

FLAVOURS

TASTE : SUCCESS



DAKOTA COLLEGE AT BOTTINEAU



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Flavours is about more than great food. It's about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceed the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at 701-228-5485, email us at ian.donivan@sodexo.com or visit our website: <https://dakotacollege.sodexomyway.com/en-us/>.

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

 = Mindful  = Vegetarian  = Vegan  = Plant Based

We can also accommodate requests for menu items made without gluten.

BREAKFAST:
MORNING BUFFETS





Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. All breakfasts include coffee and hot tea service.

CLASSIC CONTINENTAL BREAKFAST

12 guest minimum | \$10.50 per guest

Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.

INCLUDES:

- Sliced Fresh Fruit Platter  (3 oz. | 35 cal)
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries
- Coffee and Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF TWO:














- Assorted Muffins  (each | 160-230 cal)
- Coffee Cakes  (each | 110-430 cal)
- Breakfast Breads  (each | 250 cal)
- Mini Croissants  (each | 200 cal)
- Mini Scones  (each | 190-200 cal)
- Butter and Assorted Jam

HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$15.00 per guest

Seasonal fresh fruit, Greek yogurt, granola bars, hard-boiled eggs and oatmeal with toppings. Includes coffee and hot tea service.

INCLUDES:






- Sliced Fresh Fruit Platter  (3 oz. | 35 cal)
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries
- Coffee and Hot Tea Service  (12 oz. | 0-5 cal)
- Cage-Free Hard-Boiled Egg  (each | 80 cal)
- Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)
- Granola Bar  (each | 90 cal)
- Steel Cut Oatmeal  (8 oz. | 170 cal)
Served with:
 - 2% Milk  (1 tbsp. | 10 cal)
 - Unsweetened Almond Milk  (1 tbsp. | 0 cal)
 - Cinnamon Brown Sugar Topping  (1 tsp. | 15 cal)
 - Sweetened Dried Cranberries  (1 tbsp. | 30 cal)
 - Pecan Pieces  (1 tbsp. | 50 cal)
 - Fresh Whole Strawberries  (1 tbsp. | 5 cal)
 - Fresh Blueberries  (1 tbsp. | 5 cal)

PLANT POWERED CONTINENTAL BREAKFAST

20 guest minimum | \$14.00 per guest

Seasonal fresh fruit, avocado toast, farmer's market breakfast bowl, breakfast salad, coffee and hot tea.

INCLUDES:

- Coffee and Hot Tea Service  (12 oz. | 0-5 cal)
- Sliced Fresh Fruit Platter  (3 oz. | 35 cal)
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries
- Avocado, Hummus and Tomato Toast  (each | 210 cal)
Toasted Italian bread topped with hummus, avocado, cherry tomatoes and red pepper flakes
- Farmer's Market Breakfast Bowl  (each | 320 cal)
Hash browns, quinoa, scrambled tofu, kale, avocado and green onions
- Grape Tomato Salad  (each | 150 cal)
Fresh grape tomatoes tossed with shallots, garlic, dill and extra virgin olive oil

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BREAKFAST:
MORNING BUFFETS,
continued

BREAKFAST BUFFET

20 guest minimum | \$18.00 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish.
Includes coffee, hot tea and condiments.

INCLUDES:

Sliced Fresh Fruit Platter  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries


Coffee and Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF TWO:

Mini Butter Croissants  (each | 80 cal) Mini Danish  (each | 130-170 cal)

Mini Scones  (each | 190-200 cal) Assorted Muffins  (each | 160-230 cal)

CHOICE OF ONE:

Classic Grits  (4 oz. | 70 cal)

Potato Roesti with Chives and Parsley  (1 slice | 70 cal)


Hash Browned Potato  (1/2 cup | 90 cal)

Home Fried Potatoes  (1/2 cup | 90 cal)

Root Vegetable Hash  (1/2 cup | 80 cal)

CHOICE OF TWO:

Bacon Slices (1 slice | 35 cal) Sausage Links (1 link | 110 cal)

Turkey Sausage Link (1 link | 45 cal) Cage-Free Hard-Boiled Egg  (each | 80 cal)

Turkey Bacon Slices (1 slice | 25 cal)

CHOICE OF ONE:

Seasoned Cage-Free Scrambled Egg Whites  (1/2 cup | 90 cal)

Seasoned Cage-Free Scrambled Eggs  (1/2 cup | 180 cal)

Scrambled Tofu  (1/2 cup | 130 cal)

Cholesterol Free Scrambled Eggs  (1/2 cup | 120 cal)

ADD A SECOND EGG DISH (OPTIONAL):

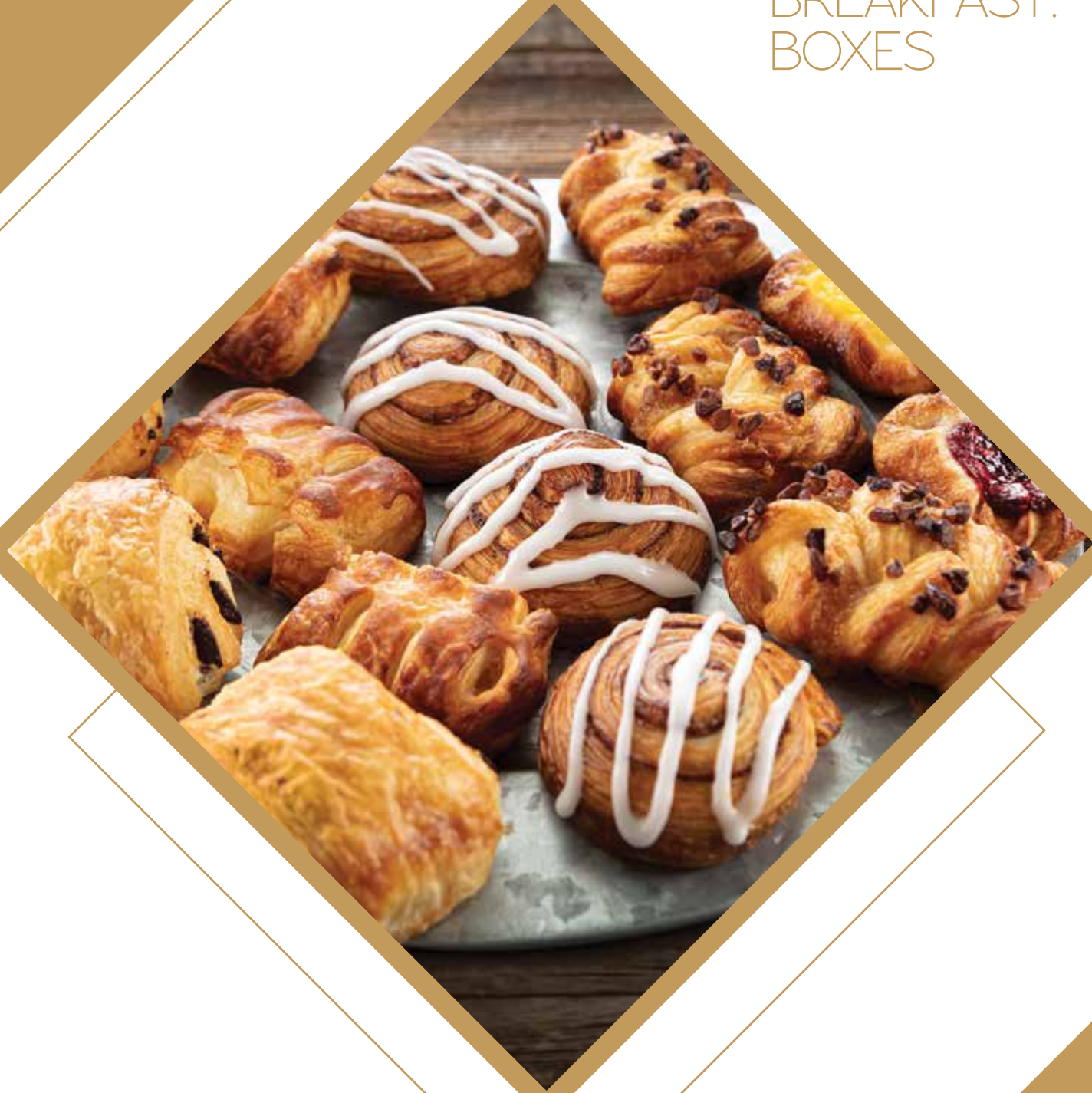
Seasoned Cage-Free Scrambled Egg Whites  \$3.00 per guest (1/2 cup | 90 cal)

Seasoned Cage-Free Scrambled Eggs  \$3.00 per guest (1/2 cup | 180 cal)

Scrambled Tofu  \$3.00 per guest (1/2 cup | 130 cal)

Cholesterol Free Scrambled Eggs  \$3.00 per guest (1/2 cup | 120 cal)

BREAKFAST: BOXES



Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items such as fresh fruit and house-baked pastries all packaged into one easy-to-use boxed solution. Packaging includes eco-friendly service ware, plates and cutlery.

