



# **SUNY ONEONTA CATERING SERVICES**

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## PLANNING YOUR EVENTS

Sodexo Catering at SUNY Oneonta has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure everything is perfect for your special occasion. Please use this guide to understand our processes, procedures, and expectations as we work together to achieve a smoothly executed and memorable catered event.

## HOW TO CONTACT US

When you have a catered event in mind, please contact us as soon as possible (at least 2 weeks prior to your event). Even if you are not yet sure of the exact details, it's a good idea to touch base with us so we can get the process started.

In person → Please feel free to stop by our office located in Morris Hall #120 to speak to Lori.

Give us a call → Lori can be reached at (607) 436-3934.

Email → [lori.mannina@oneonta.edu](mailto:lori.mannina@oneonta.edu) or [wende.ebberts@oneonta.edu](mailto:wende.ebberts@oneonta.edu)

## EVENT LOCATION RESERVATION

Catering will be delivered to any building on campus. An event location needs to be reserved before we plan your event. The Event Coordinator can be reached at (607) 436-2077 or (607) 436-2079 or reservations can be made in EMS.

*Please make sure when making your reservations that you have requested eating tables, catering tables, chairs, trash cans and any other items required for your event.*

## EVENT BOOKING / CONFIRMATIONS / FINAL NUMBERS

All Catering requests must be booked in our system no later than 2 Weeks prior to your event. If you have a last-minute catering request a \$50.00 add on fee will be assessed if we are able to accommodate and staff the request. If we are unable to cater your event, we will suggest Resident and Retail Dining options.

Final attendance numbers must be given to catering 1 Week (7 days) prior to your event. If you need to **increase** your numbers, you can do that 3 days before the event, but no changes can be made to attendance after that.

Please review your Catering Confirmation when it is sent to you to verify date, location, time, and menu selections. A signed confirmation must be returned to the catering office 1 Week (7 days) prior to your event.

## EVENT CANCELLATIONS

Cancellations of any catered event must be made within 2 days of your scheduled event. Please be advised that if we are notified of your cancellation after this deadline, you may be responsible for expenses already incurred by the Catering Department.

## EVENT LOCATION / DELIVERY FEE

Catering will be delivered to any building on campus. Please make sure you have put in a work request for tables so Catering has a place to set up your event. If you have questions about how many tables will be needed, you can reach out to Lori or Wende.

Catering being delivered to College Camp will be charged a \$25.00 Delivery Fee for each meal.

## EVENT MINIMUMS

Most catered events will need a minimum attendance of 10 people. Please note that some options in our Catering Guide do require a higher minimum attendance. If you have an event for less than 10 people, please work with Lori on what options are available.

Catered events must also meet the minimum amount of \$50.00 for us to deliver and set up your event. If for some reason your request is below the minimum amount, you may have the option to pick up your order in the Catering Kitchen, located on the bottom floor of Morris Hall.

## PAPER / CHINA CHARGES

We provide eco-friendly paper products unless otherwise requested. We offer high quality plasticware and china service for events at an additional charge.

High Quality Plasticware - \$1.95 per guest

Full China Service - \$3.95 per guest

## FLORAL CHARGES

We will be happy to order, receive and handle floral arrangements for you. Our basic garden vase centerpieces, which are ordered from a local florist, are \$10.00/each. If you require a larger arrangement, we can work with the florist on getting you a price.

## LINEN AND SKIRTING

We provide linens for food and beverage tables. If you are doing an event with chinaware the linens will be included for your eating tables. All other events that involve paper products or high quality plasticware do not include linen on the eating tables but can be included for an additional fee of \$3.75 per table.

Skirting for registration tables is available at \$15.75 per table.

## FOOD REMOVAL POLICY

Due to NYS Department of Health regulations, it is the policy of Sodexo at SUNY Oneonta, that excess food items from events cannot be removed from the event site.

## MORNING SELECTIONS

### THE CLASSIC CONTINENTAL (minimum 10 ppl)

\$9.75 / per person

- Seasonal Sliced Fresh Fruit (35 cal)
- Bottled Juice
- Ice Water
- Full Coffee & Tea Service
- Fresh Bakery Items (*please select 2 from below*)
  - Mini Scones (180 cal), Cinnamon Rolls (240 cal), Assorted Bagels (290 cal), Assorted Danish (290 cal), Coffee Cake (70 cal), Assorted Donuts (250 cal), Croissants (300 cal), Assorted Muffins (210 cal), Banana Bread (100 cal), or Lemon Poppyseed Bread (270 cal)

### BREAKFAST BUFFET (minimum 10 ppl)

\$13.25 / per person

- Seasonal Sliced Fresh Fruit (35 cal)
- Bottled Juice
- Ice Water
- Full Coffee & Tea Service
- Fresh Bakery Items (*please select 2 from below*)
  - Mini Scones (180 cal), Cinnamon Rolls (240 cal), Assorted Bagels (290 cal), Assorted Danish (290 cal), Coffee Cake (70 cal), Assorted Donuts (250 cal), Croissants (300 cal), Assorted Muffins (210 cal), Banana Bread (100 cal), or Lemon Poppyseed Bread (270 cal)
- Egg Selection (*please select 1 from below*)
  - Cage-Free Scrambled Eggs (230 cal), Scrambled Egg Whites (50 cal), Spinach & Pesto Scrambled Eggs (130 cal), Broccoli Cheddar Quiche (260 cal) or Garden Vegetable Quiche (230 cal)
- Potato Selection (*please select 1 from below*)
  - Home Fries (80 cal) or Hashbrown Patties (150 cal)
- Meat Selection (*please select 2 from below*)
  - Crispy Bacon (60 cal), Turkey Bacon (25 cal), Sausage (190 cal), Turkey Sausage (45 cal), Country Ham (60 cal)
- Additional Items (*add \$0.75 / per person*)
  - Pancakes (320 cal) or French Toast (140 cal) served with Syrup and Butter

### HEALTHY START BUFFET (minimum 10 ppl)

\$11.25 / per person

- Seasonal Sliced Fresh Fruit (35 cal)
- Yogurt Parfaits with Fresh Berries & Granola (220 cal)
- Assorted Granola Bars
- Whole Wheat Bagels (290 cal) with Low-Fat Cream Cheese, Jellies & Butter
- Bottled Juice
- Ice Water
- Full Coffee & Tea Service

## **MORNING SELECTIONS (continued)**

### **OMELET STATION (minimum 25 ppl) – ask about location requirements**

**\$7.75 / per person**

- Fresh Omelets will be prepared by our talented culinarians and will include Eggs & Egg Whites and a variety of fresh vegetables, meats & cheeses.

