

## WHAT'S INSIDE

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VG VEGAN
v VEGETARIAN

EW EAT WELL
PF PLANT FORWARD


## ALL-DAY PACKAGES

## ALL DAY DELICIOUS \$48.99

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 |
| Iced Water | $0 \mathrm{Cal} / 8$ oz. serving |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving |

Gourmet Coffee, Decaf and Hot Tea
o Cal/8 oz. serving

## AM PERK UP

## Granola Bars v

130-250 Cal each
Assorted Yogurt Cups
80-150 Cal each
Iced Tea
Cal/8 oz. serving
Iced Water
$0 \mathrm{Cal} / 8$ oz. serving
Gourmet Coffee, Decaf and Hot Tea
o Cal/8 oz. serving

## POWER UP LUNCH

Tomato and Cucumber Couscous Salad vg
Orange Fennel Spinach Salad vew
$120 \mathrm{Cal} / 3.75$ oz. serving Bakery-Fresh Rolls with Butter v $210 \mathrm{Cal} / 3.2$ oz. serving 160 Cal each
Green Beans Gremolata vs 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
$210 \mathrm{Cal} / 5.75 \mathrm{oz}$. serving
$360 \mathrm{Cal} /$ slice
0 Cal/8 oz. serving
o Cal/8 oz. serving

## PM PICK ME UP

Chilled Spinach Dip with Tortilla Chips v
$230 \mathrm{Cal} / 2.25$ oz. serving
$70 \mathrm{Cal} / 3 \mathrm{oz}$. serving
Grilled Vegetable Tray vg ew pf
Bakery-Fresh Brownies v
Iced Water $250 \mathrm{Cal} / 2.25$ oz. serving

Gourmet Coffee, Decaf and Hot Tea
$0 \mathrm{Cal} / 8$ oz. serving

## MEETING WRAP UP \$40.99

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
100-110 Cal each 400-450 Cal each o Cal/8 oz. serving
Yogurt Parfait Cups v o Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea

## THE ENERGIZER

## Donut Holes v

45-90 Cal each

## Ripe Bananas vg Ew pF

Iced Tea
100 Cal each
Iced Water
$0 \mathrm{Cal} / 8 \mathrm{oz}$. serving

Gourmet Coffee, Decaf and Hot Tea
$0 \mathrm{Cal} / 8 \mathrm{oz}$. serving

## 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 pF
620 Cal each
Seasonal Fresh Fruit Salad ve PF $35 \mathrm{Cal} / 2.5$ oz. serving
Choice of One (1) Salad:
Classic Garden Salad with Fresh
Seasonal Vegetables and Balsamic
Vinaigrette and Ranch vg 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 Cal/1 oz. serving

Salsa Verde vg $5 \mathrm{Cal} / 1$ oz. serving
Pico De Gallo ve
$5 \mathrm{Cal} / 1 \mathrm{oz}$. serving
45-100 Cal each
210-260 Cal each
o Cal/8 oz. serving
$0 \mathrm{Cal} / 8 \mathrm{oz}$. serving

## ALL-DAY PACKAGES

## SIMPLE PLEASURES \$32.99

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
Orange Juice
Iced Water
Gourmet Coffee, Decaf and Hot Tea

240-500 Cal each 290-450 Cal each $120 \mathrm{Cal} / 8 \mathrm{oz}$. serving o Cal/8 oz. serving o 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
Ham and Swiss Sub
Turkey and Swiss Sandwich
Roasted Pepper and Mozzarella Ciabatta $\mathbf{v}$ Ew pF Individual Bag of Chips $\mathbf{v}$
Assorted Craveworthy Cookies v
Iced Water
520 Cal each 400 Cal each 520 Cal each 500 Cal each 100-160 Cal each 210-260 Cal each 0 Cal/8 oz. serving

## MID-DAY MUNCHIES

Tortilla Chips $\mathbf{v}$
$260 \mathrm{Cal} / 3$ oz. serving
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 Iced Water
Gourmet Coffee, Decaf and Hot Tea
$20 \mathrm{Cal} / 1$ 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/8 oz. serving 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 your 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.

