EVENT MENU

GREEN AND GOLD CATERING CO





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VG VEGAN
V VEGETARIAN

EW EAT WELL

PF PLANT FORWARD



ALL-DAY PACKAGES

ALL DAY DELICIOUS \$51.99

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 quests or more.

DELICIOUS DAWN

Assorted Muffins v	360-450 Cal each
Assorted Scones v	400-440 Cal each
Seasonal Fresh Fruit Platter VG PF	35 Cal/2.5 oz. serving
Assorted Fruit Juice	100-150 Cal/8 oz. serving
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz serving

AM PERK UP

Granola Bars v	100-200 Cal each
Assorted Yogurt Cups	50-100 Cal each
Iced Tea	0 Cal/8 oz. serving
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

POWER UP LUNCH

Tomato and Cucumber Couscous Salad vg	120 Cal/3./5 oz. serving
Orange Fennel Spinach Salad V EW PF	210 Cal/6.5 oz. serving
Bakery-Fresh Dinner Roll with Butter v	200 Cal each
Green Beans Gremolata VG EW PF	70 Cal/3 oz. serving
Three Pepper Pesto Cavatappi (Hot or Chilled) V EW PI	270 Cal/7.5 oz. serving
Grilled Chicken and Artichokes with a Lemon Tarragon White Wine Sauce EW	210 Cal/5.75 oz. serving
New York-Style Cheesecake Iced Tea Iced Water	360 Cal/slice 0 Cal/8 oz. serving 0 Cal/8 oz. serving
	,

PM PICK ME UP

Spinach Dip (Hot Or Chilled) with Tortilla Chips v	250 Cal/2.25 oz. serving
Grilled Vegetable Tray vg EW PF	70 Cal/3 oz. serving
Bakery-Fresh Brownies v	250 Cal each
Bottled Water	0 Cal each
Gourmet Coffee Decaf and Hot Tea	0 Cal/8 oz serving

MEETING WRAP UP \$46.99

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

MORNING MINI

Mini Muffins v	80-120 Cal each
Mini Danish v	100-140 Cal each
Mini Scones v	100-110 Cal each
Yogurt Parfait Cups v	360-410 Cal each
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

THE ENERGIZER

Donut Holes v	45-70 Cal each
Ripe Bananas vg EW PF	100 Cal each
Iced Tea	0 Cal/8 oz. serving
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

IT'S A WRAP

Seasonal Fresh Fruit Salad VG PF	35 Cal/2.5 oz. serving
Chicken Caesar Wrap	630 Cal each
Pepper Jack Tuna Wrap	580 Cal each
Cran-Apple Turkey Wrap	660 Cal each
Grilled Vegetable Wrap PF	610 Cal each
Choice of One (1) Salad:	
Traditional Garden Salad with Fresh	
Seasonal Vegetables and Balsamic	
Vinaigrette and Ranch v ew pf	50 Cal/3.5 oz. serving
Grilled Vegetable Pasta Salad vg	120 Cal/3 oz. serving
Individual Bag of Chips v	100-160 Cal each
Assorted Craveworthy Cookies v	220-240 Cal each
Bakery-Fresh Brownies v	250 Cal each
Iced Tea	0 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

MID-DAY MUNCHIES

Tortilla Chips vg	280 Cal/3 oz. serving
Choice of Two (2) Salsas:	
Salsa Roja v	20 Cal/1 oz. serving
Salsa Verde vG	5 Cal/1 oz. serving
Pico De Gallo vg	5 Cal/1 oz. serving
Choice of One (1) Fruit Accompaniment:	
Seasonal Fresh Fruit Platter vg PF	35 Cal/2.5 oz. serving
Assorted Whole Fruit VG PF	45-100 Cal each
Assorted Craveworthy Cookies v	220-240 Cal each
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

ALL-DAY PACKAGES

SIMPLE PLEASURES \$37.99

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

Assorted Bagels v

290-450 Cal each
290-450 Cal each
Orange Juice

120 Cal/8 oz. serving
Bottled Water

0 Cal each
Gourmet Coffee, Decaf and Hot Tea

240-540 Cal each
290-450 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

Deli Sliced Ham with Honey Mustard Ciabatta

Turkey and Swiss Sandwich

Mozzarella, Red Pepper, Balsamic and Kale Ciabatta EWPF

Individual Bag of Chips V

Assorted Craveworthy Cookies V

Bottled Water

500 Cal each
1200-160 Cal each
100-160 Cal each
2200-240 Cal each
0 Cal each

MID-DAY MUNCHIES

Tortilla Chips vg 280 Cal/3 oz. serving Choice of Two (2) Salsas: Salsa Roia vg 20 Cal/1 oz. serving Salsa Verde vg 5 Cal/1 oz. serving Pico De Gallo vg 5 Cal/1 oz. serving Choice of One (1) Fruit Accompaniment: Seasonal Fresh Fruit Platter VG PF 35 Cal/2.5 oz. serving Assorted Whole Fruit VG PF 45-100 Cal each Assorted Craveworthy Cookies ${f v}$ 220-240 Cal each **Bottled Water** O Cal each Gourmet Coffee, Decaf and Hot Tea O Cal/8 oz. serving

