

## WHAT'S INSIDE

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VG VEGAN
v VEGETARIAN

EW EAT WELL
PF PLANT FORWARD


## ALL-DAY PACKAGES

## ALL DAY DELICIOUS \$46.99

Relax. We'll keep the food coming! These four (4) selections will keep your energy up throughout the day. All prices are per person and available for 12 guests or more.

| DELICIOUS DAWN |  |
| :--- | ---: |
| Assorted Muffins v | $380-550$ Cal each |
| Assorted Scones v | $400-440$ Cal each |
| Seasonal Fresh Fruit Platter vG PF | $35 \mathrm{Cal} / 2.5$ oz. serving |
| Assorted Juice | $110-170 \mathrm{Cal} / 8$ oz. serving |
| Bottled Water | O Cal each |
| Starbucks Coffee, Decaf and Hot Tea | O Cal/8 oz. serving |

130-250 Cal each
80-150 Cal each
0 Cal/8 oz. serving
O Cal each
o Cal/8 oz. serving

## POWER UP LUNCH

Tomato and Cucumber Couscous Salad ve Orange Fennel Spinach Salad $\mathbf{v}$ Ew
$120 \mathrm{Cal} / 3.75$ oz. serving Bakery-Fresh Rolls with Butter v $210 \mathrm{Cal} / 3.2$ oz. serving 160 Cal each
Green Beans Gremolata vg Ew PF
$70 \mathrm{Cal} / 3$ oz. serving
Three Pepper Cavatappi with Pesto vew
$280 \mathrm{Cal} / 7.5$ oz. serving
Grilled Chicken and Artichokes with a Lemon Tarragon White Wine Sauce Ew
New York Cheesecake $\mathbf{v}$ Iced Tea Iced Water

## PM PICK ME UP

$230 \mathrm{Cal} / 2.25$ oz. serving
$70 \mathrm{Cal} / 3$ oz. serving $250 \mathrm{Cal} / 2.25$ oz. serving

O Cal each
$210 \mathrm{Cal} / 5.75$ oz. serving
$360 \mathrm{Cal} /$ slice
0 Cal/8 oz. serving
o Cal/8 oz. serving

Chilled Spinach Dip with Tortilla Chips v

Bottled Water
Starbucks Coffee, Decaf and Hot Tea
Grilled Vegetable Tray vg Ew pF
Bakery-Fresh Brownies v

## MEETING WRAP UP \$39.99

Serve these favorites and success is a wrap! This All-Day Package includes the following four (4) delights. All prices are per person and available for 12 guests or more.

## MORNING MINI

Miniature Muffins v 80-120 Cal each


Miniature Danish v 40-170 Cal each
Miniature Scones $\mathbf{v}$
100-110 Cal each
Yogurt Parfait Cups v 400-450 Cal each
Bottled Water
O Cal each
Starbucks Coffee, Decaf and Hot Tea
o Cal/8 oz. serving

## THE ENERGIZER

## Donut Holes v

45-90 Cal each

## Ripe Bananas vg Ew PF

Iced Tea
Bottled Water
100 Cal each

Starbucks Coffee, Decaf and Hot Tea
o Cal each

IT'S A WRAP
Chicken Caesar Wrap 630 Cal each
Pepper Jack Tuna Wrap 610 Cal each
Cran-Apple Turkey Wrap 660 Cal each
Grilled Vegetable Wrap v pr
620 Cal each
Seasonal Fresh Fruit Salad vg pF $\quad 35 \mathrm{Cal} / 2.5$ oz. serving
Choice of One (1) Salad:
Classic Garden Salad with Fresh
Seasonal Vegetables and Balsamic
Vinaigrette and Ranch ve Ew pF
Grilled Vegetable Pasta Salad vg
Individual Bag of Chips $\mathbf{v}$
Assorted Craveworthy Cookies v
Bakery-Fresh Brownies v
Iced Tea
Iced Water
$50 \mathrm{Cal} / 3.5$ oz. serving
$120 \mathrm{Cal} / 3$ oz. serving 100-160 Cal each 210-260 Cal each
$250 \mathrm{Cal} / 2.25$ oz. serving o Cal/8 oz. serving o Cal/8 oz. serving

## MID-DAY MUNCHIES

## Tortilla Chips v

$260 \mathrm{Cal} / 3 \mathrm{oz}$. serving
Choice of Two (2) Salsas:

Salsa Roja vg
$20 \mathrm{Cal} / 1$ oz. serving
Salsa Verde vg 5 Cal/1 oz. serving
Pico De Gallo ve
Assorted Whole Fruit vg ew pr
Assorted Craveworthy Cookies v
Bottled Water
Starbucks Coffee, Decaf and Hot Tea
$5 \mathrm{Cal} / 1$ oz. serving 45-100 Cal each 210-260 Cal each

O Cal each
o Cal/8 oz. serving

## ALL-DAY PACKAGES

## SIMPLE PLEASURES \$30.49

Easy does it-casually tasteful fare. This All-Day Package includes three (3) of our favorites. All prices are per person and available for 12 guests or more.

