



springfield college catering

# event menu



# what we *bring* to the table

## OUR PROMISE TO YOU

We all expect our food to taste good, but we want it to do more than that. We want to know where it came from. How it's made. Who prepared it. We want it to tell a story.

### SHARE OUR CULINARY STORY WITH 100% TRANSPARENCY

We use fresh, vibrant, responsibly-sourced ingredients to create exciting flavors from down the street and around the globe.

*authentic*

### STAY TRUE TO THE WAY WE SERVE OUR FOOD

World-class chefs, hospitality teams, and food enthusiasts are ready to create dishes and experiences that meet every need.

*personalized*

### GROW ROOTS IN YOUR COMMUNITY THROUGH FOOD

We do more than serve the community—we become a part of it.

*collaborative*

“ We are built on a food-first philosophy with a focus on authentic, personalized and collaborative food experiences.

MARY THORNTON, FOUNDER & PRESIDENT,  
HARVEST TABLE CULINARY GROUP



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## QUALITY IS OUR COMMITMENT

our chefs go beyond technique + flavor development—they stay true to the Harvest Table culinary commitments from sourcing to preparation.



**SIMPLE, CLEAN  
AND HONEST**



**INGREDIENTS  
WITH INTEGRITY**



**COMMITTED TO  
THE COMMUNITY**



**HAND MADE MAKES  
A DIFFERENCE**



**ROOTED IN HEALTH  
AND WELLNESS**

## DIETARY INFORMATION

 vegetarian  vegan

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.

## WE ARE PROUD TO DO BUSINESS WITH THESE LOCAL VENDORS.

Pierce Brothers Coffee Roasters - Sardilli Produce & Dairy  
Fresh Point Rockland Bakery - Plainville Farm





*endless*  
eats

# all-day packages

Choose one (1) of these three (3) packages to sustain you throughout the day.

## ALL DAY DELICIOUS \$46.19

Relax. We'll keep the food coming! These four (4) selections will keep your energy up throughout the day. All prices are per person + available for 10 guests or more.

### BREWED AWAKENINGS

assorted muffins 🍩	400-510 Cal each
assorted scones 🍩	430-470 Cal each
fresh seasonal sliced fruit 🍏	40 Cal/2.5 oz. serving
assorted juice	110-170 Cal each
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### EASY DOES IT

granola bars 🍩	190 Cal each
assorted individual yogurt cups 🍩	50-150 Cal each
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### MOLTO BENE

tomato + cucumber couscous salad 🍏	120 Cal/3.75 oz. serving
orange fennel spinach salad 🍏	210 Cal/3.2 oz. serving
bakery-fresh rolls with butter 🍩	160 Cal each
green beans gremolata 🍏	70 Cal/3 oz. serving
three pepper cavatappi with pesto	310 Cal/7.5 oz. serving
grilled chicken with a lemon tarragon white wine sauce	200 Cal/5.75 oz. serving
new york cheesecake 🍰	440 Cal/slice
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### FRESH FOCUS

chilled spinach dip with tortilla chips 🍩	230 Cal/2.25 oz. serving
grilled vegetable tray 🍏	70 Cal/3 oz. serving
bakery-fresh brownies 🍩	250 Cal/2.25 oz. serving
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

## MEETING WRAP UP \$38.49

Serve these favorites + success is a wrap! This all-day package includes the following four (4) delights. All prices are per person + available for 10 guests or more.

### MORNING MINUTE

miniature muffins 🍩	80-120 Cal each
miniature danish 🍩	140-170 Cal each
miniature scones 🍩	110-120 Cal each
yogurt parfait cups 🍩	370-400 Cal each
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### MORNING BITES

donut holes 🍩	45-90 Cal each
bananas 🍌	110 Cal each
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### WRAP 'N TWIST

chicken caesar wrap	540 Cal each
pepper jack tuna wrap	590 Cal each
cran-apple turkey wrap	650 Cal each
grilled vegetable wrap 🍏	620 Cal each
fresh seasonal sliced fruit 🍏	40 Cal/2.5 oz. serving
select one (1) salad:	
traditional garden salad 🍏	50 Cal/3.5 oz. serving
grilled vegetable pasta salad 🍏	130 Cal/3 oz. serving
individual bag of chips 🍩	100-160 Cal each
assorted crave-worthy cookies 🍩	250-310 Cal each
bakery-fresh brownies 🍩	250 Cal/2.25 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### DIPS + CHIPS

tortilla chips 🍩	90 Cal/1 oz. serving
select two (2) salsas:	
salsa roja 🍏	20 Cal/1 oz. serving
salsa verde 🍏	20 Cal/1 oz. serving
pico de gallo 🍏	10 Cal/1 oz. serving
assorted fruit 🍏	50-110 Cal each
assorted crave-worthy cookies 🍩	250-310 Cal each
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

\*All packages include necessary accompaniments and condiments

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# 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 + available for 10 guests or more.