 $^{*}\mbox{All packages include necessary accompaniments and condiments.}$

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 \$12.99

Choice of Three (3) Breakfast Pastries:	
Assorted Danish v	250-420 Cal each
Assorted Muffins v	360-450 Cal each
Assorted Scones v	400-440 Cal each
Assorted Bagels v	290-450 Cal each
Buttery Croissants v	370 Cal each
Seasonal Fresh Fruit Platter VG PF	35 Cal/2.5 oz. serving
Assorted Fruit Juice	100-150 Cal/8 oz. serving
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

HEALTHY CHOICE BREAKFAST \$12.59

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day

Individual Cereal Cups	170-230 Cal each
Milk	120 Cal/8 oz. serving
Bananas vg EW PF	100 Cal each
Assorted Yogurt Cups	50-140 Cal each
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

TOAST BAR-SWEET OR SAVORY \$12.99

TOAST BAR-SWEET OR SAVORT \$12.99		
Choose between a Sweet or Savory CYO Toa	st Bar	
Seasonal Fresh Fruit Platter VG PF	35 Cal/2.5 oz. serving	
Make it Sweet:		
Grilled Baguette Slices vg	100 Cal each	
Ricotta Cheese v	40 Cal/1 oz. serving	
Honey v	80 Cal/1 oz.serving	
Strawberry Preserves v	80 Cal/1 oz. serving	
Blueberries vg	15 Cal/1 oz. serving	
Sliced Almonds vg	170 Cal/1 oz. serving	
Chia Quinoa Crunch v	120 Cal/1 oz. serving	
Make it Savory:		
Grilled Baguette Slices v	100 Cal each	
Dressed Rocket Greens PF	40 Cal/1.4 oz. serving	
Smashed Avocado Spread vg	40 Cal/1 oz. serving	
Avocado Pea Spread v g	40 Cal/1 oz. serving	
Grape Tomatoes v	10 Cal/1 oz. serving	
Sliced Radish vg	5 Cal/1 oz. serving	
Pickled Red Onion VG PF	25 Cal/1 oz. serving	
Green Scallions	0 Cal/0.5 oz. serving	
Add Cheese (1):		
Feta Cheese Crumbles v	80 Cal/1 oz. serving	
Crumbled Goat Cheese v	80 Cal/1 oz. serving	
Spice it Up:		
Crushed Red Pepper vg	25 Cal/0.025 oz. serving	
Everything Spice vg	25 Cal/0.025 oz. serving	
Bottled Water	O Cal each	
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving	

À LA CARTE BREAKFAST

Assorted Bagels with Butter, Cream Cheese and Jam v \$27.89 Per Dozen	290-450 Cal each
Assorted Muffins Served with Butter and Jam v \$27.89 Per Dozen	360-450 Cal each
Cinnamon Rolls v \$28.69 Per Dozen	350 Cal each
Assorted Donuts \$24.39 PER DOZEN	240-540 Cal each
Seasonal Fresh Fruit Platter vg PF \$3.99 Per Person	35 Cal/2.5 oz. serving
Assorted Yogurt Cups \$2.69 Each	40-80 Cal each

BREAKFAST

HOT BREAKFAST

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

AMERICAN BREAKFAST \$15.89

Choice of One (1) Breakfast Pastry:	
Assorted Danish v	250-420 Cal each
Assorted Muffins v	360-450 Cal each
Assorted Scones v	400-440 Cal each
Assorted Bagels v	290-450 Cal each
Buttery Croissants v	370 Cal each
Breakfast Potatoes vg	120-140 Cal/3 oz. serving
Crisp Bacon	60 Cal each
Breakfast Sausage	120-180 Cal each
Cage-Free Scrambled Eggs v	180 Cal/4 oz. serving
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

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SUNRISE SANDWICH BUFFET \$15.99

Seasonal Fresh Fruit Platter VG PF	35 Cal/2.5 oz. serving
Breakfast Potatoes vg	120-140 Cal/3 oz. serving
Choice of Two (2) Sunrise Breakfast Sandwiches:	
Egg and Cheese English Muffin	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	600 Cal each
Spicy Veggie Sausage Biscuit with Maple Sriracha	Syrup VPF 450 Cal each
Spicy Southern Chicken Biscuit with Maple Srirach	a Syrup 570 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 O Cal each **Bottled Water** Gourmet Coffee, Decaf and Hot Tea O Cal/8 oz. serving

SOUTHERN SUNRISE \$15.59

Seasonal Fresh Fruit Platter vg PF	35 Cal/2.5 oz. serving
Cage-Free Scrambled Eggs v	180 Cal/4 oz. serving
Shredded Cheddar Cheese v	110 Cal/1 oz. serving

Choice of One (1) Breakfast Meat:

Country Ham 70 Cal each Crisp Bacon 60 Cal each

Choice of One (1) Southern-Style Breakfast Entrée:

Biscuits and Gravy 570 Cal/7 oz. serving 990 Cal/10.5 oz. serving Spicy Chicken 'n Waffle **Bottled Water** O Cal each Gourmet Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

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

420 Cal each

BREAKFAST

BREAKFAST ENHANCEMENTS

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

YOGURT PARFAIT BAR \$9.99 PER PERSON

Choice of Two (2) Yogurt Flavors:

Greek Yogurt v 60 Cal/4 oz. serving Strawberry Yogurt v 80 Cal/4 oz. serving Vanilla Yogurt v 80 Cal/4 oz. serving Diced Pineapple VG PF 30 Cal/2 oz. serving Fresh Strawberries VG PF 20 Cal/2 oz. serving 90 Cal/0.5 oz. serving Walnuts vg Honey **v** 50 Cal/0.5 oz. serving Granola v 110 Cal/1 oz. serving

BREAKFAST MEATS \$2.89 PER PERSON

Add Bacon, Sausage or Ham to your Breakfast.