## QUICK START \$11.99

Choice of Three (3) Breakfast Pastries:
Assorted Danish v
Assorted Muffins v
Assorted Scones v
Ass 380-550 Cal each 400-440 Cal each 290-450 Cal each

370 Cal each
Croissants v
Seasonal Fresh Fruit Platter ve PF $35 \mathrm{Cal} / 2.5$ oz. serving Assorted Juice
Iced Water $0-170 \mathrm{Cal} / 8$ oz. serving

Gourmet Coffee, Decaf and Hot Tea

## EUROPEAN CONTINENTAL \$16.49

European Breakfast Charcuterie: Platter
of Gruyere, Blue Cheese, Genoa Salami,
Prosciutto, Orange Marmalade, Fig Cranberry
Jam, Whole Grain Mustard, Hard-Boiled Egg,

Red Grapes and Crostini
$400 \mathrm{Cal} / 4.5 \mathrm{oz}$. serving
Croissants with Butter and Jam v Seasonal Fresh Fruit Platter vg PF Assorted Juice
Iced Water
Gourmet Coffee, Decaf and Hot Tea
370 Cal each $35 \mathrm{Cal} / 2.5$ oz. serving 110-170 Cal/8 oz. serving $0 \mathrm{Cal} / 8$ oz. serving O Cal/8 oz. serving

## HEALTHY CHOICE BREAKFAST \$11.79

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
Iced Water
Gourmet Coffee, Decaf and Hot Tea

## À LA CARTE BREAKFAST

Assorted Muffins Served with Butter and Jam v \$3.09 Per Person

380-550 Cal each
Assorted Danish v \$20.89 Per Dozen

Assorted Yogurt Cups \$3.09 Each
50-150 Cal each

Whole Fruit vg Ew PF \$1.29 Each
45-100 Cal each

## HOT BREAKFAST

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

## AMERICAN BREAKFAST \$15.99

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

## FRENCH TOAST BUFFET \$13.99

Breakfast Potatoes v
Crisp Bacon
Breakfast Sausage
Orange Cinnamon French Toast $\mathbf{v}$
Maple Syrup vg
Iced Water
Gourmet 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/8 oz. serving O Cal/8 oz. serving

120-140 Cal/3 oz. serving 60 Cal each 120-180 Cal each 100 Cal each
$70 \mathrm{Cal} / 1$ oz. serving
o Cal/8 oz. serving
o Cal/8 oz. serving

## SOUTHERN SUNRISE \$15.50

| Seasonal Fresh Fruit Platter vG PF | $35 \mathrm{Cal} / 2.5 \mathrm{oz}$. serving |
| :--- | ---: |
| Cage-Free Scrambled Eggs v | $180 \mathrm{Cal} / 4 \mathrm{oz}$. serving |
| Shredded Cheddar Cheese v | $110 \mathrm{Cal} / 1 \mathrm{oz}$. serving |
| Choice of One (1) Breakfast Meat: |  |
| Country Ham | 60 Cal each |
| Crisp Bacon | 60 Cal each |
| Choice of One (1) Southern-Style Breakfast Entrée: |  |
| Biscuits and Gravy | $570 \mathrm{Cal} / 7 \mathrm{oz}$. serving |
| Spicy Chicken 'n Waffle | $950 \mathrm{Cal} / 10.5 \mathrm{oz}$. serving |
| Iced Water | $0 \mathrm{Cal} / 8 \mathrm{oz}$. serving |
| Gourmet Coffee, Decaf and Hot Tea | $0 \mathrm{Cal} / 8 \mathrm{oz}$. serving |

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request Nominal Fee May Apply

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## BREAKFAST

## BREAKFAST ENHANCEMENTS

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

## GRITS BAR \$8.89 PER PERSON

Traditional Grits served with Bacon
Cheddar Cheese, Scallions, Butter,
Cinnamon Sugar and Raisins
$410 \mathrm{Cal} / 9.25$ oz. serving

## TRADITIONAL SANDWICHES \$6.89 PER PERSON

Choice of Two (2) Sunrise Breakfast Sandwiches:

Egg and Cheese English Muffin v
Egg and Cheese Croissant
Sausage, Egg and Cheese Biscuit
Ham, Egg and Cheese Biscuit
Bacon, Egg and Cheese Bagel
Spicy Bacon, Egg, Potato and Cheese Burrito
Spicy Veggie Sausage Biscuit with Maple Sriracha Syrup v pF
Spicy Southern Chicken Biscuit with Maple Sriracha Syrup
Everything Salmon Biscuit with Smoked Salmon, Cream
Cheese, Cucumber and Hard-Boiled Egg on a Everything-
Spiced Bagel
370 Cal each
Bacon, Lettuce, Tomato, Avocado and Egg Bagel