### **BREAKFAST SANDWICH (minimum 10 ppl)**

**\$5.25 / per person**

- Bread Selection (Bagel (290 cal) or Croissant (300 cal))
- Egg Selection (Cage-Free Eggs (230 cal) or Egg Whites (50 cal))
- Cheese Selection (American (75 cal), Provolone (98 cal), Cheddar (113 cal) or Swiss (106 cal))
- Meat Selections (Bacon (60 cal), Turkey Bacon (25 cal), Sausage (190 cal), Turkey Sausage (45 cal) or Ham (60 cal))

### **BREAKFAST TACOS (minimum 10 ppl)**

**\$5.25 / per person**

- Tortilla Selections (Flour (94 cal) or Corn (52 cal))
- Egg Selection (Cage-Free Eggs (230 cal) or Egg Whites (50 cal))
- Meat Selections (Bacon (60 cal), Turkey Bacon (25 cal), Sausage (190 cal), Turkey Sausage (45 cal) or Ham (60 cal))
- Add-Ons Selections (Shredded Cheese (220 cal), Salsa (17 cal), Sour Cream (60 cal), Guacamole (27 cal), Pico de Gallo (31 cal))

### **BREAKFAST BURRITOS (minimum 10 ppl)**

**\$5.25 / per person**

- Tortilla Selections (Flour (94 cal) or Corn (52 cal))
- Egg Selection (Cage Free Eggs (230 cal) or Egg Whites (50 cal))
- Meat Selections (Bacon (60 cal), Turkey Bacon (25 cal), Sausage (190 cal), Turkey Sausage (45 cal) or Ham (60 cal))
- Add-Ons Selections (Shredded Cheese (220 cal), Salsa (17 cal), Sour Cream (60 cal), Guacamole (27 cal), Pico de Gallo (31 cal))

## **MORNING A LA CARTE / ADD ON SELECTIONS**

*(Minimum 10 ppl)*

Seasonal Sliced Fresh Fruit (35 cal)

**\$3.40 / per person**

Individual Assorted Yogurts (170 cal)

**\$2.65 / per person**

Individual Fruit & Yogurt Parfaits with Granola (220 cal)

**\$4.25 / per person**

Home Fries with Caramelized Onions (80 cal)

**\$1.60 / per person**

Roasted Breakfast Sweet Potatoes (170 cal)

**\$2.05 / per person**

Hard Boiled Eggs (77 cal)

**\$1.85 / per person**

Mini Quiche

**\$3.15 / per person**

- Broccoli and Cheddar & Western (60 cal) (served with ketchup & hot sauce)

Quiche / Frittata

**\$3.95 / per person**

- Asparagus, Egg White & Feta Frittata (120 cal)
- Broccoli Cheddar Quiche (260 cal)
- Garden Vegetable Quiche (230 cal)
- Ham, Mushroom & Swiss Quiche (260 cal)

Oatmeal Bar

**\$3.70 / per person**

- Steel Cut Oatmeal (450 cal) served with Blueberries, Strawberries, Brown Sugar (11 cal) & Chocolate Chips (2 cal)

## FROM THE BAKERY

• Assorted Muffins (210 cal)	\$15.00 / per dozen
◦ Apple Cinnamon, Banana, Blueberry, Chocolate Chip, Cranberry & Lemon Poppyseed	
• Assorted Mini Muffins (125 cal)	\$6.40 / per dozen
• Assorted Breakfast Breads (200 cal)	\$17.50 / per loaf
◦ Banana, Blueberry, Cranberry, Lemon Poppyseed, Pumpkin	
• Coffee Cake (80 cal)	\$9.20 / per dozen
◦ Apple Streusel, Blueberry Buckle, Lemon Blueberry Buckle, Cinnamon	
• Assorted Danish (290 cal)	\$18.10 / per dozen
• Raspberry Cheese Danish (350 cal)	\$26.25 / per dozen
• Assorted Fresh Bagels (290 cal)	\$18.65 / per dozen
◦ Includes Cream Cheese, Jellies & Butter	
• Assorted Fresh Bagel Bites (150 cal)	\$10.50 / per dozen
◦ Includes Cream Cheese, Jellies & Butter	
• Assorted Mini Scones (180 cal)	\$11.80 / per dozen
• Cinnamon Rolls (240 cal)	\$14.65 / per dozen
• Assorted Donuts (250 cal)	\$14.00 / per dozen
• Assorted Donut Holes (130 cal)	\$6.40 / per dozen
• Croissants (300 cal)	\$20.75 / per dozen
• Chocolate Croissants (340 cal)	\$26.25 / per dozen
• Apple Turnovers (510 cal)	\$19.35 / per dozen
• Assorted Pastries (290 cal)	\$14.00 / per dozen

## BEVERAGES

(16 servings per gallon)

Full Coffee & Tea Service	\$3.15 / per person
• Includes Regular Coffee, Decaf Coffee, Hot Water with Regular & Decaf Tea Bags, Assorted Sugars, Creamer & Stirrers	
Freshly Brewed Regular Coffee	\$15.50 / per gallon
Freshly Brewed Decaf Coffee	\$15.50 / per gallon
Herbal & Non-Herbal Teas with Hot Water	\$9.75 / per gallon
Hot Chocolate	\$15.00 / per gallon
Hot or Cold Apple Cider (seasonal)	\$14.25 / per gallon
Orange Juice	\$11.50 / per gallon
Bottled Juice (Orange, Apple & Cranberry)	\$2.40 / per bottle
Iced Water Service	\$2.95 / per gallon
Iced Water Service with Fresh Fruit (Lemons, Limes, Oranges, Cucumber)	\$5.25 / per gallon
Freshly Brewed Unsweetened Iced Tea	\$12.60 / per gallon
Lemonade	\$11.00 / per gallon
Cranberry Punch	\$15.25 / per gallon
Fruit Punch	\$15.25 / per gallon
Assorted Bottles of Soda (Coca-Cola Products) & Water (Dasani)	\$2.95 / per bottle



## TO-GO BOXED LUNCHES

(All Boxed Lunches will include a Bottle of Water, Chocolate Chip Cookies, Bag of Chips, and a Cup of Fresh Cubed Fruit)

1 – 10 people please select 2 options below (requires pick up)

11 – 20 people please select 3 options below

### SALADS

#### Caesar Salad (460 cal)

\$9.25 / per person

- Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
  - Add Grilled Chicken (+\$2.25/per person) (540 cal)
  - Add Grilled Portobello (+\$2.25/per person) (620 cal)

#### Chef Salad (190 cal)

\$11.25 / per person

- Ham, Turkey, Cheddar, Cage-Free Hard-Boiled Egg, and Sweet Potato Hay served on a bed of Mixed Greens. Balsamic Dressing served on the Side.

#### Chinese Chicken Salad (530 cal)

\$11.25 / per person

- Mixed Greens Tossed with Grilled Chicken, Mandarin Oranges, Sliced Almonds, and Wonton Chips. Toasted Sesame Dressing served on the side.

#### Cobb Salad (370 cal)

\$12.40 / per person

- Turkey, Avocado, Cage-Free Hard-Boiled Egg and Crispy Bacon and Croutons served on a bed of Mixed Greens. Chunky Bleu Cheese Dressing served on the side.

#### Greek Salad (150 cal)

\$11.25 / per person

- Tomatoes, Cucumbers, Red Onion, Kalamata Olives & Feta served on a bed of Mixed Greens. Balsamic Dressing served on the side.
  - Add Grilled Chicken (+\$2.25/per person) (280 cal)

#### Napa Valley Chicken Salad (280 cal)

\$12.40 / per person

- Creamy Chicken Salad Laced with Tarragon, Red Grapes, Carrots, Apple Slices and Toasted Walnuts served on a bed of Mixed Greens.