BAKERY BREAKFAST BOX

12 guest minimum | \$9.50 per guest


Each box includes selection of bakery items, granola bar and choice of yogurt or cage-free hard-boiled egg.


INCLUDES:

Mixed Fruit Cup   (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant  (each | 80 cal)

Classic Blueberry Muffin  (each | 170 cal)

CHOICE OF ONE GRANOLA BAR:

Granola Bar   (each | 90 cal)

Peanut Butter Granola Bar   (each | 100 cal)

Oats and Honey Granola Bar   (each | 90 cal)

CHOICE OF ONE:

Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

BREAKFAST SANDWICH BOX

12 guest minimum | \$10.50 per guest

Includes seasonal fresh fruit, blueberry muffin and your choice of breakfast sandwich and a cage-free hard-boiled egg or yogurt.

INCLUDES:

Mixed Fruit Cup   (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)

CHOICE OF ONE BREAKFAST SANDWICH:

Ham and Gruyere on a Mini Croissant (each | 240 cal)

BLT with Avocado on a Mini Bagel (each | 310 cal)

CHOICE OF ONE:

Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

ADD ON BEVERAGES

Bottled Water  \$2.50 each (20 oz. | 0 cal)

Orange Juice   \$3.50 each (12 oz. | 150 cal)

Apple Juice   \$3.50 each (12 oz. | 160 cal)

BREAKFAST:
A LA CARTE



Breakfast a la carte has many options for you to create your own combination of breakfast items for your event or add items to breakfast packages.

BREAKFAST BAKERY

A variety of mini and regular baked goods sold by the dozen.

- Assorted Muffins \$17.00 per dozen
- Mini Danish \$21.50 per dozen
- Breakfast Breads \$18.50 per dozen
- Cinnamon Roll Flats \$19.50 per dozen
- Glazed Cinnamon Roll \$19.50 per dozen

- (1 each | 160-230 cal)
- (1 each | 130-170 cal)
- (1 each | 250 cal)
- (1 each | 120 cal)
- (1 each | 130 cal)

YOGURT \$2.50 each

- Non-Fat Blueberry Greek Yogurt
- Non-Fat Vanilla Greek Yogurt
- Non-Fat Strawberry Greek Yogurt
- Strawberry Banana Non Fat Lite Yogurt
- Blueberry Non-Fat Lite Yogurt
- Vanilla Non-Fat Lite Yogurt
- Plain Vegan Yogurt

- (1 each | 90 cal)
- (1 each | 80 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)
- (1 each | 60 cal)

DONUT HOLES \$11.00 per two dozen

- Glazed Donut Holes
- Cinnamon Sugar Donut Holes

- (6 donut holes | 280 cal)
- (6 donut holes | 290 cal)

SEASONAL MINI GREEK YOGURT PARFAITS 12 guest minimum | \$3.50 each

- Banana, Nutella, and Granola Yogurt Parfait
- Tropical Fruit and Granola Yogurt Parfait
- Blueberry, Lemon and Granola Yogurt Parfait

- (1 mini parfait | 100 cal)
- (1 mini parfait | 70 cal)
- (1 mini parfait | 60 cal)

OATMEAL BAR 12 guest minimum | \$5.00 per guest

Warm oatmeal served with a variety of toppings and milk.

INCLUDES:

- Old Fashioned Oatmeal
- Brown Sugar
- Cinnamon

- (8 oz. | 170 cal)
- (1 tbsp. | 45 cal)
- (1 tsp. | 5 cal)

CHOICE OF SIX:

- Toasted Almonds
- Walnut Pieces
- Pumpkin Seeds
- Sweetened Dried Cranberries
- Seedless Raisins
- Fresh Blueberries
- Creamy Peanut Butter
- Shredded Coconut

- (1 tbsp. | 40 cal)
- (1 tbsp. | 50 cal)
- (1 tbsp. | 60 cal)
- (1 tbsp. | 30 cal)
- (1 tbsp. | 25 cal)
- (1 tbsp. | 5 cal)
- (1 tbsp. | 90 cal)
- (1 tbsp. | 25 cal)

CHOICE OF TWO:

- 2% Milk
- Whole Milk
- Unsweetened Almond Milk

- (1 tbsp. | 10 cal)
- (1 tbsp. | 10 cal)
- (1 tbsp. | 0 cal)

HOT BREAKFAST SANDWICHES

12 guest minimum | \$3.50 each

- Cage-Free Egg and Cheese Mini Bagel
- Bacon, Cage-Free Egg and Cheese Mini Bagel
- Ham, Cage-Free Egg and Cheese Mini Bagel
- Sausage, Cage-Free Egg and Cheese Mini Bagel
- Cage-Free Egg and Cheese Biscuit
- Bacon, Cage-Free Egg and Cheese Biscuit
- Ham, Cage-Free Egg and Cheese Biscuit
- Sausage, Cage-Free Egg and Cheese Biscuit

- (each | 200 cal)
- (each | 240 cal)
- (each | 230 cal)
- (each | 390 cal)
- (each | 280 cal)
- (each | 310 cal)
- (each | 310 cal)
- (each | 470 cal)

BREAKFAST:
A LA CARTE,
continued



EGG DISHES

Cage-Free Hard-Boiled Egg \$13.50 per dozen (each | 80 cal)

BREAKFAST BURRITOS

12 guest minimum

Rajas and Chorizo Breakfast Burrito \$9.50 each (each | 650 cal)
Carnitas Verde Breakfast Burrito \$5.50 each (each | 480 cal)
Roasted Vegetable Breakfast Burrito \$5.00 each (each | 400 cal)
Cage-Free Egg, Cheese and Potato Breakfast Burrito \$5.00 each (each | 470 cal)

BAGELS AND SCHMEARS

12 guest minimum | \$3.50 per guest

Select two bagel flavors along with your choice of chef-prepared schmears.

CHOICE OF TWO BAGELS:

Plain Bagel (each | 290 cal)
Sesame Bagel (each | 300 cal)
Cinnamon Raisin Bagel (each | 290 cal)

INCLUDED:

Cream Cheese (2 tbsp. | 70 cal)

CHOICE OF TWO SPECIALTY SCHMEAR CHEESES:

Everything Schmear (2 tbsp. | 70 cal)
Lemon Dill Schmear (2 tbsp. | 50 cal)
Honey Walnut Schmear (2 tbsp. | 80 cal)
Blueberry Schmear (2 tbsp. | 60 cal)
Smoked Salmon and Caper Schmear (2 tbsp. | 70 cal)

BREAKS:
MORNING BREAKS





Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

MORNING MOXY
20 guest minimum | \$13.00 per guest

Power through your morning with fresh fruit, yogurt and/or overnight oats along with a selection of freshly-baked goods. Includes coffee and hot tea service. Includes condiments.