### **SWEET + SAVORY AM**

assorted donuts 🍩	190-490 Cal each
assorted bagels 🍞	170-360 Cal each
orange juice	120 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### **BOX LUNCH**

select one (1) sandwich:	
tuna salad ciabatta	540 Cal each
ham + swiss sub	380 Cal each
turkey + swiss sandwich	490 Cal each
roasted pepper + mozzarella ciabatta 🍞	530 Cal each
individual bag of chips 🍟	100-160 Cal each
assorted craveworthy cookies 🍪	250-310 Cal each
bottled water	0 Cal each

### **DIPS + CHIPS**

tortilla chips 🍟	90 Cal/1 oz. serving
select two (2) salsas:	
salsa roja 🍷	20 Cal/1 oz. serving
salsa verde 🍷	20 Cal/1 oz. serving
pico de gallo 🍷	10 Cal/1 oz. serving
assorted fruit 🍌	50-110 Cal each
assorted craveworthy cookies 🍪	250-310 Cal each
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

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*Seize*  
the day



rise and  
*shine*



# breakfast

## CONTINENTAL BREAKFAST

All prices are per person + available for 10 guests or more.

### DAILY GRIND \$8.99

select one (1) breakfast pastry:

assorted danish 🍞	120-530 Cal each
assorted muffins 🍞	400-510 Cal each
assorted scones 🍞	430-470 Cal each
assorted bagels 🍞	170-360 Cal each
bottled water	0 Cal each
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### JUMP START \$11.79

select three (3) breakfast pastries:

assorted danish 🍞	120-530 Cal each
assorted muffins 🍞	400-510 Cal each
assorted scones 🍞	430-470 Cal each
assorted bagels 🍞	170-360 Cal each
fresh seasonal sliced fruit 🍏	40 Cal/2.5 oz. serving
assorted juice	110-170 Cal each
bottled water	0 Cal each
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### A LA CARTE BREAKFAST

assorted bagels 🍞 \$2.99 pp.	170-360 Cal each
assorted pastries 🍞 \$2.99 pp.	200-510 Cal each
fresh seasonal sliced fruit 🍏 \$3.69 pp.	40 Cal/2.5 oz. serving
assorted individual yogurt cups 🍶 \$2.59 ea.	50-150 Cal each
vegan blueberry banana breakfast bread 🍞 \$15.49 srv. 12	260 Cal/3 oz. serving
croissants (pp) \$2.99	270 Cal each
whole fruit 🍏 \$1.99 pp.	

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# breakfast

## HOT BREAKFAST

All prices are per person + available for 10 guests or more.

### CLASSIC BREAKFAST \$13.99

select one (1) breakfast pastry:

assorted danish 🍞	120-530 Cal each
assorted muffins 🍞	400-510 Cal each
assorted scones 🍞	430-470 Cal each
assorted bagels 🍞	170-360 Cal each
breakfast potatoes 🍟	130-150 Cal/3 oz. serving
bacon	45 Cal each
breakfast sausage	130-220 Cal each
scrambled eggs 🍳	180 Cal/4 oz. serving
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### SIGNATURE BREAKFAST SANDWICH BUFFET \$13.19

fresh seasonal sliced fruit 🍏	40 Cal/2.5 oz. serving
breakfast potatoes 🍟	130-150 Cal/3 oz. serving

select two (2) signature breakfast sandwiches:

egg + cheese english muffin 🍞	260 Cal each
egg + cheese croissant 🍞	370 Cal each
sausage, egg + cheese biscuit	520 Cal each
ham, egg + cheese biscuit	450 Cal each
bacon, egg + cheese bagel	370 Cal each
spicy bacon, egg, potato + cheese burrito	590 Cal each
spicy veggie sausage biscuit 🍞	370 Cal each
spicy southern chicken biscuit	640 Cal each
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

### FRENCH TOAST BUFFET \$13.49

breakfast potatoes 🍟	130-150 Cal/3 oz. serving
bacon	45 Cal each
breakfast sausage	130-220 Cal each
orange cinnamon french toast 🍞	90 Cal each
maple syrup 🍯	70 Cal/1 oz. serving
iced water	0 Cal/8 oz. serving
pierce brother's coffee, decaf and hot water with	0 Cal/8 oz. serving

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

### "TART"INES AND OATS \$15.59

choice of two (2) breakfast tartines:

grilled asparagus sweet potato tartine, everything cream cheese, asparagus, balsamic drizzle 🍞	90 Cal each
grilled sweet potato tartine, marinated tomato, everything cream cheese 🍞	80 Cal each
grilled sweet potato tartine, everything cream cheese, cucumber 🍞	70 Cal each
everything-spiced salmon biscuit, cream cheese, cucumber and hard-boiled egg	370 Cal each
open face avocado smash egg croissant with sriracha	250 Cal each
vegan breakfast toast with avocado, just@ egg scramble, radishes, scallions and sriracha 🍞	200 Cal each
strawberry banana nutella toast 🍞	450 Cal each

choice of two (2) overnight grains:

chilled overnight cran-apple, banana bircher muesli with turmeric infused granola 🍞	270 Cal each
overnight coconut freekeh with strawberries, toasted coconut and honey 🍞	500 Cal each
dragonfruit mango banana chia pudding with chia quinoa crunch 🍞	190 Cal each
overnight strawberry oatmeal 🍞	320 Cal each
overnight blueberry oatmeal 🍞	210 Cal each
overnight apple cinnamon oatmeal 🍞	480 Cal each
seasonal fresh fruit platter 🍏	35 Cal/2.5 oz. serving
bottled water	0 Cal each
gourmet coffee, decaf + hot tea	0 Cal/8 oz. serving

\*All packages include necessary accompaniments and condiments

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*good*  
morning



*up and*  
at 'em

# breakfast

## ENHANCEMENTS

All prices are per person + available for 10 guests or more.