## SIMPLE CONTINENTAL

Assorted Donuts v
Assorted Bagels v
240-500 Cal each 290-450 Cal each Orange Juice
Bottled Water
Starbucks Coffee, Decaf and Hot Tea
$20 \mathrm{Cal} / 8$ oz. serving O Cal each 0 Cal/8 oz. serving

## BOX LUNCH

Choice of Sandwich accompanied by Chips, Mustard, Mayo, Assorted Craveworthy Cookies and Bottled Water
Choice of Two (2) Sandwiches:
Tuna Salad Ciabatta
520 Cal each
Ham and Swiss Sub
Turkey and Swiss Sandwich
Roasted Pepper and Mozzarella Ciabatta vew pF Individual Bag of Chips $\mathbf{v}$
Assorted Craveworthy Cookies v
Bottled Water 400 Cal each 520 Cal each 500 Cal each 100-160 Cal each 210-260 Cal each O Cal each

## MID-DAY MUNCHIES

Tortilla Chips v
Choice of Two (2) Salsas:
Salsa Roja vg
Salsa Verde vg
Pico De Gallo vg
Assorted Whole Fruit vg Ew pF
Assorted Craveworthy Cookies v Bottled Water
Starbucks Coffee, Decaf and Hot Tea
$260 \mathrm{Cal} / 3$ oz. serving
$20 \mathrm{Cal} / 1$ oz. serving $5 \mathrm{Cal} / 1$ oz. serving $5 \mathrm{Cal} / 1 \mathrm{oz}$. serving 45-100 Cal each 210-260 Cal each

O Cal each
o Cal/8 oz. serving
*All packages include necessary accompaniments and condiments. 2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request. In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase you risk of foodborne illness, especially if you have certain medical conditions


## BREAKFAST

## BREAKFAST COLLECTIONS

All prices are per person and available for 12 guests or more. All appropriate condiments included.

## "TART"INES AND OATS \$14.29

Choice of Two (2) Breakfast Tartines:
Grilled Asparagus Sweet Potato Tartine, Everything Cream Cheese, Asparagus, Balsamic Drizzle v pF
Grilled Sweet Potato Tartine, Marinated Tomato, Everything Cream Cheese vpr

Cal each
80 Cal each
Grilled Sweet Potato Tartine, Everything Cream Cheese,
Cucumber vpF
Everything-Spiced Salmon Biscuit, Cream Cheese, Cucumber and Hard-Boiled Egg
Open Face Avocado Egg Croissant with Sriracha
Vegan Breakfast Toast with Avocado, Just ${ }^{\oplus}$ Egg Scramble,
Radishes, Scallions and Sriracha vg Ew PF
Strawberry Banana Nutella Toast $\mathbf{v}$
70 Cal each
370 Cal each
250 Cal each

Choice of Two (2) Overnight Grains:
Chilled Overnight Cran-Apple, Banana Bircher Muesli with
Turmeric Infused Granola $\mathbf{v}$
270 Cal each
Overnight Coconut Freekeh with Strawberries, Toasted
Coconut and Honey v
Dragonfruit Mango Banana Chia Pudding with Chia Quinoa
Crunch ve ew
Overnight Strawberry Oatmeal v pF
Overnight Blueberry Oatmeal $\mathbf{v}$ Ew
Overnight Apple Cinnamon Oatmeal v pF
Overnight Pear \& Pecan Oatmeal $\mathbf{v}$
Seasonal Fresh Fruit Platter vg PF Bottled Water
Starbucks Coffee, Decaf and Hot Tea

500 Cal each

190 Cal each 320 Cal each
210 Cal each 480 Cal each 390 Cal each
$35 \mathrm{CaI} / 2.5$ oz. serving
O Cal each
o Cal/8 oz. serving

## QUICK START \$10.29

## Choice of Three (3) Breakfast Pastries:

| Assorted Danish $\mathbf{v}$ | $250-420$ Cal each |
| :--- | ---: |
| Assorted Muffins $\mathbf{v}$ | $380-550$ Cal each |
| Assorted Scones $\mathbf{v}$ | $400-440$ Cal each |
| Assorted Bagels $\mathbf{v}$ | $290-450$ Cal each |
| Croissants $\mathbf{v}$ | 370 Cal each |
| Seasonal Fresh Fruit Platter ve PF | $35 \mathrm{CaI} / 2.5$ oz. serving |
| Assorted Juice | $110-170 \mathrm{Cal} / 8$ oz. serving |
| Iced Water | 0 Cal/8 oz. serving |
| Starbucks Coffee, Decaf and Hot Tea | O Cal/8 oz. serving |

## HEALTHY CHOICE BREAKFAST \$9.89

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day
Individual Cereal Cups
190-230 Cal each
Milk
Bananas vg Ew pF
Assorted Yogurt Cups
Bottled Water
Starbucks Coffee, Decaf and Hot Tea
10 Cal each
100 Cal each
80-150 Cal each
O Cal each

## À LA CARTE BREAKFAST

Assorted Bagels with Butter, Cream Cheese and Jam v \$20.99 Per Dozen

290-450 Cal each
Assorted Donuts $\mathbf{v} \$ 17.99$ Per Dozen
240-500 Cal each
Assorted Pastries v \$19.99 Per Dozen 210-530 Cal each
Seasonal Fresh Fruit Platter vg PF \$3.89 Per Person 35 Cal/2.5 oz. serving
Assorted Yogurt Cups \$2.69 Each
50-150 Cal each
Vegan Blueberry Banana Breakfast Bread vg pF \$16.29 Serves 12
$250 \mathrm{Cal} / 3$ oz. serving

## HOT BREAKFAST

All prices are per person and available for 12 guests or more. All appropriate condiments included.

## AMERICAN BREAKFAST \$14.49

Choice of One (1) Breakfast Pastry:
Assorted Danish v
Assorted Muffins v
Assorted Scones $\mathbf{v}$
Assorted Bagels $\mathbf{v}$
Croissants $\mathbf{v}$
Breakfast Potatoes v
Crisp Bacon
Breakfast Sausage
Cage-Free Scrambled Eggs $\mathbf{v}$
Bottled Water
Starbucks Coffee, Decaf and Hot Tea

250-420 Cal each 380-550 Cal each 400-440 Cal each 290-450 Cal each

370 Cal each
120-140 Cal/3 oz. serving 60 Cal each 120-180 Cal each $180 \mathrm{Cal} / 4$ oz. serving

O Cal each
$0 \mathrm{Cal} / 8$ oz. serving

## SUNRISE SANDWICH BUFFET \$13.49

## Seasonal Fresh Fruit Platter vg PF

 $35 \mathrm{Cal} / 2.5 \mathrm{oz}$. servingBreakfast Potatoes v 120-140 Cal/3 oz. serving
Choice of Two (2) Sunrise Breakfast Sandwiches: Egg and Cheese English Muffin v

