(6 donut holes | 290 cal)

YOGURT 12 guest minimum | \$2.09 each

- Chobani Non-Fat Blueberry Greek Yogurt
- Chobani Non-Fat Vanilla Greek Yogurt
- Chobani Non-Fat Strawberry Greek Yogurt
- Strawberry Banana Non Fat Lite Yogurt
- Blueberry Non-Fat Lite Yogurt
- Vanilla Non-Fat Lite Yogurt

(1 each | 90 cal)  
(1 each | 80 cal)  
(1 each | 90 cal)  
(1 each | 90 cal)  
(1 each | 90 cal)  
(1 each | 90 cal)

SEASONAL MINI GREEK YOGURT PARFAITS 12 guest minimum | \$3.39 each

- Banana, Nutella, & Granola Yogurt Parfait
- Tropical Fruit & Granola Yogurt Parfait
- Blueberry, Lemon & Granola Yogurt Parfait

(1 mini parfait | 100 cal)  
(1 mini parfait | 70 cal)  
(1 mini parfait | 60 cal)

OATMEAL BAR 12 guest minimum | \$3.99 per guest

Warm oatmeal served with a variety of toppings and milk.

INCLUDES:

- Steel Cut Oatmeal (8 oz. | 170 cal)
- Brown Sugar (1 tbsp. | 45 cal)
- Cinnamon (1 tsp. | 5 cal)

CHOICE OF SIX:

- Toasted Almonds (1 tbsp. | 40 cal)
- Walnut Pieces (1 tbsp. | 50 cal)
- Pumpkin Seeds (1 tbsp. | 60 cal)
- Sweetened Dried Cranberries (1 tbsp. | 30 cal)
- Seedless Raisins (1 tbsp. | 25 cal)
- Fresh Blueberries (1 tbsp. | 5 cal)
- Creamy Peanut Butter (1 tbsp. | 90 cal)
- Shredded Coconut (1 tbsp. | 25 cal)

CHOICE OF TWO:

- 2% Milk (1 tbsp. | 10 cal)
- Whole Milk (1 tbsp. | 10 cal)
- Unsweetened Almond Milk (1 tbsp. | 0 cal)

BREAKFAST:  
A LA CARTE,  
continued



BREAKFAST PROTEINS 12 guest minimum | \$3.50 per guest

Bacon Slices	(1 slice   35 cal)	Canadian Bacon Slices	(1 slice   25 cal))
Sausage Link	(1 link   110 cal)	Turkey Bacon	(1 slice   25 cal)
Turkey Sausage Link	(1 link   45 cal)	Cage-Free Hard-Boiled Eggs	(each   80 cal)

BREAKFAST SIDES  
20 guest minimum | \$2.25 per guest

Add a breakfast side or two to complement your breakfast selections.

Hash Browned Potatoes with Onion & Thyme	(1/2 cup   170 cal)
Sausage Gravy & Biscuit	(1 biscuit + gravy   250 cal)
Grits with Cheese	(1/2 cup   200 cal)
Classic Grits	(1/2 cup   70 cal)
Potato Roesti with Chives & Parsley	(1 slice   70 cal)
Sweet Potato Hash with Shallots & Kale	(1/2 cup   110 cal)

HOT BREAKFAST SANDWICHES  
20 guest minimum | \$3.99 each

Cage-Free Egg & Cheese Bagel	(each   200 cal)
Bacon, Cage-Free Egg & Cheese Bagel	(each   240 cal)
Ham, Cage-Free Egg & Cheese Bagel	(each   230 cal)
Sausage, Cage-Free Egg & Cheese Bagel	(each   390 cal)
Cage-Free Egg & Cheese Biscuit	(each   280 cal)
Bacon, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Ham, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Sausage, Cage-Free Egg & Cheese Biscuit	(each   470 cal)

BREAKFAST BURRITOS  
20 guest minimum | \$5.29 each

Rajas & Chorizo Breakfast Burrito	(each   650 cal)
Carnitas Verde Breakfast Burrito	(each   480 cal)
Roasted Vegetable Breakfast Burrito	(each   400 cal)
Cage-Free Egg, Cheese & Potato Breakfast Burrito	(each   470 cal)

BAGELS & SCHMEARS  
20 guest minimum | \$3.29 per guest

Select two bagel flavors along with your choice of three chef-prepared schmears.

CHOICE OF TWO BAGELS:

Plain Bagel	(each   290 cal)
Sesame Bagel	(each   300 cal)
Cinnamon Raisin Bagel	(each   290 cal)

INCLUDED:

Cream Cheese	(2 tbsp.   70 cal)
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CHOICE OF TWO SPECIALTY SCHMEAR CHEESES:

Everything Schmear	(2 tbsp.   70 cal)
Lemon Dill Schmear	(2 tbsp.   50 cal)
Honey Walnut Schmear	(2 tbsp.   80 cal)
Blueberry Schmear	(2 tbsp.   60 cal)
Smoked Salmon & Caper Schmear	(2 tbsp.   70 cal)
Furikake Schmear	(2 tbsp.   60 cal)

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BREAKS:  
MORNING BREAKS




Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up & clean up.

CONTINENTAL MORNING BREAK  
12 guest minimum | \$9.99 per guest


Seasonal fresh fruit, choice of breakfast breads, butter and jam. Includes coffee and hot tea. Includes condiments.

INCLUDES:

Seasonal Sliced Fresh Fruit 


(3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries


Coffee & Tea Service 

(12 oz. | 0-5 cal)


CHOICE OF THREE:

Muffins 


(each | 160-230 cal)

Croissants 


(each | 200 cal)

Coffee Cakes & Breakfast Breads 

(each | 110-450 cal)

Mini Scones 



(each | 190-200 cal)

Breakfast Breads 

(each | 250 cal)

MORNING MOXY  
20 guest minimum | \$13.99 per guest

Power through your morning with fresh fruit, yogurt and/or overnight oats along with a selection of freshly-baked goods. Includes coffee & hot tea service. Includes condiments.

INCLUDES:		
Seasonal Sliced Fresh Fruit Platter		(3 oz.   35 cal)
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries		
Coffee & Tea Hot Service		(12 oz.   0-5 cal)

CHOICE OF TWO PARFAITS:

Maple Oats with Spiced Apples



(1 mini parfait | 100 cal)

Coconut Oats with Strawberry




(1 mini parfait | 60 cal)

Nutella Oats with Banana



(1 mini parfait | 260 cal)

Carrot Cake Oats



(1 mini parfait | 80 cal)

PB&J Overnight Oats



(1 mini parfait | 110 cal)

Tropical Overnight Oats



(1 mini parfait | 80 cal)

CHOICE OF THREE BAKED GOODS:

Mini Butter Croissant



(each | 80 cal)

Mini Chocolate Croissant



(each | 100 cal)

Apple Mini Danish



(each | 130 cal)

Cheese Mini Danish



(each | 140 cal)

Mini Maple Pecan Danish



(each | 170 cal)

Mini Raspberry Danish



(each | 130 cal)

Apple Cinnamon Muffin



(each | 180 cal)

Banana Streusel Muffin



(each | 230 cal)





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SWEET & SALTY

20 guest minimum | \$8.99 per guest

Sweet & Salty includes spiced snack mix, fruit and cheese platter, cookies and beverages.

INCLUDES:

Spicy Bloody Mary Seasoned Snack Mix (1/2 cup | 130 cal)  
Rice and Corn Chex® blended with almonds, pretzels, tomato, Worcestershire sauce, celery salt & garlic

Fruit & Cheese Platter (3 oz. fruit + 1 oz. cheese | 140 cal)  
Platter heaped with cubed cheeses, cheddar, Swiss and provolone, an arrangement of fresh melon, berries and grapes

Assorted Crackers for Cheese (1 serving | 50 cal)

CHOICE OF TWO COOKIES:

Chocolate Chip Cookie (1 cookie | 150 cal)  
Peanut Butter Cookie (1 cookie | 150 cal)  
Oatmeal Raisin Cookie (1 cookie | 150 cal)

Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

TEA TIME

20 guest minimum | \$8.99 per guest

Tea Time comes with grissini, candied pecans, brownie bites and a refreshing Arnold Palmer.

Grissini (2 breadsticks | 45 cal)  
A thin crispy breadsticks brushed with olive oil and coarse salt

Candied Cinnamon Pecans (2 oz. | 160 cal)

Truffled Brownie Bites (2 each | 110 cal)

Petit Fours (each | 110 cal)

Arnold Palmer (Iced Tea & Lemonade) (8 oz. | 130 cal)

BREAKS:  
AFTERNOON BREAKS

DIPS AND CHIPS

20 guest minimum | \$5.99 per guest

Start with a crudité platter and add your choice of house-made chips and three dips.

INCLUDES:

Crudité Platter (3 oz. | 20 cal)

CHOICE OF THREE CHIPS:

House-made Tortilla Chips (12 chips | 90 cal)  
Sea Salt Dusted Deli Chips (2 oz. | 90 cal)  
BBQ Dusted Deli Chips (2 oz. | 90 cal)  
Ranch Dusted Deli Chips (2 oz. | 100 cal)  
Chipotle Dusted Deli Chips (2 oz. | 90 cal)

CHOICE OF THREE DIPS

Dijon Ranch Dip (2 tbsp. | 190 cal)  
Onion Cheese Dip (2 tbsp. | 70 cal)  
Roasted Red Pepper Hummus (2 tbsp. | 60 cal)  
Baba Ghanoush (2 tbsp. | 30 cal)  
Buffalo Chicken Blue Cheese Dip (2 tbsp. | 50 cal)

SNACK PACK

20 guest minimum | \$7.99 per guest

Snack Pack includes whole fruit, packaged snacks, granola bars and beverages.

CHOICE OF TWO:

Apple (each | 90 cal)  
Banana (each | 140 cal)  
Orange (each | 70 cal)

CHOICE OF SIX:

Almonds (1.5 oz. | 250 cal)  
Rold Gold Tiny Twist Pretzels (1 oz. | 110 cal)  
Potato Chips (1.5 oz. | 240 cal)  
Cheeze-It Original (1.5 oz. | 220 cal)  
Sunburst Trail Mix (1.5 oz. | 220 cal)  
Grandma’s Big Chocolate Chip Cookies (2.5 oz. | 340 cal)

CHOICE OF TWO:

Granola Bar (1 bar | 90 cal)  
Peanut Butter Granola Bar (1 bar | 100 cal)  
Oats & Honey Granola Bar (1 bar | 90 cal)  
Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)



# BREAKS: A LA CARTE




Perfect as an add on to an afternoon break package. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

## TOP YOUR OWN DONUT STATION





20 guest minimum | \$4.49 per guest

Start with warm donut holes and build your own sweet treat with a choice of syrup and toppings.






