



FLAVOURS

by *sodexo*^{*}

WEST VIRGINIA UNIVERSITY





FLAVOURS

TASTE : SUCCESS

In a world where time is at a premium, those instances where people come together deserve to be special. Whether celebrating achievement or planning future success, it is during these gatherings where the power of human connectivity is elevated. This same connectivity is what makes Flavours decidedly different.

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 exceeds the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

Our team of catering professionals are specially trained to assist you with planning your event, focusing on every aspect to ensure quality and consistency. Our culinary team has created a variety of healthy and delicious menus to fit a wide range of budgets and tastes, including choices featuring organic and/or sustainable selections. They also take great pride in using the best possible local and seasonal ingredients, regional favorites and specialty items that will make your event a complete success.

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 304-293-6592, email us at Christopher.Feller@Sodexo.Com or visit our website: www.mountaineers.catertrax.com.

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

We can also accommodate Gluten Free requests.



Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available upon request. Freshly Brewed Coffee (8 fluid oz. | 0 cal), Decaffeinated Coffee (8 fluid oz. | 0 cal) and Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 10 or more.

CONTINENTAL

Seasonal Cubed Fresh Fruit 🍌🥑 (4 oz. | 50 cal)

CHOOSE TWO:

Assorted Breakfast Breads 🍞 (1 slice | 200 - 280 cal)
 Mini Scones (1 each | 180-210 cal)
 Cinnamon Rolls 🍞 (1 each | 110 - 450 cal)

Coffee Cake 🍞 (1 square | 240-450 cal)
 Danish (1 each | 270 cal)
 Assorted Muffins (1 each | 330-450 cal)

Cream Cheese, Butter and Assorted Jellies

Chilled Bottles of Orange Juice (8 fluid oz. | 140 cal)
 Apple Juice (8 fluid oz. | 90 cal)
 Cranberry Juice (8 fluid oz. | 210 cal)

BREAKFAST BUFFET

Seasonal Sliced Fresh Fruit 🍌🥑 (4 oz. | 50 cal)

CHOOSE TWO:

Mini Croissants 🍞 (1 each | 280 - 310 cal)
 Assorted Muffins (1 each | 330 - 450 cal)
 Low-Fat Muffins 🍞 (1 each | 160 - 210 cal)
 Assorted Breakfast Breads 🍞 (1 slice | 370 - 400 cal)
 Coffee Cake 🍞 (1 square | 240 - 450 cal)
 Danish (1 each | 270 cal)

Cream Cheese, Butter and Assorted Jellies

Hashbrowns 🍟 (4 oz. | 130 cal) or O'Brien Potatoes 🍟 (4 oz. | 190 cal)

CHOOSE TWO:

Crispy Bacon (1 slice | 50 cal)
 Turkey Bacon 🍳 (1 slice | 10 cal)
 Sausage (2 links | 100 cal)
 Turkey Link Sausage (2 links | 70 cal)

CHOOSE ONE:

Scrambled Eggs 🍳 (4 oz. | 190 cal)
 Scrambled Eggs with Cheddar 🍳 (4 oz. | 240 cal)

ADD ON:

Pancakes 🍷 (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter 🍷 (3 halves | 200 cal)

Chilled Bottles of Orange Juice (8 fluid oz. | 140 cal)
 Cranberry Juice (8 fluid oz. | 210 cal)
 Apple Juice (8 fluid oz. | 90 cal)

A FRESH NEW START



COLD CEREAL AND YOGURT BAR

Seasonal Cubed Fresh Fruit  	(4 oz. 50 cal)
Low-Fat Greek Yogurt Parfaits  	(1 oz. 15 cal)
Low-Fat Vanilla Yogurt Parfaits	(1 oz. 25 cal)
Mixed Berries and Bananas  	(1 oz. 15 cal)
Assorted Bulk Cereals Served with a Choice of Two:	(1 cup 100 - 230 cal)
2% Milk	(3 fluid oz. 45 cal)
Non-Fat Milk	(3 fluid oz. 30 cal)
Soy Milk	(3 fluid oz. 40 cal)
Chilled Bottles of Orange Juice	(8 fluid oz. 140 cal)
Cranberry Juice	(8 fluid oz. 210 cal)
Apple Juice	(8 fluid oz. 90 cal)

OMELET STATION

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 10 or more.

Cage-Free Eggs  	(2 eggs 140 cal)	Egg Whites  	(4 oz. 60 cal)
Ham 	(2 tbsp. 20 cal)	Bacon 	(2 tbsp. 50 cal)
Turkey Bacon 	(2 tbsp. 35 cal)	Turkey Sausage	(2 tbsp. 15 cal)
Shredded Cheddar	(1 oz. 110 cal)	Diced Tomatoes	(1 oz. 5 cal)
Seasonal Garden Vegetables	(varies by season)	Sweet Peppers 	(3 oz. 20 cal)
Scallions	(1 oz. 10 cal)		

All will be prepared by one of our talented culinarians.

A LA CARTE SELECTIONS

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

FROM THE BAKERY *per dozen*

ASSORTED FRESHLY HOUSE-BAKED MUFFINS

Blueberry	(1 muffin 390 cal)
Banana Walnut 	(1 muffin 430 cal)
Cranberry Orange	(1 muffin 330 cal)
Lemon Poppy Seed	(1 muffin 400 cal)
Apple Cinnamon	(1 muffin 380 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES

Banana Nut Bread 	(1 slice 370 - 400 cal)
Double Lemon Poppy Seed Coffee Cake 	(1 square 240 cal)
Apple Streusel Coffee Cake 	(1 square 260 cal)
Blueberry Sour Cream Coffee Cake 	(1 square 310 cal)

ASSORTED DANISH

(1 each | 270 cal)

ASSORTED BAGELS with Cream Cheese and Jellies

(1 bagel | 210 - 310 cal)

HOUSE-BAKED COUNTRY BISCUITS with Butter, Honey and Jellies

(1 each | 160 - 450 cal)

CINNAMON ROLLS

(1 each | 110 - 450 cal)

ASSORTED DOUGHNUTS

(1 each | 280 - 310 cal)

