



CATERING

**BY
THE
CAF**

2025 - 2026



POLICIES

CATERING BY THE CAF

Our focus is to provide you with the freshest selections of food items, beautifully displayed and professionally served by our staff. We strive to exceed the expectations of every single guest. This menu was created to provide a wide range of tastes; if you would like to customize your order or special event, we would be happy to do so.

The catering menu items can be changed to accommodate all major dietary restrictions and/or allergens. Allergens must be disclosed 7 business days prior to the event. For severe allergies, please be sure to ask for a consultation with our management and culinary team.

STANDARD SERVICES

Our menu items include linen service for food & beverage tables, eco-friendly disposable flatware, cups, plates, and napkins.

LINEN & CHINA SERVICE

Our menu prices include linen service for food and beverage tables only. We do offer linen rentals for \$5.00 per table linen (subject to availability). All linen requests must be placed a minimum of 10 business days prior to the event.

China service is available upon request and availability. China service will incur a rental fee. China service includes: all necessary items to go with the menu (i.e. salad plate, soup bowl, dinner plate, dessert plate, cutlery), along with linen napkins.

DELIVERY

There is no delivery fee for any catering services more than \$100.00 held on the Northwest University campus during normal business hours. We are unable to provide delivery outside the Northwest University campus, however pick up is available during normal business hours.

CHANGES & CANCELLING EVENTS

All cancellations or changes must take place at least (5) business days before your event. If you do not contact us with final head counts within the (10) business days allowed, we will prepare for the estimated number of guests and charge accordingly. If you cancel an event within (5) business days of the scheduled event, you will be charged for labor & food costs that have accrued in preparation for your event.

V = Vegetarian **VG**=Vegan



BREAKFAST



SERVICE INCLUSIONS:

Buffets include linens for food & beverage tables, serving utensils, all necessary condiments as well as disposable service ware. A minimum of 10 guests is required for this service.

CLASSIC BREAKFAST BUFFET

\$18 PP

- Seasonal Fresh Fruit (25cal | 2oz) **VG**
- Assorted Muffins & Scones(200-210cal | 1 each) **V**
- Hashbrown Patties or Homestyle Potatoes (150cal | 4oz) **V**
- Sausage Links & Bacon or Turkey Bacon (50-100cal | 1 each)
- Scrambled Eggs (160-350cal | 4oz) **V**
- Orange Juice(140cal | 8oz), Coffee & Tea Service (0cal | 8oz)

CLASSIC CONTINENTAL

\$12 PP

- Seasonal Fresh Fruit (25cal | 2oz) **VG**
- Assorted Muffins & Scones (200-210cal | 1 each) **V**
- Coffee & Hot Tea Service (0cal | 8oz)

HEALTHY START

\$15 PP

- Seasonal Fresh Fruit (25cal | 2oz) **VG**
- Assorted Yogurt Parfaits(200-360Cal | each) **V**
- Bagels (290Cal | each) **V** & Cream Cheese (60cal | 1oz)
- Orange Juice(140cal | 8oz), Coffee & Tea Service(0cal | 8oz)



BREAKFAST

ADD ONS

Waffle Bar **\$9 PP**
Includes: Waffles (260-350cal | 1 each) **V**, Butter, Maple Syrup, Fresh Fruit Topping, Whipped Cream, Chocolate Syrup, Chocolate Chips. Pancakes are available as a substitute. Made without gluten options available upon request.

Biscuits & Gravy **\$5 PP**
Includes: Buttermilk Biscuits & Country Gravy

Parfait Bar **\$6 PP**
Includes: Toasted Coconut, Granola, Craisins, Fresh Fruit & Chocolate Sauce.

Oatmeal Bar **\$3 PP**
Gluten Free Oatmeal, Brown Sugar, Butter, Raisins, Toasted Coconut.