INCLUDES:

- Sliced Fresh Fruit Platter  (3 oz. | 35 cal)
- A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries
- Coffee and Tea Hot Service  (12 oz. | 0-5 cal)

CHOICE OF TWO PARFAITS:

- Maple Oats with Spiced Apples  (1 mini parfait | 100 cal)
- Nutella Oats with Banana  (1 mini parfait | 260 cal)
- Carrot Cake Oats  (1 mini parfait | 80 cal)
- PB and J Overnight Oats  (1 mini parfait | 110 cal)
- Tropical Overnight Oats  (1 mini parfait | 80 cal)

CHOICE OF TWO BAKED GOODS:

- Mini Butter Croissants  (each | 80 cal)
- Apple Mini Danish  (each | 130 cal)
- Cheese Mini Danish  (each | 140 cal)
- Mini Maple Pecan Danish  (each | 170 cal)
- Mini Raspberry Danish  (each | 130 cal)
- Apple Cinnamon Muffins  (each | 180 cal)
- Banana Streusel Muffins  (each | 230 cal)



BREAKS: AFTERNOON BREAKS



Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

TEA TIME

20 guest minimum | \$10.00 per guest

Tea Time comes with candied pecans, brownie bites and a refreshing Arnold Palmer.

- Grissini (each | 45 cal)
- Candied Cinnamon Pecans (2 oz. | 160 cal)
- Truffled Brownie Bites (2 each | 110 cal)
- Arnold Palmer (Iced Tea and Lemonade) (8 oz. | 130 cal)

DIPS AND CHIPS

20 guest minimum | \$6.50 per guest

Start with a crudité platter and add your choice of house-made chips and three dips.

INCLUDES:

- Fresh Vegetable Crudité Platter (3 oz. | 20 cal)

CHOICE OF THREE CHIPS:

- House-made Tortilla Chips (12 chips | 90 cal)
- Sea Salt Dusted Deli Chips (2 oz. | 90 cal)
- BBQ Dusted Deli Chips (2 oz. | 90 cal)
- Ranch Dusted Deli Chips (2 oz. | 100 cal)
- Pita Chips (2 oz. | 150 cal)

INCLUDES:

- Dijon Ranch Dip (2 tbsp. | 190 cal)
- Onion Cheese Dip (2 tbsp. | 70 cal)
- Baba Ghanoush (2 tbsp. | 30 cal)
- Red Pepper Hummus (2 tbsp. | 70 cal)

SNACK PACK

12 guest minimum | \$8.00 per guest

Snack Pack includes whole fruit, packaged snacks, granola bars and beverages.

CHOICE OF TWO:

- Apple (each | 90 cal)
- Banana (each | 140 cal)
- Orange (each | 70 cal)

CHOICE OF FOUR:

- Almonds (1.5 oz. | 250 cal)
- Rold Gold Tiny Twist Pretzels (1 oz. | 110 cal)
- Potato Chips (1.5 oz. | 240 cal)
- Cheeze-Its Original (1.5 oz. | 220 cal)
- Sunburst Trail Mix (1.5 oz. | 220 cal)
- Grandma's Big Chocolate Chip Cookies (2.5 oz. | 340 cal)

CHOICE OF TWO:

- Granola Bar (1 bar | 90 cal)
- Peanut Butter Granola Bar (1 bar | 100 cal)
- Oats and Honey Granola Bar (1 bar | 90 cal)

- Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery and set up. Each option features a curated selection of the most popular salads or sandwich items all packaged into one easy-to-use boxed solution. Packaging includes eco-friendly service ware and cutlery.

SIGNATURE SANDWICH LUNCH BOX 12 guest minimum | \$16.00 per guest
Includes choice of sandwiches or wraps, apple 🍏🌱, baked or regular potato chips 🍟🌱 (1 bag | 140-220 cal), dessert (126-230 cal) and beverage (0-250 cal).

SELECT UP TO THREE:

HAM AND GRUYERE ON SOURDOUGH (each | 620 cal)
Smoked ham with gruyere cheese, lettuce, tomato and Dijonnaise on sourdough bread

MEDITERRANEAN BAGUETTE 🌱 (each | 360 cal)
Roasted eggplant rings with hummus and roasted red peppers on a baguette

ROAST BEEF AND WATERCRESS SANDWICH (each | 420 cal)
Roast beef and cheddar cheese with horseradish, tomato and watercress on sourdough bread

CITRUS FLANK STEAK AND CHIMICHURRI SANDWICH (each | 660 cal)
Grilled lime marinated flank steak, red onion, lettuce, tomato with chimichurri sauce and mayonnaise on sourdough bread

CHOICE OF ONE:

Chocolate Brownie 🍫	(each 60 cal)
Blondie Bar 🍪	(each 60 cal)
Rice Krispie Bar	(each 280 cal)
Peanut Butter Chocolate Oreo Brownie 🍪	(each 320 cal)
Two Cookies 🍪	(2 cookies 310-330 cal)
Vegan Chocolate Chip Cookies 🌱	(each 190 cal)
Vegan Oatmeal Raisin Cookies 🌱	(each 110 cal)

CHOICE OF ONE:

Bottled Water	(each 0 cal)
Assorted Canned Soft Drinks, Regular and Diet	(12 oz. 0-150 cal)

UPGRADE TO A SIGNATURE SIDE:

Quinoa Cucumber Salad 🍅🌱 \$2.00 per guest	(1/2 cup 140 cal)
Azifa (Green Lentil Salad) 🌱🌱 \$2.00 per guest	(1/2 cup 120 cal)
Wild Rice, Quinoa and Lentil Salad 🍅🌱 \$2.00 per guest	(1/2 cup 240 cal)
Chickpea Chaat Salad 🌱🌱 \$2.00 per guest	(1/2 cup 60 cal)
Super Bean Salad Mix 🌱🍷🌱 \$2.00 per guest	(1/2 cup 80 cal)

BOXED MEALS



CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$14.00 per guest
The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips 🍟🌱 (1 bag | 140-220 cal), an apple 🍏🌱 (1 piece | 70 cal), dessert (126-230 cal) and beverage (0-250 cal).

SELECT UP TO THREE:

ITALIAN TUNA AND PROVOLONE WRAP (each | 540 cal)
Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing in a hearty grain tortilla

CLASSIC TURKEY CLUB (each | 550 cal)
Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread

GRILLED CHICKEN CAESAR WRAP (each | 560 cal)
Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

TURKEY, CHEDDAR AND CHIPOTLE MAYO SANDWICH (each | 550 cal)
Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

HULI HULI CHICKEN CIABATTA SANDWICH (each | 560 cal)
Grilled huli huli chicken with lemon scallion mayonnaise, lettuce and tomato on a ciabatta roll

CURRIED CHICKEN SALAD AND ALMOND SANDWICH (each | 510 cal)
Oven-roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

SMOKED HAM, BRIE AND APPLE ON SOURDOUGH (each | 520 cal)
Smoked ham with brie cheese, Granny Smith apple, baby arugula and Dijonnaise on sourdough bread