ASSORTED MINI SCONES

(1 each | 180 - 210 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT

(1 each | 90 - 180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA

(1 each | 200 - 360 cal)

SEASONAL SLICED FRESH FRUIT

(4 oz. | 50 cal)

Small 15-25

Medium 25-50

Large 50-75

FIRST THINGS FIRST



BREAKFAST SANDWICH

Choice of One:

- Bagels ✔ (1 each | 280 cal)
- Croissants ✔ (1 each | 280 - 310 cal)

Choice of One:

- Scrambled Eggs ✔ (4 oz. | 190 cal)
- Scrambled Eggs and Cheese ✔ (4 oz. | 240 cal)

Choice of One:

- Pork Sausage Patty (1 patty | 140 cal)
- Turkey Sausage Patty (1 slice | 30 cal)
- Ham ☺ (1 slice | 30 cal)
- Bacon (1 slice | 50 cal)
- Turkey Bacon ☺ (1 slice | 10 cal)

BREAKFAST TACO

Choice of One:

- Flour Tortilla ✔ (1 each | 210 cal)
- Wheat Tortilla ✔ (1 each | 180 cal)

Choice of One:

- Scrambled Eggs ✔ (4 oz. | 190 cal)
- Scrambled Eggs and Cheese ✔ (4 oz. | 240 cal)

Choice of One:

- Pork Sausage Patty (1 patty | 140 cal)
- Bacon (1 slice | 50 cal)
- Home Fried Potatoes ✔ (4 oz. | 150 cal)
- Ham ☺ (1 slice | 30 cal)
- Turkey Bacon ☺ (1 slice | 10 cal)

Accompanied by

- Shredded Cheddar Cheese ✔ (1 oz. | 110 cal)
- Pico de Gallo ✔ (2 oz. | 15 cal)
- Sour Cream ✔ (1 tbsp. | 30 cal)
- Guacamole ✔ (2 oz. | 80 cal)
- Fresh Salsa ✔ (2 oz. | 15 cal)



FIRST
THINGS FIRST

A LA CARTE SELECTIONS

ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 10 or more.

HOME FRIES WITH CARAMELIZED ONIONS 	(4 oz. 150 cal)
ROASTED SWEET POTATOES 	(4 oz. 170 cal)
HARD BOILED EGGS 	(1 each 70 cal)
INDIVIDUAL BISCUIT QUICHES	
Quiche Lorraine	(1 each 370 cal)
Western Quiche	(1 each 370 cal)
Sausage and Cheddar Quiche	(1 each 410 cal)
Garden Vegetable Quiche 	(1 each 330 cal)
Broccoli Cheddar Quiche 	(1 each 310 cal)
BREAD PUDDINGS	
Ham, Mushroom and Swiss	(1 square 400 cal)
WHEAT BERRY PECAN CRUNCH FRENCH TOAST  	(3 halves 380 cal)
OATMEAL BAR	
Steel Cut Oatmeal 	(8 oz. 170 cal)
Served with a Choice Of Four:	
Creamy Peanut Butter 	(1 oz. 160 cal)
Blueberries  	(2 oz. 30 cal)
Strawberries  	(2 oz. 15 cal)
Sliced Bananas  	(1 banana 90 cal)
Ground Cinnamon	(1 oz. 0 cal)
Dark or Light Brown Sugar 	(1 oz. 110 cal)
Raisins  	(1 oz. 80 cal)
Dried Cranberries  	(1 oz. 90 cal)
Walnut Pieces	(1 oz. 190 cal)
Honey 	(1 oz. 90 cal)
Chocolate Chips 	(1 oz. 150 cal)
Choice of Milk:	
Whole	(3 fluid oz. 60 cal)
2%	(3 fluid oz. 45 cal)
Non-Fat	(3 fluid oz. 30 cal)
Soy	(3 fluid oz. 40 cal)



REFRESH AND
REJUVENATE

High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

COFFEE AND TEA SERVICE

Coffee Service includes Freshly Brewed Coffee, Decaffeinated Coffee and Herbal and Non-Herbal Teas to include Decaffeinated Tea with Hot Water (8 oz. | 0 cal)

HOT BEVERAGES

16 servings per gallon

Freshly Brewed Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

Freshly Brewed Flavoured Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

Herbal and Non Herbal Teas to include Decaffeinated Tea with Hot Water (8 oz. | 0 cal)

Hot Chocolate (8 oz. | 200 cal)

COLD BEVERAGES

16 servings per gallon

Orange Juice (10 oz. | 150 cal)

Cranberry Juice (10 oz. | 140 cal)

Apple Juice (10 oz. | 170 cal)

Freshly Brewed Unsweetened Iced Tea (8 oz. | 0 cal)

Lemonade (8 oz. | 130 cal)

Iced Water Service (8 oz. | 0 cal)

Bottled Water (12 oz. | 0 cal)

Bottled Fruit Juice: (8 oz. | 35-170 cal)

Orange, Cranberry, Apple

Assorted Bottled Coca-Cola Soft Drinks, Regular and Diet (20 oz. | 0 - 180 cal)



GREENS
TO GO

PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll and Butter, Pita Wedges or Toasted Flatbread, Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal), Seasonal Fresh Fruit Cup 🍌🍓 (4 oz. | 45 cal) and Assorted Bottled Coca-Cola Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 10 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)

Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
Add Grilled Breast of Chicken
Add Grilled Marinated Steak

COBB SALAD (1 salad | 770 cal)

Mounds of Smoked Turkey, Avocado, Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

GREEK SALAD 🍌🍓 (1 salad | 190 cal)

Classic Greek Salad of Firm Tomatoes, Cucumbers, Red Onion, Kalamata Olives and Feta Drizzled with a Light Vinaigrette

CHINESE CHICKEN SALAD (1 salad | 460 cal)

Mixed Greens Tossed with Grilled Chicken, Mandarin Oranges, Sliced Almonds, Wonton Chips and a Toasted Sesame Vinaigrette

SOUTHWESTERN GRILLED CHICKEN SALAD 🍌 (1 salad | 290 cal)

Crisp Romaine, Grilled Chicken, Black Bean Salsa, Cheddar Jack and Baked Tortilla Strips with Avocado Chipotle Dressing

ANTIPASTO SALAD 🍌🍓 (1 salad | 1650 cal)

Balsamic-Drizzled Roasted Eggplant, Zucchini, Red Peppers and Mushrooms Served with Pesto-Tossed Pasta and Lemony Asparagus



MOVABLE
FEAST

PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips and a choice of one (1 serving | 15-380 cal): Country-Style Potato Salad (3 oz. | 140 cal), Cole Slaw (3 oz. | 90 cal), Pasta Salad (3 oz. | 120 cal), Broccoli and Cavatelli Salad (4 oz. | 120 cal), Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal), Seasonal Fresh Fruit Cup 🍓🍌 (4 oz. | 45 cal) and Assorted Bottled Coca-Cola Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 15 guest minimum per menu selection.