## BISCUITS IN SAUSAGE GRAVY $\$ 3.89$ PER PERSON

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request Nominal Fee May Apply
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## SANDWICHES \& SALADS

## CLASSIC COLLECTIONS

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

## DELI EXPRESS \$16.99

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

## PREMIUM BOX LUNCHES

Spicy Salmon and Arugula Wrap \$17.69
Grilled Salmon, Jalapeno Coleslaw, Arugula, Tomato and Remoulade in a Lavash Wrap
Sweet Chili Cucumber Salad vg Ew pF
Individual Bag of Chips $\mathbf{v}$
Bakery-Fresh Brownie v Bottled 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

740 Cal each
$20 \mathrm{Cal} / 3 \mathrm{oz}$. serving 100-160 Cal each $250 \mathrm{Cal} / 2.25$ oz. serving O Cal each

## Harvest Chicken Salad \$18.59

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 $\mathbf{v}$
Fresh Fruit Cup vg pF
Lemon Cheesecake Bar v
Bottled Water

## Orange Chicken Spinach Salad \$18.59

Grilled Orange-Thyme-Glazed Chicken with a
Sesame-Ginger Spinach Salad Ew
$460 \mathrm{Cal} / 11 \mathrm{oz}$. serving
Bakery-Fresh Roll with Butter v
Fresh Fruit Cup vg pF
Lemon Cheesecake Bar $\mathbf{v}$
Bottled Water
$35 \mathrm{Cal} / 2.5$ Cal each $300 \mathrm{Cal} / 2.75 \mathrm{oz}$. serving

O Cal each

## CLASSIC BOX LUNCH \$14.59

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 \$17.99

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 vg | 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 | $0 \mathrm{Cal} / 8 \mathrm{oz}$. serving |
| Iced Water | $0 \mathrm{Cal} / 8 \mathrm{oz}$. serving |

## CLASSIC SANDWICH OPTIONS

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

Honey Mustard Ham and Swiss Cheese with Lettuce and Pickles on a Sub Roll

400 Cal each
Roast Beef with Tarragon Horseradish Spread on Wheatberry Bread

450 Cal each
Deli Sliced Turkey and Swiss on Hearty Wheat Bread 520 Cal each
Chicken Caesar Wrap
630 Cal each
Veggie and Hummus Lavash; Hummus, Arugula,
Plum Tomatoes, Cucumbers, Bell Pepper, Feta and
Mint $\mathbf{v}$ pF
130 Cal each

[^1]
## SANDWICHES \& SALADS

## CLASSIC COLLECTIONS

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

## THE EXECUTIVE LUNCHEON \$20.49

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

30-240 Cal each
o Cal/1 oz. serving 100-160 Cal each

310-790 Cal each 210-260 Cal each
$90 \mathrm{Cal} / 8$ oz. serving
$0 \mathrm{Cal} / 8$ oz. serving
o Cal/8 oz. serving

## EXECUTIVE LUNCHEON SANDWICHES

(Available Sandwich choices for The Executive Luncheon Buffet)

| Ham and Swiss Ciabatta with a Red Onion Apricot <br> Relish | 520 Cal each |
| :--- | :--- |
| Vietnamese Pork Baguette with Cucumber, Pickled |  |
| Daikon and Carrot, Cilantro, Jalapeno and Mayo |  |$\quad 790$ 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 vg Ew PF | 50 Cal/3.5 oz. serving |
| Roasted Sweet Potato Salad with Green Chiles, |  |
| Scallions, Celery, Red Peppers and Fresh Cilantro |  |
| tossed in Spicy Caribbean Jerk Seasoning vg Ew |  |
| Red-Skinned Potato Salad with Egg, Celery and |  |
| Spanish Onion in a Seasoned Mayonnaise Dressing |  |
| v Cal/4 oz. serving |  |
| Chilled Dill Cucumber Salad with Onions Tossed in |  |
| Italian Dressing vg Ew PF | $240 \mathrm{Cal} / 4 \mathrm{oz}$. serving |
| Fresh Fruit Salad vg PF | $60 \mathrm{Cal} / 3.75 \mathrm{oz}$. serving |

Apple Walnut Salad tossed in a Cinnamon-Spiced Honey Yogurt Dressing v pF

Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives v
$80 \mathrm{Cal} / 3$ oz. serving
Grilled Vegetable Pasta Salad with a Balsamic Dressing vg
$120 \mathrm{Cal} / 3$ oz. serving
$110 \mathrm{Cal} / 3.5$ oz. serving
$120 \mathrm{Cal} / 4$ oz. serving

[^2]
## 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.