### YOGURT PARFAIT BAR \$5.49

select two (2) yogurt flavors:

greek yogurt 🍌	70 Cal/4 oz. serving
strawberry yogurt 🍌	100 Cal/4 oz. serving
vanilla yogurt 🍌	110 Cal/4 oz. serving
diced pineapple 🍌	30 Cal/2 oz. serving
fresh strawberries 🍌	20 Cal/2 oz. serving
walnuts 🍌	90 Cal/0.5 oz. serving
granola 🍌	110 Cal/1 oz. serving

### OATMEAL BAR \$8.19

oatmeal 🍌	150 Cal/8 oz. serving
dried cranberries 🍌	20 Cal/0.5 oz. serving
raisins 🍌	40 Cal/0.5 oz. serving
walnuts 🍌	90 Cal/0.5 oz. serving
maple syrup 🍌	70 Cal/1 oz. serving

### FIT 'N FRESH BREAKFAST SANDWICHES \$6.79

select two (2) fresh 'n fit breakfast sandwiches:

garden vegetables + egg on wheat english muffin 🍌	220 Cal each
southwest garden vegetable, ham + egg on wheat english muffin	220 Cal each
turkey sausage, swiss + egg on wheat english muffin	250 Cal each
spinach + feta flatbread sandwich 🍌	230 Cal each
turkey sausage + egg white flatbread	280 Cal each
mexican turkey bacon flatbread	280 Cal each
chicken + spinach english muffin	380 Cal each

*Egg Whites, Turkey Bacon + Turkey Sausage are Available Upon Request - Nominal Fee May Apply*

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# sandwiches & salads

## SANDWICH BUFFETS

All prices are per person + available for 10 guests or more.

### DELI BAR \$14.09

select two (2) side salads	25-330 Cal each
individual bags of chips 🍟	100-160 Cal each
assorted baked breads + rolls 🍞	110-160 Cal each
deli platter (turkey, roast beef, ham + tuna)	25-80 Cal/1 oz. serving
cheese tray (cheddar + swiss) 🧀	110 Cal/1 oz. serving
relish tray (lettuce, tomato, onion, pickles + pepperoncini) 🥒	20 Cal/1 oz. serving
assorted crave-worthy cookies 🍪	250-310 Cal each
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### THE GRAD BOX LUNCHES

harvest chicken salad \$18.39	
grilled chicken, fresh baby arugula, roasted red potato, cauliflower + pumpkin seeds	
tossed in a kale pesto vinaigrette	640 Cal each
bakery-fresh roll with butter 🍞	160 Cal each
fresh fruit cup 🍓	40 Cal/2.5 oz. serving
lemon cheesecake bar 🍰	300 Cal/2.75 oz. serving
bottled water	0 Cal each
sweet + spicy pork grain salad \$19.09	
roasted pork, grilled pineapple, broccoli, edamame + on quinoa + rice	
topped with wonton straws + sweet + spicy plum vinaigrette	470 Cal each
bakery-fresh roll with butter 🍞	160 Cal each
fresh fruit cup 🍓	40 Cal/2.5 oz. serving
lemon cheesecake bar 🍰	300 Cal/2.75 oz. serving
bottled water	0 Cal each
sesame tofu garden salad \$18.09	
grilled tofu, bell pepper, carrot + cucumber on greens with balsamic vinaigrette 🥒	290 Cal each
bakery-fresh roll with butter 🍞	160 Cal each
fresh fruit cup 🍓	40 Cal/2.5 oz. serving
lemon cheesecake bar 🍰	300 Cal/2.75 oz. serving
bottled water	0 Cal each

Additional premium box lunch options available upon request!  
Please contact your catering professional.

### THE UNDERGRAD BOX LUNCH \$12.49

select one (1) undergrad sandwich	140-750 Cal each
individual bag of chips 🍟	100-160 Cal each
assorted crave-worthy cookies 🍪	250-310 Cal each
bottled water	0 Cal each

### THE UNDERGRAD LUNCHEON \$17.69

Choice of three (3) undergrad sandwiches + two (2) side salads accompanied by chips, mayo + mustard, pickles, assorted crave-worthy cookies + choice of two (2) beverages	
select two (2) side salads	25-330 Cal each
dill pickle slices 🥒	0 Cal/1 oz. serving
individual bags of chips 🍟	100-160 Cal each
select three (3) undergrad sandwiches	140-750 Cal each
assorted crave-worthy cookies 🍪	250-310 Cal each
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### THE UNDERGRAD SANDWICH OPTIONS

(Available sandwich choices for the undergrad box lunch + the undergrad luncheon)

honey mustard ham + swiss cheese with lettuce + pickles on a sub roll	380 Cal each
roast beef + cheddar sandwich	420 Cal each
turkey, bacon + cheddar baguette with a mesquite mayonnaise	600 Cal each
chicken caesar wrap	630 Cal each
greek salad wrap with crumbled feta, black olives, fresh cucumbers, plum tomatoes + red onion 🥒	430 Cal each

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eat your  
*greens*



*crisp*  
and fresh



# sandwiches & salads

## SANDWICH BUFFETS

All prices are per person + available for 10 guests or more.