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)

Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef's Hot Pepper Mayonnaise

TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)

Classic Oven Roasted Turkey, Sharp Cheddar, Green Leaf Lettuce and Tomato Slice on a Hearty Kaiser Roll

ROAST BEEF AND CHEDDAR (1 sandwich | 500 cal)

Medium Rare Roast Beef and Mild Cheddar, Leaf Lettuce and Tomato on a Ciabatta Topped with a Tangy Horseradish Cream Spread

CHIMICHURRI FLANK STEAK SANDWICH (1 sandwich | 500 cal)

Chimichurri Flank Steak, Smoke Essence, Roasted Red Peppers, Onions and Fire-Roasted Tomato Salsa on a Baguette

THE LIGHTER CHICKEN CAESAR WRAP (1 sandwich | 350 cal)

Grilled Chicken Breast, Romaine, Whole Wheat Croutons, Parmesan and Low-Fat Caesar Dressing in a Tortilla

BUFFALO CHICKEN WRAP (1 sandwich | 370 cal)

Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Fat-Free Ranch in a Carb-Friendly Whole Wheat Wrap

PORTOBELLO RUSTICO 🍓🍌 (1 sandwich | 430 cal)

Roasted Balsamic Portobello Mushroom, Fresh Mozzarella and Basil, Roasted Tomato Salsa and Baby Spinach on a Multigrain Roll



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter, choice of Dessert, Freshly Brewed Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Teas with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include delivery, linen-draped service tables, set up and clean up. All entrées are available buffet style, upon request.

CHICKEN

SESAME CHICKEN BREAST (1 plate | 340 cal)

Chicken Breast in a Marinade of Soy, Fresh Garlic and Ginger, Cilantro and Scallions Grilled and Finished with Sesame Seeds

SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST 🍴 (1 plate | 680 cal) Panko-Encrusted Chicken Breast

Served with a Sautéed Garlic Cream Sauce and Sun-Dried Tomato Strips

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)

Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal) Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

LEMON BASIL CHICKEN (1 plate | 830 cal)

Chicken Breast Marinated in Basil, Fresh Squeezed Lemon Juice, Seasoned with a Salt-Free Lemon Pepper Blend and Grilled

BEEF AND PORK

BEEF TENDERLOIN STUFFED WITH SPINACH (1 plate | 390 cal)

Beef Tenderloin Roulades Brimming with Baby Spinach, Red Peppers and Tangy Asiago Cheese, Slow Roasted, Served Au Jus

GORGONZOLA ENCRUSTED FILET WITH CABERNET DRIZZLE (1 plate | 290 cal)

Choice Cut of Filet Mignon, Grilled in Butter, Finished with Savory Gorgonzola Crumbles and Served with Cabernet Sauce

FLANK STEAK ROULADE (1 plate | 540 cal)

Tender Spinach and Sweet Bell Peppers Cradled by Seasoned Flank Steak Laced with a Rich Demi-Glace Sauce

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal) Pan-Seared Pork Tenderloin Covered in a Savory

Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg

CRANBERRY PORK WITH BRAISED CABBAGE 🍴 (1 plate | 290 cal)

Cranberry Glazed and Sage Pork Pan-Fried Cutlet with Braised Red Cabbage and Tart Apples



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

LAMB

ROASTED LAMB WITH RISOTTO (1 plate | 840 cal)

Rosemary and Achiote Roasted Lamb Rack Plated with a Classic Risotto Prepared Using White Wine, Parmesan and Heavy Cream

COMBINATION PLATE

BEEF AND SALMON FILETS (1 plate | 340 cal)

Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

SEAFOOD

SEAFOOD AND SPINACH LASAGNA WITH ROASTED RED PEPPER COULIS (1 plate | 340 cal)

Lasagna Layered with a Medley of Seafood, Fresh Spinach, Tomatoes, Squash and Our Chef-Made Roasted Red Pepper Coulis

BROILED SALMON WITH TWO SALSAS 🍷 (1 plate | 310 cal)

Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives

GRILLED TILAPIA WITH MANGO JICAMA RELISH 🍷 (1 plate | 440 cal)

Grilled Tilapia with Peppery Mango Jicama Relish, Garnished with Shredded Coconut and Lime Zest

PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)

Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter

GARLIC SHRIMP SKEWERS (1 plate | 350 cal)

Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

VEGETARIAN

CHÈVRE, ORZO AND BASIL STUFFED PORTOBELLO 🍷 (1 plate | 660 cal)

Two Portobello Mushroom Caps Brimming with Tri-Colored Orzo in a Pesto Cream Sauce, Goat Cheese and Fresh Sweet Basil

SPAGHETTI SQUASH 🍷🌱 (1 plate | 340 cal)

Spaghetti Squash with a Spanish-Inspired Sofrito of Peppers, Onion, Garlic and Select Herbs Served with Vegan Pinto Beans

PORTOBELLO MUSHROOM NAPOLEON 🍷 (1 plate | 170 cal)

Layers of Portobello, Soft Mozzarella, Zucchini, Spinach and Red and Yellow Peppers Sitting on a Swirl of Roasted Tomato Coulis

SMOKED GOUDA FARFALLE 🍷 (1 plate | 510 cal)

A Casserole of Farfalle Pasta Hand-Prepared with Fresh Spinach, Savory Smoked Gouda and Grated Parmesan Cheeses