Select One (1):

Crisp Bacon	60 Cal each
Breakfast Sausage Link	120 Cal each
Breakfast Sausage Patty	180 Cal each
Grilled Ham Steak	70 Cal each
Turkey Bacon	30 Cal each
Turkey Sausage Link	60 Cal each
Turkey Sausage Patty	90 Cal each

PARADISE BOWL \$14.99

Choice of One (1) Base

Acai Sorbet v g	130 Cal/4 oz. serving
Greek Yogurt v	60 Cal/4 oz. serving
Strawberry Yogurt v	80 Cal/4 oz. serving
Vanilla Yogurt v	80 Cal/4 oz. serving

Choice of Two (2) Fruits:

Holce of Two (2) Fruits.	
Watermelon Cubes v	10 Cal/1 oz. serving
Strawberries v _G	20 Cal/2 oz. serving
Pineapple vg PF	30 Cal/2 oz. serving
Blueberries v G	20 Cal/1 oz. serving
Diced Mango VG PF	20 Cal/1 oz. serving
Bananas v _G	30 Cal/1 oz. serving
Toasted Coconut vg	150 Cal/1 oz serving

Choice of Two (2) Flavor Enhancements:

Honey **v** 50 Cal/1 oz. serving Chocolate Syrup **vg** 80 Cal/1 oz. serving Chia Quinoa Crunch vo 120 Cal/1 oz. serving Granola **v** 110 Cal/1 oz. serving Chia Seeds vo 140 Cal/1 oz. serving

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

*All packages include necessary accompaniments and condiments.

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SANDWICHES & SALADS

CLASSIC COLLECTIONS

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

DELI EXPRESS \$17.09

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

Choice of Two (2) Side Salads (pg 10) 20-240 Cal each Individual Bags of Chips v 100-160 Cal each Assorted Baked Breads and Rolls v 110-230 Cal each

Deli Platter (Sliced Oven-Roasted Turkey, Sliced Roast Beef, Deli Ham and Choice of Tuna Salad, Egg Salad,

80-230 Cal/2-4.5 oz. serving Chicken Salad, or Hummus with Vegetables) Cheese Tray (Cheddar and Swiss) v 110 Cal/1 oz. serving

Relish Tray (Lettuce, Tomato, Onion, Pickles,

Pepperoncini) vg 10 Cal/1 oz. serving Assorted Craveworthy Cookies v 220-240 Cal each

Choice of Two (2) Beverages:

Lemonade 90 Cal/8 oz. serving Iced Tea 0 Cal/8 oz. serving Iced Water 0 Cal/8 oz. serving

PREMIUM BOX LUNCHES

Your Choice of Entrée Salad served with a Bakery-Fresh Roll with Butter, Fruit Cup. Dessert Bar, and Bottled Water

Bakery-Fresh Roll with Butter v 200 Cal each Fresh Fruit Cup VG PF 35 Cal/2.5 oz. serving Dessert Bar v 200-420 Cal each **Bottled Water** O Cal each

Traditional Caesar Salad with Grilled Chicken, Shredded Parmesan Cheese and Seasoned Croutons served with

Caesar Dressing \$20.39 320 Cal/7.25 oz. serving

Asian Chicken Salad: Grilled Chicken. Romaine, Vegetables, Orange and Almonds served with a Sweet and Spicy Sesame Dressing \$20.39

430 Cal/16.5 oz. serving

Mediterranean Quinoa Salad: Quinoa, Toasted Chickpeas, Cucumber, Tomato and Kalamata Olives with Hummus and

Pita **v ew pf \$19.19** 570 Cal/15 oz. serving

CLASSIC BOX LUNCH \$15.99

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) 150-770 Cal each Individual Bag of Chips v 100-160 Cal each Assorted Craveworthy Cookies v 220-240 Cal each **Bottled Water** 0 Cal each

CLASSIC SELECTIONS SANDWICH BUFFET \$19.79

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 5 Cal/1 oz. serving Individual Bags of Chips V 100-160 Cal each Choice of Three (3) Classic Sandwiches 150-770 Cal each Assorted Craveworthy Cookies v 220-240 Cal each Choice of Two (2) Beverages:

Lemonade 90 Cal/8 oz. serving Iced Tea 0 Cal/8 oz. serving Iced Water 0 Cal/8 oz. serving