### THE GRAD LUNCHEON \$20.29

Choice of three (3) grad sandwiches + two (2) side salads accompanied by chips, mayo + mustard, pickles, assorted craveworthy cookies + choice of two (2) beverages

select two (2) side salads	25-330 Cal each
dill pickle slices 🍴	0 Cal/1 oz. serving
individual bags of chips 🍴	100-160 Cal each
select three (3) grad luncheon sandwiches	370-760 Cal each
assorted craveworthy cookies 🍴	250-310 Cal each
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### THE GRAD SANDWICH OPTIONS

(Available sandwich choices for the grad luncheon buffet)

ham + brie with fresh pear, spinach + caramelized onions on wheatberry bread	700 Cal each
turkey + avocado mayo on multigrain	650 Cal each
roast beef + fontina sub	650 Cal each
spicy southwest chicken baguette with monterey jack cheese + pico de gallo	600 Cal each
deli style turkey, ham + mozzarella with pesto mayo on a baguette	640 Cal each
buffalo chicken baguette with ranch dressing, blue cheese, lettuce, tomato + onion	640 Cal each
vegetarian shawarma with chickpea & cauliflower shawarma, cucumber, tomato, lettuce, harissa + vegan tzatziki	420 Cal each

### SIDE SALAD SELECTIONS

(Included with deli bar, the undergrad + the grad luncheon buffet)

traditional garden salad with a balsamic vinaigrette dressing 🍴	50 Cal/3.5 oz. serving
baby spinach salad with bacon, egg, mushroom + tomato	60 Cal/2.15 oz. serving
red-skinned potato salad with egg, celery + spanish onion in a seasoned mayonnaise dressing 🍴	240 Cal/4 oz. serving
apple bacon coleslaw	140 Cal/3.25 oz. serving
sweet chili cucumber salad with red onion, fresh cilantro + a sweet + spicy chili sauce 🍴	25 Cal/3 oz. serving
fresh fruit salad 🍴	40 Cal/2.5 oz. serving
greek pasta salad tossed with tomatoes, cucumbers, red onions, peppers, fresh baby spinach, feta cheese + black olives 🍴	90 Cal/3 oz. serving
toasted cranberry apple couscous with apricots, granny smith apples, almonds, red onions, fresh spinach + scallions 🍴	180 Cal/3 oz. serving
grilled vegetable pasta salad with a balsamic dressing 🍴	130 Cal/3 oz. serving
roasted corn + black bean salsa with spanish onions, red peppers, jalapenos, fresh cilantro + fresh garlic 🍴	120 Cal/4 oz. serving

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# buffets

## THEMED BUFFETS

All prices are per person + available for 12 guests or more.  
Includes choice of beverages.

### MIX 'N' MATCH SALAD \$21.59

garden fresh mixed greens 🍴	15 Cal/3 oz. serving
ranch dressing 🍴	200 Cal/2 oz. serving
italian dressing 🍴	80 Cal/2 oz. serving
sliced grilled chicken	160 Cal/3 oz. serving
diced ham	60 Cal/2 oz. serving
roasted chickpeas 🍴	210 Cal/2 oz. serving
sliced red onions 🍴	10 Cal/1 oz. serving
shredded cheese 🍴	60 Cal/0.5 oz. serving
tomatoes 🍴	5 Cal/1 oz. serving
cucumbers 🍴	5 Cal/1 oz. serving
shredded carrots 🍴	10 Cal/0.5 oz. serving
croutons 🍴	60 Cal/0.5 oz. serving
bakery-fresh rolls with butter 🍴	160 Cal each
soup du jour	80-420 Cal/8 oz. serving
assorted crave-worthy cookies 🍴	250-310 Cal each
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### SUMMERTIME BBQ \$21.49

coleslaw 🍴	150 Cal/3 oz. serving
cornbread fiesta muffins 🍴	120 Cal each
macaroni + cheese 🍴	260 Cal/4 oz. serving
baked beans 🍴	170 Cal/4.75 oz. serving
bbq chicken	430 Cal/6 oz. serving
sliced brisket	350 Cal/5 oz. serving
assorted crave-worthy cookies 🍴	250-310 Cal each
gourmet dessert bars 🍴	300-370 Cal/2.75-3.25 oz. serving
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### TUSCAN TABLETOP \$20.99

italian house salad 🍴	50 Cal/3.5 oz. serving
garlic breadsticks 🍴	110 Cal each
home-style lasagna with parmesan cheese	330 Cal/7.25 oz. serving
select one (1) vegetarian lasagna:	
cauliflower lasagna 🍴	430 Cal/8.375 oz. serving
vegetable alfredo lasagna 🍴	460 Cal/11 oz. serving
chocolate dipped biscotti 🍴	190 Cal each
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

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*feast*  
your eyes



*Transport*  
your tastebuds

# buffets

## THEMED BUFFETS

All prices are per person + available for 12 guests or more.  
Includes choice of beverages.