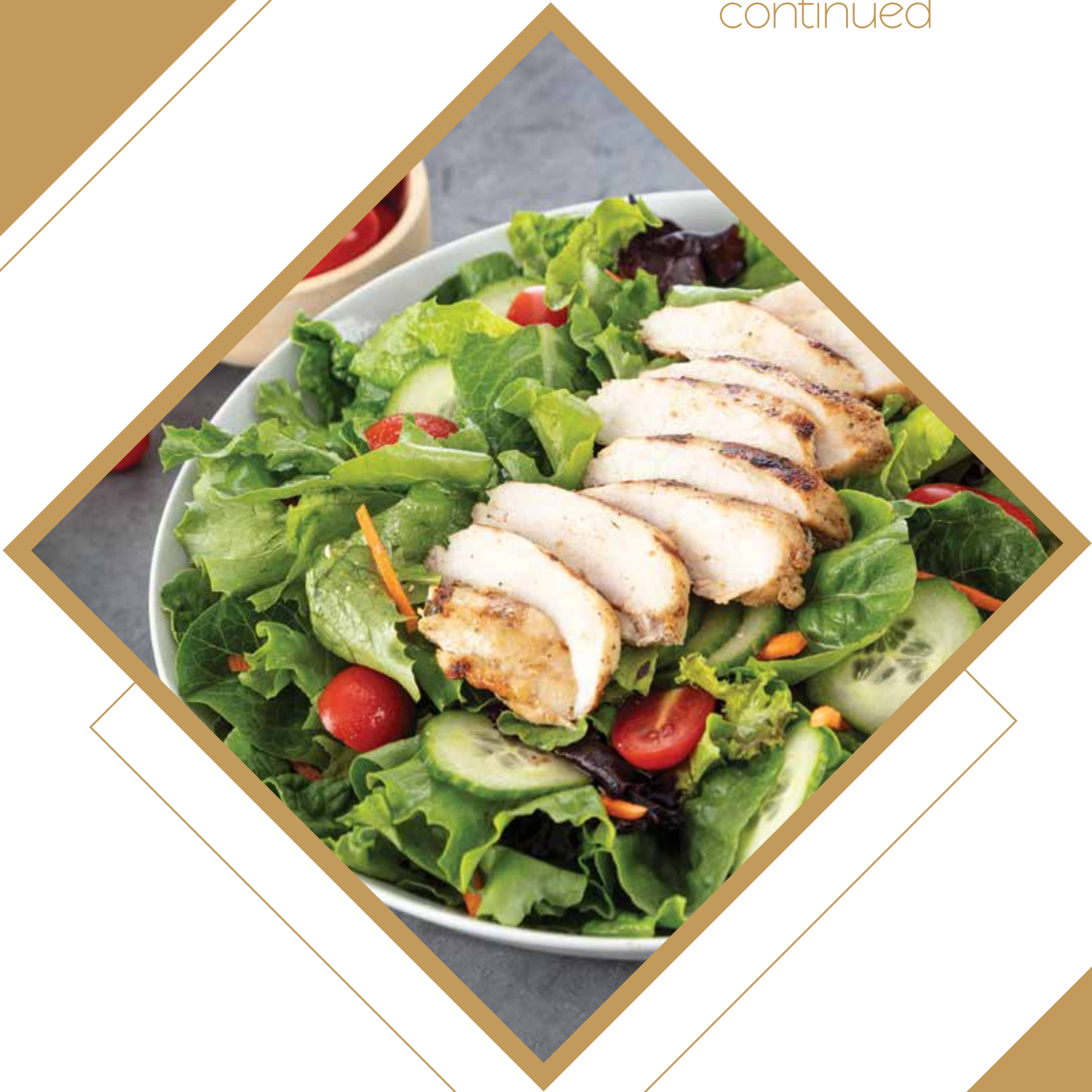
LEMON BASIL ROASTED VEGETABLE SANDWICH 🍷 (each | 580 cal)
Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

VEGETABLE TARRAGON WRAP 🍷 (each | 400 cal)
Grilled zucchini, provolone, baby spinach and roasted red peppers with herb mayonnaise in a hearty grain tortilla

HUMMUS WRAP WITH ZUCCHINI AND DUKKAH 🌱 (each | 330 cal)
Non GMO tortilla with grilled zucchini, hummus, red pepper, baby spinach, red onion and dukkah seasoning

TANDOORI CAULIFLOWER AND PEPPER WRAP 🌱🌱 (each | 300 cal)
Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

BOXED MEALS,
continued



SIGNATURE SALAD LUNCH BOX 12 guest minimum | \$16.00 per guest
The Signature Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 110 cal), an apple 🍏🥒 (1 piece | 80 cal), dessert (126-230 cal) and beverage (0-250 cal). Includes condiments and salad dressings.

CHOICE OF THREE:
CAESAR SALAD WITH GRILLED STEAK (each | 710 cal)
Romaine lettuce topped with grilled steak, homestyle croutons, shredded parmesan, served with Caesar dressing

GARDEN SALAD WITH GRILLED SHRIMP (each | 190 cal)
Romaine lettuce and spring mix topped with grilled shrimp, grape tomatoes, cucumbers and shredded carrots

CAESAR SALAD WITH GRILLED SHRIMP (each | 650 cal)
Romaine lettuce topped with grilled shrimp, homestyle croutons, shredded parmesan, served with Caesar dressing

BLT SALAD (each | 290 cal)
Iceberg lettuce topped with crispy bacon and grape tomatoes, served with green goddess dressing

GARDEN SALAD WITH GRILLED STEAK (each | 240 cal)
Romaine lettuce and spring mix topped with grilled steak, grape tomatoes, cucumbers and shredded carrots

CLASSIC SALAD LUNCH BOXES 12 guest minimum | \$14.00 per guest
The Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), an apple 🍏🥒 (1 piece | 70 cal), dessert (126-230 cal) and beverage (0-250 cal). Includes condiments and salad dressings..

CHOICE OF THREE:
CAESAR SALAD (each | 510 cal)
Romaine lettuce topped with homestyle croutons, shredded parmesan, served with Caesar dressing

GREEK SALAD 🥒 (each | 100 cal)
Greek Salad Update description: Romaine lettuce and spring mix topped with grape tomatoes, cucumbers, shredded carrots and feta cheese

CAESAR SALAD WITH GRILLED CHICKEN (each | 670 cal)
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

MANDARIN ORANGE SPINACH SALAD 🍏🥒 (each | 150 cal)
Spinach, romaine and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas

CAESAR SALAD WITH PORTOBELLO (each | 660 cal)
Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

MINDFUL QUINOA SALAD 🍏🥒 (each 190 cal)
Quinoa with tomato, red pepper, hominy, cilantro and sherry vinaigrette over mixed greens

SWEET POTATO AND ROASTED BRUSSELS SPROUT SALAD 🥒 (each | 590 cal)
Baby spinach topped with roasted sweet potatoes, brussels sprouts and tahini dressing

GARDEN SALAD WITH PORTOBELLO 🥒 (each | 190 cal)
Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers and shredded carrots






BUFFETS:
COLD BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

JR. EXECUTIVE BUFFET
20 guest minimum | \$20.00 per guest

Our Junior Executive Buffet includes choice of mini sandwiches, side salad, dinner roll with butter, sliced fresh fruit platter, dessert, condiments and selection of cold beverages. Includes condiments and salad dressings.

INCLUDES:		
Sliced Fresh Fruit Platter 	(3 oz. 35 cal)	
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries		
Assorted House Baked Dinner Rolls with Butter 	(1 roll 150 cal)	
CHOICE OF THREE:		
Classic Turkey Club Slider	(each 270 cal)	
Turkey, Cheddar and Chipotle Mayo Slider	(each 260 cal)	
Grilled Chicken Caesar Wrap 	(each 280 cal)	
Bacon, Lettuce and Tomato Slider	(each 250 cal)	
Smoked Ham, Brie and Apple Slider	(each 300 cal)	
Lemon Basil Roasted Vegetable Slider 	(each 290 cal)	
Tandoori Cauliflower and Pepper Wrap 	(each 150 cal)	
Hummus Wrap with Zucchini and Dukkah 	(1/2 wrap 170 cal)	
UPGRADE YOUR SANDWICH:		
\$2.00 per guest		
Flank, Cheddar and Chipotle Mayo Slider	(each 300 cal)	
Roast Beef, Gruyere and Arugula Slider	(each 230 cal)	
Lemon Chive Shrimp Salad Slider 	(each 190 cal)	
Italian Tuna and Provolone Wrap	(each 540 cal)	
CHOICE OF ONE SALAD:		
Classic Caesar Salad	(1 cup 180 cal)	
Garden Salad 	(1 cup 10 cal)	
Greek Salad 	(1 cup 20 cal)	
CHOICE OF TWO DESSERTS:		
Rice Krispie Bar	(each 70 cal)	
Cookie 	(2 cookies 150-160 cal)	
Chocolate Brownie 	(each 60 cal)	
Blondie Bar 	(each 60 cal)	
Lemon Bar 	(1 piece 80 cal)	
Vegan Chocolate Chip Cookie 	(each 190 cal)	
Vegan Oatmeal Raisin Cookie 	(each 110 cal)	
CHOICE OF TWO BEVERAGES:		
Brewed Iced Tea 	(8 oz. 0 cal)	
Sweet Iced Tea 	(8 oz. 15 cal)	
Lemonade 	(8 oz. 15 cal)	
Orange Infused Water 	(8 oz. 0 cal)	
Cucumber Mint Infused Water 	(8 oz. 0 cal)	
Iced Water 	(8 oz. 0 cal)	

BUFFETS: TRADITIONS



Traditions buffet features comfort-style entrée paired with your choice of vegetable, side dish, salad and dessert. Includes dinner rolls with butter, cold beverages and appropriate condiments.