CLASSIC SANDWICH OPTIONS

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

Roast Beef and Cheddar Sandwich 410 Cal each

Italian Sub with Fresh Lettuce, Tomato, Onion and

Herbal Honey Dijon Sauce 610 Cal each

Chicken Caesar Wrap 630 Cal each

Mediterranean Chicken Ciabatta with Roasted Red Pepper Hummus, Cucumber, Arugula, Red Peppers

and Feta 540 Cal each

Greek Salad Wrap with Crumbled Feta, Black Olives,

Fresh Cucumbers, Plum Tomatoes and Red Onion v 430 Cal each

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

SANDWICHES & SALADS

CLASSIC COLLECTIONS

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

THE EXECUTIVE LUNCHEON \$22.69

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

30-240 Cal each Choice of Two (2) Side Salads (pg 10) Dill Pickle Slices vg 5 Cal/1 oz. serving Individual Bags of Chips v 100-160 Cal each Choice of Three (3) Executive 320-800 Cal each Luncheon Sandwiches Assorted Craveworthy Cookies v 220-240 Cal each Choice of Two (2) Beverages:

Lemonade 90 Cal/8 oz. serving Iced Tea 0 Cal/8 oz. serving Iced Water O Cal/8 oz. serving

EXECUTIVE LUNCHEON SANDWICHES

(Available Sandwich choices for The Executive Luncheon Buffet)	
Roast Beef, Caramelized Onion and Kale Ciabatta	440 Cal each
Southwest Smoked Turkey Ciabatta with Fresh Spinach and Chipotle Mayo	540 Cal each
Creamy Chicken Salad Croissant with Fresh Dill	680 Cal each
Grilled Herbed Chicken and Asiago with Garlic Mayonnaise Sub	490 Cal each
Turkey and Ham Club Sub with Bacon, Swiss Cheese and Honey Dijon Dressing	400 Cal each
Garden Vegetable Ciabatta with Boursin, Aged Provolone and Roasted Garlic Aioli v	600 Cal each
Sliced Portobello Mushroom with Arugula and Olive	

670 Cal each

*All packages include necessary accompaniments and condiments.

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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 and Ranch **v EW PF** 45 Cal/3.5 oz. serving

Baby Spinach Salad with Bacon, Egg, Mushroom

and Tomato and Balsamic Vinaigrette 90 Cal/3.75 oz. serving

Mixed Lettuces, Chickpea, Cucumber and Tomato

VG EW PF 90 Cal/3 oz. serving

Red-Skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing 240 Cal/4 oz. serving

Traditional Coleslaw Finely Shredded with Carrots

in a Mayonnaise and Celery Seed Dressing **v Ew** 170 Cal/3.5 oz. serving Chilled Dill Cucumber Salad with Onions Tossed in

Italian Dressing vg EW PF 60 Cal/3.75 oz. serving

Strawberry Melon Salad V EW 40 Cal/3 oz. serving

Roasted Vegetable Pasta Salad V EW PF 200 Cal/3.75 oz. serving

Herbed Quinoa Salad V PF 110 Cal/3.5 oz. serving

Edamame Salad with Shiitake Mushrooms. Bean Sprouts, Radishes, Scallions, Fresh Basil and Mint tossed in a Rice Wine Vinegar and Ginger Root Dressing **VEW PF**

130 Cal/3 oz. serving

Pesto Spread on a French Baquette V PF

THEMED BUFFETS

All prices are per person and available for 20 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

PACIFIC COAST COLLECTION \$19.99

Seasonal Fresh Fruit Platter VG PF	35 Cal/2.5 oz. serving
Traditional Hummus with Pita Chips & Fresh Vegetables Tray V PF	230 Cal/5 oz. serving
Choice of Two (2) Salad Platters	230 Cai/ 3 02. ser virig
Thai Beef Noodle Salad Platter	320 Cal/6 oz. serving
Sesame Chicken Salad with Mandarin Platter	160 Cal/5 oz. serving
Southwest Kale Salad Platter	220 Cal/5 oz. serving
Teriyaki Salmon Salad Platter	180 Cal/4 oz. serving
Smoky Coconut -Lime Portobello Salad Platter vg PF	70 Cal/4 oz. serving
Plant Forward Street Corn Salad Platter vg Ew	220 Cal/3.3 oz. serving
Assorted Craveworthy Cookies v	220-240 Cal each