## LAZY SUMMER BBQ \$24.99

Old-Fashioned Coleslaw vew
Cornbread Fiesta Muffins v
Baked Beans
Macaroni and Cheese v
BBQ Chicken
Sliced Brisket
Assorted Craveworthy Cookies v
Gourmet Dessert Bars v
$150 \mathrm{Cal} / 3$ oz. serving 120 Cal each $160 \mathrm{Cal} / 4.75$ oz. serving $250 \mathrm{Cal} / 4$ oz. serving $380 \mathrm{Cal} / 6$ oz. serving $340 \mathrm{Cal} / 5 \mathrm{oz}$. serving

210-260 Cal each 300-360 Cal/2.75-3.25 oz. serving

## TASTY TEX MEX \$23.79

Tortilla Chips $\mathbf{v}$
Mexican Rice ve
Charro Beans vg ew 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 vg
Salsa Verde vg
Salsa Roja vg
Cinnamon Crisps v
$260 \mathrm{Cal} / 3$ oz. serving $130 \mathrm{Cal} / 3$ oz. serving $80 \mathrm{Cal} / 3$ oz. serving $140 \mathrm{Cal} / 2$ oz. serving
$680 \mathrm{Cal} / 5 \mathrm{oz}$. serving
$580 \mathrm{Cal} / 5 \mathrm{oz}$. serving
$580 \mathrm{Cal} / 3$ oz. serving $380 \mathrm{Cal} / 2$ oz. serving
$10 \mathrm{Cal} / 1$ oz. serving
$5 \mathrm{Cal} / 1$ oz. serving
$20 \mathrm{Cal} / 1 \mathrm{oz}$. serving
20 Cal each

## ASIAN ACCENTS \$26.29

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

$210 \mathrm{Cal} / 3$ oz. serving
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 vgew
General Tso's Chicken
Teriyaki Salmon with Lemon Green Beans Ew
Fortune Cookies

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

## NOODLE BAR BASICS \$24.99

Mesclun Salad with Fresh Orange, Kalamata Olives and Red Onion with a Balsamic Vinaigrette vg pF
$70 \mathrm{Cal} / 2.25 \mathrm{oz}$. serving
Garlic Breadsticks v
Choice of One (1) Pasta:
Cavatappi Noodles vg
Fettuccine Noodles ve
Choice of Two (2) Vegetables:
Broccoli vg pf
Onions ve
Tomatoes vg
Zucchini vg
Choice of Two (2) Proteins:
Grilled Chicken Ew
Italian Sausage
Shrimp
Tofu vg
Choice of Two (2) Sauces:
Marinara Sauce vg
Pesto Sauce
Alfredo Sauce v
Hearty Meat Sauce
Assorted Craveworthy Cookies v
Bakery-Fresh Brownies v
$180 \mathrm{Cal} / 4$ oz. serving $240 \mathrm{Cal} / 5.5 \mathrm{oz}$. serving
$10 \mathrm{Cal} / 1$ oz. serving
$10 \mathrm{Cal} / 0.5$ oz. serving
$10 \mathrm{Cal} / 1$ oz. serving
$10 \mathrm{Cal} / 1 \mathrm{oz}$. serving
$160 \mathrm{Cal} / 3 \mathrm{oz}$. serving
$250 \mathrm{Cal} / 2$ oz. serving
$60 \mathrm{Cal} / 2$ oz. serving
$80 \mathrm{Cal} / 2$ oz. serving
$200 \mathrm{Cal} / 4$ oz. serving
$140 \mathrm{Cal} / 4 \mathrm{oz}$. serving
$240 \mathrm{Cal} / 4$ oz. serving
$140 \mathrm{Cal} / 4$ oz. serving
210-260 Cal each
$250 \mathrm{Cal} / 2.25 \mathrm{oz}$. serving