AL A CARTE

Breakfast Sandwiches by the Dozen **\$46**

- Sausage, Egg & Cheese on Biscuit (450cal/each)
- Bacon, Egg & Cheese on Croissant (410cal/each)
- Egg & Cheese on Biscuit (310cal/each) **V**
- Egg & Cheese on Croissant (310cal/each) **V**

Muffins by the Dozen (150-460cal/each) **V** **\$15**
• Choice of Blueberry, Chocolate Chip or Poppyseed

Scones by the Dozen V **\$15**
(175-310 cal/each)

Breakfast Pastries by the Dozen V **\$15**
(175-310 cal/each)

Yogurt (100-220 cal/each) **\$2**

Whole Fruits (70-105cal/each) **VG** **\$1.50**



BEVERAGES

HOT BEVERAGES BY THE GALLON

Regular Coffee (0cal 8fl.oz.)	\$20
Decaf Coffee (0cal 8fl.oz.)	\$20
Tea Service (0cal 8fl.oz.)	\$13
Hot Cocoa (200cal 8fl.oz.)	\$16
Hot Apple Cider (110cal 8fl.oz.)	\$16

COLD BEVERAGES BY THE GALLON

Lemonade (130cal 8fl.oz.)	\$13
Unsweetened Iced Tea (0cal 8fl.oz.)	\$13
Water Service (0cal 8fl.oz.)	\$5
Juice (90-140cal 8fl.oz.)	\$16
Canned Soda Sold by the Can(140cal 8fl.oz.)	\$1.75
Bottled Water & Canned Sparkling Water Sold by the Bottle/Can (0cal 8fl.oz.)	\$2.00

ALL DAY BEVERAGE SERVICE **\$5 PP**

Includes: Reg. Coffee, Decaf, Hot Water, Ice Water, Assorted Tea Bags, Sugars, Sweeteners, Creamers, Hot & Cold Cups, Stir Sticks. Beverages are checked on regularly and restocked as needed throughout the day/event.

SINGLE EVENT BEVERAGE SERVICE **\$3.50 PP**

Includes: Reg. Coffee, Decaf, Hot Water, Ice Water, Assorted Tea Bags, Sugars, Sweeteners, Creamers, Hot & Cold Cups, Stir Sticks. Beverages are checked on regularly and restocked as needed throughout the day/event.



MEALS TO-GO

ALL TO-GO MEALS INCLUDE CHIPS, 2 COOKIES & BEVERAGE

\$15 PP

5 minimum on each to-go entree required for this service.

Roast Beef on Brioche Bun (500cal | each)

Turkey & Cheddar on Brioche Bun (360cal | each)

Grilled Veggies & Hummus Wrap (400cal | each) **V**

Turkey Club Wrap (480cal | each)

Chicken Caesar Wrap (570cal | each)

Classic Garden Salad (280cal | each) **V**

Classic Chef Salad (600cal | each)

Chicken Caesar Salad (600cal | each)

Dressing Choices:

- Balsamic Vinaigrette
- Caesar
- Ranch
- Italian

Beverage Choices:

- Canned Coke
- Canned Diet Coke
- Canned Sprite
- Bottled Water

For Deconstructed Style, individual beverages can be replace with Lemonade or Iced Tea with Ice water.

**DECONSTRUCTED STYLE (BUFFET) \$1.50 PER
PERSON UPCHARGE**



PICK UP

All pick-up options include a disposable tray & napkins. Items off this menu section are for pick up at the Caf only.

Pepperoni Pizza (280cal 1 Slice)	\$15 EACH
Cheese Pizza (250cal 1 Slice)	\$14 EACH
Hawaiian Pizza (280cal 1 Slice)	\$17 EACH
Vegetable Lover's Pizza (290cal 1 Slice)	\$17 EACH
Meat Lover's Pizza (300cal 1 Slice)	\$17 EACH



All pick-up options include a disposable tray & napkins. Items off this menu section are for pick up at the Caf only.

PICK UP

SANDWICH & WRAP TRAYS

\$35 DOZEN

One Dozen of Each Type required for this service. Includes Sandwiches & Wraps cut in half along with Mayo & Mustard Packets

Roast Beef on Brioche Bun (500cal | each)

Turkey & Cheddar on Brioche Bun (360cal | each)

Grilled Veggies & Hummus Wrap (400cal | each) **V**

Turkey Club Wrap (480cal | each)

Chicken Caesar Wrap (570cal | each)