### WRAPS

#### Buffalo Chicken Wrap (580 cal)

\$12.50 / per person

- Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Ranch on a Whole Wheat Wrap

#### Chicken Caesar Wrap (580 cal)

\$12.50 / per person

- Crisp Romaine, Grilled Chicken, Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Salad on a Spinach Wrap

#### Turkey & Feta Wrap (500 cal)

\$12.40 / per person

- Turkey, Feta & Spinach with a Sun-Dried Tomato Aioli on a Garlic Wrap

#### Grilled Chicken & Asiago Wrap (580 cal)

\$12.50 / per person

- Grilled Herbed Chicken, Asiago Cheese, Lettuce, Tomato & Garlic Aioli in a Spinach Wrap

#### Hummus, Avocado and Vegetable Wrap (430 cal)

\$12.00 / per person

- Balsamic Roasted Eggplant, Zucchini, Red Peppers & Onions finished with Lettuce, Avocado and Hummus on a Tortilla

#### Mediterranean Veggie Wrap (300 cal)

\$12.40 / per person

- Grilled Eggplant with Fresh Cucumbers, Peppers, Lentils & Shallots, Tzatziki Sauce & Feta Cheese on a Whole Grain Tortilla

## SANDWICHES

- Bistro Hummus Chicken Sandwich** (210 cal) \$12.50 / per person
- Balsamic Herb Chicken Breast, Roasted Red Peppers & Onions, Hummus & Bistro Sauce on a Multigrain Roll
- Grilled Tuscan Chicken Sandwich** (530 cal) \$11.95 / per person
- Grilled Chicken Breast, Provolone Cheese, Lettuce, Tomato & Pesto Mayo on Ciabatta Bread
- Turkey & Sharp Cheddar Sandwich** (290 cal) \$11.95 / per person
- Classic Oven Roasted Turkey, Sharp Cheddar Cheese, Lettuce & Tomato on a Kaiser Roll
- Roast Beef & Cheddar Sandwich** (490 cal) \$12.50 / per person
- Medium Rare Roast Beef, Mild Cheddar Cheese, Lettuce, Tomato and Tangy Horseradish Mayo on a Ciabatta Bun
- Spicy Italian Baguette** (540 cal) \$12.50 / per person
- Genoa Salami, Capicola Ham, Pepperoni, Lettuce, Tomato and Hot Pepper Mayonnaise on an Artisan Baguette
- Roasted Veggie Club** (500 cal) \$11.00 / per person
- Roasted Eggplant, Zucchini, Red Peppers, Artichoke Tapenade & Mozzarella on a Ciabatta Roll
- Caprese Sandwich** (560 cal) \$11.55 / per person
- Sliced Fresh Mozzarella, Spinach, Tomatoes, Basil & Cracked Black Pepper on a Ciabatta Roll



## BOUNTIFUL BUFFETS

### Deli Buffet (minimum 10 ppl) (280 cal)

\$12.25 / per person

- Sliced Roast Beef, Turkey & Ham
- Sliced Swiss, American & Provolone Cheese
- Lettuce, Tomato & Onion
- Sliced Dill Pickles, Mayo & Mustard
- Bowl of Potato Chips
- Sliced Deli Rolls & Bread
- Assorted Cookies (160 cal) **OR** Brownies (280 cal)
- Ice Water & Freshly Brewed Unsweetened Iced Tea **OR** Lemonade

### Signature Salad Buffet (minimum 10 ppl)

\$13.25 / per person

- Option # 1 (please select 1 from the options below)
  - Napa Valley Chicken Salad (250 cal), Grilled Chicken Tabbouleh Salad (660 cal), Greek Salad (150 cal), Cobb Salad (550 cal), Caesar Salad (190 cal)
- Option #2 (please select up to 2 from the options below)
  - Seasonal Fresh Fruit Salad (35 cal), House Salad with Balsamic Vinaigrette (30 cal), Antipasto Platter (360 cal), Italian Cucumber Salad (70 cal), Apple Fennel Slaw (70 cal), Minted Cucumber Salad (20 cal), Orzo & Pepper Salad (140 cal), Farmhouse Potato Salad (220 cal)
- Dinner Rolls & Pita Wedges
- Assorted Cookies (160 cal) **OR** Brownies (280 cal)
- Assorted Bottles of Soda & Water
- May add a Platter of Grilled Chicken (120 cal) **or** Grilled Portobello Mushrooms (90 cal) (+\$2.25 / per person)

### Handcrafted Sandwich Buffet (minimum 10 ppl)

\$14.50 / per person

- Salad Selection (please select up to 2 from the options below)
  - Seasonal Fresh Fruit Salad (35 cal), Apple Fennel Slaw (70 cal), Farmhouse Potato Salad (220 cal), Market House Salad with Balsamic Vinaigrette (30 cal), Minted Cucumber Salad (20 cal), Orzo & Pepper Salad (140 cal), Pasta Salad (310 cal)
- Sandwich Selection (please select up to 3 from the options below)
  - Dijon Egg Salad on Pumpnickel Bread (350 cal), Grilled Tuscan Chicken with Pesto Mayo (530 cal), Picnic Grilled Chicken Sandwich (400 cal), Turkey & Sharp Cheddar (330 cal), Roast Beef & Cheddar with Horsey Mayo (490 cal), Southwestern BBQ Pork on Ciabatta (700 cal), Greek Vegetable Wrap (440 cal), Roasted Vegetables on a Multigrain Roll (280 cal), Tabbouleh Hummus Pita (250 cal)
- Assorted Bags of Chips
- Mayo & Mustard
- Frosted Brownies (280 cal) **OR** Cookies (160 cal)
- Assorted Bottles of Soda & Water

### Old Fashioned BBQ (minimum 10 ppl)

\$19.50 / per person

- Seasonal Fresh Fruit Salad (35 cal)
- Roasted Vegetable Pasta Salad (310 cal)
- Country Potato Salad (220 cal)
- Cornbread (320 cal)
- Rolls and Butter
- Ranch Style Baked Beans (160 cal)
- Barbecued Chicken (410 cal)
- Barbecued Beef Brisket (150 cal)
- Assorted Cookies (160 cal)
- Freshly Brewed Unsweetened Iced Tea, Lemonade, and Ice Water

## **BOUNTIFUL BUFFETS (continued)**

### **Backyard Cookout (minimum 10 ppl)**

\$14.25 / per person

- Country Potato Salad (220 cal)
- Coleslaw (250 cal)
- Baked Beans (150 cal)
- Grilled Hamburgers (250 cal)
- Grilled Vegan Burgers (100 cal)
- Hamburger Buns
- Cheese, Lettuce, Tomato & Onion Platter
- Bowl of Potato Chips
- Pickles, Ketchup and Mustard
- Assorted Cookies (160 cal) **OR** Brownies (280 cal)
- Assorted Bottles of Soda & Water
  - Can Add Hot Dogs (310 cal) & Buns (+\$1.75 / per person)
  - Can Add a Grill Attended Chef (+\$25.00 / hour)