30 guest minimum | \$22.00 per guest

INCLUDES:

Assorted House Baked Dinner Rolls with Butter (1 roll | 110 cal)

CHOICE OF ONE ENTRÉE:

POULTRY

Kansas City BBQ Chicken Quarter (each | 430 cal)
Grilled Jerk Chicken Breast (each | 170 cal)
Buttermilk Fried Chicken Thigh (each | 610 cal)
Rotisserie Style Chicken with Gravy (each | 600 cal)

BEEF

Beef Meatloaf (4 oz. | 280 cal)
Braised Pot Roast (4 oz. | 450 cal)
Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)
Homestyle Meat Lasagna (each | 350 cal)

PORK

Baked Ziti with Italian Sausage (entrée | 650 cal)
Chicken and Andouille Sausage Gumbo (4 oz. | 170 cal)
Herb Roasted Pork Loin with Pan Gravy (serving | 310 cal)

SEAFOOD

Beer Battered Fresh Pollock (1 fillet | 290 cal)
Grilled Salmon (1 fillet | 180 cal)
Flounder Piccata (1 entrée | 250 cal)
Crispy Baked Catfish (1 fillet | 220 cal)

VEGETARIAN/VEGAN

Mushroom and Okra Stew with Brown Rice (serving | 270 cal)
Vegetarian Lentil Shepherd’s Pie (serving | 300 cal)
Baked Zucchini with Apple Couscous (serving | 140 cal)

Add an additional entrée for \$7.00 per guest.

CHOICE OF ONE VEGETABLE:

Sliced Roasted Carrots (4 oz. | 70 cal)
Sautéed Broccoli and Garlic (4 oz. | 45 cal)
Roasted Cauliflower (4 oz. | 70 cal)
Braised Collard Greens (4 oz. | 90 cal)
Charred Brussels Sprouts (4 oz. | 25 cal)
Roasted Garlic Green Beans (4 oz. | 60 cal)

CHOICE OF ONE SIDE:

Roasted Rosemary Red Bliss Potatoes (4 oz. | 120 cal)
Garlic Mashed Potatoes (4 oz. | 170 cal)
Macaroni and Cheese (4 oz. | 140 cal)
Au Gratin Potato (4 oz. | 200 cal)
Grits with Cheese (4 oz. | 200 cal)
Steamed Brown Rice (4 oz. | 100 cal)

CHOICE OF ONE SALAD:

Mandarin Orange Spinach Salad (1 cup | 70 cal)
Classic Caesar Salad (1 cup | 180 cal)
Garden Salad (1 cup | 10 cal)
Greek Salad (1 cup | 20 cal)
BLT Green Goddess Salad (1 cup | 130 cal)

CHOICE OF ONE COLD SIDE:

German Potato Salad (4 oz. | 140 cal)
Country Potato Salad (4 oz. | 180 cal)
Classic Carolina Cole Slaw (4 oz. | 160 cal)
Classic Macaroni Salad (4 oz. | 280 cal)

CHOICE OF ONE DESSERT:

Dutch Apple Pie (1 slice | 430 cal)
Pecan Pie (1 slice | 540 cal)
Chocolate Cream Pie (1 slice | 300 cal)
Lemon Meringue Pie (1 slice | 340 cal)
Double Chocolate Layer Cake (1 slice | 410 cal)
Carrot Cupcake (1 cupcake | 260 cal)
Maple, Cinnamon, Chocolate Bread Pudding (1 pudding | 360 cal)
Chocolate Chia Pudding (each | 130 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea (8 oz. | 0 cal)
Sweet Iced Tea (8 oz. | 15 cal)
Lemonade (8 oz. | 15 cal)
Orange Infused Water (8 oz. | 0 cal)
Cucumber Mint Infused Water (8 oz. | 0 cal)
Iced Water (8 oz. | 0 cal)



Take a culinary journey around the world with Flavours` themed buffets. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

CHOICE OF TWO BEVERAGES:

- Brewed Iced Tea
- Sweet Iced Tea
- Lemonade
- Orange Infused Water
- Cucumber Mint Infused Water
- Iced Water

- (8 oz. | 0 cal)
- (8 oz. | 15 cal)
- (8 oz. | 15 cal)
- (8 oz. | 0 cal)
- (8 oz. | 0 cal)
- (8 oz. | 0 cal)

SOUTHERN BBQ

30 guest minimum | \$23.00 per guest

Celebrate the south with BBQ, comforting sides, salad, entrée, dessert and condiments.

- Pulled BBQ Chicken
- Cattleman’s BBQ Sauce
- Baked Beans
- Carolina Slaw
- Country-Style Potato Salad
- Cornbread
- Chocolate Brownie

- (3 oz. | 140 cal)
- (2 tbsp. | 50 cal)
- (1/2 cup | 160 cal)
- (1/2 cup | 30 cal)
- (1/2 cup | 190 cal)
- (1 piece | 200 cal)
- (1 piece | 60 cal)

CHOICE OF ONE PROTEIN:

- Pulled BBQ Pork
- Smoked Beef Brisket

- (1.5 oz. | 80 cal)
- (1.5 oz. | 120 cal)

PIZZA PARTY

20 guest minimum | \$13.00 per guest

INCLUDES:

- Bread Sticks
- Tiramisu Sweet Shots

- (each | 100 cal)
- (each | 240 cal)

CHOICE OF ONE SALAD:

- Garden Salad
- Greek Salad
- Classic Caesar

- (1 cup | 10 cal)
- (1 cup | 20 cal)
- (1 cup | 180 cal)

PIZZA CHOOSE 3:

- Pepperoni
- Cheese
- Spinach Mushroom Pizza
- Margherita
- BBQ Chicken
- Chicken Pesto
- Vegetable

- (slice | 280 cal)
- (slice | 250 cal)
- (slice | 260 cal)
- (slice | 260 cal)
- (slice | 330 cal)
- (slice | 300 cal)
- (slice | 270 cal)

BUFFETS:
THEMED BUFFETS



TEX MEX

30 guest minimum | \$23.00 per guest

Tex Mex tacos with sides, dessert and condiments.

- 6” Pressed Flour Tortillas
- 6” White Corn Table Tortillas
- Beef Taco Meat
- Cumin Grilled Chicken
- Spanish Rice
- Tex Mex Veggies
- Shredded Lettuce
- Fresh White Onion
- Pico De Gallo
- Sour Cream
- Shredded Cheddar Cheese
- Western Style Guacamole
- Sliced Jalapeño Pepper
- Hand Dipped Spiced Chocolate Cookie

- (2 tortillas | 180 cal)
- (2 tortillas | 110 cal)
- (3 oz. | 160 cal)
- (3 oz. | 150 cal)
- (1/4 cup | 90 cal)
- (1/2 cup | 80 cal)
- (1/4 cup | 0 cal)
- (1 tbsp. | 15 cal)
- (2 tbsp. | 5 cal)
- (2 tbsp. | 60 cal)
- (2 tbsp. | 60 cal)
- (2 tbsp. | 50 cal)
- (2 tbsp. | 0 cal)
- (2 cookies | 210 cal)

PLANT-BASED MEXICAN

30 guest minimum | \$23.00 per guest

Take a trip south of the border with plant-based salads, sides, entrée, dessert and condiments.

- Vegetable and Black Bean Quesadilla
- Roasted Chili and Sweet Corn Tamale
- Spanish Rice
- Baja Black Beans
- Tri-Color Corn Tortilla Chips
- Pico De Gallo
- Western Style Guacamole
- Hand Dipped Spiced Chocolate Cookie

- (1 quesadilla | 500 cal)
- (2 tamale | 90 cal)
- (1/2 cup | 90 cal)
- (1/2 cup | 100 cal)
- (1/2 cup | 80 cal)
- (2 tbsp. | 0 cal)
- (2 tbsp. | 50 cal)
- (2 cookies | 210 cal)

SOUTHERN ITALIAN

30 guest minimum | \$23.00 per guest

Buon appetito of Southern Italian sides, salads, entrée, dessert and condiments.