### INCLUDES:

Donut Holes  (3 each | 120 cal)

### CHOICE OF TWO:

Honey Dip Doughnut Glaze  (1/2 tbsp. | 30 cal)  
Maple Flavored Pancake Syrup  (1/2 tbsp. | 25 cal)  
Strawberry Syrup  (1/2 tbsp. | 20 cal)  
Chocolate Syrup  (1/2 tbsp. | 25 cal)

### CHOICE OF FOUR:


Bacon Crumbles (1 tsp. | 15 cal)  
Graham Cracker Crumbs  (1 tsp. | 10 cal)  
Mini Marshmallows (2 tsp. | 5 cal)  
Mini Chocolate Chips  (2 tsp. | 35 cal)  
Whipped Topping  (1/2 tbsp. | 5 cal)  
Chocolate Jimmies Sprinkles  (1 tsp. | 20 cal)  
Rainbow Jimmies Sprinkles  (1 tsp. | 20 cal)

## TOP YOUR OWN POPCORN STATION

20 guest minimum | \$3.39 per guest

Popcorn popped with olive oil; topped with your choice of sweet and savory seasonings.

### INCLUDES:

Popcorn  (2 cups | 70 cal)  
Olive Oil  (1 tsp. | 40 cal)

### CHOICE OF FOUR:









Smoked Paprika  (1/8 tsp. | 0 cal)  
Tajin Seasoning  (1/8 tsp. | 0 cal)  
Hot Madras Curry Powder  (1/8 tsp. | 0 cal)  
Cajun Seasoning  (1/8 tsp. | 0 cal)  
Caribbean Jerk Seasoning  (1/8 tsp. | 0 cal)  
Creamy Buttermilk & Herb Dressing Mix  (1/8 tsp. | 0 cal)  
Lawry's Spicy Buffalo Wing Seasoning  (1/8 tsp. | 0 cal)  
Cheddar Cheese Sauce Mix  (1/8 tsp. | 0 cal)  
Grated Parmesan Cheese  (1/8 tsp. | 0 cal)  
Cinnamon & Powdered Sugar Topping  (1/8 tsp. | 0 cal)  
Fine Chocolate Bavarian Mix  (1/8 tsp. | 0 cal)  
Nestle Dulce de Leche  (1/8 tsp. | 0 cal)  
White Truffle Oil  (1 tsp. | 40 cal)

## ROASTED FINGERLING POTATO BAR

20 guest minimum | \$6.99 per guest

Roasted fingerling potatoes dressed in your choice of ingredients such as butter, bacon bits and sour cream.

### INCLUDES:









Roasted Fingerling Potatoes  (4 oz. | 140 cal)  
Fresh Broccoli Florets  (2 tbsp. | 0 cal)  
Fresh Green Onions  (1 tbsp. | 0 cal)  
Grilled Corn Salsa  (1 tbsp. | 10 cal)  
Sour Cream  (1 tbsp. | 30 cal)  
Shredded Cheddar Cheese  (1 tbsp. | 60 cal)  
Real Bacon Bits (1 tbsp. | 50 cal)  
Butter  (1 tbsp. | 100 cal)  
Pico De Gallo  (1 tbsp. | 5 cal)  
Creamy Cheddar Cheese Sauce  (1 tbsp. | 25 cal)

## TOP YOUR OWN CROSTINI BAR

20 guest minimum | \$6.99 per guest

Char-grilled garlic crostini with ham, spreads, vegetables, seasonings and more.

### INCLUDES:

Grilled Garlic Crostini  (1 slice | 80 cal)  
Baba Ghanoush  (1 tbsp. | 15 cal)  
Capers  (1 tsp. | 0 cal)  
Hummus  (1 tbsp. | 35 cal)  
Smoked Ham  (1/4 oz. | 30 cal)  
Cage-Free Hard-Boiled Eggs  (1/2 oz. | 20 cal)  
Fresh Radishes  (1 tbsp. | 0 cal)  
Avocado Slices  (1/2 oz. | 25 cal)  
Cherry Tomatoes  (1/2 tomato | 0 cal)  
Crushed Red Pepper Flakes  (1/2 tsp. | 0 cal)  
Everything Bagel Seasoning  (1/2 tsp. | 5 cal)  
Olive Oil  (1/2 tsp. | 20 cal)  
Lemon Wedge  (1 wedge | 0 cal)

### OPTIONAL PROTEIN:

Smoked Salmon Fillet (Lox)  \$3.29 per guest (1 oz. | 60 cal)



Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery & set up. Each option features a curated selection of the most popular salads or sandwich items all packaged into one easy-to-use boxed solution. Packaging includes eco-friendly service ware and cutlery.

SIGNATURE SANDWICH LUNCH BOX 12 guest minimum | \$14.99 per guest  
Includes choice of sandwiches or wraps, apple 🍏🥬, baked or regular potato chips 🍟🥬 (1 bag | 140-220 cal), dessert (126-230) and beverage (0-250 cal).

SELECT UP TO THREE:

HAM & GRUYERE ON SOURDOUGH (each | 620 cal)  
Smoked ham with gruyere cheese, lettuce, tomato and Dijonnaise on sourdough bread

TUSCAN PORK SANDWICH (each | 730 cal)  
Roast pork & provolone cheese with baby arugula, tomato and garlic aioli on sourdough bread

NEW ENGLAND SHRIMP SALAD SANDWICH (each | 400 cal)  
Lemon chive shrimp salad with spring mix and tomato on sourdough bread

SZECHUAN SALMON WRAP 🥙 (each | 400 cal)  
A healthy grain tortilla covered with Szechuan garlic butter filled with flaked salmon and Thai broccoli slaw

BOSTON SEAFOOD SALAD PITA 🥙 (2 pita halves | 480 cal)  
Flaked cod & salad shrimp tossed with mayonnaise, served in a pita with lettuce and tomato

CHOICE OF ONE:

Chocolate Brownie 🍪	(each   60 cal)
Blondie Bar 🍪	(each   60 cal)
Peanut Butter Chocolate Oreo Brownie 🍪	(each   320 cal)

CHOICE OF ONE:

Bottled Water  
Assorted Canned Soft Drinks, Regular and Diet

UPGRADE TO A SIGNATURE SIDE:

Quinoa Cucumber Salad 🥗🥬	\$2.29 per guest	(1/2 cup   140 cal)
Azifa (Green Lentil Salad) 🥗🥬🥬	\$2.29 per guest	(1/2 cup   120 cal)
Wild Rice, Quinoa & Lentil Salad 🥗🥬	\$2.29 per guest	(1/2 cup   240 cal)
Chickpea Chaat Salad 🥗🥬🥬	\$2.29 per guest	(1/2 cup   60 cal)
Super Bean Salad Mix 🥗🥬🥬	\$2.29 per guest	(1/2 cup   80 cal)

PROSCIUTTO & MANCHEGO CHEESE SANDWICH (each | 680 cal)  
Prosciutto with manchego cheese, fig jam & baby arugula on sourdough bread

ROAST BEEF & WATERCRESS SANDWICH (each | 420 cal)  
Roast beef & cheddar cheese with horseradish, tomato and watercress on sourdough bread

FLANK STEAK, CHEDDAR & CHIPOTLE MAYO SANDWICH (each | 630 cal)  
Grilled beef flank steak, cheddar cheese, lettuce, tomato & chipotle ranch on wheat berry bread

CITRUS FLANK STEAK & CHIMICHURRI SANDWICH (each | 660 cal)  
Grilled lime marinated flank steak, red onion, lettuce, tomato with chimichurri sauce and mayonnaise on sourdough bread

Two Cookies 🍪	(2 cookies   310-330 cal)
Rice Krispies Bar	(each   280 cal)

(each | 0 cal)  
(12 oz. | 0-150 cal)

BOXED MEALS



CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$12.99 per guest  
The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips 🍟🥬 (1 bag | 140-220 cal), an apple 🍏🥬 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal).

SELECT UP TO THREE:

ITALIAN TUNA AND PROVOLONE WRAP (each | 540 cal)  
Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing

CLASSIC TURKEY CLUB (each | 550 cal)  
Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread

GRILLED CHICKEN CAESAR WRAP (each | 560 cal)  
Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

TURKEY, PROVOLONE & GIARDINIERA SANDWICH (each | 560 cal)  
Smoked turkey, provolone, giardiniera, lettuce, tomato and mayonnaise on sourdough bread

TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH (each | 550 cal)  
Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

CURRIED CHICKEN SALAD & ALMOND SANDWICH (each | 510 cal)  
Oven roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

HULI HULI CHICKEN SANDWICH (each | 500 cal)  
Grilled huli huli chicken with lemon scallion mayonnaise, lettuce and tomato on sourdough bread

GRILLED CHICKEN & GRUYERE ON WHEAT (each | 650 cal)  
Grilled chicken with gruyere, baby arugula, tomato and roasted pepper garlic aioli on wheat berry bread

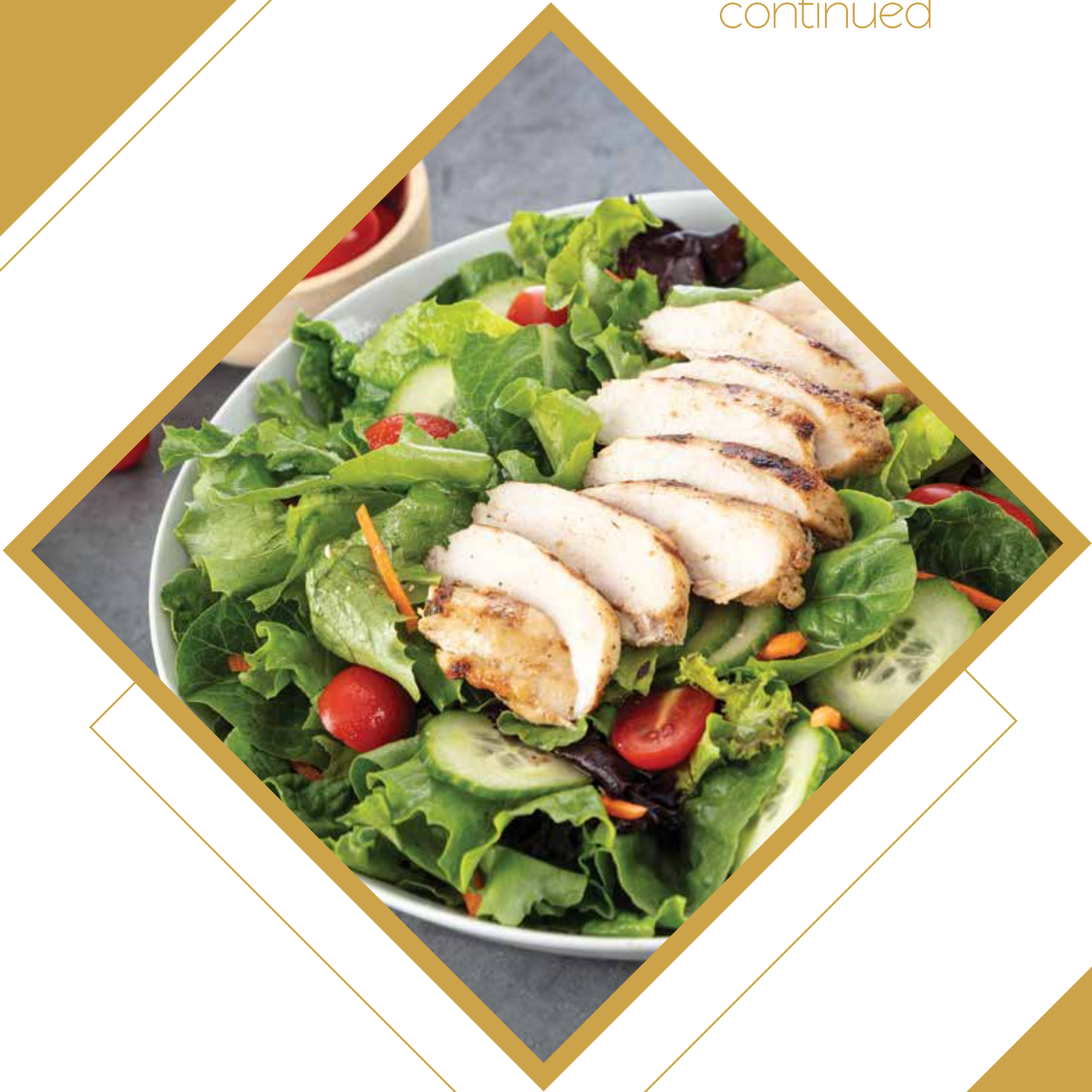
BACON, LETTUCE & TOMATO SANDWICH (each | 480 cal)  
Bacon, lettuce, tomato and mayonnaise on sourdough bread