### **Little Italy Buffet (minimum 10 ppl)**

\$17.85 / per person

- Antipasto Platter (360 cal)
- Caesar Salad with Homemade Croutons (190 cal)
- Dinner Rolls with Butter
- Sauteed Fresh Zucchini (50 cal)
- Cheese Tortellini with Pesto Cream Sauce (260 cal)
- Penne with Marinara Sauce (260 cal)
- Homestyle Beef Meatballs with Marinara Sauce (100 cal)
- Parmesan Cheese (110 cal)
- Assorted Mini Cannoli's (80 cal)
- Assorted Bottles of Soda & Water

### **Asian Fusion Buffet (minimum 10 ppl)**

\$17.10 / per person

- Asian Salad with a Toasted Sesame Dressing (500 cal)
- Garlic Lemon Ginger Broccoli (45 cal)
- Sticky Rice (160 cal)
- Vegetable Lo Mein (330 cal)
- Cilantro Breast of Chicken (170 cal)
- Coconut Lemon Almond Bar (310 cal)
- Assorted Bottles of Soda & Water

### **Chicken BBQ Buffet (minimum 10 ppl)**

\$17.40 / per person

- Pasta Salad (310 cal)
- Baked Potatoes (220 cal) with Sour Cream & Butter
- Corn on the Cob (230 cal)
- BBQ Chicken Quarters (410 cal)
- Vegetable Lasagna (350 cal)
- Dinner Rolls with Butter
- Assorted Cookies (160 cal) **OR** Brownies (280 cal)
- Freshly Brewed Unsweetened Iced Tea, Lemonade & Ice Water

## **BOUNTIFUL BUFFETS (continued)**

### **Chicken Parmesan Buffet (minimum 10 ppl)**

**\$17.60 / per person**

- Tossed Salad with Assorted Dressings (30 cal)
- Sauteed Broccoli with Butter & Garlic (60 cal)
- Spaghetti with Marinara (260 cal)
- Chicken Parmesan (130 cal)
- Garlic Bread (53 cal)
- Assorted Cookies (160 cal)
- Assorted Bottles of Soda & Water

### **Fajita Bar (minimum 10 ppl)**

**\$14.25 / per person**

- Protein Selection (please select up to 2 from the options below)
  - Fajita Beef (100 cal), Fajita Chicken (90 cal) or Black Beans & Corn (25 cal)
- Flour Tortillas (Corn Tortillas available upon request)
- Spanish Rice (150 cal)
- Sauteed Peppers & Onions (20 cal)
- Sour Cream (60 cal), Guacamole (27 cal) & Salsa (17 cal)
- Shredded Cheese & Lettuce
- Assorted Cookies (160 cal)
- Assorted Bottles of Soda & Water

### **Greek Salad Buffet (minimum 10 ppl)**

**\$16.00 / per person**

- Chopped Spinach & Romaine Lettuce (8 cal)
- Grilled Sliced Chicken (served cold) (165 cal)
- Pita Bread (90 cal)
- Tzatziki Sauce (15 cal), Red Onion (11 cal), Black Olives (36 cal), Peppers (39 cal), Tomatoes (27 cal), Cucumbers (15 cal) & Feta Cheese (75 cal)
- Roasted Red Pepper Dressing (25 cal) & Oregano Olive Oil with Lemon Dressing (140 cal)
- Strawberry Shortcake with Whipped Cream (240 cal)
- Assorted Bottles of Soda & Water

### **Macaroni & Cheese Bar (minimum 10 ppl)**

**\$11.30 / per person**

- Macaroni & Cheese (930 cal)
- Toppings to include Raw Spinach (7 cal), Broccoli (55 cal), Ham (70 cal) & Bacon (35 cal)
- Assorted Cookies (160 cal)
- Assorted Bottles of Soda & Water

### **Panini Buffet (minimum 10 ppl)**

**\$12.95 / per person**

- Tossed Salad with Assorted Dressing (30 cal)
- Turkey, Bacon, BBQ, Cheddar Panini (530 cal)
- Roast Beef, Caramelized Onions, Cheddar Panini (600 cal)
- Fresh Mozzarella, Tomato & Basil Panini (440 cal)
- Bowl of Potato Chips (160 cal)
- Chocolate Chip Cookie Brownie Bar (350 cal)
- Assorted Bottles of Soda & Water

## **BOUNTIFUL BUFFETS (continued)**

### **Pasta Bar (minimum 10 ppl)**

**\$11.50 / per person**

- Mixed Greens Salad with Italian Dressing (30 cal)
- Rigatoni Noodles (260 cal) & Whole Wheat Noodles (213 cal) with Marinara Sauce
- Shredded Parmesan Cheese (21 cal)
- Garlic Bread Sticks (170 cal)
- Lemon Bars (130 cal)
- Assorted Bottles of Soda & Water

### **Pre-Made Wraps Buffet (minimum 10 ppl)**

**\$12.35 / per person**

- Wrap Options (please select up to 3 from the list below)
  - Chicken Caesar Wrap (400 cal), Ham & Cheese Wrap (410 cal), Roast Beef & Cheddar Wrap (390 cal), Turkey Club Wrap (500 cal), Turkey & Cheddar Wrap (390 cal), Vegetable Wrap (460 cal)
- Tossed Salad with Assorted Dressings (30 cal)
- Bowl of Potato Chips (160 cal)
- Pickles (4 cal), Mayo (90 cal) and Mustard (3 cal)
- Assorted Cookies (160 cal)
- Assorted Bottles of Soda & Water

### **Taco Bar (minimum 10 ppl)**

**\$13.50 / per person**

- Protein Options (please select up to 2 from the list below)
  - Taco Beef (60 cal), Shredded Chicken (90 cal), Black Beans & Corns (25 cal), Pulled Pork (240 cal), Peppers & Onions (20 cal)
- Soft Taco Shells (94 cal) (Corn Shells (60 cal) available upon request)
- Refried Beans (130 cal)
- Salsa (17 cal), Sour Cream (60 cal) & Guacamole (27 cal)
- Shredded Lettuce (8 cal) & Cheese (114 cal)
- Homemade Pico de Gallo (10 cal)
- Assorted Cookies (160 cal) **OR** Brownies (280 cal)
- Assorted Bottles of Soda & Water

### **The Trio Buffet (minimum 10 ppl)**

**\$16.30 / per person**

- Salad Option (please select up to 2 from the list below)
  - Antipasto Salad (360 cal), Caesar Salad (190 cal), Country Potato Salad (220 cal), Garden Pasta Salad (310 cal), Mixed Greens Salad with Balsamic Vinaigrette (30 cal), Seasonal Fresh Fruit Salad (35 cal), Sweet Potato Salad with Toasted Pecans (190 cal)
- Soup Option (please select 1 from the list below)
  - Tomato Basil (130 cal), Cheddar Broccoli (280 cal), Vegetable (90 cal), Chef's Choice
- Sandwich Option (please select up to 3 from the list below)
  - Greek Vegetable Wrap (440 cal), Tuscan Grilled Chicken with Pesto Mayo (530 cal), Italian Spicy Baguette (540 cal), Roast Beef & Cheddar on a Ciabatta with Horsey Mayo (490 cal), Smoked Turkey & Brie with Honey Mustard on a Croissant (290 cal)
- Assorted Individual Bags of Chips
- Lemon Bar (210 cal) **OR** Raspberry Almond Bar (210 cal)
- Assorted Bottles of Soda & Water