270 Cal each
Egg and Cheese Croissant
370 Cal each
Sausage, Egg and Cheese Biscuit
490 Cal each
Ham, Egg and Cheese Biscuit 450 Cal each
Bacon, Egg and Cheese Bagel
410 Cal each
Spicy Bacon, Egg, Potato and Cheese Burrito
Spicy Veggie Sausage Biscuit with Maple Sriracha Syrup v pF 440 Cal each
Spicy Southern Chicken Biscuit with Maple Sriracha Syrup 560 Cal each
Everything Salmon Biscuit with Smoked Salmon,
Cream Cheese, Cucumber and Hard-Boiled Egg
on a Everything-Spiced Biscuit
370 Cal each
Bacon, Lettuce, Tomato, Avocado and Egg Bagel 420 Cal each Bottled Water O Cal each
Starbucks Coffee, Decaf and Hot Tea O Cal/8 oz. serving

| TACOS FOR BREAKFAST \$14.99 |  |
| :---: | :---: |
| Seasonal Fresh Fruit Platter ve pF | $35 \mathrm{Cal} / 2.5$ oz. serving |
| Flour Tortilla - 6" vg | 90 Cal each |
| Corn Tortilla - 6" vg | 35 Cal each |
| Scrambled Eggs v | $140 \mathrm{Cal} / 4$ oz. serving |
| Bacon and Eggs Scramble | $140 \mathrm{Cal} / 4$ oz. serving |
| Sauteed Peppers and Onions vg | $40 \mathrm{Cal} / 2$ oz. serving |
| Shredded Cheddar Cheese v | $110 \mathrm{Cal} / 1 \mathrm{oz}$. serving |
| Hashbrown Potatoes v | $120 \mathrm{Cal} / 3$ oz. serving |
| Guacamole ve | $100 \mathrm{Cal} / 4$ oz. serving |
| Choice of Two (2) Salsas: |  |
| Salsa Verde ve | $5 \mathrm{Cal} / 1 \mathrm{oz}$. serving |
| Salsa Roja vg | $10 \mathrm{Cal} / 1 \mathrm{oz}$. serving |
| Pico De Gallo vg | $5 \mathrm{Cal} / 1$ oz. serving |
| Sour Cream vg | $120 \mathrm{Cal} / 1 \mathrm{oz}$. serving |
| Bottled Water | O Cal each |
| Starbucks Coffee, Decaf and Hot Tea | $0 \mathrm{Cal} / 8 \mathrm{oz}$. serving |

[^0]*All packages include necessary accompaniments and condiments.
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BREAKFAST ENHANCEMENTS
All prices are per person and available for 12 guests or more.
LOX AND BAGELS \$9.99 PER PERSON
Bagels v

BREAKFAST BURRITOS AND TACOS \$6.99 PER PERSON
Choice of Two (2) Breakfast Burritos and/or Tacos: Choose from Meat Lovers, Pico, Florentine, or Sweet Potato Breakfast Burritos; or Egg \& Hashbrowns, Vegan Chorizo, Egg \& Chorizo, or Sausage, Egg and Cheese Tacos. One (1) Burrito Per Person, Two (2) Tacos Per Person:

Meat Lovers Burrito: Eggs, Bacon, Sausage and Ham
Pico Burrito: Scrambled Egg, Cheddar, Potato and Pico de Gallo v

440 Cal each
Florentine Burrito: Scrambled Eggs, Mushrooms, Roasted Peppers, Spinach and Cheddar $\mathbf{v}$

Sweet Potato Burrito: Roasted Sweet Potatoes, Quinoa
Brown Rice, Egg White, Swiss Cheese, Spinach and
Pesto V ew pr
450 Cal each
Egg \& Hash Breakfast Tacos (2) v 270 Cal each
Vegan Chorizo Breakfast Tacos (2) ve Ew
Egg \& Chorizo Tacos (2)
270 Cal each
Sausage, Egg \& Cheese Taco
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## SANDWICHES \& SALADS

## CLASSIC COLLECTIONS

All prices are per person and available for 12 guests or more.

## DELI EXPRESS \$12.79

Build your own Sandwich. Includes Two (2) Side Salads, Chips and Beverages.

Choice of Two (2) Side Salads (pg 10)
Individual Bags of Chips v
Assorted Baked Breads and Rolls $\mathbf{v}$ Deli Platter (Sliced Oven-Roasted Turkey,
Sliced Roast Beef, Deli Ham and Tuna)
Cheese Tray (Cheddar and Swiss) v
Relish Tray (Lettuce, Tomato, Onion, Pickles,
Pepperoncini) vg
20-240 Cal each 100-160 Cal each 110-230 Cal each

Assorted Craveworthy Cookies v
Choice of Two (2) Beverages:
Lemonade
Iced Tea
Iced Water
$50-160 \mathrm{Cal} / 2$ oz. serving $110 \mathrm{Cal} / 1 \mathrm{oz}$. serving
$10 \mathrm{Cal} / 1 \mathrm{oz}$. serving
210-260 Cal each
$90 \mathrm{Cal} / 8$ oz. serving
$0 \mathrm{Cal} / 8$ oz. serving
o Cal/8 oz. serving

## PREMIUM BOX LUNCHES

Asian Chicken Salad \$16.29
Grilled Chicken, Romaine, Vegetables, Orange and Almonds tossed with a Sweet and Spicy Sesame

## Dressing ew

Bakery-Fresh Roll with Butter v
Fresh Fruit Cup vg pF
Lemon Cheesecake Bar v
Bottled Water
$440 \mathrm{Cal} / 16.5$ oz. serving 160 Cal each
$35 \mathrm{Cal} / 2.5$ oz. serving
$300 \mathrm{Cal} / 2.75$ oz. serving o Cal each