SMOKED HAM, BRIE AND APPLE ON SOURDOUGH (each | 520 cal)  
Smoked ham with brie cheese, Granny Smith apple, baby arugula & Dijonnaise on sourdough bread

MORTADELLA AND PROVOLONE SANDWICH (each | 620 cal)  
Mortadella with provolone cheese, roasted garlic aioli, tomato and baby arugula on wheat berry bread

LEMON BASIL ROASTED VEGETABLE SANDWICH 🍷 (each | 580 cal)  
Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

BOXED MEALS,  
continued



**SIGNATURE SALAD LUNCH BOX** 12 guest minimum | \$15.50 per guest  
The Signature Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 110 cal), an apple 🍏🥒 (1 piece | 80 cal), dessert (126-230) and drink (0-250 cal). Includes condiments.

**CHOICE OF THREE:**  
**CAESAR SALAD WITH GRILLED STEAK** (each | 710 cal)  
Romaine lettuce topped with grilled steak, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED SHRIMP** (each | 650 cal)  
Romaine lettuce topped with grilled shrimp, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD WITH GRILLED STEAK** (each | 240 cal)  
Romaine lettuce & spring mix topped with grilled steak, grape tomatoes, cucumbers & shredded carrots

**GARDEN SALAD WITH GRILLED SHRIMP** (each | 190 cal)  
Romaine lettuce & spring mix topped with grilled shrimp, grape tomatoes, cucumbers & shredded carrots

**ASIAN RICE NOODLE SALAD** 🥗🥒 (each | 450 cal)  
Rice noodles tossed with carrots, red peppers & green onions with sesame oil & soy sauce

**BLT SALAD** (each | 290 cal)  
Iceberg lettuce topped with crispy bacon & grape tomatoes, served with green goddess dressing

**CLASSIC SALAD LUNCH BOXES** 12 guest minimum | \$13.99 per guest  
The Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), an apple 🍏🥒 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal). Includes condiments.

**CHOICE OF THREE:**  
**CAESAR SALAD** (each | 510 cal)  
Romaine lettuce topped with homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED CHICKEN** (each | 670 cal)  
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH PORTOBELLO** (each | 660 cal)  
Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD** 🥗🥒 (each | 35 cal)  
Romaine lettuce and spring mix topped with grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH GRILLED CHICKEN** 🍏 (each | 200 cal)  
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH PORTOBELLO** 🥗🥒 (each | 190 cal)  
Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers and shredded carrots

**GREEK SALAD** (each | 100 cal)  
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers, shredded carrots and feta cheese

**MINDFUL QUINOA SALAD** 🥗🥒 (each | 190 cal)  
Quinoa with tomato, red pepper, hominy, cilantro and cherry vinaigrette over mixed greens

**MANDARIN ORANGE SPINACH SALAD** 🍏🥒 (each | 150 cal)  
Spinach, romaine and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas





BUFFET COLD LUNCH SET & GO

20 guest minimum | \$23.99 per guest

Lunch Buffet Set and Go includes choice of mini sandwiches, side salad, apple , potato chips , rolls , dessert, condiments and cold beverages. This lunch will be packaged with disposable serving containers for guest self clean-up.

INCLUDES:

Assorted House Baked Dinner Rolls with Butter	(1 roll   110 cal)
Baked or Regular Chips	(1 bag   140-240 cal)
Apples	(1 apple   80 cal)

CHOICE OF THREE:

Classic Turkey Club Slider	(each   270 cal)
Grilled Chicken Caesar Wrap	(each   280 cal)
Turkey, Provolone & Giardiniera Slider	(each   300 cal)
Turkey, Cheddar & Chipotle Mayo Slider	(each   260 cal)
Beef, Cheddar & Slaw Slider	(each   290 cal)
Roast Beef & Watercress Slider	(each   200 cal)
Flank, Cheddar & Chipotle Mayo Slider	(each   300 cal)
Citrus Flank & Chimichurri Slider	(each   340 cal)
Bacon, Lettuce & Tomato Slider	(each   250 cal)
Smoked Ham, Brie & Apple Slider	(each   300 cal)
Tuscan Pork Slider	(each   290 cal)
Ham & Gruyere Slider	(each   270 cal)
Lemon Basil Roasted Vegetable Slider	(each   280 cal)
Falafel, Tzatziki & Hummus Wrap	(each   270 cal)
Tandoori Cauliflower & Pepper Wrap	(each   150 cal)
Avocado, Goat Cheese & Carrot Slider	(each   190 cal)
Basil Aioli Tuna Salad Slider	(each   440 cal)
Lemon Chive Shrimp Salad Slider	(each   190 cal)
Szechuan Salmon Wrap	(each   200 cal)
Smoked Salmon, Cage-Free Egg & Watercress Slider	(each   290 cal)

CHOICE OF ONE SALAD:

Classic Caesar Salad	(1 cup   180 cal)
Garden Salad	(1 cup   10 cal)
Greek Salad	(1 cup   20 cal)
Asian Rice Noodle Salad	(1 cup   220 cal)
Roast Turkey Cobb Salad	(1 cup   70 cal)
BLT Green Goddess Salad	(1 cup   130 cal)
Mandarin Orange Spinach Salad	(1 cup   70 cal)

ADD A PROTEIN TO YOUR SALAD:

Grilled Chicken Breast	\$1.99 per guest	(1/4 cup   80 cal)
Grilled Shrimp	\$3.99 per guest	(4 shrimp   120 cal)
Grilled Flank Steak	\$3.99 per guest	(1/4 cup   100 cal)
Balsamic Marinated Portobello Mushrooms	\$1.99 per guest	(1/4 cup   80 cal)

CHOICE OF ONE BEAN AND GRAIN SALAD:

Quinoa Cucumber Salad	(1/2 cup   140 cal)
Azifa (Green Lentil Salad)	(1/2 cup   120 cal)
Southwestern Wheat Berry Salad	(1/2 cup   90 cal)
Lemony Chickpea Salad	(1/2 cup   100 cal)
Chickpea Chaat Salad	(1/2 cup   60 cal)
Super Bean Salad Mix	(1/2 cup   80 cal)
Black Bean, Corn & Jicama Salad	(1/2 cup   90 cal)

CHOICE OF TWO DESSERTS:

Two Cookies	(2 cookies   150-160 cal)
Chocolate Brownie	(each   120 cal)
Blondie Bar	(each   130 cal)
Totally Oreo™ Brownie	(each   110 cal)
Rice Krispie Bar	(each   140 cal)
Mixed Fruit Cup	(each   35 cal)

BOTTLED WATER AND ASSORTED SODAS:

Spring Water	(20 oz.   0 cal)
Assorted Canned Soft Drinks, Regular and Diet	(12 oz.   0-180 cal)

BUFFETS:  
COLD BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

BUFFET ADD ONS

Give your guests something extra special to enjoy with their cold buffet selection by adding on one or more of our add ons.

SOUP AND CRACKERS \$4.29 per guest

Chili Con Carne	(8 oz.   190 cal)
Southwest Vegetarian Chili	(8 oz.   140 cal)
Loaded Baked Potato Cheddar Soup	(8 oz.   310 cal)
Broccoli Cheese Soup	(8 oz.   200 cal)
Creamy Tomato Basil Bisque Soup	(8 oz.   110 cal)
Chicken Noodle Soup	(8 oz.   80 cal)

VEGETABLE SIDES \$1.99 per guest

Fresh Grilled Asparagus	(4 spears   15 cal)
Roasted Beets with Thyme	(4 oz.   50 cal)
Roasted Red Potatoes with Cider Vinaigrette	(4 oz.   170 cal)
Grilled Zucchini with Coriander	(4 oz.   20 cal)
Charred Brussels Sprouts	(1/2 cup   25 cal)
Simply Roasted Cauliflower	(1/2 cup   45 cal)

MAC & CHEESE \$5.39 per guest

Buffalo Chicken Mac & Cheese	(1 entrée   510 cal)
Grilled Chicken Mac & Cheese	(1 entrée   800 cal)
Four Cheese Bacon Mac & Cheese	(1 entrée   680 cal)
Roasted Veggie Mac & Cheese	(1 entrée   670 cal)
Four Cheese Mac & Cheese	(1 entrée   590 cal)

PROTEIN BOWLS \$8.59 per guest

Super Food Grain Bowl	(1 bowl   120 cal)
Indian Grain Bowl	(1 bowl   400 cal)
Green Grain Bowl	(1 bowl   700 cal)
Summer Grain Bowl	(1 bowl   740 cal)
Avocado Grain Bowl	(1 bowl   260 cal)

BREAD \$1.49 per guest

Assorted House Baked Dinner Rolls with Butter	(each   110 cal)
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SIGNATURE DESSERTS \$1.99 per guest

Peanut Butter Chocolate Oreo™ Brownie	(1 piece   160 cal)
Fabulous Chocolate Chunk Brownie	(1 piece   120 cal)
Luscious Lemon Bar	(1 piece   90 cal)
Carrot Cupcake	(1 cupcake   260 cal)

HOT BEVERAGES \$3.59 per guest

Coffee and Hot Tea Service	(12 oz.   0-5 cal)
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COLD BUFFETS,  
continued



JR. EXECUTIVE BUFFET  
20 guest minimum | \$21.99 per guest







Our Junior Executive Buffet includes choice of mini sandwiches, side salad, dinner roll with butter, fruit tray, dessert, condiments and selection of cold beverages. Includes condiments.