ENTRÉE ACCOMPANIMENTS

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette 	(1 salad 110 cal)
Iceberg Wedge with Maytag Bleu Cheese 	(1 salad 130 cal)
Caesar Salad with Anchovies and Homemade Croutons 	(1 salad 160 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing 	(1 salad 740 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette 	(1 salad 190 cal)

SIDES

Choice of One:

Fresh Carrots with Dill 	(4 oz. 40 cal)	
French Green Beans and Carrot Medley 	(4 oz. 40 cal)	
Fresh Green Beans 	(4 oz. 40 cal)	
Grilled Balsamic Zucchini 	(4 oz. 60 cal)	
Broccoli with Sautéed Carrots 	(4 oz. 60 cal)	
Roasted Fresh Seasonal Asparagus 	(4 oz. 30 cal)	
Oven-Roasted Butternut Squash 	(4 oz. 50 cal)	
Chef's Choice of Seasonal Vegetable		(4 oz. 30 - 130 cal)

Choice of One:

Oven-Herbed Roasted Red Potatoes 	(4 oz. 130 cal)	
Oven-Roasted Sweet Potatoes 	(4 oz. 100 cal)	
Potatoes O'Gratin 	(4 oz. 400 cal)	
Roasted Fingerling Potatoes 	(4 oz. 180 cal)	
Israeli Couscous 	(4 oz. 110 cal)	
Basil Orzo 	(4 oz. 190 cal)	
Ginger Jasmine Rice 	(4 oz. 180 cal)	
Lemon Rice 	(4 oz. 140 cal)	
Black Beans and Rice 	(4 oz. 180 cal)	
Chef's Choice of Side Pairing		(4 oz. 100 - 400 cal)

IN GOOD COMPANY



DESSERTS

Chocolate Fudge Cake
New York Cheesecakes
Cora's Red Velvet Cake
Dutch Apple Pie
Lemon Meringue Pie

(1 slice | 590 cal)
(1 slice | 450 cal)
(1 slice | 760 cal)
(1 slice | 450 cal)
(1 slice | 300 cal)

ADDITIONAL OPTIONS:

Designer Key Lime Pie
Cookies and Cream Cheesecake

(1 slice | 1000 cal)
(1 slice | 520 cal)

BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Bottled Coca-Cola Soft Drinks, Regular and Diet or Bottled Water are included. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Add Soup du Jour with Crackers for an additional charge. These menus are available for groups of 15 or more. Waited service is available upon request.

SIGNATURE SALADS

These Delicious Salad Creations Have Been Proven to be Most Popular with Our Customers and Come Complete with:

Fresh Baked Crusty Rolls	(1 roll 100 cal)
Crispy Pita Wedges	(2 oz. 190 cal)
Flatbreads	(1/4 flatbread 70 cal)
Assorted Crackers	(1 package 25 cal)
Butter	(2 chips 110 cal)
A Selection of Oversized Cookies	(1 cookie 160-180 cal)
Scrumptious Brownies	(1 bar 190-510 cal)
or Assorted Bars	(1 bar 60-380 cal)

CHOOSE ONE SALAD:

Classique Niçoise Salad 🍴	(1 salad 200 cal)
Napa Valley Chicken Salad 🍴	(1 salad 290 cal)
Grilled Chicken Tabbouleh Salad 🍴	(1 salad 240 cal)
Greek Salad 🍴	(1 salad 190 cal)
Cobb Salad	(1 salad 770 cal)
Italian House Wedge Salad	(1 salad 180 cal)
Caesar Salad 🍴	(1 salad 490 cal)
with Grilled Chicken	(3 oz. 110 cal)
with Shrimp	(4 shrimp 110 cal)
with Salmon	(1 filet 250 cal)
with Portobello Mushroom	(4 oz. 60 cal)

CHOOSE TWO ADDITIONAL SALADS:

Market Salad with Balsamic Vinaigrette 🍴	(1 salad 110 cal)
Italian Cucumber Salad 🌿	(4 oz. 90 cal)
Seasonal Fresh Fruit Salad 🍴	(4 oz. 45 cal)
Apple Fennel Slaw 🍴	(4 oz. 90 cal)
Minted Cucumber Salad 🍴	(4 oz. 20 cal)
Orzo and Pepper Salad 🍴	(4 oz. 170 cal)
Artichoke Hearts with Italian Parsley 🍴 🌿	(4 oz. 60 cal)
Broccoli & Cavatelli Salad 🍴	(4 oz. 120 cal)
Farmhouse Potato Salad 🍴	(4 oz. 220 cal)
Antipasto Platter 🍴	(1 serving 340 cal)
Vegetarian Antipasto Platter 🍴	(1 serving 190 cal)
Seasonal Crudité with	(2 oz. 15 cal)
Hummus 🌿	(1 oz. 50 cal)
Ranch Dip 🌿	(2 oz. 110-190 cal)

HANDCRAFTED SANDWICHES

Your Choice of Three Delicious Sandwich Creations are Skillfully Arranged and Accompanied by:

Two Salads

Assorted Bags of Chips

(1 bag | 130-320 cal)

Oversized Cookies

(1 cookie | 60-380 cal)

Scrumptious Brownies

(1 bar | 190-510 cal)

Assorted Bars

(1 bar | 60-380 cal)

A Selection of Oversized Cookies

(1 cookie | 160-180 cal)

or Fresh In-Season Fruit Cups

(4 oz. | 45 cal)

Sandwiches are Cut Diagonally Enabling Guests to Mix & Match their Choices.