- Orecchiette Puttanesca
- Calabrian Chile Roasted Chicken
- Caponata
- Cannellini Beans with Tomato and Rosemary
- Fennel, Arugula and Ricotta Salad
- Herb Focaccia Bread
- Tiramisu Sweet Shot

- (1 cup | 200 cal)
- (4 oz. | 170 cal)
- (3 oz. | 60 cal)
- (1/2 cup | 80 cal)
- (3 oz. | 120 cal)
- (1 piece | 240 cal)
- (each | 240 cal)

ASIAN

30 guest minimum | \$24.00 per guest

Selection of Asian sides, entrée, dessert, condiments and beverages.

- Sweet and Sour Chicken
- Cantonese Stir-Fry with Snow Peas
- Jasmine Steamed Rice
- Tangy Asian Slaw
- Sesame Ginger Green Beans
- Vegetable Egg Roll
- Soy Sauce
- Sweet Thai Chili Sauce
- Chinese Hot Mustard
- Mango Mint Mousse Sweet Shot

- (8 oz. | 470 cal)
- (8 oz. | 110 cal)
- (1/2 cup | 100 cal)
- (1/2 cup | 250 cal)
- (1/2 cup | 70 cal)
- (1 egg roll | 180 cal)
- (2 tbsp. | 20 cal)
- (2 tbsp. | 80 cal)
- (2 tsp. | 15 cal)
- (each | 220 cal)

PLATED MEALS



Plated meals offer an elegant option to welcome guests and celebrate important milestones. Entrées are paired with sides and beverages. Choose the perfect appetizer soup or salad and dessert for your guests. Selections are presented on china and pricing includes linens cloths and napkins for guest seating.

20 guest minimum

INCLUDES

- Assorted House Baked Dinner Rolls with Butter (1 roll | 150 cal)
- Coffee and Hot Tea Service (12 oz. | 0-5 cal)

CHOICE OF

- Brewed Iced Tea (8 oz. | 0 cal)
- Sweet Iced Tea (8 oz. | 15 cal)

CHOICE OF ONE SOUP OR SALAD:

SOUP

- Amaranth and Chickpea Soup with Pesto (6 oz. | 300 cal)
- Tuscan Chickpea and Tomato Stew (6 oz. | 70 cal)
- Curry Cauliflower Soup (6 oz. | 45 cal)
- New England Clam Chowder (6 oz. | 170 cal)
- Old Fashioned Chicken Noodle Soup (6 oz. | 100 cal)
- Chicken Posole (6 oz. | 130 cal)

SALAD SERVED WITH A CHOICE OF DRESSING

- Traditional Caesar Salad (1 salad | 350 cal)
- Traditional Garden Salad (1 salad | 25 cal)
- Romaine Wedge Salad (1 salad | 270 cal)
- Mixed Italian Salad (1 salad | 300 cal))

CHOICE OF ONE DESSERT:

- Southern Pecan Pie (1 slice | 520 cal)
- Iced Carrot Layer Cake (1 slice | 460 cal)
- Double Chocolate Layer Cake (1 slice | 410 cal)
- Fresh Fruit Tart (1 slice | 280 cal)
- Tiramisu (1 slice | 540 cal)
- Mango and Passion Fruit Fool Parfait (1 mini parfait | 110 cal)
- Toasted Angel Food Cake with Strawberries (1 dessert cup | 350 cal)
- Tropical Coconut Chia Parfait (1 parfait | 310 cal)
- Banana Raspberry Chocolate Chia Parfait (1 parfait | 130 cal)

PLATED MEALS,
continued



POULTRY

- CALABRIAN CHILE ROASTED CHICKEN** *\$29.00 per guest*
Roasted chicken breast with grilled lemon and Calabrian chile vinaigrette served with charred broccoli rabe and creamy polenta seasoned with garlic and parmesan

(1 entrée | 380 cal)
- HOISIN GLAZED CHICKEN** *\$28.00 per guest*
Seared chicken breast coated with a spicy hoisin and soy sauce, ginger glaze served with sautéed haricot verts and sesame lemongrass jasmine rice

(1 entrée | 370 cal)
- LEBANESE CHICKEN BREAST** *\$28.00 per guest*
Grilled chicken breast marinated with lemon, olive oil and garlic served with grilled eggplant, tahini and pomegranate

(1 entrée | 270 cal)

PORK

- HONEY AND FIVE SPICE PORK LOIN** *\$27.00 per guest*
Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder served with sesame shiitake bok choy and jasmine steamed rice

(1 entrée | 280 cal)
- APPLE CIDER GLAZED PORK TENDERLOIN** *\$27.00 per guest*
Rosemary, orange and ginger pork tenderloin poached in apple cider broth served with charred Brussels sprouts and smashed sweet potatoes

(1 entrée | 220 cal)
- COFFEE CRUSTED PORK LOIN** *\$27.00 per guest*
Coffee crusted pork tenderloin served with grilled broccolini and whipped sweet potatoes
Served with choice of sauce

(1 entrée | 290 cal)

BEEF

- LIME MARINATED FLANK STEAK** *\$29.00 per guest*
Char-grilled flank steak marinated in lime juice, garlic and fresh cilantro served with coconut jasmine rice and grilled corn succotash

(1 entrée | 250 cal)
- BRAISED BEEF SHORT RIBS** *\$39.00 per guest*
Boneless beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection served with braised kale and roasted sweet and spicy root vegetables


(1 entrée | 330 cal)
- PEPPERY BEEF TENDERLOIN** *\$48.00 per guest*
Beef tenderloin oven roasted with a coating of cracked black pepper served with grilled broccolini and parsnip whipped potatoes

(1 entrée | 330 cal)

SEAFOOD


- SIMPLY GRILLED SALMON** *\$34.00 per guest*
Fresh salmon grilled with only extra virgin olive oil, kosher salt and black pepper served with sesame lemongrass jasmine rice and shitake bok choy


(1 entrée | 270 cal)
- PARMESAN PANKO CRUSTED TILAPIA** *\$29.00 per guest*
Tilapia baked with a parmesan and chili powder panko breadcrumb topping served with sautéed kale and oven-roasted Greek fries


(1 entrée | 170 cal)
- GRILLED MAHI MAHI**  *\$43.00 per guest*
Grilled mahi mahi seasoned wiht kosher salt, black pepper and parsley served with coconut jasmine rice and sesame shiitake bok choy. Served with a choice of sauce.


(1 entrée | 100 cal)

VEGETARIAN/VEGAN

- PENNE PASTA WITH ASPARAGUS AND FONTINA**  *\$23.50 per guest*
Penne pasta with asparagus, fresh basil and oregano in a fontina cheese cream sauce

(1 entrée | 630 cal)
- BUTTERNUT SQUASH QUINOA CAKES WITH MORNAY**  *\$23.50 per guest*
Quinoa cake made with butternut squash, ground flaxseed, kale, gluten free flour and sage served with mornay sauce, sautéed haricot verts and grilled corn succotash

(1 entrée | 490 cal)
- ALMOND BUTTER, SPELT AND MUSHROOM RISOTTO**  *\$23.50 per guest*
Wild mushrooms, creamy almond butter and spelt risotto

(1 entrée | 260 cal)
- GINGER MISO TOFU**  *\$24.50 per guest*
Tofu seared with ginger, miso, mirin, green onions and red chile served with sesame lemongrass jasmine rice and grilled broccolini

(1 entrée | 310 cal)

PLATTERS, DESSERTS AND SNACKS

A perfect option to a reception, meeting or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. 12 guest minimum.

PLATTERS

SLICED FRESH FRUIT PLATTER (3 oz. | 35 cal)

12 guest minimum | \$3.50 per guest

A seasonal array of sweet melon, pineapple, oranges, grapes and berries

FRESH VEGETABLE CRUDITÉ PLATTER (3 oz. | 20-160 cal)

12 guest minimum | \$3.50 per guest

A rainbow of crunchy fresh vegetables. Served with ranch dip.