### CANTINA CUISINE \$21.59

mexican chopped salad 🌱	40 Cal/ 2.4 oz. serving
grilled flatbread 🌱	110 Cal each
cilantro lime rice 🌱	120 Cal/3 oz. serving
cumin black beans 🌱	110 Cal/3 oz. serving
chipotle orange roasted chicken	440 Cal/6 oz. serving
carne asada con papas ranchero	180 Cal/6 oz. serving
sopaipillas 🌱	70 Cal each
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### JASMINE GARDEN \$21.99

egg rolls	190 Cal each
crispy wontons 🌱	25 Cal each
select two (2) dipping sauces:	
sweet soy sauce 🌱	50 Cal/1 oz. serving
sweet + sour sauce 🌱	40 Cal/ 1 oz. serving
chili garlic sauce 🌱	45 Cal/1 oz. serving
lo mein noodles yakisoba 🌱	120 Cal/2.5 oz. serving
jasmine rice 🌱	130 Cal/3 oz. serving
lemongrass chicken	190 Cal/3 oz. serving
asian tofu 🌱	120 Cal/3 oz. serving
teriyaki sauce 🌱	25 Cal/0.5 oz. serving
raspberry coconut bars 🌱	370 Cal/3.25 oz. serving
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### CLASSIC PIZZA \$19.19

classic garden salad with fresh seasonal vegetables and balsamic vinaigrette and ranch 🌱	50 Cal/3.5 oz. serving
home-style kettle chips	190 Cal/1.25 oz. serving
traditional new york-style cheese pizza slices 🌱	250 Cal/slice
meat lover's pizza slices	460 Cal/slice
garden vegetable pizza slices 🌱	370 Cal/slice
assorted crave-worthy cookies 🌱	210-260 Cal each
bakery-fresh brownies 🌱	250 Cal/2.25 oz. serving

### O-MORI RAMEN BOWL \$23.59

tempura broccoli with spicy sesame mayo	420 Cal/5 oz. serving
wedge salad with carrot ginger dressing 🌱	230 Cal/7.5 oz. serving
choice of one (1) broth:	
smokey shoyu	60 Cal/12oz. serving
curry chicken	70 Cal/12oz. Serving
mushroom miso 🌱	40 Cal/12oz. Serving
choice of one (1) protein:	
chashu pulled pork	280 Cal/3 oz. serving
crispy chicken katsu	270 Cal/3.75 oz. serving
soy shitake 🌱	100 Cal/4 oz. serving
choice of three (3) toppings:	
crispy onion 🌱	30 Cal/0.5 oz. serving
baby bok choy 🌱	0 Cal/1.5 oz. serving
corn 🌱	30 Cal/2 oz. serving
spinach 🌱	10 Cal/2 oz. serving
soy egg 🌱	80 Cal each
choice of two (2) garnishes:	
scallion 🌱	0 Cal/0.5 oz. serving
nori square 🌱	0 Cal each
chili oil	120 Cal/0.5 oz. serving
togarashi 🌱	10 Cal/0.25 oz. serving
toasted sesame seed 🌱	20 Cal/0.25 oz. serving

### LOOKING TO CREATE YOUR OWN THEMED BUFFET OR UNIQUE CUSTOM BUFFET?

Contact us at [connors-michele@harvesttableculinary.c](mailto:connors-michele@harvesttableculinary.c) / 413.748.3042 to explore more options + personalize your buffet to fit your event.

\*All packages include necessary accompaniments and condiments

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# buffets

## THEMED BUFFETS

All prices are per person + available for 12 guests or more.  
Includes choice of beverages.

### ENERGY LIFT \$18.79

grilled flatbread 🌱	110 Cal each
seasonal fresh fruit 🌱	40 Cal/2.25 oz. serving
select three (3) salad platters:	
southwest chicken with greens, corn, black beans + vegetables tossed with a hearty grain blend	440 Cal/13.875 oz. serving
chickpea couscous with shawarma beef, tomato + cucumber herb salad + a touch of spicy harissa	540 Cal/16.5 oz. serving
grilled salmon with bulgur wheat, lentils + hummus in a roasted garlic lemon vinaigrette garnished with carrot sesame hummus + pea mint salad	520 Cal/11.125 oz. serving
chilled lo mein noodles topped with grilled chicken breast + veggies in a spicy thai lime sriracha dressing	470 Cal/11.88 oz. serving
rice noodles + greens topped with nam tok pork, stir-fried vegetables, + a spicy sweet chili vinaigrette	230 Cal/6 oz. serving
vegan aquafaba chocolate mousse 🌱	230 Cal/2.75 oz. serving
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### BACKYARD BBQ \$21.09

apple bacon coleslaw	140 Cal/3.25 oz. serving
baked sweet potatoes 🌱	120 Cal/4.2 oz. serving
sautéed green beans + peppers 🌱	90 Cal/3.5 oz. serving
bbq beef brisket	180 Cal/3 oz. serving
slider buns 🌱	80 Cal each
assorted crave-worthy cookies 🌱	250-310 Cal each
bakery-fresh brownies 🌱	250 Cal/2.25 oz. serving
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