Add 1 dozen assorted bagged chips \$12

Assorted Cookie Tray (310-360cal | Each)
Two Dozen Cookies

\$11 EACH

Brownie Tray (190cal | each)
Two Dozen Scones

\$20 EACH

Assorted Scone Tray (175-310cal | Each)
Two Dozen Scones

\$15 EACH

Assorted Fruit Tray (25cal | 2oz)
Serves 12

\$35 EACH

Assorted Veggies and Ranch Tray
(90-160cal | 1oz) *Serves 12*

\$28 EACH

Canned Soda

\$1.50 EACH

Bottled Water

\$1.75 EACH

Canned Assorted Sparkling Water

\$1.75 EACH



BUFFETS

SERVICE INCLUSIONS:

Buffets include linens for food & beverage tables, serving utensils, all necessary condiments as well as disposable service ware. A minimum of 10 guests is required for this service.

TACO BAR

\$18 PP

- Choice of Beef Asada (125cal | 4oz) or Chicken (110cal | 4oz)
- Corn (90cal | each) **V** & Flour Tortillas **V** (100cal | each),
- Cilantro Lime Rice (125cal | ½ cup) **VG**
- Fajita Veggies (75-100cal | 1 cup) **VG**
- Shredded Lettuce (0cal | 1oz) **VG**
- Pico De Gallo (10cal | 2tbsp) **VG**
- Sour Cream (50cal | 1tbsp)
- Shredded Cheese (75 | 1oz)
- Assorted Cookies (160-180cal | each)
- Lemonade or Iced Tea

CLASSIC COOKOUT

\$15 PP

- Hamburgers (330cal | each)
- Hot Dogs (410cal | each)
- Cole Slaw (90cal | 3oz) **V**
- Potato Salad (45-140cal | 3oz)
- Potato Chips (320cal | 2oz) **V**
- Assorted Cookies (160-180cal | each)
- Lemonade or Iced Tea

SOUTHEAST ASIAN

\$22 PP

- Vegetable Pad Thai with Rice Noodles (120cal | 4oz) **V**
- Ginger Chicken Satay (320cal | 3each)
- Jasmine Rice (100cal | 1/2 cup) **VG**
- Green Papaya Salad (80cal | 1/2 cup) **VG**
- Asian Rice Noodle Salad (100cal | 1/2 cup) **V**
- Sweet -n- Sour, Sunflower Thai Sauce and Sweet Chili Dipping Sauce (40-85cal | 2tbsp) **V**
- Spring Rolls (120-250cal | each) **V**
- Tropical Rice Pudding (530cal | 1Cup) **V**
- Lemonade or Iced Tea



BUFFETS

MEDITERRANEAN

\$18 PP

- Basil Lemon Chicken Breast with a side of Primavera
Couscous served with Sauteed Spinach & Onions (340cal |
1 plate)
- Cucumber Tomato & Onion Salad (60cal | 4oz) **VG**
- Oven-roasted Eggplant, Zucchini, Red Peppers and Red
Onions marinated in Balsamic Marinade (50cal | 4oz) **V**
- Lemon Bars (110-130cal | Each)
- Lemonade or Iced Tea

SOUTHERN ITALIAN

\$22 PP

- Orecchiette Puttanesca (200cal | cup) **VG**
- Calabrian Chile Roasted Chicken (180cal | 4oz)
- Caponata (60cal | 3oz) **VG**
- Cannellini Bean Salad (80cal | 1/2 cup) **VG**
- Arugula Parmesan Salad (10cal | 1/2 cup) **V**
- Herbed Focaccia (240cal | each) **VG**
- Tiramisu Sweet Shot (240cal | each) **V**
- Lemonade or Iced Tea

ITALIAN TASTES

\$19 PP

- Vegetarian Antipasto Platter (190cal | 1/24 of Platter) **V**
- Caesar Salad (160 | 5oz) **V**
- Spaghetti and Penne Pasta (200cal | 4oz) **V**
- Dinner Rolls & Butter
- Alfredo Sauce (125cal | 3oz)
- Gluten Free Marinara Sauce (65cal | 2oz)
- Meatballs (125cal | 2 each)
- Assorted Brownies (190-410cal | each)
- Lemonade or Iced Tea

