

FLAVOURS

TASTE : SUCCESS



UNIVERSITY OF MAINE
AT MACHIAS

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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 email at Brittany.Michael@sodexo.com or visit our website: umaine-machias@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  = 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 | \$10.99 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:

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

Butter and Assorted Jam

HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$14.39 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 Eggs 	(each 80 cal)
Chobani Non-Fat Vanilla Greek Yogurt 	(4 oz. 80 cal)
Granola Bars 	(each 90 cal)
Classic 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)
Mini Chocolate Chips 	(1 tbsp. 60 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

12 guest minimum | \$16.59 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.

BAGEL CONTINENTAL BREAKFAST

12 guest minimum | \$10.99 per guest

Seasonal fresh fruit with a choice of 3 bagel flavors. Includes cream cheese, additional condiments, coffee and 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)
Cream Cheese 	(1 oz. 70 cal)
Light Cream Cheese 	(1 oz. 60 cal)
Strawberry Cream Cheese 	(1 oz. 70 cal)

CHOICE OF TWO:

Plain Bagel 	(4 oz. 290 cal)	Sesame Bagel 	(4 oz. 300 cal)
Whole Wheat Bagel 	(4 oz. 280 cal)	Cinnamon Raisin Bagel 	(4 oz. 290 cal)

BREAKFAST BUFFET

20 guest minimum | \$18.79 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)	Muffins 	(each 160-230 cal)
Southern Style Biscuits	(each 170 cal)		

CHOICE OF ONE:

Sweet Potato Hash with Shallots & Kale	(1/2 cup 110 cal)
Hash Browned Potato	(1/2 cup 90 cal)
Hash Browned Potatoes with Onion and Thyme	(1/2 cup 170 cal)
Home Fried Potatoes	(1/2 cup 90 cal)
Root Vegetable Hash	(1/2 cup 80 cal)
French Fried Tater Tots	(1/2 cup 190 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)

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)
Scrambled Vegan Egg Substitute	(1/2 cup 200 cal)

ADD A SECOND EGG DISH (OPTIONAL):

Seasoned Cage-Free Scrambled Egg Whites \$3.39 per guest	
Seasoned Cage-Free Scrambled Eggs \$3.39 per guest	
Scrambled Tofu \$3.39 per guest	(1/2 cup 90 cal)
Scrambled Vegan Egg Substitute \$5.59 per guest	(1/2 cup 180 cal)
	(1/2 cup 130 cal)
	(1/2 cup 200 cal)

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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 | \$9.99 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)

Mini Chocolate Croissant 

(each | 100 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:

Chobani Non-Fat Vanilla Greek Yogurt 

(4 oz. | 80 cal)

Cage-Free Hard-Boiled Eggs 

(2 eggs | 160 cal)

DANISH BREAKFAST BOX

12 guest minimum | \$9.99 per guest

Each box includes selection of danish pastry, 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	
Whipped Butter Cups 	(1 cup 35 cal)
Foil Wrapped Butter Chips 	(2 chips 70 cal)
Strawberry Jam 	(1 pc 35 cal)

CHOICE OF ONE BREAKFAST DANISH:

Mini Apple Danish 	(each 130 cal)
Mini Cheese Danish 	(each 140 cal)
Mini Raspberry Danish 	(each 130 cal)

CHOICE OF ONE GRANOLA BAR:

Granola Bar 	(each 90 cal)
Peanut Butter Granola Bar  	(each 100 cal)
Oats & Honey Granola Bar  	(each 90 cal)

CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt 	(4 oz. 80 cal)
Cage-Free Hard-Boiled Eggs 	(2 eggs 160 cal)

BREAKFAST YOGURT PARFAIT BOX

12 guest minimum | \$12.19 per guest

Includes seasonal fresh fruit, blueberry muffin, choice of mini yogurt parfait and cage-free hard-boiled eggs.