CHOOSE THREE HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser

(1/2 sandwich | 180 cal)

Roast Beef and Cheddar on Ciabatta

(1/2 sandwich | 250 cal)

Twisted Beef & Horseradish Wrapped in Whole Grain 🍞

(1/2 wrap | 160 cal)

Tuscan Grilled Chicken Breast on Multigrain Roll 🍞

(1/2 sandwich | 260 cal)

Picnic Grilled Chicken Sandwich on Parisian Roll

(1/2 sandwich | 220 cal)

Southwestern BBQ on Ciabatta

(1/2 sandwich | 310 cal)

Roasted Vegetables on Multigrain Roll 🍷

(1/2 sandwich | 200 cal)

Tabbouleh Hummus Pita 🍷

(1/2 sandwich | 280 cal)

Dijon Egg Salad on Pumpnickel Bread 🍷

(1/2 sandwich | 180 cal)

CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette 🍷

(1 salad | 110 cal)

Seasonal Fresh Fruit Salad 🍞

(4 oz. | 45 cal)

Apple Fennel Slaw 🍞

(4 oz. | 90 cal)

Minted Cucumber Salad 🍞

(4 oz. | 20 cal)

Orzo and Pepper Salad 🍞

(4 oz. | 170 cal)

Artichoke Hearts with Italian Parsley 🍷🌱

(4 oz. | 60 cal)

Farmhouse Potato Salad 🍷

(4 oz. | 220 cal)

Seasonal Crudit  with

(2 oz. | 15 cal)

Hummus 🌱

(1 oz. | 50 cal)

Ranch Dip 🌱

(2 oz. | 110-190 cal)

MAGNIFICENT MORSELS



SPECIALTY BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. These menus are available for groups of 15 or more. Waited Service is available upon request.

DELI BUFFET

Choice of Two Salads:

Creamy Cole Slaw with Apples	(4 oz. 100 cal)	Seasonal Fresh Fruit Salad 🍏	(4 oz. 45 cal)
Potato Salad	(4 oz. 190 cal)	Market Salad with Homemade Croutons 🍷	(1 salad 110 cal)
Balsamic Vinaigrette	(2 oz. 90 cal)	Low-Fat Ranch Dressing	(2 oz. 110 cal)
Assorted Breads and Rolls	(2 slices 140-200 cal) (1 roll 160-180 cal)	Multigrain Sandwich Wrap	(1 wrap 180 cal)
Sliced Roasted Turkey	(3 oz. 90 cal)	Low-Sodium Turkey	(3 oz. 90 cal)
Buffet Ham	(3 oz. 90 cal)	Roast Beef	(3 oz. 140 cal)
Salami	(3 oz. 200 cal)		
Sliced Swiss Cheese	(1 slice 50 cal)	Provolone Cheese	(1 slice 70 cal)
American Cheese	(1 slice 50 cal)		
Leaf Lettuce	(1 slice 0 cal)	Sliced Tomato	(1 slice 0 cal)
Sliced Onions	(2 rings 0 cal)	Dill Pickles	(1 spear 5 cal)
Mayonnaise	Dijon Mustard		
Assorted Individual Bags of Chips	(1 bag 130-320 cal)		
Assorted Cookies	(1 cookie 160-180 cal)	Brownies	(1 brownie 190-510 cal)
Bars	(1 bar 310 cal)		
Freshly Brewed Iced Tea			
*Add Soup du Jour with Crackers	(1 package 25 cal)		

OLD FASHIONED BBQ

Seasonal Fresh Fruit Salad 🍏🌱	(4 oz. 45 cal)
Cornbread 🍷🌱	(4 oz. 120 cal)
Ranch Style Baked Beans	(4 oz. 160 cal)
Baked Barbecued Chicken	(1 quarter 290 cal)
Barbecued Beef Brisket	(4 oz. 310 cal)
Assorted Cookies	(1 cookie 160-180 cal)
Brownies	(1 brownie 200 cal)
Roasted Vegetable Bow Tie Pasta Salad 🍷🌱	(4 oz. 120 cal)
Freshly Brewed Iced Tea or Lemonade	



FESTIVE FLAIR

BACKYARD COOK OUT

Cole Slaw

Potato Chips

Hamburger and Hot Dog Buns to Include Whole Wheat

Grilled Hamburgers

Grilled Hot Dogs

Leaf Lettuce

Sliced Tomato

Dill Pickles

Relish

Onions

Ketchup, Mustard and Mayonnaise

Assorted Cookies

Brownies

Country Potato Salad

Assorted Bottled Coca-Cola Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea

(4 oz. | 120 cal)

(1 bag | 160 cal)

(1 each | 380 cal)

(1 sandwich | 330 cal)

(1 sandwich | 320 cal)

(1 slice | 0 cal)

(1 slice | 5 cal)

(5 chips | 0 cal)

(1 tbsp. | 20 cal)

(2 rings | 0 cal)

(1 cookie | 160-180 cal)

(1 cut | 190-220 cal)

(4 oz. | 160 cal)



FESTIVE
FLAIR

SPECIALTY BUFFETS

BARBECUE NATION

Seasonal Fresh Fruit Salad 	(4 oz. 45 cal)	
Apple Fennel Slaw		(4 oz. 90 cal)
Farmhouse Potato Salad		(4 oz. 220 cal)
Cornbread and Butter		(1 cut 210 cal)
Root Beer Baked Beans		(4 oz. 130 cal)
Macaroni & Cheese		(1 cut 400 cal)
Choice of Two Entrées:		
Baked Barbecue Chicken		(1 quarter 290 cal)
BBQ Turkey Breast with Ancho Mango BBQ		(4 oz. 120 cal)
Grilled Salmon with Mango Salsa		(1 filet 230 cal)
Kansas City BBQ Beef		(3 oz. 190 cal)
Hot Apple Crisp		(1 serving 150 cal)
Peach Cobbler		(1 serving 170 cal)
Assorted Cookies		(1 cookie 150-180 cal)
Brownies		(1 brownie 180-220 cal)
Assorted Canned Coca-Cola Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea		
<i>**Add Tortilla Chips (2 oz. 140-260 cal) with Guacamole (2 oz. 80 cal), Salsa (2 oz. 10-130 cal) and Jalapeños (1 tbsp. 0 cal)</i>		

LITTLE ITALY

Antipasto Platter		(1 serving 340 cal)
Caesar Salad with Homemade Croutons		(1 salad 460 cal)
Assorted Rolls and Butter		(1 roll 90 cal)
Sautéed Fresh Zucchini		(4 oz. 50 cal)
Pasta Bar with Spaghetti (4 oz. 200 cal) and Penne Pasta (4 oz. 200 cal)		
Marinara Sauce (2 oz. 20 cal) and Pesto Cream Sauce (2 oz. 150 cal)		
Home-Style Meatballs in Marinara Sauce		(2 meatballs + 1 oz. sauce 190 cal)
Traditional Chicken Cacciatore		(1 quarter 400 cal)
Parmesan Cheese		(1 oz. 120 cal)
Tiramisu		(1 slice 490 cal)
Cannoli		(1 cannoli 320 cal)
Assorted Bottled Coca-Cola Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea		

BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Build Your Own Buffet by selecting - One Salad, One Entrée, Two Sides, One Dessert and Two Beverages. Add an additional Entrée for \$8.95 per guest. Waited service is available upon request. These menus are available for groups of 15 or more.