**Alternatively, you can order Traditional Lasagna & Vegetarian
Lasagna in place of the pasta & sauces.**



BUFFETS

INDIAN BUFFET

\$19 PP

- Chicken Tikka Masala (390cal | 1 plate)
- Madras Cabbage & Peas (70cal | 4oz) **VG**
- Aloo Gobi Matar (100cal | 4oz) **V**
- Dal Tarka (120cal | 4oz) **V**
- Puloa Rice (130cal | 4oz) **VG**
- Naan Dippers (60cal | 2each) **V**
- Lemon Bars (110-130cal | Each)
- Lemonade or Iced Tea

EXECUTIVE BUFFET

\$19 PP

- Classic Turkey Club Slider (270cal | each)
- Grilled Chicken Caesar Wraps (300cal | each)
- Lemon Basil Roasted Vegetable Gluten Free Slider (260cal | each) **V**
- Build your own Garden Salad (10-120cal | cup) **VG**
- Quinoa Cucumber Salad (140cal | 1/2 cup) **V**
- Assorted Dessert Bars (90-320cal | each)
- Lemonade or Iced Tea

CLASSIC DELI

\$16 PP

- Assorted Sliced Bread (70-80cal | slice)
- Assorted Cold Cuts (90-200cal | 3oz)
- Cheese (50-100cal | 1 slice)
- All Condiments
- Pasta Salad (45-140cal | 3oz)
- Garden Salad (45-140cal | 3oz)
- Chips (120-310cal | 2oz)
- Cookies (160-180cal | each)
- Lemonade or Iced Tea



BUFFETS



SOUTHERN BBQ

\$19 PP

- BBQ Pulled Chicken with Bun (230cal | 3oz)
- Baked Beans (160cal | 4oz)
- Carolina Slaw (30cal | 4oz)
- Country-Style Potato Salad (190cal | 4oz)
- Cornbread (200cal | 1Slice)
- Brownies (110cal | each)
- Lemonade or Iced Tea

PIZZA PARTY

\$13 PP

- Pepperoni Pizza (280cal | 1Slice)
- Cheese Pizza (280cal | 1Slice)
- Caesar Salad (220cal | 8oz)
- Cookies (160-180cal | each)
- Lemonade or Iced Tea

WING PARTY

\$16 PP

- Plain Boneless Wings (420cal | 6 Each)
- Buffalo Wings (430 | 6 Each)
- Carrot & Celery Tray with Blue Cheese or Ranch Dressing (90-160cal | 1oz)
- Cookies (160-180cal | each)
- Lemonade or Iced Tea



BUILD YOUR OWN



ONE ENTREE

\$19 PP

Choice of Entree, Choice of Salad, Choice of Two Sides, Dessert and Two Beverages. A minimum of 12 guests is required for this service.

TWO ENTREE

\$22 PP

Choice of Two Entrees, Choice of Salad, Choice of Two Sides, Dessert and Two Beverages. A minimum of 25 guests is required for this service.

ENTREES:

- Cajun Chicken Breast (230cal | each)
- Sauteed Chicken Marsala (280Cal | each)
- Blackened Chicken Breast (200 Cal | each)
- Buttermilk Fried Chicken Thigh (310cal | each)
- Lemon Basil Chicken (148 Cal | each)
- Vegan Stuffed Green Peppers (210cal | each)
- Vegetarian Whole Wheat Pasta Primavera (290cal | each)
- Vegetarian Lasagna (290cal | each)
- Vegan Marinated Portobello Mushroom Steaks (190cal | each)
- Traditional Meatloaf (210 cal | each)
- Beef Stroganoff w/Noodles (330cal | each)
- BBQ Pulled Pork w/ Bun (330-450cal | each)
- Hamburgers w/ Bun (290-400cal | each)
- Traditional Lasagna (310cal | 4oz)



BUILD YOUR BOWEN

SIDES:

- Coleslaw (120cal | 4oz)
- Classic Macaroni Salad (310cal | 4oz)
- Homestyle Potato Salad (140cal | 3oz)
- Caesar Salad (160cal | 5oz)
- Garden Salad with assorted dressings (10-150cal | 1 cup)
- Potato Chips (320cal | 2oz)
- Steamed Rice (120cal | 1 ½ Cup)
- Simply Roasted Potatoes (130cal | 4oz)
- Whipped Potatoes (90cal | 4oz)
- Grilled Zucchini (20cal | 4oz)
- Steamed Seasonal Vegetables (20-90cal | 4oz)
- Balsamic Roasted Root Vegetables (60-130cal | 4oz)