INCLUDES:

Mixed Fruit Cup 	(1 cup 35 cal)
A mixture of cantaloupe, honeydew melon, pineapple and red grapes	
Classic Blueberry Muffin 	(each 170 cal)
Cage-Free Hard-Boiled Eggs 	(2 eggs 160 cal)

CHOICE OF ONE:

Lemon Rosemary Parfait  	(parfait 150 cal)
Hawaiian Sunset Parfait  	(parfait 120 cal)

BREAKFAST SANDWICH BOX

12 guest minimum | \$12.19 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:

Chobani Non-Fat Vanilla Greek Yogurt	(4 oz. 80 cal)
Cage-Free Hard-Boiled Eggs	(2 eggs 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.

Muffins (Assorted, Apple Cinnamon, Banana Streusel, Chocolate Chip, Blueberry) **V** \$18.79 per dozen

Mini Danish (Apple, Raspberry) **V** \$21.49 per dozen

Mini Croissants (Regular and Chocolate) **V** \$21.49 per dozen

Mini Scones (Blueberry, Brown Sugar Cinnamon, Apple Cinnamon) **V** \$18.79 per dozen

Banana Bread **V** \$17.79 per dozen

Assorted Coffee Cakes (Blueberry, Chocolate Espresso, Apple Streusel) **V** \$21.49 per dozen

Glazed Cinnamon Roll **V** \$21.49 per dozen

Southern Style Biscuits **V** \$21.49 per dozen

(1 each | 160-230 cal)

(1 each | 130-170 cal)

(1 each | 80-100 cal)

(1 each | 190-200 cal)

(1 each | 250 cal)

(1 each | 130-270 cal)

(1 each | 130 cal)

(each | 170 cal)

DONUT HOLES \$10.99 per dozen

Glazed Donut Holes **V**

Cinnamon Sugar Donut Holes **V**

(6 donut holes | 280 cal)

(6 donut holes | 290 cal)

FRUIT \$5.99 per guest

An array of fresh fruit options.

Sliced Fresh Fruit Platter **VG**

Platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Whole Fruit **VG** \$1.39 per guest

(3 oz. | 35 cal)

(1 each | 90 cal)

YOGURT 6 guest minimum | \$2.29 each

Chobani Non-Fat Blueberry Greek Yogurt **V**

Chobani Non-Fat Vanilla Greek Yogurt **V**

Chobani Non-Fat Strawberry Greek Yogurt **V**

Blueberry Non-Fat Lite Yogurt **V**

Vanilla Non-Fat Lite Yogurt **V**

(1 each | 90 cal)

(1 each | 80 cal)

(1 each | 90 cal)

(1 each | 90 cal)

(1 each | 90 cal)

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SEASONAL MINI GREEK YOGURT PARFAITS 12 guest minimum | \$3.99 each

Banana, Nutella, and Granola Yogurt Parfait 	(1 mini parfait 100 cal)
Tropical Fruit and Granola Yogurt Parfait 	(1 mini parfait 70 cal)
Blueberry, Lemon and Granola Yogurt Parfait 	(1 mini parfait 60 cal)

BREAKFAST PROTEINS

20 guest minimum

Bacon Slices \$2.59 each	(1 slice 35 cal)
Sausage Link \$2.59 each	(1 link 110 cal)
Turkey Sausage Link \$2.59 each	(1 link 45 cal)
Canadian Bacon \$2.59 each	(1 slice 25 cal)
Cage-Free Hard-Boiled Egg  \$1.39 each	(each 80 cal)

PLANT-BASED PROTEINS

12 guest minimum

Vegetarian Sausage Patty   \$4.19 each	(1 patty 70 cal)
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OATMEAL BAR 12 guest minimum | \$7.79 per guest

Warm oatmeal served with a variety of toppings and milk.