## HEARTLAND BUFFET \$24.59

Baby Spinach Salad with Bacon, Egg, Mushroom and Tomato and Balasmic Vinaigrette
$180 \mathrm{Cal} / 3.75$ oz. serving
Bakery-Fresh Rolls with Butter v Roasted New Potatoes vg
Fresh Herbed Vegetables vg ew pf Grilled Lemon Rosemary Chicken ew Oreo Blondies v

160 Cal each $110 \mathrm{Cal} / 2.75$ oz. serving $100 \mathrm{Cal} / 3.5 \mathrm{oz}$. serving
$130 \mathrm{Cal} / 3 \mathrm{oz}$. serving 270 Cal/1.75 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.

## A TASTE OF ITALY - CHILLED BUFFET \$22.69

Caesar Salad
Italian White Bean Salad vg Ew pF
Garlic Breadsticks v
Seasonal Vegetables vg Ew pF
Three Pepper Pesto Cavatappi v Ew
Grilled Rosemary Chicken Ew
Grilled Fennel Tuna Ew
Assorted Italian Ices

## BAKED POTATO BAR \$20.89

Classic Garden Salad with Fresh Seasonal Vegetables and Balsamic Vinaigrette and Ranch vg Ew PF
$50 \mathrm{Cal} / 3.5 \mathrm{oz}$. serving
Top your own Baked Potato with Chicken Mushroom Alfredo, Chili Con Carne, Steamed Broccoli, Crumbled Bacon, Shredded Cheddar Cheese, Scallions and Sour Cream
$660 \mathrm{Cal} / 12$ oz. serving
Choice of One (1) Dessert:
Apple Cobbler $\mathbf{v}$
Apple Pie vg
Add on Cheddar Cheese Sauce $\mathbf{v}$

170 Cal/2.7 oz. serving
$90 \mathrm{Cal} / 3.33$ oz. serving
110 Cal each
$70 \mathrm{Cal} / 3$ oz. serving
$280 \mathrm{Cal} / 7.5$ oz. serving $130 \mathrm{Cal} / 3$ oz. serving $150 \mathrm{Cal} / 3$ oz. serving 70-80 Cal each

## BASIC ITALIAN BUFFET \$19.29

Classic Garden Salad with Fresh Seasonal Vegetables and Balsamic Vinaigrette and Ranch vg ew pr
$50 \mathrm{Cal} / 3.5$ oz. serving

Garlic Breadsticks v
Home-Style Lasagna with Parmesan Cheese
Choice of One (1) Vegetarian Lasagna:
Cauliflower Lasagna v PF
Vegetable Alfredo Lasagna $\mathbf{v}$
Chocolate Dipped Biscotti v
$340 \mathrm{Cal} / 7.25$ oz. serving
$410 \mathrm{Cal} / 8.375$ oz. serving
$470 \mathrm{Cal} / 11 \mathrm{oz}$. serving 190 Cal each
*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.

## 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 $\mathbf{E w}$

Greek Salad with Crumbled Feta $\mathbf{v}$
Antipasto Platter with Crostini
Seasonal Fresh Fruit Salad vg PF

## BUFFET ENTREES

Fried Chicken with Buttermilk Hot Sauce $\$ 22.69$ Grilled Lemon Rosemary Chicken Ew \$22.69

Oven-Roasted Seasoned Pork in a Brown
Sugar-Pecan Sauce Ew \$22.69
Autumn Potato Crusted Salmon \$23.99
Grilled Montreal Cod Ew \$25.49
Fireside Herbed Steak Marinated in Dijon Mustard, Thyme and Cider Vinegar \$28.29

Squash, Tomato and "Cheese" Casserole vg Ew PF \$19.29
$470 \mathrm{Cal} / 5.6$ oz. serving $130 \mathrm{Cal} / 3$ oz. serving
$460 \mathrm{Cal} / 5$ oz. serving
200 Cal/4 oz. serving
$80 \mathrm{Cal} / 3$ oz. serving
$200 \mathrm{Cal} / 3$ oz. serving
$90 \mathrm{Cal} / 4.25 \mathrm{oz}$. serving

## BUFFET SIDES

Pan Roasted Vegetables V pF
Italian Seasoned Green Beans v Ew PF Maple Glazed Carrots v Ew PF