## Harvest Chicken Salad \$16.29

Grilled Chicken, Fresh Baby Arugula, Roasted Red Potato,
Cauliflower and Pumpkin Seeds tossed in a Kale Pesto

Vinaigrette
640 Cal each
Bakery-Fresh Roll with Butter v
160 Cal each
Fresh Fruit Cup vg pF
Lemon Cheesecake Bar v
Bottled Water
Steakhouse Chop Salad \$16.29
Grilled Beef Steak tossed with Blue Cheese, Vegetables and Romaine tossed with Dijon Vinaigrette
Bakery-Fresh Roll with Butter v
Fresh Fruit Cup vg pF
Lemon Cheesecake Bar v
Bottled Water

220 Cal each
160 Cal each
$35 \mathrm{Cal} / 2.5$ oz. serving
$300 \mathrm{Cal} / 2.75$ oz. serving
o Cal each

[^1]
## CLASSIC BOX LUNCH \$10.59

Your choice of Classic Sandwich served with Mustard, Mayo, Potato Chips, Assorted Craveworthy Cookies and Bottled Water

Choice of One (1) Classic Sandwich (See Below)
130-790 Cal each Individual Bag of Chips $\mathbf{v}$ Assorted Craveworthy Cookies v Bottled Water 100-160 Cal each 210-260 Cal each O Cal each

## CLASSIC SELECTIONS SANDWICH BUFFET \$15.39

Choice of Three (3) Classic Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages

| Choice of Two (2) Side Salads (pg 10) | 20-240 Cal each |
| :--- | ---: |
| Dill Pickle Slices ve | 0 Cal/1 oz. serving |
| Individual Bags of Chips v | $100-160$ Cal each |
| Choice of Three (3) Classic Sandwiches | $130-790$ Cal each |
| Assorted Craveworthy Cookies $\mathbf{v}$ | $210-260$ Cal each |
| Choice of Two (2) Beverages: |  |
| $\quad$ Lemonade | $90 \mathrm{Cal} / 8$ oz. serving |
| Iced Tea | $0 \mathrm{Cal} / 8$ oz. serving |
| Iced Water | $0 \mathrm{Cal} / 8$ oz. serving |

## CLASSIC SANDWICH OPTIONS

(Available Sandwich choices for the Classic Boxed Lunch and Classic Selections Buffet)

Bavarian Ham and Swiss on a Pretzel Roll
500 Cal each
Roast Beef with Tarragon Horseradish Spread on Wheatberry Bread

450 Cal each
Turkey Breast with Mesclun Greens and Sage Cream Cheese on Ciabatta Bread

460 Cal each
Chicken Caesar Wrap
630 Cal each
Veggie Ciabatta with Chickpeas, Tomato, Spinach, Radish, Carrot, Feta, Dill and White Bean Hummus v pF

490 Cal each

## SANDWICHES \& SALADS

## CLASSIC COLLECTIONS

All prices are per person and available for 12 guests or more.

## THE EXECUTIVE LUNCHEON \$18.89

Choice of Three (3) Executive Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages

Choice of Two (2) Side Salads (pg 10)
Dill Pickle Slices vg
Individual Bags of Chips $\mathbf{v}$
Choice of Three (3) Executive
Luncheon Sandwiches
Assorted Craveworthy Cookies v
Choice of Two (2) Beverages:
Lemonade
Iced Tea
Iced Water

## EXECUTIVE LUNCHEON SANDWICHES

(Available Sandwich choices for The Executive Luncheon Buffet)
New Orleans Muffuletta with Smoked Ham, Genoa Salami, Provolone Cheese and Green Olive-Cauliflower Spread

620 Cal each
Roast Beef and Chimichurri Roll
530 Cal each
Chicken Teriyaki Ciabatta with Pineapple Salsa on a Ciabatta

480 Cal each

Grilled Herbed Chicken and Asiago with Garlic Mayonnaise Sub

490 Cal each
Turkey, Ham and Ranch Club with Bacon, Lettuce and Tomato

630 Cal each
Sweet Potato Smash with Goat Cheese, Cranberry Sauce and Arugula on Ciabatta vew pF

500 Cal each
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## SIDE SALAD SELECTIONS

(Included with Deli Express, Classic Selections and The Executive Luncheon Sandwich Buffets)

| Traditional Garden Salad with a Balsamic |  |
| :---: | :---: |
| Vinaigrette Dressing ve Ew PF | $50 \mathrm{Cal} / 3.5$ oz. serving |
| Baby Spinach Salad with Bacon, Egg, Mushroom and Tomato and Balsamic Vinaigrette | $110 \mathrm{Cal} / 3.75$ oz. serving |
| Red-Skinned Potato Salad with Egg, Celery and |  |
| Spanish Onion in a Seasoned Mayonnaise Dressing | $240 \mathrm{Cal} / 4$ oz. serving |
| Asian Slaw with Red Peppers, Carrots, Scallions, Minced Fresh Mint and Cilantro in a Sesame |  |
| Teriyaki Dressing ve Ew PF | $25 \mathrm{Cal} / 3 \mathrm{oz}$. serving |

Traditional Coleslaw Finely Shredded with Carrots in a Mayonnaise and Celery Seed Dressing v Ew
$170 \mathrm{Cal} / 3.5$ oz. serving
Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives v

Tabbouleh with Ground Bulgur, Tomatoes, Parsley and Scallions Combined in an Olive Oil Mix vg Ew

Roasted Vegetable Pasta Salad vew pF
Ranch Pasta Salad $\mathbf{v}$
Herbed Quinoa Side Salad vpF
$140 \mathrm{Cal} / 3.25$ oz. serving
$200 \mathrm{Cal} / 3.75$ oz. serving
$110 \mathrm{Cal} / 3$ oz. serving
$110 \mathrm{Cal} / 3.5$ oz. serving

## THEMED BUFFETS

All prices are per person and available for 12 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