### A LITTLE BIT OF SEOUL \$21.09

egg rolls	190 Cal each
select two (2) dipping sauces:	
sweet soy sauce 🌱	50 Cal/1 oz. serving
sweet + sour sauce 🌱	40 Cal/ 1 oz. serving
chili garlic sauce 🌱	45 Cal/1 oz. serving
corn tortillas 🌱	40 Cal each
bibb lettuce wrap 🌱	0 Cal/0.5 oz. serving
jasmine rice 🌱	130 Cal/3 oz. serving
select two (2) proteins:	
korean bbq chicken	140 Cal/2 oz. serving
korean bbq pork	110 Cal/2 oz. serving
korean bbq tofu 🌱	90 Cal/2 oz. serving
asian slaw 🌱	20 Cal/1.25 oz. serving
pickled cucumbers 🌱	5 Cal/1 oz. serving
pickled carrot + daikon 🌱	15 Cal/1 oz. serving
select two (2) salsas:	
salsa roja 🌱	20 Cal/1 oz. serving
salsa verde 🌱	10 Cal/1 oz. serving
mango salsa 🌱	30 Cal/1 oz. serving
shredded green cabbage 🌱	0 Cal/0.5 oz. serving
scallions 🌱	0 Cal/0.25 oz. serving
cilantro 🌱	0 Cal/0.125 oz. serving
toasted sesame seeds 🌱	30 Cal/0.125 oz. serving
coconut mango rice dessert 🌱	230 Cal/5.85 oz. serving
select two (2) beverages:	
lemonade	90 Cal/8 oz. serving
iced tea	5 Cal/8 oz. serving
iced water	0 Cal/8 oz. serving

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internationally  
*inspired*



buffet.  
your way



# buffets

## CUSTOMIZE YOUR EXPERIENCE

Customize your own buffet: select (1) starter, (1) entrée, (2) sides + (1) dessert. Served with assorted rolls + butter + choice of beverages.

### BUFFET STARTERS

seasonal garden salad with balsamic vinaigrette 🍴	50 Cal/3.5 oz. serving
classic caesar salad	160 Cal/2.7 oz. serving
greek salad with crumbled feta 🍴	120 Cal/3.25 oz. serving
abntipasto salad	130 Cal/3 oz. serving
italian green salad with penne + prosciutto	110 Cal/3.25 oz. serving
autumn vegetable salad with red wine vinaigrette 🍴	80 Cal/3 oz. serving
seasonal fresh fruit salad	35 Cal/2.25 oz. serving

### BUFFET ENTRÉES

asiago chicken in a roasted red pepper sauce \$22.59	310 Cal/5 oz. serving
grilled lemon rosemary chicken \$22.59	130 Cal/3 oz. serving
slow roasted turkey breast rubbed with sage + thyme \$22.59	130 Cal/3 oz. serving
pretzel crusted cod \$25.19	290 Cal/4 oz. serving
asian marinated steak \$28.29	160 Cal/3 oz. serving
eggplant lasagna 🍴 \$19.19	250 Cal/7.25 oz. serving
vegan chorizo stuffed portabello cap 🍴 \$21.99	320 Cal each

### BUFFET SIDES

fresh herbed vegetables 🍴	100 Cal/3.5 oz. serving
chili-garlic green beans 🍴	60 Cal/4 oz. serving
garlic roasted broccoli 🍴	40 Cal/1.76 oz. serving
ginger honey glazed carrots 🍴	110 Cal/3.25 oz. serving
oven-roasted fingerling potatoes 🍴	130 Cal/3.5 oz. serving
macaroni + cheese	260 Cal/4 oz. serving
smokey sweet potato au gratin	140 Cal/4.25 oz. serving

### BUFFET FINISHES

bread pudding with caramel apple sauce 🍴	370 Cal/6.75 oz. serving
assorted miniature chocolate + caramel cheesecakes 🍴	80 Cal/3.75 oz. serving
spiced carrot cake 🍴	370 Cal/slice
glazed strawberry bars 🍴	390 Cal each
assorted crave-worthy cookies 🍴	250-310 Cal each
bakery-fresh brownies	230 Cal each

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# receptions

## HORS D'OEUVRES

Hors d'oeuvres are priced per dozen.