FRUIT AND CHEESE PLATTER

(3 oz. fruit + 1 oz. cheese | 140-190 cal)

12 guest minimum | \$4.50 per guest

Platter heaped with cubed cheeses, cheddar, swiss and provolone, and an arrangement of fresh sliced melon, berries, and grapes. Served with crisp bread

IMPORTED AND DOMESTIC CHEESE PLATTER

(3 oz. | 280 cal)

20 guest minimum | \$6.00 per guest

Wedges of imported and domestic cheeses with clusters of grapes and whole wheat crackers

CHEESE AND CHARCUTERIE PLATTER (1 serving | 5-180 cal)

20 guest minimum | \$13.50 per guest

Domestic and imported cheese with cured meats, olives, whole grain mustard, fig spread and crostini

DESSERTS


COOKIES \$13.50 per dozen

Peanut Butter Cookies 

(1 cookie | 150 cal)

Oatmeal Raisin Cookies 


(1 cookie | 150 cal)

Butter Sugar Cookies 

(1 cookie | 160 cal)

Chocolate Chip Cookies 

(1 cookie | 160 cal)

Double Chocolate Chip Cookies 

(1 cookie | 160 cal)

Vegan Chocolate Chip

Cookies  \$15.00 per dozen

(each | 190 cal)

Vegan Oatmeal Raisin

Cookies  \$15.00 per dozen

(each | 110 cal)

PETITE BROWNIES AND BARS

Blondie Bars  \$10.00 per dozen

(1 piece | 60 cal)

Chocolate Brownie Bars  \$10.00 per dozen

(1 piece | 60 cal)

Rice Krispie Bars \$10.00 per dozen

(1 piece | 70 cal)

Lemon Bars  \$12.00 per dozen

(1 piece | 80 cal)

Totally Oreo Brownies \$12.00 per dozen

(1 piece | 110 cal)

SNACKS

TRAIL MIX

\$18.00 per pound

(1 oz. | 150 cal)

MIXED NUTS

\$22.50 per pound

(1 oz. | 170 cal)

GRANOLA BARS

Granola Bar   \$15.00 per dozen

(1 bar | 90 cal)

Peanut Butter

Granola Bar   \$15.00 per dozen

(1 bar | 100 cal)

Oats and Honey


Granola Bar   \$15.00 per dozen

(1 bar | 90 cal)

CUPCAKES \$23.50 per dozen

Carrot Cupcakes 

(1 cupcake | 260 cal)

Yellow Cupcakes with Fudge Icing 

(1 cupcake | 300 cal)

Red Velvet Cupcakes 

(1 cupcake | 310 cal)

Rocky Road Cupcakes

(1 cupcake | 280 cal)

FRUIT 12 guest minimum

Mixed Fruit Cup   \$3.50 per guest

(each | 35 cal)

Sliced Fresh Fruit Platter  

\$3.50 per guest

(3 oz. | 35 cal)

Apples    \$1.00 each

(each | 90 cal)

Bananas    \$1.00 each

(each | 140 cal)

Oranges    \$1.50 each

(each | 70 cal)

Red and Green Grapes    \$1.50 per guest

(3 oz. | 60 cal)

CHIPS AND PRETZELS \$22.00 per dozen

Assorted Bagged Chips 

(1 bag | 190-230 cal)

Rold Gold Tiny Twist Pretzels  

(1 bag | 110 cal)

Baked Potato Chips  

(1 bag | 140 cal)

Assorted Sunchips  

(1 bag | 210 cal)



A selection of hors d'oeuvres by the dozen. Mix and match to create the perfect event. Paired with chef-selected sauce where appropriate.

3 dozen minimum per menu selection

POULTRY

COCONUT CHICKEN SATAY (each | 30 cal)
\$19.50 per dozen

TERIYAKI CHICKEN POTSTICKER (1 each | 90 cal)
\$19.50 per dozen

GREEK TURKEY MEATBALL (1 canape | 50 cal)
\$19.50 per dozen

PORK

BACON WRAPPED DATE (each | 45 cal)
\$22.00 per dozen

BACON, FIG AND SMOKED GOUDA TARTLET (each | 60 cal)
\$20.00 per dozen

BBQ PORK SLIDER (each | 200 cal)
\$29.00 per dozen

ASIAN STYLE PORK MEATBALL (1 canape | 45 cal)
\$17.00 per dozen

BEEF

CENTER CUT FILET OF BEEF CANAPE (1 canape | 50 cal)
\$25.00 per dozen

CHEESEBURGER SLIDERS (each | 190 cal)
\$29.00 per dozen

BURGER SLIDER (each | 180 cal)
\$29.00 per dozen

BARBEQUE MEATBALLS (1 meatball + sauce | 70 cal)
\$17.00 per dozen

SEAFOOD

CRISPY COCONUT SHRIMP (each | 80 cal)
\$26.00 per dozen

CRAB, ARTICHOKE AND SPINACH TARTLET (each | 50 cal)
\$22.00 per dozen

VEGETARIAN/VEGAN

SICILIAN ARANCINI (each | 90 cal)
\$22.00 per dozen

VEGETABLE SAMOSAS (1 samosa | 130 cal)
\$29.00 per dozen

EDAMAME POTSTICKER (1 potsticker | 50 cal)
\$22.00 per dozen

VEGETABLE EGG ROLL (1/2 egg roll | 180 cal)
\$22.00 per dozen

FRIED RAVIOLI (1 ravioli | 90 cal)
\$19.50 per dozen

PREMIUM SELECTIONS

JUMBO LUMP CRAB CAKE (each | 70 cal)
\$40.00 per dozen

HORS D'OEUVRES:
A LA CARTE



COLD HORS D'OEUVRES

COOL SALMON CANAPES (1 canapé | 60 cal)
\$18.00 per dozen

CURRIED CHICKEN AND GOLDEN RAISIN TARTLETS (1 phyllo cup | 140 cal)
\$25.00 per dozen

CUCUMBER ROUNDS WITH FETA AND TOMATO (1 piece | 40 cal)
\$22.00 per dozen

COLD VEGAN SPRING ROLL (1/2 each | 30 cal)
\$18.00 per dozen

SHITAKE MUSHROOM SUMMER ROLL (1/2 each | 50 cal)
\$22.00 per dozen

CARAMELIZED ONION AND WHITE BEAN CROSTINI (1 slice | 120 cal)
\$18.00 per dozen

GOAT CHEESE AND HONEY PHYLLO CUPS (1 phyllo cup | 90 cal)
\$25.00 per dozen

ENDIVE WITH GOAT CHEESE, FIG AND PECANS (each | 70 cal)
\$22.00 per dozen

ASSORTED COLD DIPS

25 guest minimum | \$4.00 per guest per selection

Black Bean Hummus (2 tbsp | 70 cal)
Curried Chickpea Hummus (2 tbsp | 200 cal)
Rosemary Tomato Bean Dip (2 tbsp | 190 cal)
White Bean Spread with Caramelized Onions (2 tbsp | 60 cal)
Bacon Ranch Dip (2 tbsp | 100 cal)

CHOICE OF ONE:
Fried Tortilla Chips (12 each | 90 cal)
Pita Chips (2 oz. | 150 cal)
Sea Salt Dusted Deli Chips (2 oz. | 90 cal)

ASSORTED HOT DIPS

25 guest minimum | \$4.00 per guest per selection

Caramelized Onion Dip (2 tbsp | 110 cal)
Crab and Spinach Dip (2 tbsp | 50 cal)
Creamy Mediterranean Dip (2 tbsp | 30 cal)
Spinach Artichoke Dip (2 tbsp | 50 cal)

CHOICE OF ONE:
Fried Tortilla Chips (12 each | 90 cal)
Pita Chips (2 oz. | 150 cal)
Sea Salt Dusted Deli Chips (2 oz. | 90 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BEVERAGES



Selection of cold and hot beverages including tea, coffee, iced tea, lemonade, juices, sodas and waters.

HOT BEVERAGES




Served with appropriate condiments.