DESSERTS:

- Assorted Cookies (160-180Cal | each)
- Assorted Brownies (200-310Cal | each)
- Apple Pie (150cal | 1 slice)
- Cheesecake Bites (220cal | 2 pieces)

BEVERAGES:

- Ice Water (0cal | 8oz)
- Unsweetened Iced Tea (0cal | 8oz)
- Lemonade (130cal | 8oz)
- Fruit Punch (130cal | 8oz)
- Strawberry Lemonade (165cal | 8oz)



PLATED MEALS

SERVICE INCLUSIONS:

Plated Meal service includes Dinner Rolls, Butter, Salad Option, Entree Option, Starch & Vegetable along with your choice of Dessert. Coffee, Decaf, Iced Tea and Water Service is included. A minimum of 10 guests is required for this service.

STARTERS:

- Caesar Salad (160cal | 5oz)
- Garden Salad with dressing (10-150cal | 1 cup)
- Mixed Italian Salad (300cal | 1 Cup)
- Quinoa, Hominy & Strawberry Salad (160cal | 1 Cup)

MAINS:

Poultry \$29 Per Person

- Calabrian Chile Roasted Chicken (380cal | each)
- Lebanese Airline Chicken Breast (270cal | each)
- Hoisin Glazed Chicken (370cal | each)

Pork \$30 Per Person

- Honey & Five Spice Pork Loin (280cal | 4 ounces)
- Baked Herbed Pork Chop (150cal | each)

Beef \$38 Per Person

- Lime Marinated Flank Steak (250cal | 4 ounces)
- Peppery Beef Tenderloin (330 | 4 ounces)

Vegetarian & Vegan \$23 Per Person

- Vegan Stuffed Green Peppers (210cal | each)
- Vegan Marinated Portobello Mushroom Steaks (190cal | each)



PLATED MEALS

STARCHES:

- Steamed Jasmine Rice (120cal | 1½ Cup)
- Simply Roasted Potatoes (130cal | 4oz)
- Whipped Potatoes (90cal | 4oz)

VEGETABLE:

- Grilled Zucchini (20cal | 4oz)
- Steamed Seasonal Vegetables (20-90cal | 4oz)
- Balsamic Roasted Root Vegetables (60-130cal | 4oz)
- Grilled Broccolini (110cal | 4 ounces)
- Charred Brussel Sprouts (25cal | 1 Cup)
- Smashed Sweet Potatoes (140cal | 1 ½ CUp)

DESSERTS:

- Brownies (200-310Cal | each)
- Pie (150-350cal | 1 slice)
 - Apple
 - Pumpkin
 - Cherry
 - Chocolate Cream
- Cheesecake Bites (220cal | 2 pieces)
- Double Chocolate Cake (410cal | 1 Slice)
- Fresh Fruit Tart (280cal | each)

ADDITIONAL BEVERAGES

\$1.25 additional per person:

- Lemonade (130cal | 8oz)
- Strawberry Lemonade (100cal | 8ounces)

\$1.75 additional per person:

- Orange Blossom Punch (170cal | 8 ounces)
- Sangria Punch (120cal | 8 ounces)



BREAKS

SWEET 'N' SALTY

\$7 PP

- Fruit & Cheese Platter (140cal | 4oz) **V**
- Rice & Corn Chex Mix (130cal | 1½ Cup)
- Assorted Cookies (140-180cal | each)
- Lemonade or Iced Tea

ICE CREAM BAR

\$5 PP

- Vanilla Ice Cream (137cal | ½cup)
- Whipped Cream (15cal | 2TBSP)
- M & M's (140cal | 32 pieces)
- Chocolate & Caramel Sauce (109-115cal | 2TBSP)
- Fresh Strawberry Topping (32cal | 3oz)
- Sprinkles (107cal | 2TBSP)
- Cookie Crumbles (160cal | 1/4 cup)

NEW YORK STYLE

\$5 PP

- Soft Pretzels (210cal | each) **V**
- Hot Cheese Sauce (50cal | 2oz)
- Mustard (0cal | 1TBSP) **VG**
- Assorted Cookies (140-180cal | each)
- Lemonade or Iced Tea