### **Soups (minimum 10 ppl)**

*Soup can be added to any buffet for an additional \$3.95 per guest*

- Broccoli & Cheddar (280 cal), Chicken Noodle (80 cal), Corn Chowder (240 cal), Italian Wedding (140 cal), Potato Leek (140 cal), Spinach & Feta (280 cal), Tomato Basil (130 cal), or Vegetable (90 cal)

## SPECIALTY & CARVING STATIONS

### Nacho Bar (minimum 10 ppl)

\$2.95 / per person

- Includes Warm Nacho Cheese (300 cal), Refried Beans (130 cal), Salsa (17 cal), Sour Cream (60 cal), Guacamole (27 cal) and Tri-Colored Fried Chips (260 cal)

### Slider Station (minimum 20 ppl)

\$7.10 / per person

- Slider Option (please select up to 3 from the list below)
  - BBQ Pulled Pork (230 cal), Shredded Buffalo Chicken (60 cal), Cheeseburger (270 cal), Hamburger (340 cal), BBQ Pulled Chicken (230 cal)
- Served with Ketchup, Mustard, Mayo & Pickles (if applicable)

### Mashed Potato Bar (minimum 10 ppl)

\$5.25 / per person

- Yukon Gold (180 cal) and Sweet Potatoes (90 cal)
- Whipped Butter (27 cal) & Sour Cream (60 cal)
- Toppings Selection (please select up to 4 from the list below)
  - Caramelized Onions (120 cal), Chopped Scallions (8 cal), Country Brown Gravy (70 cal), Crumbled Bacon (35 cal), Fried Onion Crisps (130 cal), Grated Parmesan Cheese (22 cal), Shredded Cheddar Cheese (114 cal)

### Risotto Action Station (minimum 25 ppl)

\$7.35 / per person

- Endless Creamy Risotto (650 cal)
- Seasoned Shrimp (30 cal), Rosemary Chicken (340 cal) & Grilled Vegetables (100 cal)
- Fresh Shaved Parmesan Cheese (22 cal)

## CARVING STATIONS (minimum 25 ppl)

*Our Beef, Poultry and Pork selections are cooked to perfection and carved by an experienced uniformed Chef. Served with wonderful sauces & condiments, as well as assorted dinner rolls.*

### Roast Breast of Turkey

\$6.95 / per person

- Roast Breast of Turkey (100 cal) with Cranberry & Orange Mayonnaise (80 cal) and Creamy Dijon Mustard (10 cal)

### Roasted Beef Tenderloin

\$9.99 / per person

- Roasted Beef Tenderloin (220 cal) with Horseradish Aioli (90 cal) and Stone Ground Mustard Sauce (10 cal)

### Roasted Prime Rib of Beef

\$6.95 / per person

- Roasted Prime Rib (230 cal) with Horseradish Cream Sauce (90 cal) and Roasted Garlic Au Jus (0 cal)

### Roasted Pork Loin

\$6.95 / per person

- Roasted Pork Loin (290 cal) with Chipotle Mayonnaise (90 cal)

### Mustard Apricot Glazed Ham

\$6.95 / per person

- Mustard Apricot Glazed Ham (130 cal) with a Honey Mustard Sauce (160 cal)

## CHEF'S SPECIALTY SHEET PIZZAS

*All Sheet Pizzas serve 24 people*

Cheese Sheet Pizza (250 cal)

\$26.25 / each

Pepperoni Sheet Pizza (350 cal)

\$29.95 / each

Vegetable Sheet Pizza (250 cal)

\$29.95 / each

Hawaiian Sheet Pizza (260 cal)

\$29.95 / each

Buffalo Chicken Sheet Pizza (550 cal)

\$32.00 / each

## HOT HORS D'OEUVRES

Minimum of 2 dozen per appetizer

10 – 25 people (3 options or less)

25 – 50 people (4 options or less)

50 – 100 people (5 options or less)

100+ people (6 options or less)

### CHICKEN

Greek Chicken Skewers (90 cal)	\$14.95 / dozen
Chipotle Maple Bacon-Wrapped Chicken (50 cal)	\$16.80 / dozen
Coconut Chicken with Orange Dipping Sauce (130 cal)	\$13.25 / dozen
Ginger Chicken Satay with Coconut Peanut Sauce (290 cal)	\$14.40 / dozen
Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce (45 cal)	\$14.95 / dozen
Teriyaki Chicken Skewers (160 cal)	\$16.00 / dozen
Chicken Diablo Empanadas with Chipotle Ranch Dipping Sauce (400 cal)	\$21.50 / dozen
Chicken Parmesan Bites (320 cal)	\$15.50 / dozen
Chicken Wings (43 cal) (Mild (5 cal), Medium (5 cal), Hot (5 cal) or BBQ (172 cal)) <i>Includes Blue Cheese Dipping Sauce (140 cal)</i>	\$19.75 / dozen
Chicken Tenders (400 cal) <i>Includes Ketchup (15 cal), Ranch (60 cal) &amp; BBQ Dipping Sauces (172 cal)</i>	\$14.25 / dozen

### PORK

Pork Pot Stickers served with a Garlic Soy Sauce (160 cal)	\$11.25 / dozen
Pork Egg Rolls served with a Sweet & Sour Sauce (150 cal)	\$22.05 / dozen
Mini Ham Biscuits with Mustard Sauce (150 cal)	\$12.85 / dozen
Ham & Cheese Pinwheels (50 cal)	\$10.25 / dozen
Sausage Bites with White Wine & Dijon Mustard (300 cal)	\$18.90 / dozen
Sausage Stuffed Mushrooms (50 cal)	\$16.50 / dozen

### SEAFOOD

Crab & Risotto Balls (160 cal)	\$17.00 / dozen
Mini Crab Cakes with a Cajun Remoulade Sauce (100 cal)	\$27.85 / dozen
Bacon Wrapped Scallops with a BBQ Sauce (190 cal)	\$30.75 / dozen
Coconut Shrimp (70 cal)	\$23.00 / dozen
Tuxedo Shrimp with Diablo Sauce (150 cal)	\$27.85 / dozen

### BEEF

Mini Cocktail Beef Meatballs <i>Choice of Swedish (310 cal), Barbecue (380 cal), Sweet &amp; Sour (350 cal) or Marinara (100 cal)</i>	\$8.50 / per dozen
Beef Satay with Sweet & Spicy Sauce (110 cal)	\$19.25 / per dozen
Chimichurri Beef Skewers (110 cal)	\$19.25 / per dozen
Chipotle Beef on Tortillas with Avocado Crème (220 cal)	\$17.00 / per dozen
Petite Beef Wellingtons (250 cal)	\$24.50 / per dozen