Creamy Garlic Mashed Potatoes v Roasted New Potatoes vg

Savory Herbed Rice v vg
Macaroni and Cheese v
$45 \mathrm{Cal} / 3$ oz. serving
$40 \mathrm{Cal} / 3.25$ oz. serving
$110 \mathrm{Cal} / 2$ oz. serving
$120 \mathrm{Cal} / 3.75$ oz. serving
$110 \mathrm{Cal} / 2.75$ oz. serving
150 Cal/3.5 oz. serving
$250 \mathrm{Cal} / 4$ oz. serving

## BUFFET FINISHES

Bread Pudding with Caramel Apple Sauce
New York-Style Cheesecake
Mini Chocolate and Caramel Cheesecakes $\mathbf{v}$
Dulce De Leche Brownie $\mathbf{v}$
Chocolate Cake v
Assorted Craveworthy Cookies v

360 Cal/6.75 oz. serving
440 Cal/slice
$80 \mathrm{Cal} / 3.75$ oz. serving
$230 \mathrm{Cal} / 2.25$ oz. serving
$340 \mathrm{Cal} /$ slice
210-260 Cal each

[^3]
## 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 \$36.69
Beef Satay \$29.49
Thai Brand Chicken Satay \$28.99
Crab Cakes \$36.69
Mac n' Cheese Melts v \$25.59
Spankopita Mushrooms \$36.09
Parmesan Artichoke Hearts v \$36.09
Vegetable Empanadas v \$36.09
Vegetable Spring Rolls vg \$45.99

40 Cal each
35 Cal each
40 Cal each
35 Cal each
80 Cal each
30 Cal each
50 Cal each
70 Cal each
50 Cal each

RECEPTION HORS D'OEUVRES (COLD)

Tenderloin and Bacon Jam Crostini \$21.79
Tuna Poke Crisp Ew $\$ 21.79$
Mediterranean Antipasto Skewers v \$35.99
Veggie Hummus Cup vg Ew PF $\$ 29.49$
Traditional Tomato Bruschetta Crostini v \$18.99
Pimento Cheese \& Bacon Toast Points \$18.99

130 Cal each 80 Cal each 60 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 \$5.89 PER PERSON

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

# SEASONAL FRESH FRUIT PLATTER \$4.49 PER PERSON 

Seasonal Fresh Fruit vg pr
$35 \mathrm{Cal} / 2.5 \mathrm{oz}$. serving

## ASSORTED MINI SANDWICHES \$7.99 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 $\mathbf{v}$

## CHEF'S CHOICE CHARCUTERIE BOARD MARKET PRICE PER PERSON

Charcuterie Board
*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

## 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.

## HAPPY HOUR \$18.69

Chilled Spinach Dip served with Pita Chips $\mathbf{v}$
$230 \mathrm{Cal} / 2.25$ oz. serving Mini Cheesesteaks

Buffalo Chicken Tenders served with Blue Cheese Dip

Pretzels Bites with Beer Cheese $\mathbf{v}$ Assorted Craveworthy Cookies $\mathbf{v}$ Gourmet Dessert Bars v

TRADITIONAL CARVING - ROASTED TURKEY \$13.99

Carved Roasted Turkey Ew
Bakery-Fresh Dinner Rolls with Butter v Sun-Dried Tomato Aioli v Cranberry-Mandarin Relish va
Mesquite Mayonnaise $\mathbf{v}$
$170 \mathrm{Cal} / 3$ oz. serving 160 Cal each
$210 \mathrm{Cal} / 1$ oz. serving
$60 \mathrm{Cal} / 1 \mathrm{oz}$. serving
$210 \mathrm{Cal} / 1 \mathrm{oz}$. serving

## GROWN UP MAC AND CHEESE \$15.79

Chipotle Macaroni and Cheese $\mathbf{v}$
$480 \mathrm{Cal} / 8$ oz. serving
Choice of Three (3) Proteins:
Grilled Chicken Breast
$160 \mathrm{Cal} / 3 \mathrm{oz}$. serving
Sautéed Shrimp
Pulled Pork
Diced Ham
Roasted Mushrooms vg ew pF
Peas vgew pf
Broccoli Bits vg Ew pF
Scallions vg
$90 \mathrm{Cal} / 3$ oz. serving $290 \mathrm{Cal} / 3$ oz. serving $80 \mathrm{Cal} / 2$ oz. serving $90 \mathrm{Cal} / 3$ oz. serving $70 \mathrm{Cal} / 3 \mathrm{oz}$. serving $40 \mathrm{Cal} / 1.76$ oz. serving o Cal/0.25 oz. serving