BBQ NATION \$24.29

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Choice of One (1) Salad:	
Potato Salad v	240 Cal/4.25 oz. serving
Sweet Potato Salad V PF	290 Cal/3.5 oz. serving
Old-Fashioned Coleslaw v Ew	150 Cal/3 oz. serving
Lexington Slaw VG EW PF	30 Cal/2.75 oz. serving
Choice of One (1) Bread:	
Corn Muffin v	220 Cal each
Southern Biscuits v	190 Cal each
Texas Toast vg	120 Cal each
Choice of Two (2) Sides:	
Macaroni and Cheese	210 Cal/4.25 oz. serving
BBQ Pinto Beans	150 Cal/3.5 oz. serving
Black-Eyed Peas	140 Cal/4.5 oz. serving
Bacon & Onion Green Beans PF	90 Cal/4 oz. serving
Choice of Two (2) Entrees:	
Smoked BBQ Pulled Pork	210 Cal/3 oz. serving
Smoked Beef Brisket	170-210 Cal/3 oz. serving
BBQ Spiced Shredded Chicken	160 Cal/3 oz. serving
Nashville BBQ Pulled Pork Sandwich	510 Cal each
BBQ Jackfruit VG PF	150 Cal/3 oz. serving
BBQ Pulled Oats Sandwich VG PF	430 Cal each
Bakery-Fresh Dinner Roll for Sandwiches v	160 Cal each
Choice of Two (2) Sauces:	
Nashville BBQ Sauce	70 Cal/1 oz. serving
Carolina BBQ Sauce VG	20 Cal/1 oz. serving
Texas BBQ Sauce	50 Cal/1 oz. serving
Alabama BBQ Sauce v	160 Cal/1 oz. serving
Sweet Baby Ray's BBQ Sauce vg	170 Cal/1 oz. serving
Assorted Craveworthy Cookies v	220-240 Cal each
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O-MORI RAMEN BOWL \$25.89

Tempura Broccoli with Spicy Sesame Mayo	420 Cal/5 oz. serving
Wedge Salad with Carrot Ginger Dressing VG PF	240 Cal/7.4 oz. serving
Ramen Noodles v	370 Cal/5 oz. serving
Choice of Two (2) Broths:	
Smoky Shoyu	60 Cal/12 oz. serving
Curry Chicken	70 Cal/12 oz. Serving
Mushroom Miso vg	50 Cal/12 oz. Serving
Choice of One (1) Protein:	
Chashu Pulled Pork	260 Cal/3.5 oz. serving
Crispy Chicken Katsu	270 Cal/3.75 oz. serving
Soy Shiitake vg EW PF	100 Cal/2.25 oz. serving
Choice of Three (3) Toppings:	
Crispy Onion vg	110 Cal/1 oz. serving
Baby Bok Choy vg ew pf	5 Cal/1.125 oz. serving
Corn vg	50 Cal/2 oz. serving
Spinach vg	15 Cal/2 oz. serving
Soy Egg v	80 Cal each
Choice of Two (2) Garnishes:	
Scallion vg	5 Cal/0.5 oz. serving
Nori Square v	0 Cal each
Chili Oil	120 Cal/0.5 oz. serving
Togarashi v g	25 Cal/0.25 oz. serving
Toasted Sesame Seed v g	40 Cal/0.25 oz. serving

POWER BOOST BOWLS \$24.89

Choice of One (1) Grain:	
Lemon Herbed Farro vg EW PF	150 Cal/3.5 oz. serving
Quinoa and Lentils VG EW PF	90 Cal/3 oz. serving
Choice of One (1) Greens:	
Kale Mix vg pf	10 Cal/1.25 oz. serving
Romaine Arugula Mix VG PF	5 Cal/1.25 oz. serving
Choice of Two (2) Proteins:	
Lemon Garlic Chicken	130 Cal/3 oz. serving
Hard-Cooked Egg v	80 Cal each
Grilled Sumac Salmon	120 Cal/2.75 oz. serving
Choice of Three (3) Toppings:	
Spicy Roasted Broccoli vg EW PF	45 Cal/1.5 oz. serving
Sliced Avocado v	90 Cal/2 oz. serving
Turmeric Roasted Cauliflower vg EW PF	35 Cal/2 oz. serving
Garbanzo Beans v g	150 Cal/3 oz. serving
Roasted Butternut Squash vg EW PF	80 Cal/2 oz. serving
Roasted Mushrooms VG EW PF	90 Cal/3 oz. serving
Shredded Beets vg	30 Cal/2 oz. serving
Edamame v g	80 Cal/2 oz. serving
Choice of Two (2) Sauces:	
Greek Yogurt Ranch Dressing v	90 Cal/1 oz. serving
Pesto Vinaigrette v	120 Cal/1 oz. serving
Tahini Tzatziki Dressing v	30 Cal/1 oz. serving
Choice of Two (2) Garnishes:	
Feta Cheese Crumbles v	80 Cal/1 oz. serving
Pickled Red Onion vg	20 Cal/1 oz. serving
Toasted Walnuts vg	180 Cal/1 oz. serving
Shaved Parmesan	110 Cal/1 oz. serving
Brown Butter Pumpkin Seeds v	170 Cal/1 oz. serving
Choice of One (1) Dessert:	
Baklava v	70 Cal each
Assorted Craveworthy Cookies v	220-240 Cal each

YUCATAN BOWL \$25.89

Romaine Lettuce Salad vg	15 Cal/3 oz. serving
Avocado Ranch Dressing v	90 Cal/1 oz. serving
Choice of One (1) Rice:	
Cilantro Lime White Rice v g	120 Cal/3 oz. serving
Cilantro Lime Brown Rice vg	140 Cal/3.5 oz. serving
Mexican Rice vg	130 Cal/3 oz. serving
Charro Beans VG EW PF	80 Cal/3 oz. serving
Choice of Three (3) Proteins:	
Shredded Chicken	170 Cal/3 oz. serving
Braised Beef	190 Cal/3.75 oz. serving
Roasted Portobello Mushrooms vg EW	20 Cal/2.25 oz. serving
Citrus Braised Pork	250 Cal/3 oz. serving
Plant-Based Chorizo vg	230 Cal/4 oz. serving
Guacamole vG	35 Cal/1 oz. serving
Choice of Two (2) Salsas:	
Pico De Gallo vg	5 Cal/1 oz. serving
Salsa Verde v g	5 Cal/1 oz. serving
Salsa Roja vg	20 Cal/1 oz. serving
Dulce De Leche Brownie v	220 Cal each