INCLUDES:

Classic Oatmeal  	(8 oz. 170 cal)
Brown Sugar  	(1 tbsp. 45 cal)
Cinnamon 	(1 tsp. 5 cal)

CHOICE OF SIX:

Toasted Almonds  	(1 tbsp. 40 cal)
Walnut Pieces  	(1 tbsp. 50 cal)
Pumpkin Seeds  	(1 tbsp. 60 cal)
Sweetened Dried Cranberries   	(1 tbsp. 30 cal)
Seedless Raisins   	(1 tbsp. 25 cal)
Fresh Blueberries   	(1 tbsp. 5 cal)
Creamy Peanut Butter  	(1 tbsp. 90 cal)
Shredded Coconut  	(1 tbsp. 25 cal)

CHOICE OF TWO:

2% Milk 	(1 tbsp. 10 cal)
Whole Milk 	(1 tbsp. 10 cal)
Unsweetened Almond Milk  	(1 tbsp. 0 cal)

BREAD PUDDINGS 12 guest minimum | \$5.59 each

Sweet & savory bread puddings.

Biscuit, Sausage & Cheddar Bread Pudding	(each 370 cal)
Ham, Rosemary & Gruyere Bread Pudding	(each 290 cal)
Maple, Pecan, Brown Butter Bread Pudding 	(each 400 cal)
Strawberry Brioche Bread Pudding 	(each 150 cal)
Banana, Nutella Croissant Bread Pudding 	(each 350 cal)
Maple, Cinnamon, Chocolate Bread Pudding 	(each 360 cal)

BREAKFAST STRATAS 12 guest minimum | \$5.99 each

Sweet & savory stratas.

Bacon & Cheddar Breakfast Strata	(1 square 200 cal)
Garden Veggie Egg Lite Breakfast Strata 	(1 square 200 cal)
Ham, Mushroom and Swiss Breakfast Strata	(1 square 350 cal)
Asparagus Feta Egg Light Breakfast Strata	(1 square 240 cal)

EGG DISHES

20 guest minimum

A selection of chef-created egg dishes.

Scrambled Eggs	V \$3.39 per guest	(1 slice 220 cal)
Scrambled Tofu	VnVG \$3.39 per guest	(4 oz. 240 cal)
Scrambled Egg Whites	V \$3.39 per guest	(1/2 cup 100 cal)
Hard Boiled Eggs	V \$14.39 per dozen	(1 slice 310 cal)
Vegan Scrambled Eggs	VnVG \$5.59 per guest	(1 slice 290 cal)
Scrambled Eggs with Cheddar	V \$3.39 per guest	(1 wedge 210 cal)
Kale, Bacon and Ricotta Frittata	\$3.39 per guest	(1/2 cup 130 cal)
Asparagus and Pea Frittata	V \$3.39 per guest	(1 slice 250 cal)
Grilled Zucchini, Bacon and Swiss Frittata	\$3.39 per guest	
Hash Brown, Mushroom and Spinach Quiche	\$3.39 per guest	
Vegan Shakshuka	\$3.69 per guest	

HOT BREAKFAST SANDWICHES

12 guest minimum

Cage-Free Egg and Cheese Bagel	V \$4.39 each	(each 200 cal)
Bacon, Cage-Free Egg and Cheese Bagel	\$5.59 each	(each 240 cal)
Ham, Cage-Free Egg and Cheese Bagel	\$5.59 each	(each 230 cal)
Sausage, Cage-Free Egg and Cheese Bagel	\$5.59 each	(each 390 cal)
Cage-Free Egg and Cheese Biscuit	V \$4.39 each	(each 280 cal)
Bacon, Cage-Free Egg and Cheese Biscuit	\$5.59 each	(each 310 cal)
Ham, Cage-Free Egg and Cheese Biscuit	\$5.59 each	(each 310 cal)
Sausage, Cage-Free Egg and Cheese Biscuit	\$5.59 each	(each 470 cal)

BREAKFAST BURRITOS 12 guest minimum | \$5.59 per guest

Rajas and Chorizo Breakfast Burrito	(each 630 cal)
Carnitas Verde Breakfast Burrito	(each 480 cal)
Carne Asada Breakfast Burrito	(each 470 cal)
Roasted Vegetable Breakfast Burrito	V (each 390 cal)