## HOT HORS D'OEUVRES (continued)

Minimum of 2 dozen per appetizer

### VEGETARIAN

Mini Greek Pizzas (80 cal)	\$12.10 / per dozen
Mini Vegetable Samosas (400 cal)	\$10.25 / per dozen
Onion & Smoked Gouda Quesadilla served with Sour Cream & Salsa (350 cal)	\$12.10 / per dozen
Roasted Vegetable Quesadilla served with Sour Cream & Salsa (350 cal)	\$12.10 / per dozen
Roasted Red Pepper & Gouda Quesadilla (350 cal)	\$12.10 / per dozen
Cheese Quesadilla served with Sour Cream & Salsa (400 cal)	\$9.25 / per dozen
Spanakopita (450 cal)	\$20.75 / per dozen
Vegetarian Stuffed Mushrooms (510 cal)	\$16.00 / per dozen
Vegetable Spring Rolls (100 cal)	\$17.50 / per dozen
Vegetable Pot Stickers served with a Garlic Soy Dipping Sauce (230 cal)	\$11.25 / per dozen
Risotto Cakes (210 cal)	\$17.50 / per dozen
Mozzarella Cheese Sticks served with Marinara (420 cal)	\$12.10 / per dozen
Antipasto Skewers (360 cal)	\$20.75 / per dozen
Baked Brie & Brown Sugar (130 cal)	\$3.70 / per person



## COLD HORS D'OEUVRES

*Minimum of 2 dozen per appetizer*

Assorted Finger Sandwiches ( <i>please select up to 2 from the list below</i> )	\$11.25 / per dozen
<ul style="list-style-type: none"><li>• Ham Salad (230 cal), Chicken Salad (290 cal), Tuna Salad (230 cal), or Egg Salad (150 cal)</li></ul>	
Shrimp Cocktail	\$4.95 / per person
<ul style="list-style-type: none"><li>• Served with Cocktail Sauce (110 cal)</li></ul>	
Mini Curried Chicken Tart (390 cal)	\$15.50 / per dozen
Sun-Dried Tomato and Gorgonzola Bruschetta (330 cal)	\$12.25 / per dozen
<ul style="list-style-type: none"><li>• Served with Crusty Baguette Slices</li></ul>	
Tuscan Bruschetta (70 cal)	\$12.25 / per dozen
<ul style="list-style-type: none"><li>• Served with Crusty Baguette Slices</li></ul>	
Cucumber Rounds with Feta and Tomatoes (30 cal)	\$9.95 / per dozen
White Bean Crostini (280 cal)	\$12.25 / per dozen
Spicy Mango Shrimp Salsa Crostini (70 cal)	\$17.25 / per dozen
Goat Cheese and Honey Phyllo Cups (90 cal)	\$14.45 / per dozen
Smoked Salmon on Rye with Capers (80 cal)	\$14.95 / per dozen
Roasted Garlic Hummus and Smoked Salmon Bruschetta (110 cal)	\$15.50 / per dozen
Miso Crab Salad on a Cucumber (50 cal)	\$14.50 / per dozen
Fruity Feta Bruschetta (100 cal)	\$12.25 / per dozen
Broccoli Rabe and Fresh Mozzarella Crostini (100 cal)	\$13.40 / per dozen
Bruschetta Trio (Tomato Mozzarella (70 cal), Spicy Crab & Shrimp Salad (190 cal), Brie & Bacon Jam (90 cal))	\$18.50 / per dozen
Caesar Salad Wonton Cups (180 cal) (add \$2.00 per dozen if including Chicken)	\$11.85 / per dozen
Mini Smoked Chicken Salad Stuffed Peppers (290 cal)	\$15.25 / per dozen
Sliced Beef & Garlic Aioli Crostini (190 cal)	\$17.35 / per dozen

## GOURMET DIPS AND MORE

### HOT DIPS (minimum 10 ppl)

Warm Parmesan Artichoke Dip (320 cal)	\$2.95 / per person
• Served with Tri-Colored Fried Chips (260 cal)	
Spinach and Crab Dip (980 cal)	\$4.25 / per person
• Served with Crusty Baguette Slices (80 cal)	
Buffalo Chicken Dip (330 cal)	\$3.75 / per person
• Served with Tri-Colored Fried Chips (260 cal)	

### COLD DIPS (minimum 10 ppl)

Tzatziki Cucumber Yogurt Dip (5 cal)	\$2.95 / per person
• Served with Pita Chips (190 cal)	
Hummus Dip (210 cal)	\$2.95 / per person
• Served with Pita Chips (190 cal)	
Baba Ghanoush Dip (340 cal)	\$2.95 / per person
• Served with Pita Chips (190 cal)	
Creamy Mediterranean Dip (80 cal)	\$2.95 / per person
• Served with Pita Chips (190 cal)	

### COLD DISPLAYS (minimum 10 ppl)

Fresh Farm Crudites with Ranch Dip (120 cal)	\$4.25 / per person
Seasonal Sliced Fresh Fruit Display (35 cal)	\$3.40 / per person
Domestic Cheese (100 cal) and Cracker Display with Pepperoni (60 cal)	\$4.25 / per person
Cheese and Charcuterie Platter (200 cal)	\$6.50 / per person
Antipasto Platter (360 cal) with Baguette Rounds (88 cal)	\$5.75 / per person
California Roll (60 cal) with Soy Sauce (15 cal) & Wasabi (58 cal)	\$4.25 / per person

### SAVORY TORTES (minimum 25 ppl)

Roasted Vegetable Torte (340 cal)	\$3.25 / per person
• Served with Crackers and Baguette Rounds	
Savory Pesto and Sun-Dried Tomato Torte (340 cal)	\$3.25 / per person
• Served with Crackers and Baguette Rounds	

## **BUILD YOUR OWN BUFFET (minimum 15 ppl)**

Selections for these menus are presented buffet style. Services include delivery, set up & clean up along with eco-friendly paper supplies and linen draped service tables. Dinner Rolls with Whipped Butter is included with your selections.

### **SALAD SELECTION (please select 1 item from the list below)**

- Market House Salad served with Balsamic Dressing (30 cal) & Ranch Dressing (129 cal)
- Greek Salad (150 cal) served with Balsamic Dressing (30 cal)
- Caesar Salad served with Caesar Dressing & Croutons (190 cal)

### **ENTRÉE SELECTION (please select up to 3 items from the list below, based on attendance numbers)**

Prices are listed below; each additional Entrée will be \$3.75 per guest added to the highest priced entrée.