THEMED BUFFETS

All prices are per person and available for 20 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

ALL-AMERICAN PICNIC \$21.09

Traditional Potato Salad v	240 Cal/4.25 oz. serving
Old-Fashioned Coleslaw V EW	150 Cal/3 oz. serving
Kettle Chips v	190 Cal/1.25 oz. serving
Grilled Hamburgers with Buns	320 Cal each
Vegetarian Burger vg PF	170 Cal each
Hot Dogs with Buns	300 Cal each
Cheese Tray	110 Cal/1 oz. serving
Assorted Craveworthy Cookies v	220-240 Cal each
Bakery-Fresh Brownies v	250 Cal each
Add on Grilled Chicken Breast for an Additional Fee	160 Cal/3 oz. serving

BASIC ITALIAN BUFFET \$21.99

Classic Caesar Salad	170 Cal/2.7 oz. serving
Garlic Breadsticks v	110 Cal each
Homestyle Beef Lasagna with Parmesan Cheese	330 Cal/7.25 oz. serving
Choice of One (1) Vegetarian Lasagna:	
Cauliflower Lasagna v	410 Cal/8.4 oz. serving
Vegetable Alfredo Lasagna v	460 Cal/11 oz. serving
Chocolate Dipped Biscotti v	210 Cal each

NOODLE BAR BASICS \$21.19

Mesclun Salad with Fresh Orange, Kalamata Olives	
and Red Onion with a Balsamic Vinaigrette VG PF	60 Cal/2.25 oz. serving
Garlic Breadsticks v	110 Cal each
Choice of One (1) Pasta:	
Cavatappi Pasta vg	170 Cal/4 oz. serving
Fettuccine Noodles v g	250 Cal/5.5 oz. serving
Choice of Two (2) Vegetables:	
Broccoli vg pf	10 Cal/1 oz. serving
Onions v g	10 Cal/1 oz. serving
Tomatoes vg	10 Cal/1 oz. serving
Zucchini v g	10 Cal/1 oz. serving
Choice of Two (2) Proteins:	
Grilled Chicken EW	160 Cal/3 oz. serving
Italian Sausage	230 Cal/2 oz. serving
Shrimp	100 Cal/3 oz. serving
Tofu vg	80 Cal/2 oz. serving
Choice of Two (2) Sauces:	
Marinara Sauce vg PF	100 Cal/4 oz. serving
Pesto Primavera Sauce v	120 Cal/4 oz. serving
Alfredo Sauce v	250 Cal/4 oz. serving
Hearty Meat Sauce	140 Cal/4 oz. serving
Assorted Craveworthy Cookies v	220-240 Cal each
Bakery-Fresh Brownies v	250 Cal each

HARVEST BOUNTY \$26.99

50 Cal 3.5 oz. serving
230 Cal each
120 Cal/3.75 oz. serving
30 Cal/3 oz. serving
470 Cal/11 oz. serving
170 Cal/3 oz. serving
120 Cal/3 oz. serving
410 Cal/slice

*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.

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

Traditional Garden Salad with Balsamic Vinaigrette and Ranch V EW PF	45 Cal/3.5 oz. serving
Classic Caesar Salad	170 Cal/2.7 oz. serving
Caprese Salad PF	150 Cal/3 oz. serving
Greek Salad with Crumbled Feta ${f v}$	110 Cal/3.25 oz. serving
Traditional Hummus with Pita Chips & Fresh Vegetables ${\bf v}$	150 Cal/1.75 oz. serving
Seasonal Fresh Fruit Salad VG PF	35 Cal/2.25 oz. serving

BUFFET ENTREES	
Grilled Chicken Breast with Cider Marinade \$24.89	120 Cal/3 oz. serving
Lemon Artichoke Chicken Breast EW \$28.99	210 Cal/5.75 oz. serving
Slow-Roasted Butterball* Turkey Breast Rubbed with Sage and Thyme \$24.89	170 Cal/3 oz. serving
Grilled Teriyaki Salmon \$30.59	140 Cal/3 oz. serving
Mahi Mahi with Pineapple Salsa \$32.29	190 Cal/5 oz. serving
Sautéed Mojo Shrimp with Citrus and Garlic \$32.29	120 Cal/3 oz. serving
Asian Marinated Steak \$34.39	190 Cal/3 oz. serving
Roast Beef with Demi-Glace \$28.59	260 Cal/6 oz. serving
Eggplant Lasagna v \$21.19	240 Cal/7.25 oz. serving
Cavatappi A La Toscana with Zucchini, Spinach, Tomato and White Beans in a Pepper-Garlic Sauce VEW PF \$21.19	410 Cal/15.75 oz. serving