<b>INCLUDES:</b>	
Seasonal Sliced Fresh Fruit 	(3 oz.   35 cal)
<i>A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries</i>	
Assorted House Baked Dinner Rolls with Butter 	(1 roll   150 cal)
<b>CHOICE OF THREE:</b>	
Classic Turkey Club Slider	(each   270 cal)
Turkey, Cheddar & Chipotle Mayo Slider	(each   260 cal)
Grilled Chicken Caesar Wrap 	(each   280 cal)
Grilled Chicken & Gruyere Slider	(each   260 cal)
Bacon, Lettuce & Tomato Slider	(each   250 cal)
Smoked Ham, Brie & Apple Slider	(each   300 cal)
Ham & Gruyere Slider	(each   270 cal)
Lemon Basil Roasted Vegetable Slider 	(each   290 cal)
Tandoori Cauliflower & Pepper Wrap 	(each   150 cal)
Hummus Wrap with Zucchini & Dukkah 	(1/2 wrap   170 cal)

<b>UPGRADE YOUR SANDWICH:</b> \$1.79 per guest	
Flank, Cheddar & Chipotle Mayo Slider	(each   300 cal)
Roast Beef, Gruyere & Arugula Slider	(each   230 cal)
Lemon Chive Shrimp Salad Slider 	(each   190 cal)
Italian Tuna & Provolone Wrap	(each   540 cal)



<b>CHOICE OF ONE SALAD:</b>	
Herbed Salad Greens 	(1 cup   5 cal)
Classic Caesar Salad	(1 cup   180 cal)
Garden Salad 	(1 cup   10 cal)
Greek Salad 	(1 cup   20 cal)

<b>CHOICE OF THREE DESSERTS:</b>	
Rice Krispie Bar	(each   70 cal)
Two Cookies 	(2 cookies   150-160 cal)
Chocolate Brownie 	(each   60 cal)
Blondie Bar 	(each   60 cal)
Lemon Bar 	(1 piece   80 cal)
Fabulous Chocolate Chunk Brownie 	(each   120 cal)
Totally Oreo Brownie	(1 piece   110 cal)


<b>CHOICE OF THREE BEVERAGES:</b>	
Brewed Iced Tea 	(8 oz.   0 cal)
Sweet Tea 	(8 oz.   15 cal)
Lemonade 	(8 oz.   15 cal)
Orange Infused Water 	(8 oz.   0 cal)
Cucumber Mint Infused Water 	(8 oz.   0 cal)
Honeydew Cucumber Mint Infused Water 	(8 oz.   0 cal)

EXECUTIVE BUFFET  
20 guest minimum | \$24.99 per guest



Our Executive Buffet includes choice of mini sandwiches, side salad, dinner rolls with butter, seasonal fresh fruit tray, bean and grain bean salad, ambient vegetable platter, condiments and selection of cold beverages. Includes condiments.







<b>INCLUDES:</b>	
Seasonal Sliced Fresh Fruit 	(3 oz.   35 cal)
<i>A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries</i>	
Assorted House Baked Dinner Rolls with Butter 	(each   110 cal)






<b>CHOICE OF THREE:</b>	
Classic Turkey Club Slider	(each   270 cal)
Turkey, Cheddar & Chipotle Mayo Slider	(each   260 cal)
Grilled Chicken Caesar Wrap 	(each   280 cal)
Grilled Chicken & Gruyere Slider	(each   260 cal)
Bacon, Lettuce & Tomato Slider	(each   250 cal)
Smoked Ham, Brie & Apple Slider	(each   300 cal)
Ham & Gruyere Slider	(each   270 cal)
Lemon Basil Roasted Vegetable Slider 	(each   280 cal)
Tandoori Cauliflower & Pepper Wrap 	(each   150 cal)
Hummus Wrap with Zucchini & Dukkah 	(1/2 wrap   170 cal)








<b>UPGRADE YOUR SANDWICH:</b> \$1.79 per guest	
Flank, Cheddar & Chipotle Mayo Slider	(each   300 cal)
Roast Beef, Gruyere & Arugula Slider	(each   230 cal)
Lemon Chive Shrimp Salad Slider 	(each   190 cal)
Italian Tuna & Provolone Wrap	(each   540 cal)







<b>CHOICE OF ONE SALAD:</b>	
Herbed Salad Greens 	(1 cup   10 cal)
Classic Caesar Salad	(1 cup   180 cal)
Garden Salad 	(1 cup   10 cal)
Greek Salad 	(1 cup   20 cal)
Asian Rice Noodle Salad 	(1 cup   220 cal)
BLT Green Goddess Salad	(1 cup   130 cal)
Mandarin Orange Spinach Salad 	(1 cup   70 cal)

<b>ADD A PROTEIN TO YOUR SALAD:</b>	
Grilled Chicken Breast  \$3.29 per guest	(1/4 cup   80 cal)
Grilled Shrimp \$4.29 per guest	(4 shrimp   120 cal)
Grilled Flank Steak \$4.29 per guest	(1/4 cup   100 cal)
Balsamic Marinated Portobello Mushrooms  \$3.29 per guest	(1/4 cup   80 cal)

<b>CHOICE OF ONE BEAN AND GRAIN SALAD:</b>	
Quinoa Cucumber Salad 	(1/2 cup   140 cal)
Azifa (Green Lentil Salad) 	(1/2 cup   120 cal)
Southwestern Wheat Berry Salad 	(1/2 cup   90 cal)
Lemony Chickpea Salad 	(1/2 cup   100 cal)
Chickpea Chaat Salad 	(1/2 cup   60 cal)
Super Bean Salad Mix 	(1/2 cup   80 cal)

<b>CHOICE OF ONE VEGETABLE:</b>	
Grilled Fresh Asparagus 	(4 spears   15 cal)
Zucchini, Hazelnuts & Parmesan Salad 	(4 oz.   140 cal)
Roasted Beets with Thyme 	(4 oz.   50 cal)
Marinated Roasted Red Peppers 	(4 oz.   150 cal)
Roasted Red Potatoes with Cider Vinaigrette 	(4 oz.   170 cal)

<b>CHOICE OF TWO DESSERTS:</b>	
Rice Krispie Bar	(each   70 cal)
Two Cookies 	(2 cookies   150-160 cal)
Fabulous Chocolate Chunk Brownie 	(each   60 cal)
Blondie Bar 	(each   60 cal)
Carrot Cake 	(each   230 cal)
Devil's Food Cake 	(each   70 cal)
Red Velvet Cake 	(each   90 cal)
Lemon Bar 	(1 piece   80 cal)
Yogurt Honey Mousse with Berries Tartlet	(1 piece   60 cal)
Vanilla Crème Brûlée Verrine 	(1 piece   180 cal)

<b>CHOICE OF THREE BEVERAGES:</b>	
Brewed Iced Tea 	(8 oz.   0 cal)
Sweet Tea 	(8 oz.   15 cal)
Lemonade 	(8 oz.   15 cal)
Orange Infused Water 	(8 oz.   0 cal)
Cucumber Mint Infused Water 	(8 oz.   0 cal)
Honeydew Cucumber Mint Infused Water 	(8 oz.   0 cal)



HOT BUFFET

30 guest minimum | \$24.99 per guest

Design the perfect buffet with your choice of salad, entrée, side dishes, dessert, rolls and beverages. Includes condiments.

INCLUDES:

Assorted House Baked Dinner Rolls with Butter (1 roll | 110 cal)

CHOICE OF ONE ENTRÉE: POULTRY

Coq au vin (1 thigh + sauce | 280 cal)  
Calabrian Chile Roasted Chicken (1 breast | 380 cal)  
Cajun Chicken Breast (1 breast | 230 cal)  
Buttermilk Fried Chicken Thigh (1 thigh | 310 cal)  
Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)  
Lebanese Airline Chicken Breast (1 breast | 270 cal)  
Piri Piri Chicken (4 oz. | 250 cal)

VEGETARIAN & VEGAN

Almond Butter, Spelt & Mushroom Risotto (1 bowl | 260 cal)  
Roasted Root Vegetable Tagine (1/2 cup | 90 cal)  
Crabless Crab Cake (1 cake | 350)

PORK

Honey & Five Spice Pork Loin (4 oz. | 280 cal)  
Spring Herb & Dijon Pork Tenderloin (4 oz. | 160 cal)  
Panko Crusted Pork Chop (1 chop | 420 cal)  
Cuban Mojo Pork (4 oz. | 280 cal)

BEEF / LAMB \$6.00 per guest

Roast Za’atar Leg of Lamb (4 oz. | 240 cal)  
BBQ Rubbed Eye of Round (4 oz. | 240 cal)  
BBQ Beef Brisket (4 oz. | 240 cal)  
Braised Beef Short Ribs (4 oz. | 330 cal)

SEAFOOD \$6.00 per guest

Parmesan Tilapia with Red Pepper Sauce (1 fillet | 230 cal)  
Citrus & Herb Crusted Wild Salmon (1 fillet | 170 cal)  
Shrimp & Grits (1 entrée | 590 cal)

CHOICE OF ONE SALAD:

Herbed Salad Greens (1 cup | 10 cal)  
Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad (1 cup | 10 cal)  
Greek Salad (1 cup | 20 cal)

ADD A PROTEIN TO YOUR SALAD:

Grilled Chicken Breast \$3.29 per guest (1/4 cup | 80 cal)  
Grilled Shrimp \$4.29 per guest (4 shrimp | 120 cal)  
Grilled Flank Steak \$4.29 per guest (1/4 cup | 100 cal)  
Balsamic Marinated Portobello Mushrooms \$3.29 per guest (1/4 cup | 80 cal)

CHOICE OF ONE SIDE:

Creamy Parmesan Grits (4 oz. | 100 cal)  
Simply Steamed Brown Rice (1/2 cup | 180 cal)  
Coconut Jasmine Rice (1/2 cup | 190 cal)  
Steamed Basmati Rice (1/2 cup | 120 cal)  
Roasted Fingerling Potatoes (4 oz. | 140 cal)  
Herbed Roasted Potato Wedges (4 oz. | 100 cal)  
Simply Roasted Red Bliss Potatoes (1/2 cup | 130 cal)  
Sweet Potato Hash with Shallots & Kale (1/2 cup | 110 cal)  
Whipped Fresh Potatoes with Butter (1/2 cup | 80 cal)

CHOICE OF ONE VEGETABLE:

Grilled Zucchini with Coriander (4 oz. | 20 cal)  
Simply Sautéed Kale (1/2 cup | 60 cal)  
Grilled Broccolini (4 oz. | 110 cal)  
Charred Tri Color Baby Carrots (1/2 cup | 70 cal)  
Grilled Fresh Asparagus (5 spears | 20 cal)  
Braised Collard Greens (1/2 cup | 90 cal)  
Charred Brussels Sprouts (1/2 cup | 25 cal)  
Sautéed Green Beans (4 oz. | 60 cal)

Add an additional entree for:

POULTRY \$6.49 per guest.  
VEGETARIAN & VEGAN \$6.49 per guest.  
PORK \$6.49 per guest.  
BEEF / LAMB \$10.79 per guest.  
SEAFOOD \$10.79 per guest.

BUFFETS: HOT BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

CHOICE OF TWO DESSERTS:

Seasonal Sliced Fresh Fruit Platter (3 oz. | 35 cal)  
Pecan Pie (1 slice | 540 cal)  
Chocolate Cream Pie (1 slice | 300 cal)  
Double Chocolate Layer Cake (1 slice | 410 cal)  
Carrot Cupcake (1 cupcake | 260 cal)  
Confetti Cupcake (1 cupcake | 280 cal)  
Strawberry Brioche Bread Pudding (1 pudding | 150 cal)  
Carrot Cake (1 piece | 230 cal)  
Devil’s Food Cake (1 piece | 70 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea (8 oz. | 0 cal)  
Sweet Tea (8 oz. | 20 cal)  
Lemonade (8 oz. | 70 cal)  
Orange Infused Water (8 oz. | 0 cal)  
Cucumber Mint Infused Water (8 oz. | 0 cal)

BUFFET ADD ONS

Give your guests something extra special to enjoy with their cold buffet selection by adding on one or more of our add ons.