Coffee and Hot Tea Service 	(12 oz. 0-5 cal)
<i>\$3.75 per guest</i>	
Brewed Regular Coffee 	(12 oz. 0-5 cal)
<i>\$20.00 per gallon</i>	
Brewed Decaffeinated Coffee 	(12 oz. 0-5 cal)
<i>\$20.00 per gallon</i>	
Tea Bags with Hot Water 	(12 oz. 0-5 cal)
<i>\$19.00 per gallon</i>	
Hot Cocoa Mix with Hot Water	(1 pack 80 cal)
<i>\$15.00 per gallon</i>	
Hot Chocolate Supreme 	(8 oz. 190 cal)
<i>\$18.50 per gallon</i>	
Hot Apple Cider 	(8 oz. 120 cal)
<i>\$28.00 per gallon</i>	





JUICE

Orange Juice 	(8 oz. 15 cal)
<i>\$22.00 per gallon</i>	
Apple Juice 	(8 oz. 110 cal)
<i>\$22.00 per gallon</i>	
Cranberry Juice 	(8 oz. 25 cal)
<i>\$22.00 per gallon</i>	
Chilled Apple Cider 	(8 oz. 110 cal)
<i>\$26.00 per gallon</i>	





PUNCH

Orange Blossom Punch 	(8 oz. 170 cal)
<i>\$25.00 per gallon</i>	
White Sparkling Punch 	(8 oz. 100 cal)
<i>\$25.00 per gallon</i>	
Sangria Punch 	(8 oz. 120 cal)
<i>\$25.00 per gallon</i>	

TEA AND LEMONADE

Brewed Iced Tea 	(8 oz. 0 cal)
<i>\$16.00 per gallon</i>	
Sweet Iced Tea 	(8 oz. 15 cal)
<i>\$16.00 per gallon</i>	
Country Time Lemonade 	(8 oz. 5 cal)
<i>\$16.00 per gallon</i>	
Strawberry Lemonade 	(8 oz. 90 cal)
<i>\$28.00 per gallon</i>	

WATER STATION

Iced Water 	(8 oz. 0 cal)
<i>\$3.00 per gallon</i>	
Ice Water with Lemons, Limes and Oranges 	(8 oz. 0 cal)
<i>\$10.00 per gallon</i>	
Orange Infused Water 	(8 oz. 0 cal)
<i>\$10.00 per gallon</i>	
Cucumber Mint Infused Water 	(8 oz. 0 cal)
<i>\$10.00 per gallon</i>	

INDIVIDUAL BEVERAGES

Assorted Juice	(each 80-170 cal)
<i>\$3.50 each</i>	
Bottled Water	(each 0 cal)
<i>\$2.50 each</i>	
Sparkling Water	(each 0 cal)
<i>\$3.00 each</i>	
Assorted Canned Soft Drinks, Regular and Diet	(each 5-160 cal)
<i>\$2.00 each</i>	



PLANNING YOUR EVENT



Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. Use this information to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event. Our experienced event planning specialists are very consultative and are happy to answer your questions and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT US

When you have a catered event in mind, please contact us as soon as possible. Even if you are not sure of all details such as exact date, location and number of guests, planning early ensures a smooth process.

Event Spaces: Please reserve your event space prior to scheduling catering. The Dakota College reservations portal reserves space on campus:
<https://www.dakotacollege.edu/about/facilities-reservation>

Contact:
Phone Number: 701-228-4757
Email Address: ian.donivan@sodexo.com

Seating, Facilities, Audio Visual: Please reserve tables, chairs, trash receptacles and audio visual needed for your event.

Tables and chairs: 701-228-5441

Recycling and trash: 701-228-5441

Audio Visual: 701-228-5441

Flavours Catering: It's easy to get in touch with Flavours about your catering needs.

Send us an Email: You may email us at ian.donivan@sodexo.com.

Give us a Call: You may speak with an event planning specialist by calling 701-228-4757 or 701-228-5485.

Schedule a Consultation: An event consultation is recommended for complex events or events with complex logistics. Contact our office to schedule a consultation or site visit.

MENU PLANNING AND PRICING

Our menus feature offerings to meet a wide range of preferences and dietary needs including Sodexo's healthy, award-winning Mindful menus. Please advise the catering coordinator of all dietary restrictions that require accommodation.

Note: *Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary issues while maintaining seamless service.*

List pricing includes eco-friendly serviceware; a quote can be provided for alternate serviceware. Prices are subject to change based on meeting guest minimums and product availability. Prices reflect services available during normal business days in accordance with the college calendar. Please contact the catering office for pricing for events held on campus holidays and breaks.

We are proud of our stewardship in providing fresh sustainable offerings and purchasing seasonal regionally sourced ingredients whenever possible. Please discuss your menu preferences with our event specialists; a quote will be provided upon request for a chef-designed menu focusing on local, seasonal ingredients.

CONFIRMATIONS, REVISIONS AND CANCELLATIONS

Confirmations: A catering confirmation is provided upon placing an order. Please review the confirmation for accuracy including the date, times, menu selections, guest attendance and additional details. An archive of all catering orders is available within your customer account. Use the customer account to track and duplicate orders, request changes and budgeting.

Revisions: Please request an online revision or contact us immediately to update needed information. Final revisions are due 72 business hours prior to the event.

Cancellations: Cancellations are due a minimum of 96 business hours prior to the event. Cancellation of custom items may be billed should the expense be incurred.

Weather Cancellations: Please be in touch if a weather event may impact a planned event. If the College closes or delays due to inclement weather, all impacted catering events are automatically canceled. Weather impacted cancellation of custom items may be billed for expenses incurred.

GUEST COUNTS AND GUARANTEES

A guest attendance estimate is provided upon booking an event. The guaranteed or final guest count is due 1 week prior to the event. If no guarantee or final guest count is provided, your estimated attendance becomes your guarantee. Final billing is based on your guarantee or actual guest attendance, whichever is greater.

Last minute event needs are inevitable, and we make every effort to accommodate your requests. Menus and list pricing are based on minimum guest counts and meeting our planning deadlines. Your final event confirmation will include requested revisions and pricing may be updated to accommodate your needs.

EVENT PAYMENT

Accepted forms of payment include College purchase order, department accounts, foundation accounts, Visa, Master Card, American Express, Discover, check and cash.

If you are a tax-exempt organization:

You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event.

DELIVERY FEES

Standard deliveries and pickups are made at your convenience. Please reserve spaces at least 30 minutes (before and after) guest arrival and departure for delivery and pick up and plan a minimum of 2 hours (before and after) for attended receptions and meals. Please arrange for building and room availability for deliveries and pickups to include access to special access locations. There is no delivery fee for catering services held within Dakota College. Deliveries outside the building/venue will be subject to a \$25.00 delivery charge.

CATERING EQUIPMENT

We offer a full range of catering equipment to provide a professional image while serving your event. A quote for rental equipment can be provided for any service items not available through our department. All event equipment must be picked up at the conclusion of your event. Replacement fees will be applied for any damaged or missing equipment upon event pick up.

BAR SERVICES

Bars are provided following university/college policies and state law.

All alcoholic beverages must be provided and served by Flavours ServeSafe and TIPS trained personnel and consumed in designated areas. Guest proof of age will be required. Flavours reserves the right to refuse service of alcoholic beverages to any person. Shots or pitchers of alcohol are not available for events hosted on campus.

Responsible hosting requires the addition of non-alcoholic beverages and food provided by Flavours catering for the duration of alcohol service. Bar service ceases 30 minutes prior to the end of the event.

Bar Service Packages are available within the catering menu.

GUEST ACCOMMODATION

Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary requests while maintaining seamless service. Dietary restrictions are requested a minimum of one (1) week in advance. Questions about dietary accommodations should be directed to the catering coordinator, manager or chef in advance of the event.

Please advise of any guests requiring mobility accommodation for proper set up for safety and comfort.

FLOWERS AND DECOR

We are happy to recommend floral and décor services by our local vendor partnerships or provide you with a quote based on your décor preferences.

We look forward to collaborating with you to create a memorable event and welcome your guests.

THANK YOU!





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FLAVOURS

TASTE : SUCCESS