#### **POULTRY**

- Apple Cider Chicken (35 cal) \$17.25 / per guest
- BBQ Chicken Breast (130 cal) \$17.25 / per guest
- Chicken Cordon Bleu (390 cal) \$17.75 / per guest
- Chicken Française (260 cal) \$17.25 / per guest
- Chicken Lisha (660 cal) \$17.75 / per guest
- Chicken Marsala (250 cal) \$17.75 / per guest
- Chicken Parmesan (490 cal) \$17.75 / per guest
- Chicken Piccata (260 cal) \$17.25 / per guest
- Lemon Parmesan Chicken with White Wine Chive Sauce (530 cal) \$17.25 / per guest

#### **BEEF**

- Beef Stroganoff (170 cal) \$20.50 / per guest
- Braised Beef Sicilian (300 cal) \$22.85 / per guest
- Caramelized Onion Meatloaf (210 cal) \$19.50 / per guest
- Marinated Shaved Flank Steak (200 cal) \$22.85 / per guest

#### **PORK**

- Apple Stuffed Pork (550 cal) \$20.50 / per guest
- Asian Marinated Pork Loin with Honey & Soy Glaze (280 cal) \$20.50 / per guest
- Roasted Pork Loin with Mustard Herb Crust (360 cal) \$20.50 / per guest

#### **SEAFOOD**

- Broiled Salmon with Dill Butter (270 cal) \$22.35 / per guest
- Charleston Crab Cake with Remoulade Sauce (200 cal) \$25.50 / per guest
- Cornmeal Tilapia with Cilantro Cream Sauce (440 cal) \$21.75 / per guest
- Garlic Shrimp Skewers (35 cal) \$25.50 / per guest

#### **VEGETARIAN**

- Eggplant Parmesan (650 cal) \$17.25 / per guest
- Marinated Portobellos with Quinoa Pilaf (170 cal) \$17.25 / per guest
- Pasta Primavera (220 cal) \$16.50 / per guest
- Pumpkin Ravioli with Brown Butter Sage Sauce (seasonal) (250 cal) \$17.75 / per guest
- Spanish Style Spaghetti Squash (50 cal) \$17.25 / per guest
- Stuffed Peppers with Herbed Tomato Sauce (260 cal) \$17.75 / per guest
- Stuffed Zucchini (210 cal) \$17.25 / per guest
- Vegetable Lasagna (410 cal) \$16.50 / per guest
- Baked Pasta with Seasonal Vegetables (380 cal) \$16.50 / per guest

## **BUILD YOUR OWN BUFFET (continued)**

### **SIDES SELECTION (please select 1 item from the list below)**

- Fingerling Potatoes (150 cal)
- Garlic Mashed Potatoes (90 cal)
- Over Herbed Roasted Potatoes (100 cal)
- Roasted Red Potatoes (100 cal)
- Olive Oil & Garlic Spaghetti (370 cal)
- Rice Pilaf (130 cal)
- Wild Rice (90 cal)

### **VEGETABLE SELECTION (please select 1 item from the list below)**

- Balsamic Herb Roasted Mixed Vegetables (80 cal)
- Fresh Roasted Vegetable Medley (80 cal)
- Garden Root Vegetables (seasonal) (98 cal)
- Corn (86 cal)
- Garlic & Butter Green Beans (80 cal)
- Steamed Fresh Green Beans (40 cal)
- Sauteed Zucchini & Squash (50 cal)
- Glazed Carrots (60 cal)
- Lemon & Garlic Broccoli (35 cal)

### **DESSERT SELECTION (please select up to 2 items from the list below)**

- Assorted Cookies (160 cal)
- Brownies (280 cal)
- Assorted Cupcakes (270 cal)
- Chocolate Mousse (90 cal)
- Lemon Dessert Bars (210 cal)
- Raspberry Almond Bars (210 cal)
- Sheet Cake (170 cal)

### **BEVERAGE SELECTION (please select up to 2 items from the list below)**

- Assorted Bottles of Soda & Water
- Full Coffee & Tea Service
- Ice Water
- Lemonade
- Freshly Brewed Unsweetened Iced Tea

## **SERVED LUNCHEONS AND DINNERS (minimum 20 ppl)**

Prices below are based on lunch portions, an additional \$3.00 per guest will be added on for dinner service. China service is included with each meal.

Beverages included are Full Coffee & Tea Service and Ice Water along with Dinner Rolls and Whipped Butter

### **SALAD SELECTION (please select 1 item from the list below)**

- Market House Salad with Balsamic Vinaigrette (30 cal)
- Caesar Salad with Homemade Croutons (190 cal)
- Greek Salad (150 cal) with Feta and Balsamic Vinaigrette (30 cal)
- Fresh Mozzarella and Tomato Stack with Fresh Basil (450 cal)
- Pear & Spinach Salad with Toasted Almonds and Cranberry Dressing (740 cal)

### **ENTRÉE SELECTION (please select up to 3 items for the list below, based on attendance numbers)**

#### **CHICKEN**

- Sun-Dried Tomato Encrusted Chicken Breast (510 cal) \$23.75 / per guest
  - Panko-Encrusted Chicken Breast with a Sautéed Garlic Cream Sauce
- Sesame Chicken Breast (340 cal) \$22.50 / per guest
  - Chicken Breast in a Marinade of Soy, Garlic, Ginger, Cilantro & Scallions grilled and topped with sesame seeds
- Traditional Chicken Piccata (260 cal) \$22.50 / per guest
  - Lightly Dredged Chicken Breast sautéed with Capers & Fresh Parsley in a Lemon Butter Sauce
- Roasted Chicken Florentine (300 cal) \$22.50 / per guest
  - Butterflied Chicken Breast prepared with a Florentine filling of Ricotta, Provolone & Baby Spinach
- Chicken Cordon Bleu (390 cal) \$23.75 / per guest
  - Chicken Breast Stuffed with Swiss Cheese & Smoked Ham and topped with a Garlic Thyme Panko

#### **BEEF & PORK**

- Beef Tenderloin Stuffed with Spinach (530 cal) \$30.50 / per guest
  - Beef Tenderloin Roulades brimming with Baby Spinach, Red Peppers, Asiago Cheese and served with Au Jus
- Braised Short Ribs (680 cal) \$28.35 / per guest
  - Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks, and a Splash of Orange Juice
- Balsamic Grilled Flank Steak with Roasted Rosemary Mushroom Sauce (250 cal) \$30.45 / per guest
  - Chef-Selected Flank Steak tenderized in a Balsamic Vinaigrette Marinade served with Mushrooms sautéed with Olive Oil, Fresh Rosemary, and Garlic on a Plum Tomato Base
- Roasted Pork Tenderloin with Sweetened Raspberry Vinegar Sauce (360 cal) \$24.75 / per guest
  - Slow Roasted Pork Tenderloin dressed with a Tart Red Wine Vinegar Sauce and accented with Raspberry, Horseradish and Garlic
- Coriander Rubbed Pork Tenderloin with a Green Peppercorn Mustard Sauce (360 cal) \$28.35 / per guest
  - Lean Pork Tenderloin rubbed with Chef's own-made Coriander Spice Blend served with Sautéed Onions and garlic blended with Dijon Mustard and Green Peppercorns for a Creamy Sauce

#### **COMBINATION PLATE**

- Grilled Beef Tenderloin & Crab Cake with a Demi Dijon Mustard Sauce (420 cal) \$35.25 / per guest
  - Tenderloin of Beef dusted with Salt, Pepper, Rosemary, and Parsley then charred for a light Smoky Flavor and Crispy Crab Cakes served with a Stone Ground Mustard Sauce