BEAN AND GRAIN SALAD:

\$1.99 per guest  
Quinoa Cucumber Salad (1/2 cup | 190 cal)  
Azifa (Green Lentil Salad) (1/2 cup | 120 cal)  
Lemony Chickpea Salad (1/2 cup | 100 cal)  
Chickpea Chaat Salad (1/2 cup | 60 cal)  
Super Bean Salad Mix (1/2 cup | cal 80)  
Black Bean, Corn & Jicama Salad (1/2 cup | cal 90)

VEGETABLES:

\$2.29 per guest  
Zucchini, Hazelnuts & Parmesan Salad (4 oz. | 140 cal)  
Golden Beet and Black Plum Salad (4 oz. | 110 cal)  
Marinated Roasted Red Peppers (4 oz. | 150 cal)  
Dijon Roasted Red Potato Salad (4 oz. | 150 cal)  
Grilled Eggplant, Tahini & Pomegranate (3 oz. | 250 cal)



# BUFFETS: TRADITIONS



Traditions buffet features comfort-style entrée paired with your choice of vegetable, side dish, salad and dessert. Includes dinner rolls with butter, cold beverages and appropriate condiments.

30 guest minimum | \$23.99 per guest

### INCLUDES:

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

### CHOICE OF ONE ENTRÉE:

#### POULTRY

Balsamic Grilled Chicken 🍗 (each | 180 cal)  
Kansas City BBQ Chicken Quarter (each | 430 cal)  
Grilled Jerk Chicken Breast 🍗 (each | 170 cal)  
Teriyaki Chicken 🍗 (each | 180 cal)  
Buttermilk Fried Chicken Thigh (each | 610 cal)  
Rotisserie Style Chicken with Gravy (each | 600 cal)  
Chicken ‘n’ Biscuit (each | 640 cal)

#### BEEF

Beef Meatloaf (4 oz. | 280 cal)  
Braised Pot Roast (4 oz. | 450 cal)  
Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)  
Balsamic Grilled Flank Steak (4 oz. | 230 cal)  
Homestyle Meat Lasagna (each | 350 cal)

#### PORK

Baked Ziti with Italian Sausage (entrée | 650 cal)  
Smothered Pork Chops (1 chop + sauce | 200 cal)  
Chicken & Andouille Sausage Gumbo (4 oz. | 170 cal)  
Herb Roasted Pork Loin w/ Pan Gravy (serving | 310 cal)  
Tuscan Roast Pork (4 oz. | 320 cal)

### SEAFOOD

Beer Battered Fresh Pollock (1 fillet | 290 cal)  
Grilled Salmon (1 fillet | 180 cal)  
Flounder Piccata (1 entrée | 250 cal)  
Crispy Baked Catfish 🐟 (1 fillet | 220 cal)

### VEGETARIAN/VEGAN

Eggplant Parmesan 🍆 🥬 (serving | 280 cal)  
Spelt & Almond-Stuffed Red Bell Pepper 🌶️ 🥬 (half pepper | 380 cal)  
Mushroom & Okra Stew (serving | 270 cal)  
with Brown Rice 🍚 🥬 🥕 (serving | 310 cal)  
Vegetarian Lentil Shepherd’s Pie 🍲 🥕 🌿

Add an additional entree for \$4.00 per guest.

### CHOICE OF ONE VEGETABLE:

Sliced Roasted Carrots 🥕 🥬 (4 oz. | 70 cal)  
Sautéed Broccoli & Garlic 🥦 🥬 (4 oz. | 45 cal)  
Roasted Cauliflower 🥦 🥕 (4 oz. | 70 cal)  
Braised Collard Greens 🥬 🥕 (4 oz. | 90 cal)  
Charred Brussels Sprouts 🥦 🥕 (4 oz. | 25 cal)  
Roasted Garlic Green Beans 🥕 🥬 🥦 (4 oz. | 60 cal)

### CHOICE OF ONE SIDE:

Roasted Rosemary Red Bliss Potatoes 🥔 🌿 (4 oz. | 120 cal)  
Garlic Mashed Potatoes 🍟 (4 oz. | 170 cal)  
Macaroni & Cheese 🍝 (4 oz. | 140 cal)  
Au Gratin Potato 🍟 (4 oz. | 200 cal)  
Grits with Cheese 🍲 (4 oz. | 200 cal)  
Steamed Brown Rice 🍚 🥬 (4 oz. | 100 cal)

### CHOICE OF ONE SALAD:

Mandarin Orange Spinach Salad 🍊 🥬 (1 cup | 70 cal)  
Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad 🥗 🥕 🥬 (1 cup | 10 cal)  
Greek Salad 🥗 🍅 🥬 (1 cup | 20 cal)  
BLT Green Goddess Salad (1 cup | 130 cal)

### CHOICE OF ONE COLD SIDE:

German Potato Salad 🥔 🍅 (4 oz. | 140 cal)  
Country Potato Salad 🍟 (4 oz. | 180 cal)  
Classic Carolina Cole Slaw 🥬 🍅 (4 oz. | 160 cal)  
Balsamic Broccoli Pasta Salad 🥦 🍅 🍝 (4 oz. | 120 cal)  
Classic Macaroni Salad 🍝 (4 oz. | 280 cal)  
Black Bean, Corn & Jicama Salad (4 oz. | 90 cal)  
Brussels Sprout Slaw with Almonds 🥬 🍌 (4 oz. | 190 cal)

### CHOICE OF ONE DESSERT:

Dutch Apple Pie 🍏 (1 slice | 430 cal)  
Pecan Pie (1 slice | 540 cal)  
Chocolate Cream Pie 🍫 (1 slice | 300 cal)  
Lemon Meringue Pie 🍰 (1 slice | 340 cal)  
New York Cheesecake 🍰 (1 slice | 400 cal)  
Double Chocolate Layer Cake (1 slice | 410 cal)  
Carrot Cupcake 🍰 🥕 (1 cupcake | 260 cal)  
Maple, Cinnamon, Chocolate Bread Pudding 🍞 (1 pudding | 360 cal)

### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🍵 🥬 (8 oz. | 0 cal)  
Sweet Tea 🍷 🥬 (8 oz. | 15 cal)  
Lemonade 🍋 🍷 (8 oz. | 15 cal)  
Orange Infused Water 🍊 🥬 (8 oz. | 0 cal)  
Cucumber Mint Infused Water 🍃 🥬 (8 oz. | 0 cal)  
Honeydew Cucumber Mint Infused Water 🍈 🍃 🥬 (8 oz. | 0 cal)






Take a culinary journey around the world with Flavours’ themed buffets. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

The Themed Buffets are also available as Tasting Stations if you are having an evening reception.






CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 	(8 oz.   0 cal)
Sweet Tea 	(8 oz.   15 cal)
Lemonade 	(8 oz.   15 cal)
Orange Infused Water 	(8 oz.   0 cal)
Cucumber Mint Infused Water 	(8 oz.   0 cal)

SOUTHEAST ASIAN

30 guest minimum | \$21.99 per guest









The flavors of southeast Asia come alive with Thai sides, salads, entrée, dessert and condiments.

Tofu Pad Thai 	(4 oz.   130 cal)
Asian Beef Satay	(3 skewers   130 cal)
Ginger Chicken Satay	(3 skewer + 3 oz. sauce   340 cal)
Jasmine Steamed Rice 	(1/2 cup   100 cal)
Green Papaya Salad 	(1/2 cup   80 cal)
Asian Rice Noodle Salad 	(1 cup   450 cal)
Tropical Rice Pudding 	(4 oz.   530 cal)

INDIAN

30 guest minimum | \$21.99 per guest







Traditional Indian buffet with sides, entrée, dessert and condiments.

Chicken Tikka Masala	(1 cup   390 cal)
Madras Cabbage & Peas 	(1 cup   140 cal)
Alu Gobi Matar 	(1/2 cup   100 cal)
Dal Tarka 	(1/2 cup   130 cal)
Pulao Rice 	(1/2 cup   130 cal)
Vegetable Pakora 	(1 pakora   50 cal)
Naan Dippers 	(2 dippers   60 cal)
Cilantro Chutney 	(1 tbsp.   35 cal)
Mango & Passion Fruit Fool Sweet Shot 	(each   60 cal)

SOUTHERN BBQ

30 guest minimum | \$26.99 per guest

Celebrate the south with BBQ, comforting sides, salad, entree, dessert and condiments.

Pulled BBQ Chicken 	(3 oz.   140 cal)
Cattleman’s BBQ Sauce 	(2 tbsp.   50 cal)
Baked Beans	(1/2 cup   160 cal)
Carolina Slaw 	(1/2 cup   30 cal)
Country-Style Potato Salad 	(1/2 cup   190 cal)
Cornbread 	(1 piece   200 cal)
Chocolate Brownie 	(1 piece   60 cal)














BUFFETS:  
THEMED BUFFETS



TEX MEX

30 guest minimum | \$21.99 per guest








Tex Mex tacos with sides, dessert and condiments.

6” Pressed Flour Tortillas 	(2 tortillas   180 cal)
6” White Corn Table Tortillas 	(2 tortillas   110 cal)
Beef Taco Meat	(3 oz.   160 cal)
Cumin Grilled Chicken 	(3 oz.   150 cal)
Spanish Rice 	(1/4 cup   90 cal)
Tex Mex Veggies 	(1/2 cup   80 cal)
Shredded Lettuce 	(1/4 cup   0 cal)
Fresh White Onions 	(1 tbsp.   15 cal)
Pico De Gallo 	(2 tbsp.   5 cal)
Sour Cream 	(2 tbsp.   60 cal)
Shredded Cheddar Cheese 	(2 tbsp.   60 cal)
Western Style Guacamole 	(2 tbsp.   50 cal)
Sliced Jalapeno Peppers 	(2 tbsp.   0 cal)
Mexican Chocolate Chile Cookie 	(2 cookies   220 cal)

SOUTHERN ITALIAN

30 guest minimum | \$24.99 per guest

Buon appetito of Southern Italian sides, salads, entrée, dessert and condiments.

Orecchiette Puttanesca 	(1 cup   200 cal)
Calabrian Chile Roasted Chicken 	(4 oz.   170 cal)
Caponata 	(3 oz.   60 cal)
Cannellini Beans w/Tomato & Rosemary 	(1/2 cup   80 cal)
Fennel, Arugula & Ricotta Salad 	(3 oz.   120 cal)
Herb Focaccia Bread 	(1 piece   240 cal)
Tiramisu Sweet Shot 	(each   240 cal)

PLATED MEALS



Plated meals offer an elegant option to welcome guests and celebrate important milestones. Entrées are paired with sides, chef-selected sauces and beverages. Select the perfect soup or salad and dessert for your guests. Selections are presented on china and pricing includes linen cloths and napkins for guest seating. Includes condiments.