## SPRING FLING \$21.59

Choice of Two (2) Sides:
Asian Edamame Salad
Red Quinoa \& Pickled Onion Salad vew
Roasted Beet \& Arugula Salad vg Ew pF
Asparagus, Mushroom \& Farro Caesar Ew PF
Roasted Red Potatoes Ew PF
Asparagus Vegetable Sautee vc
Choice of Two (2) Entrees:
Grilled BBQ Pork Chops
Grilled Montreal Cod Ew
Crispy Tofu Ew
Eggplant Meatball vg ew pr
Beef Tri-Tip Chimichurri
Grilled Peri Peri Chicken
Choice of Two (2) Sauces:
Chimichurri Mayonnaise
Green Chile Relish v
Chermoula Crema vg
Harissa Aioliv
Peri Peri Sauce v
Brookie "Chocolate Chip Cookie Brownie" vg

## POWER BOOST BOWLS \$19.49

Choice of One (1) Grain:
Lemon Herbed Farro vg ew pf
Quinoa and Lentils ve Ew PF
Choice of One (1) Greens:
Kale Mix vg pf
Romaine Arugula Mix ve PF
Choice of Two (2) Proteins:
Lemon Garlic Chicken
Hard-Cooked Egg v
Grilled Sumac Salmon
Choice of Three (3) Toppings:
Spicy Roasted Broccoli vg Ew pF
Sliced Avocado vg
Turmeric Roasted Cauliflower vg Ew PF
Garbanzo Beans ve
Roasted Butternut Squash vg Ew PF
Roasted Mushrooms vg Ew PF
Shredded Beets vg
Edamame vg
Choice of Two (2) Sauces:
Greek Yogurt Ranch Dressing $\mathbf{v}$
Pesto Vinaigrette v
Tahini Tzatziki Dressing v
Choice of Two (2) Garnishes:
Feta Cheese Crumbles v
Pickled Red Onion ve
Toasted Walnuts vg
Shaved Parmesan v
Brown Butter Pumpkin Seeds v
Choice of One (1) Dessert:
Baklava v
Assorted Craveworthy Cookies v
$130 \mathrm{Cal} / 4$ oz. serving $50 \mathrm{Cal} / 2$ oz. serving $120 \mathrm{Cal} / 4 \mathrm{oz}$. serving $110 \mathrm{Cal} / 4$ oz. serving $100 \mathrm{Cal} / 4 \mathrm{oz}$. serving $60 \mathrm{Cal} / 4$ oz. serving
$180 \mathrm{Cal} / 3$ oz. serving $80 \mathrm{Cal} / 3 \mathrm{oz}$. serving $340 \mathrm{Cal} / 5$ oz. serving 50 Cal each
$210 \mathrm{Cal} / 3$ oz. serving $140 \mathrm{Cal} / 3$ oz. serving
$150 \mathrm{Cal} / 1$ oz. serving
$15 \mathrm{Cal} / 1$ oz. serving $40 \mathrm{Cal} / 1 \mathrm{oz}$. serving $160 \mathrm{Cal} / 1$ oz. serving $40 \mathrm{Cal} / 1 \mathrm{oz}$. serving $280 \mathrm{Cal} / 2.75$ oz serving

## TROPICAL TRADEWINDS \$22.79

## Roasted Sweet Potato Salad vg Ew

Coconut, Mango and Peanut Coleslaw vew Plantain Chips
Tropical Rice ve
Traditional Veggie Stir-Fry ve Ew PF
Choice of Two (2) Tropical Entrées:
Teriyaki Chicken $\mathbf{E w}$
Mahi Mahi with Pineapple Salsa Ew
Sweet Chili Pork
Miniature Pineapple Upside-Down Parfaits v
$120 \mathrm{Cal} / 4$ oz. serving $200 \mathrm{Cal} / 3.77$ oz. serving $120 \mathrm{Cal} / 1.5$ oz. serving $120 \mathrm{CaI} / 3$ oz. serving $40 \mathrm{Cal} / 2.75$ oz. serving
$270 \mathrm{Cal} / 7.86$ oz. serving $190 \mathrm{Cal} / 7.75$ oz. serving
$280 \mathrm{Cal} / 3 \mathrm{oz}$. serving 220 Cal each


## BUFFETS

## THEMED BUFFETS

All prices are per person and available for 12 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

## EASTERN INFLUENCES - CHILLED BUFFET \$22.89

Coriander Peanut Ramen Noodles
Szechuan Green Beans
Teriyaki Salmon on Sweet Chile Cucumber
Orange Glazed Chicken with Sesame Spinach ew
$200 \mathrm{Cal} / 3$ oz. serving $110 \mathrm{Cal} / 4$ oz. serving Gourmet Dessert Bars v

300-370 Cal/2.75-3.25 oz. serving

## PASTA TRIO BUFFET \$21.69

Caesar Salad
Garlic Breadsticks v
Manicotti Marinara
Chicken and Broccoli Ravioli Ew
Rigatoni and Meat Balls
Lemon Cheesecake Bars v
Add on Grilled Chicken Breast for an Additional Fee
$170 \mathrm{Cal} / 2.7$ oz. serving
110 Cal each
$130 \mathrm{Cal} / 3.25 \mathrm{oz}$. serving $320 \mathrm{Cal} / 8.75 \mathrm{oz}$. serving $290 \mathrm{Cal} / 7.5$ oz. serving $300 \mathrm{Cal} / 2.75 \mathrm{oz}$. serving $160 \mathrm{Cal} / 3$ oz. serving

## THEMED BUFFETS

All prices are per person and available for 12 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