SALADS

CHOOSE ONE:

Market House Salad with a Choice of Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing 
(1 salad | 110-370 cal)

Greek Salad   (1 salad | 190 cal)

Caesar Salad  (1 salad | 460 cal)

Includes Assorted Dinner Rolls with Butter (1 roll | 90 cal)

ENTRÉES

POULTRY

Lemon Parmesan Chicken with White Wine Chive Sauce (1 entrée | 530 cal)

Chicken Marsala  (1 entrée | 280 cal)

Apricot Glazed Roasted Turkey (1 entrée | 140 cal)

BEEF

Braised Beef Sicilian (1 entrée | 310 cal)

Beef Stroganoff (1 entrée | 410 cal)

PORK

Asian Marinated Pork Loin with Honey and Soy Glaze (1 entrée | 220 cal)

Roast Pork Loin with Mustard Herb Crust (1 entrée | 300 cal)

SEAFOOD

Broiled Salmon with Dill Butter (1 entrée | 270 cal)

Citrus Baked Tilapia (1 entrée | 180 cal)

Garlic Shrimp Skewers (1 entrée | 440 cal)

VEGETARIAN

Vegetarian Lasagna  (1 entrée | 290 cal)

Stuffed Peppers with Herbed Tomato Sauce  (1 entrée | 210 cal)

Vegetable Whole Wheat Pasta Primavera (1 entrée | 340 cal)

CUSTOMIZED CREATIONS



SIDES

CHOOSE ONE (4 oz. serving):

- Oven-Roasted Herbed Red Potatoes **VG** (4 oz. | 130 cal)
- Garlic-Mashed New Potatoes **VG** (4 oz. | 120 cal)
- Rice Pilaf **V** (4 oz. | 150 cal)
- White Rice **V** (4 oz. | 140 cal)
- Olive Oil and Garlic Spaghetti **V** (4 oz. | 380 cal)

CHOOSE ONE (4 oz. serving):

- Balsamic Herb Roasted Vegetables **VG** (4 oz. | 110 cal)
- Lemon Garlic Broccoli **V** (4 oz. | 60 cal)
- Sautéed Zucchini **VG** (1 each | 50 cal)
- Glazed Carrots **VG** (4 oz. | 120 cal)
- Fresh Green Beans **V** (4 oz. | 40 cal)
- Variety of Seasonal Vegetables **V** (4 oz. | 40-120 cal)

DESSERTS

CHOOSE TWO:

- Double Chocolate Layer Cake (1 slice | 350 cal)
- Chocolate Mousse (1 scoop | 90 cal)
- Cora's Red Velvet Cake (1 slice | 760 cal)
- Apple Crisp (1 serving | 150 cal)
- Assorted Cookies and Brownies (1 serving | 160-510 cal)

BEVERAGES

- Freshly Brewed Coffee (8 fluid oz. | 0 cal)
- Decaffeinated Coffee (8 fluid oz. | 0 cal)
- Herbal and Non-Herbal Teas (1 tea bag | 0 cal)
- Decaffeinated Tea with Hot Water (1 tea bag | 0 cal)

CHOOSE TWO:

- Iced Water Station
- Lemonade
- Freshly Brewed Iced Tea
- Assorted Canned Coca-Cola Soft Drinks, Regular and Diet

HOT HORS D'OEUVRES

FROM PLATTERS TO PASSED

High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 2 dozen.

CHICKEN

Greek Chicken Skewers	(1 each 90 cal)
Chipotle Maple Bacon-Wrapped Chicken	(1 each 50 cal)
Blackened Chicken Sliders	(1 each 140 cal)
Ginger Chicken Satay with Coconut Peanut Sauce	(1 each + 1 oz. sauce 110 cal)
Coconut Chicken with Orange Dipping Sauce	(1 each 60 cal)

PORK

Pork Pot Stickers with Garlic Soy Sauce	(1 each + 3 oz. sauce 50 cal)
Sausage Bites with White Wine and Dijon Mustard	(1 each 300 cal)
Maple-Glazed Apple Rumaki Ham and Cheese	(1 each 60 cal)
Pinwheels	(1 each 50 cal)
Sausage-Stuffed Mushrooms	(1 each 20 cal)

SEAFOOD

Bacon Wrapped Scallops with BBQ Sauce	(1 each 45 cal)
Mini Crab Cakes with Cajun Rémooulade Sauce	(1 each 70 cal)
Seafood Stuffed Mushrooms	(1 each 15 cal)



SAVORY SELECTIONS

BEEF

Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour
Beef Satay with Sweet & Spicy Sauce
Chimichurri Beef Skewer
Petite Beef Wellington

(1 each + 3 oz. sauce | 45-130 cal)
(1 each + sauce | 110 cal)
(1 each | 110 cal)
(1 each | 70 cal)

VEGETARIAN

Mini Vegetable Samosas
Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce
Vegetable Pakoras
Spanakopita
Onion and Smoked Gouda Quesadilla

(1 each | 90 cal)
(1 each + 3 oz. sauce | 120-150 cal)
(1 each + 3 oz. sauce | 40 cal)
(1 each | 45 cal)
(1 each + sauce | 350 cal)



MAGNIFICENT
MORSELS

COLD HORS D'OEUVRES

High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 10.