NACHO BAR

\$6 PP

- Tortilla Chips (293cal | 1 cup)
- Nacho Cheese Sauce (75 | 1oz)
- Pico De Gallo (0cal | 1 TBSP) **VG**
- Sour Cream (50cal | 1 TBSP)
- Olives (35cal | 1oz)
- Black Beans (114cal | ½ cup)
- Diced Tomato's (6cal | 2TBSP)
- Diced Onions (4cal | 1TBSP)



TRAYS & DIPS

VEGETABLE TRAY

\$3.25 PP

- Fresh Vegetable Crudité Platter with Ranch Dressing (90-160cal | 1oz) **V**

FRUIT TRAY

\$4 PP

- Seasonal Fresh Fruit Sliced (25cal | 2oz) **VG**

CHEESE DISPLAY

\$4 PP

- Assorted Cubed Cheeses served with Crackers (60cal | 4 each)

HUMMUS & PITA

\$3.50 PP

- Hummus Dip with Pita Chips

TORTILLA CHIPS & DIP

\$4 PP

- Tortilla Chips, Queso and Salsa (300-350cal | 4oz per person) **V**

CHARCUTERIE

\$6.75 PP

- An array of Cured Meats, Specialty Cheeses, Crackers, Garnished with Grapes and/or Berries and Spreads (150-400cal | 4oz)

VEGETARIAN ANTIPASTO

\$4 PP

- Assorted Marinated Grilled Vegetables, Specialty Pickled Vegetables, Olives and assorted Specialty Cheeses (90cal | 1/24 of Platter) **V**

GRAB N GO

\$5 PP

- Assorted Bagged Chips (190-240cal | each), Assorted Whole Fruit (90-110cal | each), Grandma's Cookies (330cal | Each), Assorted Soda (90-120cal | Each)



D'OEUVERES

CUCUMBER ROUNDS W/ FETA (40cal each)	\$14 PER DOZEN
WATERMELON CAPRESE SKEWERS (330cal each)	\$14 PER DOZEN
ASSORTED TEA SANDWICHES (50-105cal each)	\$14 PER DOZEN
GREEK CHICKEN SKEWERS (90cal each)	\$14 PER DOZEN
COCONUT CHICKEN SKEWERS with Orange Drizzle (60cal each)	\$14 PER DOZEN
FRIED EGG ROLLS with sweet 'n' sour (120cal each)	\$14 PER DOZEN
BBQ MEATBALLS (60cal each)	\$11 PER DOZEN
POT STICKERS (50cal each)	\$12 PER DOZEN
CHEESEBURGER SLIDERS (190cal each)	\$18 PER DOZEN
BBQ PORK SLIDERS (200cal each)	\$18 PER DOZEN
PROSCIUTTO WRAPPED ASPARAGUS (10cal each)	\$18 PER DOZEN
CRISPY COCONUT SHRIMP with sweet chili sauce (80cal each)	\$19 PER DOZEN
SHRIMP COCKTAIL (35cal 2oz)	\$19 PER DOZEN



BAKERY



ASSORTED COOKIES
(310-360cal | each)

\$12 PER DOZEN

BROWNIES
(130-190cal | each)

\$14 PER DOZEN

GF BROWNIES
(190cal | each)

\$16 PER DOZEN

RICE CRISPY TREATS
(120cal | each)

\$14 PER DOZEN

ASSORTED CHEESECAKE BITES
(220cal | each)

\$18 PER DOZEN

ASSORTED BARS
(300-450cal | each)

\$18 PER DOZEN

GF FRUIT SKEWERS
with Chocolate Drizzle(190cal | each)

\$18 PER DOZEN

NORTHWEST COOKIES
(275-325cal | each)
Gourmet Cookies decorated in NU colors

\$18 PER DOZEN

CUPCAKES
(350-425cal | each)
Choices of Chocolate or Vanilla

\$18 PER DOZEN

PIES & CAKES
(140-375cal | per slice)

\$35 EACH

- Apple Pie
- Pumpkin Pie
- Cherry Pie
- Key Lime Pie
- Chocolate Cream Pie
- Double Chocolate Cake
- Vanilla or Chocolate Sheet Cake with Frosting of Choice