BUFFET SIDES

Pan Roasted Vegetables VPF	45 Cal/3 oz. serving
Grilled Asparagus VG EW PF	20 Cal/3 oz. serving
Garlic Roasted Broccoli VG EW PF	40 Cal/1.75 oz. serving
Maple Roasted Carrots V EW PF	110 Cal/2 oz. serving
Creamy Garlic Mashed Potatoes v	120 Cal/3.75 oz. serving
Maple Mashed Sweet Potatoes V PF	120 Cal/4.25 oz. serving
Buttermilk Mashed Potatoes ${f v}$	120 Cal/3.75 oz. serving
Oven-Roasted Fingerling Potatoes ${f v}$	130 Cal/3.5 oz. serving
Quinoa and Wild Rice Blend vg EW	80 Cal/2.75 oz. serving
Butternut Squash Barley Pilaf vg ew PF	220 Cal/8.25 oz. serving
Penne with Marinara Sauce vg	290 Cal/3 oz. serving
Macaroni and Cheese	210 Cal/4.25 oz. serving

BUFFET FINISHES

330 Cal each

140 Cal each

Berry Panna Cotta	340 Cal each
Bread Pudding with Caramel Apple Sauce ${f v}$	360 Cal/6.75 oz. serving
New York-Style Cheesecake	360 Cal slice
Assorted Mini Parfaits v	190-240 Cal each
Dulce De Leche Brownie v	230 Cal each
Red Velvet Thimble Cake v	90 Cal each

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Plant-Based Chorizo Stuffed Portobello Cap vg PF

Stuffed Maple-Glazed Acorn Squash **V PF** \$28.19

\$28.19

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 \$40.89	40 Cal each
Italian Meatballs \$26.99	90 Cal each
Mini Beef Wellington \$51.49	120 Cal each
Chili-Lime Chicken Kabobs \$34.79	40 Cal each
Boneless Buffalo Wings \$29.19	110 Cal each
Coconut Shrimp \$39.89	50 Cal each
Crab Cakes \$40.89	35 Cal each
Sundried Tomato and Goat Cheese Swirls v \$39.89	60 Cal each
Spanakopita v \$27.89	60 Cal each
Vegetable Spring Rolls v \$27.89	50 Cal each
Buffalo Cauliflower Wings vg EW PF \$23.89	25 Cal/1.75 oz. serving
Plant-Based Chorizo Stuffed Mushrooms VG PF \$39.89	50 Cal each

RECEPTION HORS D'OEUVRES (COLD)

Tenderloin and Bacon Jam Crostini \$24.29	130 Cal each
Italian Pinwheels \$37.99	90 Cal each
Mediterranean Antipasto Skewers \$38.09	60 Cal each
Veggie Hummus Cups vg EW PF \$32.79	170 Cal each
Traditional Tomato Bruschetta Crostini ve \$20.09	50 Cal each
Cranberry Brie Crostini \$20.09	170 Cal each
Chicken Cobb Crostini \$24.09	150 Cal each
Tuna Poke Crisps EW \$24.09	80 Cal each
Shrimp Cocktail Market Price	50 Cal each

UNSURE OF 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 20 guests or more.

CLASSIC CHEESE TRAY \$75.39 SERVES 12

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

300 Cal/2.75 oz. serving

FRESH GARDEN CRUDITÉS \$48.59 SERVES 12

Array of Carrots, Broccoli, Bell Peppers, Cauliflower, Squash, Grape Tomatoes, Celery, Mushrooms with Ranch Dill Dip **V PF**

120 Cal/5 oz. serving

SEASONAL FRESH FRUIT PLATTER \$47.19 SERVES 12

Seasonal Fresh Fruit VG PF

35 Cal/2.5 oz. serving

ANTIPASTO PLATTER \$89.89 SERVES 12

Antipasto Platter with Marinated Vegetables, Italian Meats and Cheese

260 Cal/5 oz. serving

TRADITIONAL HUMMUS WITH PITA CHIPS & FRESH VEGETABLES TRAY \$61.39 SERVES 12

Traditional Hummus with Pita Chips & Fresh Vegetables **V EW PF**

230 Cal/5 oz. serving

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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 20 guests or more.

THE SWEET SPOT \$8.79

Select Two (2) Bases:	
Fudge Brownie v	200 Cal each
New York-Style Cheesecake	360 Cal slice
Pound Cake Slices v	150 Cal slice
Pumpkin Pie	310 Cal slice
Select Three (3) Toppings:	
Chocolate Syrup vg	150 Cal/1 oz. serving
Caramel Sauce v	120 Cal/1 oz. serving
Vegan Apple Compote v	60 Cal/1 oz. serving
Cherry Compote vG	30 Cal/1 oz. serving
Gingersnap Cookie v	30 Cal each
Oreo® Cookie Crumbs v	140 Cal/1 oz. serving
Cinnamon Teddy Grahams® v	90 Cal/0.75 oz. serving
Cinnamon Streusel v	130 Cal/1 oz. serving
Pretzel Topping v	110 Cal/1 oz. serving
Candied Almonds and Walnuts vg	170 Cal/1 oz. serving
Candied Bacon Crumbles	370 Cal/1.75 oz. serving
Select Two (2) Extras:	
Whipped Cream v	50 Cal/1 oz. serving
Chocolate Chips v	70 Cal/0.5 oz. serving
Toasted Coconut vg	150 Cal/1 oz. serving