Shrimp Cocktail with Cajun Rémolade and Cocktail Sauce	(shrimp + sauce 150 cal)
Cool Salmon Canapés	(1 each 60 cal)
Mini Curried Chicken Tart	(1 each 140 cal)
Cucumber Rounds with Feta and Tomatoes	(1 each 30 cal)
Crostini with Spicy Mango Shrimp Salsa	(1 each 70 cal)
Sun-Dried Tomato and Gorgonzola Bruschetta	(1 slice 100 cal)
White Bean Crostini	(1 slice 120 cal)
Fruity Feta Bruschetta	(1 slice 100 cal)



DELECTABLE
DELIGHTS

GOURMET DIPS AND MORE

Services include delivery, linen-draped service tables, set up and clean up.

HOT DIPS

Sold per guest

Warm Parmesan Artichoke Dip with Bagel or Pita Chips	(1 oz. + 2 oz. chips 250 cal)
Spinach and Crab Dip with Baguette Rounds	(1 oz. + 1 chip 120 cal)

COLD DIPS

Sold per guest

Shrimp Dip with Tortilla Chips	(1 oz. + 2 oz. chips 340 cal)
Creamy Mediterranean Dip with Pita Chips	(1 oz. + 2 oz. chips 230 cal)

COLD DISPLAYS

Small (15-25), Medium (25-50) and Large (50-75)

Fresh Farm Crudités with Ranch Dip 🍷🍷	(2 oz. + 2 oz. dressing 15-190 cal)
Seasonal Cubed Fresh Fruit 🍷	(4 oz. 50 cal)
Domestic Cheeses with Crackers 🍷	(2 oz. + 6 crackers 340 cal)
Artisan Cheeses with Crackers 🍷	(2 oz. + 6 crackers 280 cal)
Antipasto Platter with Crackers	(1 serving + 1 cracker 390 cal)
Vegetarian Antipasto Platter with Crackers	(1 serving + 1 cracker 240 cal)

SAVORY CHEESECAKES

Please order by the Cheesecake and Torte. Served with Crackers.

Roasted Vegetable Cheesecake	(1 cracker 25-70 cal)
Savory Pesto and Sun-Dried Tomato Torte	(1 slice 360 cal)
	(1 slice 310 cal)

WINGS AND THINGS BAR

CHOOSE TWO WING STYLES (6 wing serving):

Buffalo	(510 cal)
BBQ	(630 cal)
Honey	(530 cal)
Boneless	(710 cal)
Celery and Carrot Sticks	(6 sticks, 3 each 15 cal)
Bleu Cheese	(2 oz. 280 cal)
Ranch Dressing	(2 oz. 190 cal)



CHEF'S
FARE

SPECIALTY AND CARVING STATIONS

Create a delightful culinary experience for your guests by adding an interactive flair. Add one or more of these chef – attended action or bar stations and watch your event come alive! Services include delivery, linen-draped service tables, set up and clean up.

SLIDER STATION

CHOOSE THREE:

Hamburger (1 sandwich | 170 cal), Pork BBQ (1 sandwich | 330 cal), Buffalo Chicken (1 sandwich | 290 cal)
Served with Pickles (1 chip | 0 cal), Chipotle Mayonnaise (1 tbsp. | 40 cal), Ketchup (1 tbsp. | 15 cal), Lettuce (1 leaf | 0 cal), Tomato (1 slice | 0 cal), Relish (1 tbsp. | 20 cal), Grainy Mustard (1 tbsp. | 20 cal), Honey Mustard (2 oz. | 310 cal) and Potato Chips (2 oz. | 110 cal) with Ranch Dip (1 oz. | 50-90 cal).

MASHED POTATO BAR

Yukon Gold (4 oz. | 120 cal) and Sweet Potatoes (4 oz. | 210 cal) Served with Whipped Margarine and Sour Cream.

CHOOSE FIVE:

Chopped Scallions (1 tbsp. | 0 cal) Crumbled Bacon (1 oz. | 160-170 cal), Shredded Cheddar Cheese (1 oz. | 110 cal), Country Brown Gravy (1 oz. | 10 cal), Caramelized Onions (1 oz. | 30 cal), Fried Onion Crisps (1 oz. | 50 cal), Grated Parmesan Cheese (1 oz. | 120 cal), Crumbled Gorgonzola Cheese (1 oz. | 100 cal), Toasted Pecans (1 oz. | 200 cal) or Horseradish Sauce (1 tbsp. | 20 cal).

CARVING STATIONS

Our Beef, Poultry, and Pork selections are cooked to perfection and carved by an experienced uniformed Chef. Served with wonderful sauces and condiments, as well as assorted Mini Rolls (1 roll | 70-160 cal).

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp. | 180 cal)

Roasted Beef Tenderloin (3 oz. | 220 cal) with Horseradish Aioli (1 oz. | 50 cal) and Stone Ground Mustard Sauce (1 oz. | 20 cal)

Roast Prime Rib of Beef (3 oz. | 230 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 70-160 cal)

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)

Roast Beef (3 oz. | 140 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 25 cal)

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp. | 80 cal)



GRAND
FINALE

SWEET AND SALTY

Services include linen-draped service tables, set up and clean up.

ASSORTED HOME-STYLE COOKIES (2 cookies per serving)

Chocolate Chip (360 cal)
Oatmeal Raisin (310 cal)
Double Chocolate Chip with White Chips (330 cal)

Sugar (330 cal)
White Chocolate Macadamia Nut (340 cal)

BROWNIES (1 cut per serving)

Fudge (350 cal)
Blondie (220 cal)

M&M's® (510 cal)

GOURMET DESSERT BARS (1 cut per serving)

Luscious Lemon Bar (70 cal)
Chocolate Chess Bar (260 cal)

Raspberry Almond Bar (190 cal)

ASSORTED MINI PETIT FOURS AND PASTRIES

(1 slice | 140 cal)

MULTI-GRAIN BARS AND GRANOLA BARS

(1 bar | 90-160 cal)

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

(1 bag | 110-230 cal)

ASSORTED POPCORN

(1 bag | 120 cal)

MIXED NUTS WITH OR WITHOUT PEANUTS

(1 oz. | 120-170 cal)