INCLUDES

Assorted House Baked Dinner Rolls with Butter 🍞	(1 roll   150 cal)
Coffee & Hot Tea Service ☕🍵	(12 oz.   0-5 cal)

CHOICE OF

Brewed Iced Tea 🍹	(8 oz.   0 cal)
Sweet Tea 🍷🍹	(8 oz.   15 cal)

CHOICE OF ONE SOUP OR SALAD:  
SOUP

Amaranth & Chickpea Soup with Pesto 🍲🍵	(6 oz.   300 cal)
Tuscan Chickpea & Tomato Stew 🍲🍷🍵	(6 oz.   70 cal)
Curry Cauliflower Soup 🍲🍵	(6 oz.   45 cal)
New England Clam Chowder	(6 oz.   170 cal)
Old Fashioned Chicken Noodle Soup 🍲	(6 oz.   100 cal)
Chicken Posole	(6 oz.   130 cal)

SALAD SERVED WITH A CHOICE OF DRESSING

Traditional Caesar Salad	(1 salad   350 cal)
Traditional Garden Salad 🍲🍵	(1 salad   25 cal)
Romaine Wedge Salad 🍷	(1 salad   270 cal)
Carrot, Orange & Mint Salad 🍲	(1 salad   340 cal)
Green Goddess BLT Salad	(1 salad   150 cal)
Mixed Italian Salad 🍲🍵	(1 salad   300 cal)
Baby Kale, Red Onion & Fennel Salad 🍷	(1 salad   160 cal)
Baby Kale Salad 🍲🍵	(1 salad   70 cal)

CHOICE OF ONE DESSERT:

Southern Pecan Pie 🍷	(1 slice   520 cal)
Iced Carrot Layer Cake 🍷	(1 slice   460 cal)
Double Chocolate Layer Cake 🍷	(1 slice   410 cal)
Crème Brûlée 🍷	(1 slice   590 cal)
Crema Catalan Brûlée 🍷	(1 slice   610 cal)
Fresh Fruit Tart 🍷	(1 slice   280 cal)
Tiramisu 🍷	(1 slice   540 cal)
Mango & Passion Fruit Fool Parfait 🍷🍷	(1 mini parfait   110 cal)
Toasted Angel Food Cake with Strawberries 🍷🍷	(1 dessert cup   350 cal)
Tropical Mojito Fruit Salad 🍷🍷	(each   70 cal)

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



PLATED MEALS,  
continued



POULTRY

**CLASSIC ROASTED TURKEY BREAST** 🍗 \$22.99 per guest (1 entrée | 120 cal)  
Lean and juicy breast of turkey, roasted with garlic, pepper and salt and topped with Creamy Mushroom Sauce, served with sautéed haricot verts and smashed sweet potatoes.

**CALABRIAN CHILE ROASTED CHICKEN** 🍗 \$27.99 per guest (1 entrée | 380 cal)  
Roasted chicken breast with grilled lemon and Calabrian chile vinaigrette served with charred broccoli rabe and creamy polenta seasoned with garlic and parmesan

**HOISIN GLAZED CHICKEN** 🍗 \$27.99 per guest (1 entrée | 370 cal)  
Seared airline chicken breast coated with a spicy hoisin and soy sauce, ginger glaze

**LEBANESE AIRLINE CHICKEN BREAST** 🍗 \$27.99 per guest (1 entrée | 270 cal)  
Grilled airline chicken breast marinated with lemon, olive oil and garlic

PORK

**HONEY & FIVE SPICE PORK LOIN** 🍖 \$22.99 per guest (1 entrée | 280 cal)  
Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder served with sesame shiitake bok choy and jasmine steamed rice

**APPLE CIDER GLAZED PORK TENDERLOIN** 🍖 \$22.99 per guest (1 entrée | 220 cal)  
Rosemary, orange and ginger pork tenderloin poached in apple cider broth served with charred Brussels sprouts and smashed sweet potatoes

**COFFEE CRUSTED PORK LOIN** 🍖 \$22.99 per guest (1 entrée | 290 cal)  
Coffee crusted pork tenderloin served with grilled broccolini and whipped sweet potatoes. Served with choice of sauce.

BEEF/LAMB

**LIME MARINATED FLANK STEAK** 🍖 \$28.99 per guest (1 entrée | 250 cal)  
Char-grilled flank steak marinated in lime juice, garlic and fresh cilantro served with coconut jasmine rice and grilled corn succotash

**DIJON HERB ROASTED LEG OF LAMB** 🍖 \$28.99 per guest (1 entrée | 260 cal)  
Boneless leg of lamb roasted with Dijon Mustard, garlic, oregano, rosemary and mint served with Provençal roasted vegetables and parsnip whipped potatoes

**BRAISED BEEF SHORT RIBS** 🍖 \$38.00 per guest (1 entrée | 330 cal)  
Boneless beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection served with braised kale and roasted sweet and spicy root vegetables

**PEPPERY BEEF TENDERLOIN** 🍖 \$45.00 per guest (1 entrée | 330 cal)  
Beef tenderloin oven roasted with a coating of cracked black pepper

SEAFOOD

**PAN-SEARED FRESH SCALLOPS** 🍤 market price (1 entrée | 130 cal)  
Fresh scallops, extra virgin olive oil, kosher salt and black pepper served with sautéed spinach and creamy cauliflower puree

**GRILLED FRESH SALMON** 🐟 \$31.99 per guest (1 entrée | 270 cal)  
Fresh salmon grilled with only extra virgin olive oil, kosher salt and black pepper served with sesame lemongrass jasmine rice and shitake bok choy

**PARMESAN PANKO CRUSTED TILAPIA** 🐟 \$27.99 per guest (1 entrée | 170 cal)  
Tilapia baked with a parmesan and chili powder panko breadcrumb topping served with sautéed kale and oven-roasted Greek fries

**GRILLED MAHI MAHI** 🐟 🍷 \$34.99 per guest (1 entrée | 100 cal)  
Grilled mahi mahi seasoned with kosher salt, black pepper and parsley

VEGETARIAN/VEGAN

**PENNE PASTA WITH ASPARAGUS & FONTINA** 🍝 🍷 \$22.99 per guest (1 entrée | 630 cal)  
Penne pasta with asparagus, fresh basil and oregano in a fontina cheese cream sauce

**ALMOND BUTTER, SPELT & MUSHROOM RISOTTO** 🍷 🌱 \$22.99 per guest (1 entrée | 260 cal)  
Wild mushrooms, creamy almond butter and spelt risotto


**GINGER MISO TOFU** 🌱 🍷 \$22.99 per guest (1 entrée | 310 cal)  
Tofu seared with ginger, miso, mirin, green onions and red chile served with sesame lemongrass jasmine rice and grilled broccolini.


**BUTTERNUT SQUASH QUINOA CAKES WITH MORNAY** 🌱 🍷 \$22.99 per guest (1 entrée | 490 cal)  
Quinoa Cake made with butternut squash, ground flaxseed, kale, gluten free flour and sage served with mornay sauce

# PLATTERS, DESSERTS & SNACKS


A perfect addition to a reception, meeting or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. 12 guest minimum.

## PLATTERS


**FRESH FRUIT CATERING PLATTER**  (3 oz. | 35 cal)  
\$5.39 per guest  
A seasonal array of sweet melon, pineapple, oranges, grapes and berries

**CRUDITÉ PLATTER**  (3 oz. | 20-160 cal)  
\$5.39 per guest  
Seasonal vegetable crudité served with dip

**ITALIAN ANTIPASTO PLATTER** (3 oz. | 110-140 cal)  
\$6.59 per guest  
Antipasto platter with roasted red peppers, capicola, prosciutto, mozzarella, artichokes, banana peppers and olives

**FRUIT & CHEESE PLATTER**   
(3 oz. fruit + 1 oz. cheese | 140-190 cal)  
\$6.59 per guest  
Platter heaped with cubed cheeses, cheddar, swiss and provolone, & an arrangement of fresh sliced melon, berries, and grapes. Served with crisp bread

**IMPORTED & DOMESTIC CHEESE PLATTER**  (3 oz. | 280 cal)  
\$6.59 per guest  
Wedges of imported & domestic cheeses with clusters of grapes and whole wheat crackers

**MEZZE**  (1 serving | 0-40 cal)  
\$6.59 per guest  
A Middle Eastern selection of dishes including tabbouleh, hummus, baba ghanoush, cucumbers, plum tomatoes, stuffed grape leaves, olives, feta cheese and pickled red onions. Served with pita bread





**ARTISANAL CHEESE PLATTER**  (1 serving | 5-180 cal)  
\$8.69 per guest  
Artisan cheese display with slices of imported and domestic cheeses with cornichon pickles, olives, whole grain mustard, fig spread, grissini and crostini

**CHEESE & CHARCUTERIE PLATTER** (1 serving | 5-180 cal)  
\$11.99 per guest  
Domestic and imported cheese with cured meats, olives, whole grain mustard, fig spread, grissini and crostini





## DESSERTS




**COOKIES** \$15.99 per dozen  
**Choice of Three:**  
Assorted Cookies  
Peanut Butter Cookie  (1 cookie | 150 cal)  
Oatmeal Raisin Cookie  (1 cookie | 150 cal)  
Butter Sugar Cookies  (1 cookie | 160 cal)  
Carnival Cookie  (1 cookie | 170 cal)  
Chocolate Chip Cookies  (1 cookie | 160 cal)  
Double Chocolate Chip Cookies  (1 cookie | 160 cal)

**PETITE BROWNIES AND BARS BY THE DOZEN**  
**Choice of Three:**  
Petite Blondie Bar  \$9.99 per dozen (1 piece | 60 cal)  
Petite Chocolate Brownie  \$9.99 per dozen (1 piece | 60 cal)  
Petite Rice Krispie Bar \$9.99 per dozen (1 piece | 70 cal)  
Petite Lemon Bar  \$11.99 per dozen (1 piece | 80 cal)  
Petite Totally Oreo Brownie \$11.99 per dozen (1 piece | 110 cal)

**CUPCAKES** \$24.00 per dozen  
**Choice of Three:**  
Carrot Cupcake  (1 cupcake | 260 cal)  
Yellow Cupcakes with Fudge Icing  (1 cupcake | 300 cal)  
Red Velvet Cupcakes  (1 cupcake | 310 cal)  
Rocky Road Cupcakes (1 cupcake | 280 cal)  
Orange Angel Cupcakes  (1 cupcake | 160 cal)


## SNACKS





**TRAIL MIX**  (1 oz. | 150 cal)  
\$18.00 per pound  
**MIXED NUTS**  (1 oz. | 170 cal)  
\$19.99 per pound  
**CANDIED CINNAMON PECANS**  (1 oz. | 160 cal)  
\$19.00 per pound  
**SPICED WALNUTS**  (1 oz. | 170 cal)  
\$16.99 per pound


**GRANOLA BARS** \$12.99 per dozen  
Granola Bar  (1 bar | 90 cal)  
Peanut Butter Granola Bar  (1 bar | 100 cal)  
Oats & Honey Granola Bar  (1 bar | 90 cal)

**PETIT FOUR**  
12 guest minimum  
Petit Fours \$22.99 per dozen (1 petit four | 110 cal)  
Almond Cookies  \$16.99 per dozen (1 cookie | 200 cal)

**SHEET CAKE**  
Your choice of half or whole single-layer sheet cake. If required, enter desired cake message in Special Instructions.  
\$34.99 per single layer, half sheet (serves 32 guests)  
\$68.99 per single layer, whole sheet cake (serves 64 guests)

**Choice of One Cake:**  
Devil’s Food Cake  (1 piece | 150 cal)  
Yellow Cake  (1 piece | 130 cal)  
White Cake  (1 piece | 130 cal)

**Choice of One Icing:**  
Fudge Icing  (2 tbsp. | 130 cal)  
Chocolate Fudge Icing  (2 tbsp. | 120 cal)  
White Buttercream Icing  (2 tbsp. | 130 cal)  
Buttercream Icing  (2 tbsp. | 120 cal)

**FRUIT** 12 guest minimum  
Mixed Fruit Cup  \$3.39 per guest (each | 35 cal)  
Seasonal Sliced Fresh Fruit Platter  \$5.39 per guest (3 oz. | 35 cal)  
Apples  \$1.19 each (each | 90 cal)  
Bananas  \$1.19 each (each | 140 cal)  
Orange  \$1.19 each (each | 70 cal)  
Fresh Whole Strawberries  \$1.19 per guest (3 oz. | 25 cal)  
Grapes  \$1.19 per guest (3 oz. | 60 cal)

**CHIPS & PRETZELS** \$20.29 per dozen  
Assorted Bagged Chips  (1 bag | 190-230 cal)  
Baked Potato Chips  (1 bag | 140 cal)  
Assorted Sunchips  (1 bag | 210 cal)  
Root Vegetable Chips  (1 bag | 150 cal)








# CHEF ATTENDED CARVING STATIONS



Chef Attended stations give your guests something extra special to enjoy at your event. These stations require an attendant; our team will reach out to you to discuss.