## BREAKS

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

| THE HEALTHY ALTERNATIVE \$9.79 |  |
| :---: | :---: |
| Apple ve ew pr | 60 Cal each |
| Orange veww pr | 45 Cal each |
| Banana ve ew 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 |
| WHAT'S POPPIN' \$3.89 |  |
| Choice of Three (3) Popcorn Varieties: |  |
| Classic Popcorn vgew pr | $110 \mathrm{Cal} / 1.25$ oz. serving |
| Parmesan Garlic Popcorn vew | $110 \mathrm{Cal} / 1.25$ oz. serving |
| Ranch Popcorn v | $110 \mathrm{Cal} / 1.25$ oz. serving |
| BBQ Popcorn ve | $110 \mathrm{Cal} / 1.25$ oz. serving |
| Southwest Popcorn ve | $120 \mathrm{Cal} / 1.25 \mathrm{oz}$. serving |
| SNACK ATTACK \$8.49 |  |
| 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 | 210-260 Cal each |
| Bakery-Fresh Brownies v | $250 \mathrm{Cal} / 2.25$ oz. serving |
| ORCHARD TREATS \$10.89 |  |
| Apple Wedges vgew Pr | 60 Cal each |
| Caramel Sauce v | $100 \mathrm{Cal} / 1 \mathrm{oz}$. serving |
| Cinnamon Sugar Donuts $\mathbf{v}$ | 240 Cal each |
| Maple Walnut Blondies v | $300 \mathrm{Cal} / 2.38$ oz. serving |
| Sliced Cheese served with Baguettes v | 710 Cal/4.75 oz. serving |

## BEVERAGES \& DESSERTS

## BEVERAGES

Includes appropriate accompaniments
Regular/Decaffeinated Coffee and Hot Water with Assorted Tea Bags \$2.99 Per Person

O Cal/8 oz. serving

Bottled Water \$2.49 Each
O Cal each

Assorted Sodas (Canned) \$2.19 Each
O-150 Cal each
Assorted Individual Fruit Juices \$2.49 Each
110-170 Cal each

Hot Apple Cider \$24.99 Per Gallon
$60 \mathrm{Cal} / 8 \mathrm{oz}$. serving

Hot Chocolate \$24.99 Per Gallon

Iced Tea \$18.49 Per Gallon

Lemonade \$18.49 Per Gallon
Fruit Punch \$22.09 Per Gallon
$60 \mathrm{Cal} / 8 \mathrm{oz}$. serving

O Cal/8 oz. serving
$90 \mathrm{Cal} / 8 \mathrm{oz}$. serving

Infused Water \$11.09 Per Gallon
Choice of One (1) Fruit Infused Water
Lemon Infused Water
Orange Infused Water
Apple Infused Water
Cucumber Infused Water
Grapefruit Infused Water
$5 \mathrm{Cal} / 8 \mathrm{oz}$. serving

O Cal/8 oz. serving
$10 \mathrm{Cal} / 8 \mathrm{oz}$. serving
$20 \mathrm{Cal} / 8 \mathrm{oz}$. serving
$10 \mathrm{Cal} / 8 \mathrm{oz}$. serving
$10 \mathrm{Cal} / 8 \mathrm{oz}$. serving

## DESSERTS

v Assorted Blondies \$3.09 Per Person
240-300/1.875-2.38 oz. serving
v Assorted Craveworthy Cookies
\$2.09 Per Person
210-260 Cal each
v Bakery-fresh Brownies
\$3.09 Per Person
$250 \mathrm{Cal} / 2.25$ oz. serving
v Gourmet Dessert Bars
\$3.09 Per Person
300-360 Cal/2.75-3.25 oz. serving
Custom Artisan Cupcakes \$26.59 Per Dozen
Chocolate Cupcake with Fudge Icing vs
Vanilla Cupcake v
Bananas Foster Cupcake v
Devil's Food Cupcake v
480 Cal each
380 Cal each
180 Cal each
380 Cal each

## ORDERING INFORMATION

## Lead Time

Notice of 4 business days 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.