SLIDE INTO HOME \$16.09

Choice of Three (3) Sliders:	
Grilled Veggie Sliders vg PF	110 Cal each
Bacon-Blue Meatball Sliders	220 Cal each
Ham and Cheese Sliders	160 Cal each
Spicy Cauliflower Slider vg PF	170 Cal each
Shredded Pork and Slaw Sliders	300 Cal each
Cheeseburger Sliders	250 Cal each
Sriracha Fried Chicken Sliders	390 Cal each

HUMMUS STATION \$13.19

Pita Wedges

Hummus vg pf	280 Cal/4 oz. serving
Shredded Chicken with Chermoula Sauce vg	210 Cal/3 oz. serving
Choice of Falafel:	
Baked Falafel vg pf	90 Cal each
Fried Falafel VG PF	90 Cal each
Lemon Beet Tahini vg PF	220 Cal/4.2 oz. serving
Tomato Cucumber Salad vg	25 Cal/2.75 oz. serving
Cumin Roasted Cauliflower VG PF	80 Cal/2 oz. serving
Feta Cheese Crumbles v	80 Cal/1 oz. serving
Tzatziki Sauce v	15 Cal/1 oz. serving
Tabbouleh with Ground Bulgur, Tomatoes, Parsley	
and Scallions combined in an Olive Oil Mix vg Ew	140 Cal/3.2 oz. serving
Olive Oil vg	240 Cal/1 oz. serving

30 Cal each

BREAKS

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

WHAT'S POPPIN' \$4.99

Choice of Three (3) Popcorn Varieties:	
Classic Popcorn vg EW PF	110 Cal/1.25 oz. serving
Parmesan Garlic Popcorn EW	110 Cal/1.25 oz. serving
Ranch Popcorn v	110 Cal/1.25 oz. serving
BBQ Popcorn vg	110 Cal/1.25 oz. serving
Southwest Popcorn vg	120 Cal/1.25 oz. serving

TRAIL MIX WITHOUT ADDED NUTS STATION \$9.99

Granola v	220 Cal/2 oz. serving
Goldfish® Crackers v	260 Cal/2 oz. serving
Pretzel Thins v	350 Cal/2 oz. serving
Plain M&M'S® v	270 Cal/2 oz. serving
Pumpkin Crunch Topping v	140 Cal/1 oz. serving
Raisins v	90 Cal/1 oz. serving
Dried Cranberries vg	100 Cal/1 oz. serving

ENERGY BREAK \$6.19

Granola Bars v	100-250 Cal each
Fruit Filled Bar v	100-250 Cal each
Breakfast Bar v	100-250 Cal each

COFFEE BREAK \$6.89

Assorted Craveworthy Cookies v	220-240 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving



BEVERAGES & DESSERTS

BEVERAGES

Includes appropriate accompaniments

Regular/Decaffeinated Coffee and Hot Water with

Assorted Tea Bags \$3.39 Per Person

Bottled Water \$2.89 EACH

Assorted Sodas (Can) \$2.89 EACH

Assorted Individual Fruit Juices \$2.89 Each

Apple Cider \$27.39 Per Gallon

Hot Chocolate \$27.39 Per Gallon

Iced Tea \$19.89 Per Gallon

Lemonade \$19.89 PER GALLON

Fruit Punch \$24.69 PER GALLON

Iced Water \$2.09 Per Gallon

Infused Water \$1429 Per Gallon Choice of One (1) Fruit Infused Water:

Lemon Infused Water Orange Infused Water Apple Infused Water Cucumber Infused Water Grapefruit Infused Water

O Cal/8 oz. serving 10 Cal/8 oz. serving

20 Cal/8 oz. serving O Cal/8 oz. serving 20 Cal/8 oz. serving

0 Cal/8 oz. serving

O Cal each

0-150 Cal each

100-150 Cal each

160 Cal/8 oz. serving

160 Cal/8 oz. serving

0 Cal/8 oz. serving

90 Cal/8 oz. serving

110 Cal/8 oz. serving

O Cal/8 oz. serving

DESSERTS

Assorted Blondies v \$27.99 PER DOZEN

Assorted Craveworthy Cookies v

\$24.19 PER DOZEN

Bakery-fresh Brownies v

\$26.89 PER DOZEN

Assorted Dessert Bars v

\$26.89 PER DOZEN

Assorted Mini Parfaits v \$30.39 PER DOZEN

Cheesecake Cups made without Gluten v

\$27.99 PER DOZEN

240-300 Cal each

220-240 Cal each

250 Cal each

200-420 Cal each

180-240 Cal each

200 Cal each

ORDERING INFORMATION

Lead Time

Notice of 5 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.

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VG VEGAN

EW EAT WELL

V VEGETARIAN

PF PLANT FORWARD



Contact Us Today

315.445.4695 catering@lemoyne.edu greenandgold.catertrax.com

Prices effective until 07/01/2026 Prices may be subject to change

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