## TASTY TEX MEX $\$ 21.89$

Tortilla Chips $\mathbf{v}$
Mexican Rice vg
Charro Beans vgew pf
Sauteed Peppers and Onions vg
Choice of One (1) Type of Fajitas: Beef Fajitas with Tortillas,
Shredded Cheddar and Sour Cream
Chicken Fajitas with Tortillas,
Shredded Cheddar and Sour Cream
Citrus Braised Pork with Tortillas,
Shredded Cheddar and Sour Cream
Vegan Chorizo with Tortillas and Vegan Cheese $\mathbf{v}$
Choice of Two (2) Salsas:
Pico De Gallo ve
Salsa Verde vg
Salsa Roja ve
Cinnamon Crisps v
$260 \mathrm{Cal} / 3$ oz. serving
$130 \mathrm{Cal} / 3 \mathrm{oz}$. serving
$80 \mathrm{Cal} / 3$ oz. serving $140 \mathrm{Cal} / 2$ oz. serving
$680 \mathrm{Cal} / 5$ oz. serving
$580 \mathrm{Cal} / 5 \mathrm{oz}$. serving
$580 \mathrm{Cal} / 3$ oz. serving $380 \mathrm{Cal} / 2$ oz. serving
$10 \mathrm{CaI} / 1 \mathrm{oz}$. serving
$5 \mathrm{Cal} / 1 \mathrm{oz}$. serving
$20 \mathrm{Cal} / 1 \mathrm{oz}$. serving 20 Cal each

## POWER LUNCH \$16.49

Grilled Flatbread $\mathbf{v}$
Seasonal Fresh Fruit Platter ve pF
Choice of Three (3) Salad Platters: Southwest Chicken with Greens, Corn, Black Beans and Vegetables tossed with a Hearty Grain Blend Ew
Chickpea Couscous with Shawarma Beef, Tomato and Cucumber Herb Salad and a touch of Spicy Harissa
Grilled Salmon with Bulgur Wheat, Lentils and Hummus in a Roasted Garlic Lemon Vinaigrette garnished with Carrot Sesame Hummus and Pea Mint Salad Ew

Chilled Lo Mein Noodles topped with
Grilled Chicken Breast and Veggies
in a Spicy Thai Lime Sriracha Dressing ew
Rice Noodles and Greens topped
with Nam Tok Pork, Stir-Fried
Vegetables, Chopped Peanuts and
a Spicy Sweet Chili Vinaigrette Ew
Vegan Aquafaba Chocolate Mousse vg
$450 \mathrm{Cal} / 14.5$ oz. serving
$500 \mathrm{Cal} / 16.5$ oz. serving
$530 \mathrm{Cal} / 11.15$ oz. serving
$520 \mathrm{Cal} / 11.88$ oz. serving
110 Cal each $35 \mathrm{Cal} / 2.25$ oz. serving
$310 \mathrm{Cal} / 6$ oz. serving
$230 \mathrm{CaI} / 2.75$ oz. serving

## ASIAN ACCENTS \$22.99

## Peanut Lime Ramen Noodles $\mathbf{v}$

$210 \mathrm{Cal} / 3 \mathrm{oz}$. serving
Egg Rolls
Choice of Two (2) Dipping Sauces:
Sweet Soy Sauce $\mathbf{v}$
Sweet and Sour Sauce vg
Chili Garlic Sauce vg
Choice of One (1) Rice: White Rice vg
Vegetable Fried Rice
Steamed Brown Rice vg ew
General Tso's Chicken
Teriyaki Salmon with Lemon Green Beans Ew
Fortune Cookies

180 Cal each
$50 \mathrm{Cal} / 1$ oz. serving $40 \mathrm{Cal} / 1 \mathrm{oz}$. serving $40 \mathrm{Cal} / 1 \mathrm{oz}$. serving
$130 \mathrm{Cal} / 3 \mathrm{oz}$. serving $130 \mathrm{Cal} / 3 \mathrm{oz}$. serving $210 \mathrm{Cal} / 5.5$ oz. serving $370 \mathrm{Cal} / 8$ oz. serving $140 \mathrm{Cal} / 3$ oz. serving 20 Cal each

[^2]
## BUFFETS

## CREATE YOUR OWN BUFFET

Customize Your Own Buffet: Select (1) Starter, (1) Entrée, (2) Sides and (1) Dessert. Served with Assorted Rolls and Butter and choice of Beverages. Pricing is based on entrée selection.

## BUFFET STARTERS

Classic Garden Salad with Balsamic Vinaigrette and Ranch vg Ew PF
$50 \mathrm{Cal} / 3.5$ oz. serving
Classic Caesar Salad
Baby Spinach Salad with Bacon, Egg, Mushroom and Tomato and Balasmic Vinaigrette Ew

Greek Salad with Crumbled Feta v
Italian Green Salad with Penne and Prosciutto
Seasonal Fresh Fruit Salad vg PF

## BUFFET ENTREES

Asiago Chicken in a Roasted Red Pepper Sauce \$22.49
$300 \mathrm{CaI} / 5$ oz. serving
Chicken Stuffed with Sun-Dried Tomato and Basil Goat Cheese \$23.29

Honey Mustard Pork Loin Ew \$23.79
Autumn Potato Crusted Salmon \$25.19
Beef Pot Roast with Dijon Shallot Sauce $\$ 27.39$
Asian Marinated Steak \$28.79
Late Harvest Veggie Cavatappi with Zucchini,
Spinach, Tomato and White Beans in a
Pepper-Garlic Sauce V Ew PF \$22.29

260 Cal/4.5 oz. serving
$270 \mathrm{Cal} / 4$ oz. serving
$200 \mathrm{Cal} / 4$ oz. serving
$340 \mathrm{CaI} / 5$ oz. serving
$190 \mathrm{Cal} / 3$ oz. serving

420 Cal/15.75 oz. serving

## BUFFET SIDES

Pan Roasted Vegetables $\mathbf{v}$ PF
Italian Seasoned Green Beans $\mathbf{v}$ Ew PF Garlic Roasted Broccoli vg Ew PF Maple Glazed Carrots vew pF

Buttermilk Mashed Potatoes $\mathbf{v}$
Oven-Roasted Fingerling Potatoes $\mathbf{v}$
Macaroni and Cheese $\mathbf{v}$