## THE CARVERY: BEEF CARVING STATION

Beef carved to order by one of our chefs. Accompanied by roasted potatoes, green beans almandine, Caesar salad and dinner rolls with butter. Includes horseradish mayonnaise and whole grain mustard.

Roasted Rosemary Red Bliss Potatoes	 (4 oz.   120 cal)
Fresh Green Beans Almandine	 (5 oz.   60 cal)
Classic Caesar Salad	(1/2 cup   90 cal)
White Dinner Rolls	 (1 roll   80 cal)
Au Jus	(2 tbsp.   0 cal)
Horseradish Mayonnaise	(1 tbsp.   80 cal)
Whole Grain Mustard	 (1 tbsp.   20 cal)

### Choice of One Beef Selection:

Beef Tenderloin with Herb Crust	(3 oz.   240 cal)	market price per guest
Roasted Strip Loin	(3 oz.   220 cal)	market price per guest

## THE CARVERY: PORK CARVING STATION market price per guest

BBQ Pork Loin with Texas Smokehouse BBQ sauce, carved to order by one of our chefs. Accompanied by baked beans, country-style potato salad, classic Carolina slaw, Greek salad and dinner rolls with butter.

BBQ Pork Loin	(3 oz.   230 cal)
Baked Beans	(1/2 cup   160 cal)
Country-Style Potato Salad	 (1/2 cup   190 cal)
Classic Carolina Cole Slaw	 (1/2 cup   160 cal)
Greek Salad	 (1/2 cup   10 cal)
White Dinner Rolls	 (1 roll   80 cal)
Texas Smokehouse BBQ Sauce	(2 tbsp.   20 cal)

## THE CARVERY: TURKEY CARVING STATION market price per guest

Roasted turkey breast, carved to order by one of our chefs. Served with gravy, chutney, whipped sweet potatoes, braised collard greens and dinner rolls.

Roasted Turkey Breast	 (3 oz.   90 cal)
Whipped Sweet Potatoes	 (1/2 cup   150 cal)
Braised Collard Greens	 (1/2 cup   90 cal)
Cranberry Chutney	(1 tbsp.   20 cal)
White Dinner Rolls	 (1 roll   80 cal)
Whole Grain Mustard	 (1 tbsp.   20 cal)
Turkey Gravy	(2 tbsp.   10 cal)








These stations require an attendant and our team will reach out to you to discuss.

RAMEN

25 guest minimum | \$8.99 per guest

Japanese noodle soup made with wheat noodles, broth, and a variety of toppings.

Amoy Ramen Noodles		(3 oz.   110 cal)
Char Siu Marinated Egg		(1/2 egg   40 cal)
Steamed Fresh Spinach		(1 tbsp.   0 cal)
Corn		(1 tbsp.   10 cal)
Pickled Button Mushrooms		(1 tbsp.   0 cal)
Fresh Chinese (Napa) Cabbage		(1 tbsp.   0 cal)
Roasted Black Seaweed (Nori Furikake)		(1 tsp.   15 cal)
Fresh Green Onions		(1 tsp.   0 cal)
Toasted Sesame Seeds		(1 tsp.   15 cal)

CHOICE OF ONE BROTH:

Tonkotsu Shoyu Broth	(6 oz.   50 cal)
Tonkotsu Miso Broth	(6 oz.   70 cal)









CHOICE OF TWO RAMEN CHAR SIU:

Chicken Char Siu	(1 oz.   45 cal)
Pork Char Siu	(1 oz.   80 cal)
Tofu Char Siu	(1 oz.   30 cal)

TACOS

25 guest minimum | \$7.69 per guest

Build your own taco bar with seasoned meat, sour cream, cheddar cheese, roasted tomatillo sauce and more wrapped in your choice of tortilla.

Shredded Lettuce		(1/4 cup   0 cal)
Fresh White Onions		(2 tbsp.   10 cal)
Pico De Gallo		(2 tbsp.   0 cal)
Roasted Tomatillo Salsa		(2 tbsp.   10 cal)
Sour Cream		(2 tbsp.   60 cal)
Shredded Cheddar Cheese		(2 tbsp.   60 cal)
Original Mild Guacamole		(2 tbsp.   50 cal)
Sliced Jalapeno Peppers		(2 tbsp.   0 cal)

CHOICE OF TWO FILLINGS:

Beef Taco Meat	(3 oz.   160 cal)
Cumin Grilled Chicken	(3 oz.   150 cal)
Tex Mex Veggies	(1/4 cup   80 cal)

CHOICE OF TWO TORTILLAS:

6” Pressed Flour Tortillas	(2 tortillas   180 cal)
6” White Corn Table Tortillas	(2 tortillas   110 cal)
Yellow Taco Shell	(2 shells   90 cal)

CHEF ATTENDED  
SPECIALTY STATIONS



CHEF-MADE CAESAR

25 guest minimum | \$8.59 per guest

Embrace the origins of the Caesar salad with a tossed to order presentation.

Chopped Romaine Lettuce	(2 cups   15 cal)
Fresh Baby Kale	(2 cups   15 cal)
Caesar Salad Dressing	(1 oz.   130 cal)
Shredded Parmesan Cheese	(1/2 tbsp.   10 cal)
Fried Capers & Lemon Zest Topping	(1/2 tbsp.   40 cal)
Cage-Free Hard-boiled Eggs	(1/2 tbsp.   10 cal)
Seasoned Homestyle Croutons	(1/2 oz.   60 cal)

CHOICE OF ONE PROTEIN:

Grilled Chicken Breast	(1/4 cup   80 cal)
Balsamic Marinated Portobello Mushrooms	(1/4 up   80 cal)
Grilled Shrimp	(2 shrimp   60 cal)
Grilled Flank Steak	(1/4 cup   100 cal)

STUFFED PASTAS

25 guest minimum | \$10.89 per guest

Combining stuffed pastas with fresh ingredients and choice of sauce.

INCLUDED:

Roasted Wild Mushrooms	(1 oz.   10 cal)
Grissini	(1 breadstick   45 cal)
Baby Spinach	(1/4 cup   0 cal)
Fresh Tomatoes	(2 tbsp.   0 cal)
Parmesan Toasted Bread Crumbs	(1 tbsp.   35 cal)
Parmesan Cheese	(1 tbsp.   10 cal)

CHOICE OF ONE PASTA:

Cheese Tortellini	(1/2 cup   150 cal)
Cheese Ravioli	(3 ravioli   90 cal)
Wild Mushroom Ravioli	(3 ravioli   140 cal)
Spinach Cheese Ravioli	(3 ravioli   230 cal)

CHOICE OF ONE PASTA SAUCE:

Parmesan Cream Sauce	(1 oz.   120 cal)
Basil Marinara Sauce	(2 oz.   10 cal)
Basil Pesto Sauce	(1 tbsp.   80 cal)



## HORS D'OEUVRES: PACKAGES



### THE MEDITERRANEAN

25 guest minimum | \$5.99 per guest

Select three hors d'oeuvres from an Mediterranean-inspired menu & finished with a fire roasted tomato sauce 🌱 (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Fried Ravioli 🍷	(1 ravioli   90 cal)
Beef Short Rib Panini	(each   70 cal)
Bacon Fig & Smoked Gouda Tartlet	(each   60 cal)
Greek Turkey Meatball	(each   50 cal)
Spicy Lamb Meatball	(each   70 cal)
Sicilian Arancini 🍷	(each   90 cal)

### THE ASIA PACIFIC

25 guest minimum | \$5.99 per guest

Select three hors d'oeuvres from an Asian-inspired menu and finished with a ginger soy dressing 🌱 (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Gochujang Tempura Shrimp	(each   60 cal)
Asian Style Pork Meatball	(each   45 cal)
Edamame Potsticker 🍷 🌱	(1 potsticker   50 cal)
Coconut Chicken Satay	(each   30 cal)
Lemongrass Turkey Lollipop	(each   50 cal)
Asian Beef Satay	(1 satay   45 cal)

### THE AMERICANA

25 guest minimum | \$5.99 per guest

Select three hors d'oeuvres from a North American-inspired menu. Includes ketchup 🍷 🌱 (1 tsp. | 5 cal) and mustard 🌱 (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Cheeseburger Slider	(1 slider   190 cal)
Santa Fe Chicken Egg Roll	(1/2 egg roll   100 cal)
Pastrami on Rye Panini	(each   50 cal)
Mini Chicken Corndog	(1 corndog   45 cal)
Battered Macaroni & Cheese Bites	(1 bite   110 cal)
Barbeque Meatballs	(1 meatball + sauce   70 cal)

A selection of hors d’oeuvres by the dozen. Mix and match to create the perfect event. Paired with chef-selected sauce where appropriate.