### RECEPTION HORS D'OEUVRES (HOT)

bacon wrapped scallops	\$36.79	20 Cal each
balsamic fig + goat cheese flatbread	\$29.49	80 Cal each
swedish meatballs	\$24.59	110 Cal each
coconut chicken	\$27.59	40 Cal each
crab cakes	\$30.99	30 Cal each
crispy asiago asparagus	\$26.99	50 Cal each
franks in a blanket	\$24.59	40 Cal each
vegetable spring rolls	\$45.99	15 Cal each
boursin mushroom pinwheel	\$36.09	70 Cal each

### RECEPTION HORS D'OEUVRES (COLD)

mediterranean antipasto skewers	\$35.99	70 Cal each
veggie hummus cup	\$29.49	190 Cal each
bruschetta crostini	\$18.09	50 Cal each
tuna poke crisp	\$21.89	80 Cal each
italian pinwheel skewer	\$36.09	90 Cal each
ricotta + fig flatbread	\$29.49	70 Cal each
shrimp cocktail	market price	70 Cal each

## RECEPTION PLATTERS + DIPS

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

### CLASSIC SLICED CHEESE TRAY \$5.49 pp.

classic sliced cheese tray with swiss, cheddar + pepper jack cheeses, pita chips + crostini 290 Cal/2.75 oz. serving

### FRESH GARDEN CRUDITÉS \$4.49 pp.

fresh garden crudités with ranch dill dip 120 Cal/5 oz. serving

### GRILLED VEGETABLES \$4.89 pp.

grilled vegetables served with balsamic vinaigrette 70 Cal/3 oz. serving

### BLACK BEAN, CORN + PICO GUACAMOLE \$5.39 pp.

black bean, corn + pico guacamole served with tortilla chips 330 Cal/6.75 oz. serving

### HUMMUS WITH PITA CHIPS \$5.39 pp.

hummus with pita chips 220 Cal/4.5 oz. serving

## RECEPTION ENHANCEMENTS

chef's selection charcuterie board  
market price-per person      Calories Vary Per Assortment

### UNSURE OF HOW MANY ITEMS + HOW MUCH TO ORDER FOR YOUR RECEPTION?

Contact your catering events specialist to discuss the proper amounts needed for a reception

### MAY WE SUGGEST A SERVED MEAL OR RECEPTION?

Please contact our Catering Department at 413-748-3042 to arrange personal consultations for special orders and orders within less than 3 business days. Delivery charges vary and are based on the quantity of food ordered.

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mix and  
*mingle*



nosh and  
*nibble*

# receptions

## RECEPTION STATIONS

Reception stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person + available for 12 guests or more.

### TAILGATE TREATS \$18.49

chilled spinach dip served with pita chips 🍴	230 Cal/2.25 oz. serving
mini cheesesteaks	170 Cal each
buffalo chicken tenders served with blue cheese dip	680 Cal/6.75 oz. serving
assorted crave-worthy cookies 🍴	250-310 Cal each
gourmet dessert bars 🍴	300-370 Cal/2.75-3.25 oz. serving

### THE CARVERY-ROASTED TURKEY \$17.99

bakery-fresh rolls 🍴	160 Cal each
carved roasted turkey	130 Cal/3 oz. serving
sun-dried tomato aioli 🍴	200 Cal/1 oz. serving
cranberry-mandarin relish 🍴	60 Cal/1 oz. serving
mesquite mayonnaise 🍴	220 Cal/1 oz. serving

### TAKE ME OUT TO THE BALL GAME \$14.69

select three (3) sliders:	
grilled veggie sliders 🍴	110 Cal each
bacon-blue meatball sliders	220 Cal each
ham + cheese sliders	160 Cal each
black bean sliders 🍴	200 Cal each
shredded pork + slaw sliders	340 Cal each
cheeseburger sliders	260 Cal each
sriracha fried chicken sliders	390 Cal each

### GROWN UP MAC AND CHEESE \$14.99

chipotle macaroni and cheese 🍴	480 Cal/8 oz. serving
choice of three (3) proteins:	
grilled chicken breast	160 Cal/3 oz. serving
sautéed shrimp	90 Cal/3 oz. serving
pulled pork	290 Cal/3 oz. serving
diced ham	80 Cal/2 oz. serving
roasted mushrooms 🍴	90 Cal/3 oz. serving
peas 🍴	70 Cal/3 oz. serving
broccoli bits 🍴	40 Cal/1.76 oz. serving
scallions 🍴	0 Cal/0.25 oz. serving

### TATER TOT POUTINE BAR \$13.39

tater tots 🍴	240 Cal/4 oz. serving
choice of two (2) proteins:	
crumbled bacon	110 Cal/1 oz. serving
pulled pork	290 Cal/3 oz. serving
diced ham	80 Cal/2 oz. serving
country gravy 🍴	60 Cal/2 oz. serving
shredded cheese 🍴	60 Cal/1 oz. serving
roasted mushrooms 🍴	45 Cal/2 oz. serving
green peppers 🍴	10 Cal/1 oz. serving
diced tomatoes 🍴	5 Cal/1 oz. serving
onions 🍴	10 Cal/0.5 oz. serving
scallions 🍴	0 Cal/0.25 oz. serving

### LOADED COOKIE "NACHOS" \$14.69

cookie crisps (6 per person) 🍴	60 Cal each
choice of two (2) sauces:	
caramel sauce 🍴	80 Cal/1 oz. serving
chocolate syrup 🍴	60 Cal/1 oz. serving
raspberry sauce 🍴	70 Cal/1 oz. serving
choice of three (3) toppings:	
chocolate chips 🍴	140 Cal/1 oz. serving
sliced strawberries 🍴	10 Cal/1 oz. serving
toasted coconut 🍴	80 Cal/0.5 oz. serving
mini marshmallows	90 Cal/1 oz. serving
oreo® cookie crumbs 🍴	70 Cal/0.5 oz. serving
rainbow sprinkles 🍴	30 Cal/0.5 oz. serving
whipped topping 🍴	30 Cal/1 oz. serving

## BREAKS

All prices are per person + available for 10 guests or more.