## BUFFET FINISHES

## Apple Pie v vg

$410 \mathrm{Cal} /$ slice
Cherry Cheesecake Tarts $\mathbf{v}$
New York-Style Cheesecake $440 \mathrm{Cal} /$ slice

Chocolate Cake $\mathbf{v}$
Aquafaba Chocolate Mousse vg
Assorted Craveworthy Cookies v
$45 \mathrm{Cal} / 3$ oz. serving
$40 \mathrm{Cal} / 3.25$ oz. serving
40 Cal/1.76 oz. serving
$110 \mathrm{Cal} / 2$ oz. serving
$120 \mathrm{Cal} / 3.75$ oz. serving
130 Cal/3.5 oz. serving
$250 \mathrm{Cal} / 4$ oz. serving
*All packages include necessary accompaniments and condiments.
2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.
In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

## RECEPTIONS

## HORS D'OEUVRES

Hors d'oeuvres are priced per dozen. As appropriate hors d'oeuvres are accompanied by delicious salsas, chutneys, remoulades and sauces. Contact your catering team to discuss your options.

## RECEPTION HORS D'OEUVRES (HOT)

Bacon Wrapped Scallops \$31.49
Franks in a Blanket \$23.29
Italian Meatballs \$25.49
Coconut Chicken \$28.99
Balsamic Fig \& Goat Cheese Flatbread \$28.99
Spicy Corn Fritters with Jalapeno Ranch Drizzle v \$31.99
Mac n' Cheese Melts v $\mathbf{\$ 2 3 . 2 9}$
Assorted Mini Quiche $\$ 25.99$
Vegetable Spring Rolls ve $\$ 33.99$

40 Cal each 40 Cal each 90 Cal each 40 Cal each 80 Cal each 45 Cal each 80 Cal each 70-100 Cal each 50 Cal each

RECEPTION HORS D'OEUVRES (COLD)
Tenderloin and Bacon Jam Crostini \$28.99
Italian Pinwheel Skewer \$32.99
Goat Cheese and Beet Skewer v \$32.99
Veggie Hummus Cup ve ew pF \$28.99
Traditional Tomato Bruschetta Crostini v \$21.49
Pimento Cheese \& Bacon Toast Points \$19.09

130 Cal each 90 Cal each 35 Cal each 170 Cal each 50 Cal each 110 Cal each

UNSUREOF HOW MANY ITEMS AND HOW MUCH TO ORDER FOR YOUR RECEPTION?
Contact your catering events specialist to discuss the proper amounts needed for a reception.



## RECEPTIONS

RECEPTION PLATTERS AND DIPS
All prices are per person and available for 12 guests or more.

## CLASSIC CHEESE TRAY \$4.29 PER PERSON

Classic Sliced Cheese Tray with Swiss, Cheddar
and Pepper Jack Cheeses served with Crackers,
Pita Chips and Crostini v

## FRESH GARDEN CRUDITÉS \$4.09 PER PERSON

Fresh Garden Crudités with Ranch Dill Dip v pF
$120 \mathrm{Cal} / 5 \mathrm{oz}$. serving
SEASONAL FRESH FRUIT PLATTER \$4.29 PER PERSON
Seasonal Fresh Fruit vg pr
35 Cal/2.5 oz. serving

## ASSORTED MINI SANDWICHES \$5.29 PER PERSON

An assortment of our most popular Mini Sandwiches

Ham and American Cheese Mini Sandwiches
280 Cal each Roast Beef and Cheddar Mini Sandwiches
Turkey and Swiss Mini Sandwiches
Mini Caprese Sandwiches v

## HOUSE-MADE SPINACH DIP \$4.09 PER PERSON

House-Made Spinach Dip served with Fresh Pita
Chips v
$230 \mathrm{CaI} / 2.25$ oz. serving
*All packages include necessary accompaniments and condiments.
2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.
In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

## CHEF-INSPIRED STATIONS

Chef-Inspired Stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 12 guests or more.

## MEZZE DELIGHT \$12.39

Pita Chips $\mathbf{v}$ Hummus ve pr Baba Ghanoush vg pf Tabbouleh Salad vgew Marinated Olives vg pF Seasonal Vegetables vg Ew PF Falafel vg
$130 \mathrm{Cal} / 2$ oz. serving
$320 \mathrm{Cal} / 2 \mathrm{oz}$. serving $90 \mathrm{Cal} / 4$ oz. serving $140 \mathrm{Cal} / 3.25$ oz. serving
$150 \mathrm{Cal} / 2.75$ oz. serving
$70 \mathrm{Cal} / 3$ oz. serving 35 Cal each

## DIM SUM \$13.49

## Egg Rolls

180 Cal each
Pot Stickers
Choice of Two (2) Dipping Sauces:
Sweet Soy Sauce v
Sweet and Sour Sauce vg
Chili Garlic Sauce vg
Sweet and Spicy Boneless Chicken Wings
with Celery Sticks
Gourmet Dessert Bars v
$40 \mathrm{Cal} / 1$ oz. serving $30 \mathrm{Cal} / 1$ oz. serving
$40 \mathrm{Cal} / 1 \mathrm{oz}$. serving
590 Cal/7.5 oz. serving 300-370 Cal/2.75-3.25 oz. serving

## SOFT PRETZEL BAR \$6.29

Hot Pretzels vg
180 Cal each
Choice of Three (3) Dipping Sauces:

Honey Mustard Sauce v
Spicy Mustard Sauce vg
Yellow Mustard Sauce ve
Nacho Cheese Sauce
Vegan Cheddar Cheese Sauce vg
Cajun Cheese Sauce v
Buffalo Blue Sauce v
Chocolate Sauce vg
Caramel Sauce v
$120 \mathrm{Cal} / 1 \mathrm{oz}$. serving $30 \mathrm{Cal} / 1$ oz. serving $20 \mathrm{Cal} / 1 \mathrm{oz}$. serving $40 \mathrm{Cal} / 1$ oz. serving $60 \mathrm{Cal} / 1$ oz. serving $70 \mathrm{Cal} / 1 \mathrm{oz}$. serving $30 \mathrm{Cal} / 1$ oz. serving $60 \mathrm{Cal} / 1$ oz. serving $80 \mathrm{Cal} / 1 \mathrm{oz}$. serving