POULTRY

SANTA FE CHICKEN EGG ROLL (1/2 egg roll | 100 cal)  
\$26.29 per dozen

STEAMED LEMONGRASS CHICKEN DUMPLING (1 dumpling | 40 cal)  
\$19.69 per dozen

LEMONGRASS CHICKEN POTSTICKER (1 skewer + sauce | 50 cal)  
\$19.69 per dozen

TERIYAKI CHICKEN POTSTICKER 🍷 (1 skewer + sauce | 90 cal)  
\$19.69 per dozen

COCONUT CHICKEN SATAY (each | 30 cal)  
\$24.99 per dozen

CHICKEN DIABLO EMPANADAS (1 empanada + sauce | 240 cal)  
\$24.99 per dozen

GREEK TURKEY MEATBALL (1 canape | 50 cal)  
\$19.69 per dozen

PORK

BACON WRAPPED DATE (each | 45 cal)  
\$21.79 per dozen

BACON, FIG & SMOKED GOUDA TARTLET (each | 60 cal)  
\$19.69 per dozen

SERRANO HAM & MANCHEGO CHEESE CROQUETTE (each | 80 cal)  
\$19.69 per dozen

BBQ PORK SLIDER (each | 200 cal)  
\$26.29 per dozen

PROSCIUTTO WRAPPED ASPARAGUS (1 canape | 50 cal)  
\$26.29 per dozen

ASIAN STYLE PORK MEATBALL (1 canape | 45 cal)  
\$16.39 per dozen

BEEF

CENTER CUT FILET OF BEEF CANAPE (1 canape | 50 cal)  
\$24.99 per dozen

ASIAN BEEF SATAY (1 satay | 45 cal)  
\$21.79 per dozen

CHEESEBURGER SLIDERS (each | 190 cal)  
\$26.29 per dozen

BURGER SLIDER (each | 180 cal)  
\$26.29 per dozen

BARBEQUE MEATBALLS (1 meatball + sauce | 70 cal)  
\$16.39 per dozen

CHURRASCO BEEF SATAY CANAPE (1 canape | 50 cal)  
\$24.99 per dozen

SEAFOOD

CRISPY COCONUT SHRIMP (each | 80 cal)  
\$24.99 per dozen

GOCHUJANG TEMPURA SHRIMP (each | 60 cal)  
\$21.79 per dozen

MINI TUNA TACO 🍷 (each | 50 cal)  
\$26.29 per dozen

CRAB, ARTICHOKE & SPINACH TARTLET (each | 50 cal)  
\$21.79 per dozen

FRIED LOBSTER MAC & CHEESE (each | 70 cal)  
\$24.99 per dozen

HORS D’OEUVRES:  
A LA CARTE



VEGETARIAN/VEGAN

SICILIAN ARANCINI 🍷 (each | 90 cal)  
\$26.29 per dozen

VEGETABLE SAMOSAS 🍷🌱 (1 samosa | 130 cal)  
\$26.29 per dozen

EDAMAME POTSTICKER 🍷🌱 (1 potsticker | 50 cal)  
\$21.79 per dozen

VEGETABLE EGG ROLL 🍷 (1/2 egg roll | 180 cal)  
\$21.79 per dozen

FRIED RAVIOLI 🍷🌱 (1 ravioli | 90 cal)  
\$19.69 per dozen

TOMATO, VIDALIA ONION & GOAT CHEESE TART (1 tart | 100 cal)  
\$19.69 per dozen

ALOO TIKKI WITH PEAS 🌱 (1 pancake | 160 cal)  
\$19.69 per dozen

PREMIUM SELECTIONS

JUMBO LUMP CRAB CAKE (each | 70 cal)  
\$39.29 per dozen

MINI BEEF WELLINGTON (each | 70 cal)  
\$60.19 per dozen

SEAFOOD STUFFED MUSHROOM CAPS 🍷 (each | 15 cal)  
\$39.99 per dozen

ROSEMARY GRILLED LAMB CHOP (each | 310 cal)  
\$107.49 per dozen

COLD HORS D’OEUVRES

SHRIMP COCKTAIL WITH CAJUN REMOULADE (shrimp + sauce | 190 cal)  
\$24.99 per dozen

PROSCIUTTO WRAPPED CANTALOUPE (1 wedge + 1 sauce | 110 cal)  
\$26.29 per dozen

COOL SALMON CANAPES (1 canapé | 60 cal)  
\$21.79 per dozen

CURRIED CHICKEN & GOLDEN RAISIN TARTLETS (1 phyllo cup | 140 cal)  
\$26.29 per dozen

CUCUMBER ROUNDS WITH FETA & TOMATO 🍷 (1 piece | 40 cal)  
\$21.79 per dozen

CARAMELIZED ONION & WHITE BEAN CROSTINI 🍷 (1 slice | 120 cal)  
\$19.69 per dozen

GOAT CHEESE & HONEY PHYLLO CUPS 🍷 (1 phyllo cup | 90 cal)  
\$24.99 per dozen





Our Themed Tasting Station menus can create a unique strolling reception or provide the perfect addition to an hors d’ oeuvres buffet. These stations may require attendants –your catering event order will reflect the additional service.

Tasting Stations are also available as Themed Buffets.

SOUTHEAST ASIAN

25 guest minimum | \$10.99 per guest

The flavors of southeast Asia come alive with Thai sides, salads, entrée, dessert, condiments and beverages.

Tofu Pad Thai	(2 oz.   60 cal)
Asian Beef Satay	(2 satay   90 cal)
Ginger Chicken Satay	(1 skewer + 1 oz. sauce   110 cal)
Jasmine Steamed Rice	(2 tbsp.   25 cal)
Green Papaya Salad	(2 tbsp.   20 cal)
Asian Rice Noodle Salad	(2 tbsp.   30 cal)
Tropical Rice Pudding	(4 oz.   530 cal)

SOUTHERN BBQ

25 guest minimum | \$10.99 per guest

Celebrate the south with BBQ, comforting sides, salad, entree, dessert, condiments and beverages.

Pulled BBQ Chicken	(2 oz.   90 cal)
Cattleman’s BBQ Sauce	(2 tbsp.   50 cal)
Baked Beans	(2 tbsp.   40 cal)
Carolina Slaw	(2 tbsp.   10 cal)
Country-Style Potato Salad	(2 tbsp.   45 cal)
Cornbread	(1 piece   130 cal)
Chocolate Brownie	(1 piece   60 cal)

CHOICE OF ONE PROTEIN:

Pulled BBQ Pork	(1.5 oz.   80 cal)
Smoked Beef Brisket	(1.5 oz.   120 cal)

HORS D’OEUVRES:  
THEMED TASTING  
STATIONS



TEX MEX

25 guest minimum | \$11.99 per guest

Tex Mex tacos with sides, condiments, dessert and beverages.

6” Pressed Flour Tortillas	(1 tortilla   80 cal)
6” White Corn Table Tortillas	(1 tortilla   50 cal)
Beef Taco Meat	(1.5 oz.   80 cal)
Cumin Grilled Chicken	(1.5 oz.   80 cal)
Spanish Rice	(2 tbsp.   40 cal)
Tex Mex Veggies	(2 tbsp.   25 cal)
Shredded Lettuce	(1/4 cup   0 cal)
Fresh White Onions	(2 tbsp.   10 cal)
Pico De Gallo	(1 tbsp.   0 cal)
Sour Cream	(1 tbsp.   30 cal)
Shredded Cheddar Cheese	(1 tbsp.   30 cal)
Western Style Guacamole	(1 tbsp.   25 cal)
Sliced Jalapeno Peppers	(1 tbsp.   0 cal)
Mexican Chocolate Chile Cookie	(1 cookie   110 cal)

SOUTHERN ITALIAN

25 guest minimum | \$10.99 per guest

Buon appetite of Southern Italian sides, salads, entrée, dessert, condiments and beverages.

Orecchiette Puttanesca	(1/4 cup   50 cal)
Calabrian Chile Roasted Chicken	(2 oz.   90 cal)
Caponata	(1 oz.   20 cal)
Cannellini Beans w/Tomato & Rosemary	(2 tbsp.   20 cal)
Fennel, Arugula & Ricotta Salad	(1 oz.   35 cal)
Herb Focaccia Bread	(1 piece   120 cal)
Tiramisu Sweet Shot	(each   240 cal)

# BEVERAGES



Selection of cold and hot beverages including tea, coffee, water, iced tea, juices, sodas and waters.

### HOT BEVERAGES - PER GUEST




Served with appropriate condiments.

Coffee and Hot Tea Service 	(12 oz.   0-5 cal)
\$3.59 per guest	
Brewed Regular Coffee 	(12 oz.   0-5 cal)
\$23.79 per gallon	
Brewed Decaffeinated Coffee 	(12 oz.   0-5 cal)
\$23.79 per gallon	
Tea Bags with Hot Water 	(12 oz.   0-5 cal)
\$15.99 per gallon	
Hot Cocoa Mix with Hot Water	(1 pack   80 cal)
\$17.99 per gallon	
Hot Chocolate Supreme 	(8 oz.   190 cal)
\$18.99 per gallon	
Hot Apple Cider 	(8 oz.   120 cal)
\$23.99 per gallon	




### JUICE

Orange Juice 	(8 oz.   15 cal)
\$19.99 per gallon	
Apple Juice 	(8 oz.   110 cal)
\$19.99 per gallon	
Cranberry Juice 	(8 oz.   25 cal)
\$19.99 per gallon	
Cranberry Juice Cocktail 	(8 oz.   100 cal)
\$19.99 per gallon	
Fresh Orange Juice 	(8 oz.   110 cal)
\$19.99 per gallon	
Chilled Apple Cider 	(8 oz.   110 cal)
\$19.99 per gallon	



### PUNCH

Orange Blossom Punch 	(8 oz.   170 cal)
\$24.99 per gallon	
White Sparkling Punch 	(8 oz.   100 cal)
\$24.99 per gallon	
Sangria Punch 	(8 oz.   120 cal)
\$24.99 per gallon	

### TEA & LEMONADE

Brewed Iced Tea 	(8 oz.   0 cal)
\$15.99 per gallon	
Sweet Iced Tea 	(8 oz.   15 cal)
\$15.99 per gallon	
Homemade Lemonade 	(8 oz.   240 cal)
\$27.99 per gallon	

### WATER STATION

Ice Water with Lemons, Limes & Oranges 	(8 oz.   0 cal)
\$6.00 per gallon	
Orange Infused Water 	(8 oz.   0 cal)
\$9.99 per gallon	
Cucumber Mint Infused Water 	(8 oz.   0 cal)
\$9.99 per gallon	

### INDIVIDUAL BEVERAGES

Assorted Juice	(each   80-170 cal)
\$2.79 each	
Assorted Bottled Water	(each   0 cal)
\$2.50 each	
Sparkling Water	(each   0 cal)
\$2.79 each	
Assorted Canned Soda, Regular and Diet	(each   5-160 cal)
\$2.00 each	
Assorted Bottled Soda	(each   0-260 cal)
\$2.50 each	
Assorted Bottled Tea	(each   0-180 cal)
\$3.29 each	
Assorted Energy Drinks	(each   80-170 cal)
\$3.99 each	
Assorted Bottled Coffee	(each   180-280 cal)
\$3.49 each	
Assorted Sports Drinks	(each   150 cal)
\$3.19 each	



## 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.

### HOW TO CONTACT US

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 or email; 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 our catering coordinator Sara DuFord to facilitate planning your event by calling 970-248-1027.

**Send us an Email:** You may email us at [Catering@ColoradoMesa.edu](mailto:Catering@ColoradoMesa.edu) or

You may access our catering guide at <https://www.coloradomesa.edu/dining/catering>.

### 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 970-248-1746.

### EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact 970-248-1746 to make these arrangements.

### EVENT CHANGES

Final Counts or cancellations must be in 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). 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. However, for any off campus group appropriate local and state taxes will be applied unless the group can demonstrate they are non-taxable.

### GRATUITY

All third party catering events will be subject to a 20% gratuity fee.

### 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 guests.

#### The charge for each staff member is:

Attendants/Waitstaff	\$25.00 per hour (minimum 3 hours)
Station Chefs	\$35.00 per hour (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 service ware unless otherwise requested. We offer china service for any event at an additional charge:

Full Bar Glass Service	\$2.00 per guest
Coffee or Beverage China Service	\$1.00 per guest
Reception China and Silverware	\$2.00 per guest
Full Meal Service 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 \$6.00 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.





# FLAVOURS

TASTE : SUCCESS

Sara Graupner

970-248-1027

Sara.Graupner@Sodexo.com

<https://www.coloradomesa.edu/dining/catering>