### CHOC-O-LOTS! \$8.79

miniature chocolate bars 🍴	45-70 Cal each
chunky chocolate crave-worthy cookies 🍴	280 Cal each
chilled chocolate milk	160 Cal each
chocolate dipped pretzels 🍴	110 Cal each
chocolate dipped strawberries 🍴	40 Cal each

### SNACK BAR \$7.89

granola bars 🍴	190 Cal each
fruit filled bars 🍴	160 Cal each
breakfast bars 🍴	250 Cal each

### SMART 'N HEALTHY \$9.79

apples 🍴	60 Cal each
oranges 🍴	50 Cal each
bananas 🍴	110 Cal each
pears 🍴	100 Cal each
individual yogurt cups 🍴	50-150 Cal each
trail mix 🍴	290 Cal each
granola bars 🍴	190 Cal each

### COUNTY FAIR \$10.79

apple wedges 🍴	60 Cal each
caramel sauce 🍴	100 Cal/1 oz. serving
cinnamon sugar donuts 🍴	280 Cal each
maple blondies 🍴	290 Cal/2.38 oz. serving
sliced cheese served with baguettes 🍴	350 Cal/4.75 oz. serving

### COFFEE BREAK \$5.89

assorted crave-worthy cookies 🍴	210-260 Cal each
coffee	0 Cal/8 oz. serving

### BREADS AND SPREADS \$5.79

tortilla chips 🍴	260 Cal/3 oz. serving
pita chips 🍴	130 Cal/2 oz. serving
crostini 🍴	40 Cal each
choice of four (4) spreads:	
korean roja guacamole 🍴	90 Cal/2 oz. serving
ginger verde guacamole 🍴	80 Cal/2 oz. serving
chilled spinach dip 🍴	200 Cal/2 oz. serving
feta and roasted garlic dip 🍴	260 Cal/2 oz. serving
traditional hummus 🍴	320 Cal/4 oz. serving
artichoke and olive dip 🍴	140 Cal/2 oz. serving
seasonal fresh fruit platter	35 Cal/2.5 oz. serving

# sips & sweets

## BEVERAGES

regular coffee, decaf + hot water with assorted tea bags \$2.69 pp.	0 Cal/8 oz. serving
bottled water \$2.49 ea.	0 Cal each
assorted canned sodas \$2.29 ea.	0-150 Cal each
assorted individual fruit juices \$2.69 ea.	110-170 Cal each
hot apple cider \$24.59 per gallon	160 Cal/8 oz. serving
hot chocolate \$24.59 per gallon	160 Cal/8 oz. serving
lemonade \$19.99 per gallon	90 Cal/8 oz. serving
fruit punch \$22.09 per gallon	5 Cal/8 oz. serving
iced water \$1.59 per gallon	0 Cal/8 oz. serving
infused water \$11.09 per gallon	
select one (1) infused water:	
lemon infused water	0 Cal/8 oz. serving
orange infused water	10 Cal/8 oz. serving
apple infused water	20 Cal/8 oz. serving
cucumber infused water	10 Cal/8 oz. serving

## DESSERTS

assorted craveworthy cookies 🍪	\$2.39 pp.	250-310 Cal each
bakery-fresh brownies 🍪	\$2.89 pp.	250 Cal/2.25 oz. serving
gourmet dessert bars 🍪	\$2.99 pp.	300-370 Cal/2.75-3.25 oz. serving
multi-layer chocolate cake 🍰	\$20.99 srv. 8	320 Cal/slice
new york cheesecake 🍰	\$26.99 srv. 8	440 Cal/slice
traditional apple pie 🥧	\$14.79 srv. 8	410 Cal/slice

## ORDERING INFORMATION

### LEAD TIME

Notice of 3 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 + 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 + everything in between. - additional fees may apply

**WE ARE HAPPY TO ACCOMMODATE SPECIAL DIETARY REQUESTS, PLEASE CONTACT THE OFFICE TO DISCUSS THE OPTIONS THAT WE HAVE AVAILABLE.**

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A hand is pouring water from a copper water filter into a glass jar. The water is clear and is being poured into a glass jar that is partially filled with water. The jar has a faint, embossed logo on it. In the background, there are several glass bottles, some containing liquids, and a bunch of fresh green herbs, possibly basil, on a wooden surface. The overall scene is bright and clean, suggesting a focus on fresh, filtered water.

refreshing and  
*delicious*

# your *Table* is waiting



## CONTACT US TODAY

413.748.3042

connors-michele@harvesttableculinary.c  
www.sccatering@catertrax.com

Prices effective until 07/01/2024  
Prices may be subject to change



vegetarian



vegan

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.