## BREAKS

All prices are per person and available for 12 guests or more

| ENERGY BREAK \$5.39 |  |
| :---: | :---: |
| Granola Bars v | 130-250 Cal each |
| Fruit Filled Bar v | 130-250 Cal each |
| Breakfast Bar v | 130-250 Cal each |
| THE HEALTHY ALTERNATIVE \$7.49 |  |
| Apple vgew pr | 60 Cal each |
| Orange vgew pr | 45 Cal each |
| Banana vesw pr | 100 Cal each |
| Pear vg | 90 Cal each |
| Yogurt Cup v | 80-150 Cal each |
| Trail Mix v | 290 Cal each |
| Granola Bars v | 130-250 Cal each |

## SNACK ATTACK \$7.49

Assorted Chips v 100-160 Cal each

Roasted Peanuts $\mathbf{v}$ $180 \mathrm{Cal} / 1 \mathrm{oz}$. serving
Trail Mix v
290 Cal each
Assorted Craveworthy Cookies v Bakery-Fresh Brownies v $250 \mathrm{Cal} / 2.25$ oz. serving

## BREADS AND SPREADS $\$ 6.59$

| Tortilla Chips v | $260 \mathrm{Cal} / 3 \mathrm{oz}$. serving |
| :---: | :---: |
| Pita Chips v | $130 \mathrm{Cal} / 2 \mathrm{oz}$. serving |
| Crostini ve Ew | 40 Cal each |
| Choice of Four (4) Spreads: |  |
| Korean Roja Guacamole vg PF | $90 \mathrm{Cal} / 2$ oz. serving |
| Ginger Verde Guacamole ve PF | $80 \mathrm{Cal} / 2$ oz. serving |
| Chilled Spinach Dip v | $200 \mathrm{Cal} / 2$ oz. serving |
| Feta and Roasted Garlic Dip v | $260 \mathrm{Cal} / 2$ oz. serving |
| Traditional Hummus ve pF | $320 \mathrm{Cal} / 4$ oz. serving |
| Artichoke and Olive Dip v | $140 \mathrm{Cal} / 2 \mathrm{oz}$. serving |
| Seasonal Fresh Fruit Platter vg PF | $35 \mathrm{Cal} / 2.5$ oz. serving |

$260 \mathrm{Cal} / 3$ oz. serving
$130 \mathrm{Cal} / 2 \mathrm{oz}$. serving
$90 \mathrm{Cal} / 2$ oz. serving
$80 \mathrm{Cal} / 2$ oz. serving
Cal/2 oz. serving $320 \mathrm{Cal} / 4 \mathrm{oz}$. serving $140 \mathrm{Cal} / 2$ oz. serving $35 \mathrm{Cal} / 2.5$ oz. serving

## BEVERAGES \& DESSERTS



18 UNIVERSITY AVENUE CATERING

BEVERAGES
Includes appropriate accompaniments
Starbucks Regular/Decaffeinated Coffee and Hot
Water with Assorted Teavana Bags
\$2.09 Per Person
O Cal/8 oz. serving
Bottled Water \$2.49 Each
o Cal each
Assorted Sodas (Can) \$1.89 Each
0-150 Cal each
Assorted Individual Fruit Juices $\$ 2.49$ Each
Iced Tea \$17.99 Per Gallon

Lemonade \$17.99 Per Gallon
Infused Water \$1.99 Per Gallon
Choice of One (1) Fruit Infused Water:
Lemon Infused Water
Orange Infused Water
Apple Infused Water
Cucumber Infused Water
Grapefruit Infused Water
Peach Mint Infused Lemonade $\$ 19.99$ Per Gallon
Strawberry Basil Infused Lemonade \$19.99 Per Gallon
$100 \mathrm{Cal} / 8$ oz. serving
Peach Iced Tea \$19.99 Per Gallon
$80 \mathrm{Cal} / 8$ oz. serving

## DESSERTS

v Assorted Craveworthy Cookies
\$16.89 Per Dozen
210-260 Cal each
v Gourmet Dessert Bars
\$24.99 Per Dozen
300-360 Cal/2.75-3.25 oz. serving
Custom Artisan Cupcakes \$24.99 Per Dozen
Chocolate Cupcake with Fudge Icing vg
Vanilla Cupcake v
Bananas Foster Cupcake $\mathbf{v}$
Devil's Food Cupcake v
480 Cal each
180 Cal each

Covered Strawberries
\$28.99 Per Dozen
40 Cal each
v New York Cheesecake (Each)
\$32.39 Serves 8
$440 \mathrm{Cal} /$ slice

## ORDERING INFORMATION

## Lead Time

Notice of 72 hours is appreciated; however, we will do our best to accommodate all late orders that are received. We appreciate the importance of your function and will do whatever it takes to exceed your expectations.

## Extras

If rental equipment, linens, or service staff are needed, we can take care of it for you with necessary charges. We are delighted to assist you with all of your event needs from rental equipment, linens, florals to service staff and everything in between. - Additional fees may apply

## Calorie \& Nutrition

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

## Allergen

Please notify catering staff if you have any food allergies or ingredients questions. We rely on our vendors' allergy warnings and ingredient listings. Because ingredient substitutions, recipe revision as well as cross-contact with allergens are possible we cannot guarantee any food item will be completely free of allergens.


## Contact Us Today

570.372.4632
longkj@susqu.edu
www.susquehannacatering.catertrax.com

Prices effective until 07/01/2024
Prices may be subject to change
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[^0]:    Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request Nominal Fee May Apply

[^1]:    Additional premium box lunch options available upon request! Please contact your catering professional.

[^2]:    *All packages include necessary accompaniments and condiments.
    2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

    In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