VG VEGAN
v VEGETARIAN

EW EAT WELL
PF PLANT FORWARD

## Booking an Event:

Thank you for choosing ECU Catering for your event
Once you have booked a room on campus through the proper reservations, Catering will work with you to provide the Catering Services. Please don't hesitate to reach out to one of our sales team members during your ordering process and we will be happy to answer any questions to make your ordering process as seamless as possible! We can also customize a menu for your event in addition to the menus offered online. ECU Catering does not provide tables for events.

Once booked, a guaranteed number of persons attending your event must be submitted to us 72 business hours prior to the event. This is the number for which you will be billed. If your actual count should be larger than your guarantee, you will be billed for the total number in attendance. Unanticipated circumstances may find you in need of altering your count after the 72 business hour deadline. These changes will require approval and some charges may still apply.

## Room Reservations:

Room Reservations must book your locations directly; depending on where your event is taking place there may be various contacts for booking your room. Reservations in the Green Room at Croatan, Port City Java Conference Room, Tiffin Room at West End and Sweethearts at Todd go through 25Live. Once you have booked, an ECU Catering Sales Team Member will reach out for your catering order. All bookings in the Croatan, Tiffin, Port City Java Conference Room and Sweethearts Room require an ECU Catering order of $\$ 300.00$ minimum per day.

## Payment:

If your function is sponsored by the University, you will receive an invoice detailing the charges for your catering. If there are any questions or issues, please contact the Catering Office. Any payment not received within 30 days of the event will be considered past due and appropriate finance charges will be applied. Orders placed outside of ECU Departments require a $50 \%$ deposit prior to the event.

## Cancellation of Your Event:

Notification of cancellation is required a minimum of 72 business hours before your event is to take place. We will need written notification of intent to cancel for our files. If the cancellation notice is less than 72 hours or 3 business days before the event start time, then charges and/ or fees will be determined by the time/costs incurred by the catering department. In the event of inclement weather or other emergencies, notification of cancellation will be accepted based on each individual circumstance and approval.
*If specialty rentals such as linens and china are ordered for the event the charges may still apply*

## Alcohol Policy:

Alcohol is only permitted for service by Aramark in spaces on campus where Aramark holds the permit (Main Campus Student Center, Health Science Campus Student Center, Wright Auditorium). All requests for permission to serve beer or wine must be approved through the Office of Student Success as well as any other authority pertaining to a specific location. ECU Catering is not permitted to purchase, store or transport alcohol other than at MCSC, HSC Student Center, and Wright Auditorium. Bartenders are available at $\$ 40$ per hour with a two-hour minimum. One bartender per 50 guests. In compliance with State and Federal regulations, the bartender is required to request ID for consumption of Alcohol per applicable state laws and are also required to refuse service to anyone who appears underage and refuse service to persons not conducting themselves in an orderly manner or visibly intoxicated.

## Additional Fees:

## Delivery Fees

-A Delivery Fee of $\$ 35.00$ is required for ECU on-campus events under $\$ 300.00$.
-A Delivery Fee of $\$ 50$ is required for ECU off-campus events under $\$ 300.00$.

## Guest Table Linen Fees

-Standard White 120 Round Linens are $\$ 15.00$ each
$-114^{\prime \prime}$ Banquet Linens are $\$ 10.00$ each
-Overlays are $\$ 4.00$ each
-Napkins are $\$ 1.00$ each
*Please note: Standard Food and Beverage Table Linens are provided at no additional charge.
*Disposable Cater Cloth is provided for all delivery only/disposable events.

## Dinnerware:

-Clear Plastic Dinnerware with Reflections Utensils are an additional $\$ 2.50$ per person -China/Glassware \& Silverware Service Fee is $\$ 4.00$ per person.
-Please note: Black Plastic Plates and Silverware are provided for all events if specialty items are not requested.

## Attendants:

-Chef Fee is $\$ 125$ per station for up to 3 hours
-Passed Hors d' oeuvres Attendants are $\$ 25$ per hour each
-Additional Attendants above what is required for service is $\$ 25$ per hour each

## Contact Us Today

252.328.4756
catering@ecu.edu
ecucatering.catertrax.com

Prices effective until 07/01/2024
Prices may be subject to change
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[^0]:    *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.

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

[^2]:    10 ECU CATERING

[^3]:    *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.