TRAIL MIX

(1 oz. | 150 cal)

DECORATED SHEET CAKES

1/4 Sheet Cake, 1/2 Sheet Cake, Full Sheet Cake

(1 slice + 2 tbsp. icing | 140-150 cal + 120-140 cal)

DESSERT STATION

Choice of Four (1 each per serving): Assorted Cupcakes (160-340 cal), Mini Red Velvet Whoopie Pies (390 cal), Assorted Mini Cookies (400 cal), Gourmet Bars (140-280 cal) or Seasonal Sliced Fresh Fruit (2 oz. | 25 cal)

ICE CREAM SUNDAE BAR

15 guest minimum

Choice of Ice Cream Flavours (One per 45 guests):

Chocolate (1 scoop | 90 cal)
Vanilla (1 scoop | 90 cal)
Strawberry (1 scoop | 80 cal)

Choice of Two Sauces:

Chocolate (2 oz. | 200 cal)
Strawberry (2 oz. | 140 cal)
Butterscotch (2 oz. | 140 cal)

Choice of Three Toppings: Sprinkles (130 cal), Cookie Crumbs (130 cal), Heath Bar™ Pieces (150 cal), M&M's® (140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180-200 cal) are included.



PLAN FOR
SUCCESS

PLANNING YOUR EVENT

Flavours by Sodexo 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 things are as perfect as possible for your special occasion! Please use this guide 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 will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT FLAVOURS BY SODEXO

When you have a catered event in mind, please contact us as soon as possible. Even if you are not yet sure of such details as the exact event date, event location and number of guests that will be in attendance, it's a good idea to touch base with us as early on in the process as possible.

Some catering arrangements through Flavours by Sodexo can be made by phone, email or online; other catering arrangements require an in-person appointment with one of our event planning specialists. It's easy to get in touch with Flavours by Sodexo about your catering needs. Here are the options:

Visit Our Office: You may visit us in person at the Puskar Football Stadium, 1 Rodgers Dr., Morgantown, WV. Our office hours are Monday through Friday, 9 a.m. to 4 p.m. Please be aware that we are closed on some holidays.

Visit us on the Web: You may contact us about your catering needs through our online catering Website at www.mountaineers.catertrax.com. The ultimate in convenience, this site will enable you to easily view our fabulous catering menus, see your order history, place recurring orders and much, much more.

Give us a Call: You may speak with an event planning specialist by calling 304-293-6241.

Send us an Email: You may email us at debra.vines@sodexo.com.

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. No matter where your event will be taking place, you will need to officially "reserve" the space in order for us to be permitted to serve you in this location. To reserve a room for an event, please contact Colin Braley at 304-288-3021.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact our catering manager at 304-293-6241 to make these arrangements.

EVENT CONFIRMATIONS & GUARANTEES

No less than 10 days from the scheduled catered event, you must sign a Banquet Event Order. You will also be asked to provide us with a "final" number of guests that will attend your event; the "estimated" number will be used if you don't know the "final" number. This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including time, date, location, menu selections, number of attendees, professional services, equipment, and staffing. If you do not provide us with a final number, we use the estimated number.

EVENT CHANGES AND CANCELLATIONS

No less than 7 days from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees) or if your event needs to be canceled. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for expenses already incurred by the Catering Office.

EVENT PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include Visa, Master Card, American Express, check, purchase order, department accounts and foundation accounts.

If your group is not a university, college or school:

- A deposit of 50% is required two weeks prior to your scheduled event with the balance due on the day of the event.
- A Service Charge of 20% will be added to your bill.
- Sales tax of 6% will be added to your bill.

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.



PLAN FOR
SUCCESS

SERVICE STAFF AND ATTENDANTS

To ensure that your event is a success, catering staff will be provided for all served meals and some buffets. Continental breakfasts, breaks, and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 25 guest. Served meals are priced on an individual basis.

THE CHARGE FOR EACH STAFF MEMBER IS:

Attendants/Waitstaff \$36.00 per hour (minimum 4 hours)

Station Chefs \$75.00 per hour (minimum 4 hours)

Bartenders \$36.00 per hour (minimum 4 hours)

CATERING EQUIPMENT

As the host of the catered event, you are responsible for the equipment we have provided for the service of your catered event. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account. For very large events, specialty equipment may need to be rented at an additional charge.

CHINA CHARGES

We provide high quality plastic products serviceware unless otherwise requested. We offer china service for any event at an additional charge.

Full Meal Service and Silverware \$2.50 per guest

Coffee or Beverage China Service \$1.00 per guest

Full Bar Glass Service \$1.00 per guest

Reception China and Silverware \$1.75 per guest

FLORAL CHARGES

We will be happy to order, receive, and handle floral arrangements for you. For decorative requests, an additional fee will be determined in accordance with your specific needs.

LINENS AND SKIRTING

We provide linens and skirting for food and beverage tables at no charge. If you would like linen to be placed on guest tables for receptions, breaks, meeting tables and boxed lunches, there will be a \$10.00 charge for each tablecloth. Other tables may be skirted and covered at \$10.00 per tablecloth. Drop cloths that are 90 x 156 for 8-foot or 90 x 132 for 6-foot tables are available at \$10.00 per drop cloth. The same applies to registration tables, name tags, head tables, and any additional table that will not be directly used for setup. We can also provide napkins to meet your color scheme for \$0.50 each. Specialty linens are available upon request for an additional charge.

FOOD REMOVAL POLICY

Due to health regulations, it is the policy of Flavours by Sodexo that excess food items from events cannot be removed from the event site. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.

ALCOHOL POLICY

All alcoholic beverages must be served by our personnel and consumed in designated areas. Proof of age will be required. Flavours by Sodexo reserves the right to refuse service of alcoholic beverages to any person. All personnel have completed the Serve Safe Training Program for Service.

ALCOHOL SERVICE

A bar setup at a dinner or reception is \$40.00. All necessary bar items, except the alcohol, are provided with this charge, napkins and plastic cups. An additional charge for glasses will apply. We recommend at least one bartender for every 75-100 guests for Beer and Wine service.



FLAVOURS
by *sodexo**