## SERVED LUNCHEONS AND DINNERS (continued)

### SEAFOOD

- Parmesan-Crusted Tilapia with Chive Butter Sauce (300 cal) \$23.25 / per guest
  - Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust served with a generous dollop of chive butter
- Grilled Tilapia with Mango Jicama Relish (360 cal) \$23.25 / per guest
  - Grilled Tilapia with Peppery Mango Jicama Relish and garnished with Shredded Coconut and Lime Zest
- Seafood and Spinach Lasagna with Roasted Red Pepper Coulis (810 cal) \$25.75 / per guest
  - Lasagna layered with a medley of Seafood, Fresh Spinach, Tomatoes, Squash, and a Chef-made Roasted Red Pepper Coulis
- Citrus Salmon, Couscous & Green Beans (290 cal) \$25.75 / per guest
  - Citrus and Herb Crusted Salmon served with Couscous Primavera and Lemon Garlic Green Beans
- Garlic Shrimp Skewers (35 cal) \$25.75 / per guest
  - Succulent Shrimp Skewer basted with Zesty Garlic Butter and Fresh Italian Parsley

### VEGETARIAN

- Chevre, Orzo and Basil Stuffed Portobello (600 cal) \$21.50 / per guest
  - Two Portobello Mushroom Caps brimming with Tri-Colored Orzo in a Pesto Cream Sauce, Goat Cheese, and Fresh Basil
- Vegetable Whole Wheat Pasta Primavera (360 cal) \$21.50 / per guest
  - Al Dente Whole Wheat Pasta tossed with Sautéed Zucchini, Broccoli, Tomatoes and Onions in a Creamy Bechamel
- Spaghetti Squash (190 cal) \$21.50 / per guest
  - Spaghetti Squash with a Spanish-Inspired Sofrito of Peppers, Onion, Garlic and Herbed served with Vegan Pinto Beans
- Portobello Mushroom Napoleon (570 cal) \$21.50 / per guest
  - Layers of Portobello, Soft Mozzarella, Zucchini, Spinach and Peppers stilling on a Swirl of Roasted Tomato Coulis

### SIDE SELECTIONS (please select 1 item from the list below)

- Garlic Mashed Potatoes (90 cal)
- Mashed Sweet Potatoes (140 cal)
- Oven Herbed Roasted Potatoes (100 cal)
- Roasted Fingerling Potatoes (100 cal)
- Rice Pilaf (130 cal)
- Wild Rice (90 cal)

### VEGETABLE SELECTION (please select 1 item from the list below)

- Lemon Garlic Broccoli (35 cal)
- Fresh Green Beans (40 cal)
- Roasted Root Vegetables (seasonal) (98 cal)
- Roasted Asparagus (80 cal)
- Roasted Mixed Vegetables (80 cal)

### DESSERT SELECTION (please select up to 2 items for the list below)

- Assorted Cookies (160 cal)
- Brownies (280 cal)
- Cheesecake with Seasonal Berries (320 cal)
- Chocolate Mousse (90 cal)
- Red Velvet Cake (110 cal)
- Lemon Bars (210 cal)

## SWEET AND SALTY

Assorted Homestyle Cookies (160 cal)	\$11.00 / per dozen
Assorted Homestyle Mini Cookies (75 cal)	\$8.00 / per dozen
Frosted Sugar Cookies (380 cal)	\$14.25 / per dozen
Royal Icing Sugar Cookies (custom to your theme) – need 2 weeks prior notice	\$26.25 / per dozen
Halfmoon Cookies (240 cal)	\$12.35 / per dozen
Brownies (260 cal) <ul style="list-style-type: none"><li>• Plain, Frosted, Fudge, M&amp;M or Gluten Free</li></ul>	\$13.95 / per dozen
Rice Krispy Treats (90 cal)	\$12.25 / per dozen
Gourmet Dessert Bars (210 cal) <ul style="list-style-type: none"><li>• Chocolate Chess Bar, Chocolate Peanut Butter Bar, Cran-Scotch Bar, Lemon Bar or Raspberry Almond Bar</li></ul>	\$20.25 / per dozen
Peanut Butter Magic Bar (140 cal)	\$20.25 / per dozen
Smores Bar (180 cal)	\$14.95 / per dozen
Decorated Sheet Cakes (170 cal) <ul style="list-style-type: none"><li>• Vanilla, Chocolate, Marble, or Red Velvet</li><li>• Vanilla, Chocolate or Cream Cheese Frosting</li><li>• Writing available in Pink, Red, Yellow, Green, or Blue</li></ul>	
Full Sheet Cake (96 slices)	\$64.00 / each
Half Sheet Cake (48 slices)	\$42.00 / each
Quarter Sheet Cake (24 slices)	\$24.75 / each
Assorted Cupcakes (170 cal)	\$14.50 / per dozen
Assorted MINI Cupcakes (80 cal)	\$9.45 / per dozen
Assorted Cake Pops (150 cal)	\$17.35 / per dozen
Poundcake with Fresh Strawberries and Whipped Cream (240 cal)	\$3.45 / per person
Mini Cannoli's (80 cal)	\$22.85 / per dozen
Mini Cream Puffs (45 cal)	\$17.50 / per dozen
Mini Eclairs (150 cal)	\$17.25 / per dozen
Chocolate Covered Strawberries (74 cal)	\$16.25 / per dozen
Chocolate Fondue Station (550 cal) <ul style="list-style-type: none"><li>• Includes Strawberries, Pineapple, Marshmallows &amp; Angel Food Cake</li></ul>	\$8.40 / per person



## SWEET AND SALTY (continued)

Dessert Station (please select up to 4 from the list below)	\$8.50 / per person
<ul style="list-style-type: none"><li>Assorted Cupcakes (170 cal), Assorted Mini Cookies (75 cal), Mini Red Velvet Whoopie Pies (390 cal), Chocolate Peanut Butter Bar (210 cal), Lemon Bar (210 cal), Raspberry Almond Bar (210 cal) or Seasonal Sliced Fresh Fruit (35 cal)</li></ul>	
Ice Cream Sundae Bar (379 cal)	\$7.25 / per person
<ul style="list-style-type: none"><li>Vanilla, Chocolate or Strawberry Ice Cream (may select 2)</li><li>Hot Fudge, Caramel or Strawberries (may select 2)</li><li>Crushed Peanuts, Sprinkles, M&amp;M's or Oreo Crumbles (may select 3)</li><li>Includes Maraschino Cherries and Whipped Cream</li></ul>	
Ice Cream Novelties	\$1.95 / per person
Assorted Packaged Snacks	\$1.95 / per person
Assorted Granola Bars	\$2.00 / per person
Assorted Bags of Trail Mix	\$2.20 / per person
Bowl of Potato Chips	\$1.05 / per person
Bowl of Pretzels	\$1.05 / per person
Tortilla Chips served with Salsa	\$1.60 / per person
Bavarian Pretzel Sticks served with Warm Cheese	\$2.50 / per person



## **SUNY ONEONTA CATERING SERVICES**

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