MORNING MOXY 12 guest minimum | \$11.39 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	VG (3 oz 0-5 cal)
Coffee and Tea Service	V (12 oz. 0-5 cal)

CHOICE OF TWO PARFAITS:

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

CHOICE OF TWO BAKED GOODS:

Mini Butter Croissants	V (each 130 cal)
Apple Mini Danish	V (each 140 cal)
Mini Raspberry Danish	V ((each 130 cal)
Apple Cinnamon Muffin	V (each 180 cal)
Banana Streusel Muffin	V (each 230 cal)

GREEK YOGURT BAR 12 guest minimum | \$8.79 each

Includes:

- Seedless Raisins  
- Dried Cranberries 
- Toasted Sliced Almonds 
- Pumpkin Seeds 
- Walnut Pieces 
- Granola 

Fruit – Choice of 2:

- Fresh Strawberries   
- Fresh Blueberries   
- Fresh Raspberries   

YOGURT CHOICE OF TWO:

- Chobani Nonfat Blueberry Greek Yogurt 
- Chobani Nonfat Vanilla Greek Yogurt 
- Chobani Nonfat Strawberry Greek Yogurt 
- Nonfat Plain Greek Yogurt 

MINI CHIA PUDDING 12 guest minimum | \$3.99 per guest

- Vanilla Orange Chia Pudding with Blueberries  (each | 210 cal)
- Coconut Chia Pudding with Mango  (each | 250 cal)
- Chocolate Chia Pudding with Mango  (each | 240 cal)
- Chocolate Chia Pudding with Bananas  (each | 240 cal)

OVERNIGHT OATS 12 guest minimum | \$3.99 per guest

- Maple Oats with Spiced Apples Parfait  (each | 110 cal)
- Nutella Oats with Banana Parfait  (each | 280 cal)
- Carrot Cake Oats Parfait  (each | 90 cal)
- PB and J Overnight Oats  (each | 130 cal)

POWER BITES & BLISS BALLS 12 guest minimum | \$4.09 per guest

- Cherry Pie Power Bites   (4 bites | 210 cal)
- Coconut Date Power Bites   (4 bites | 250 cal)
- Lemon Poppy Seed Power Bites   (4 bites | 240 cal)
- Cranberry Pistachio Power Bites  (4 bites | 240 cal)
- Cashew & Coconut Bliss Ball   (4 bites | 90 cal)

BAGELS AND SCHMEARS 12 guest minimum | \$3.69 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: AFTERNOON PACKAGES



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

TOP YOUR OWN CROSTINI BAR

20 guest minimum | \$7.79 per guest

Char-grilled garlic crostini with ham, spreads, vegetables, seasonings and more.

INCLUDES:

Grilled Garlic Crostini	V	
Baba Ghanoush	VG	(1 slice 80 cal)
Capers	VG	(1 tbsp. 15 cal)
Hummus	VG	(1 tsp. 0 cal)
Smoked Ham	Vn	(1 tbsp. 35 cal)
Cage-Free Hard-Boiled Egg	V	(1/4 oz. 30 cal)
Fresh Radishes	Vn VG	(1/2 oz. 20 cal)
Avocado Slices	VG	(1 tbsp. 0 cal)
Cherry Tomatoes	Vn VG	(1/2 oz. 25 cal)
Crushed Red Pepper Flakes	VG	(1/2 tomato 0 cal)
Everything Bagel Seasoning	VG	(1/2 tsp. 0 cal)
Olive Oil	VG	(1/2 tsp. 5 cal)
Lemon Wedge	Vn VG	(1/2 tsp. 20 cal)
		(1 wedge 0 cal)

TOP YOUR OWN DONUT STATION

20 guest minimum | \$4.49 per guest

Start with warm donut holes and build your own sweet treat with a choice of syrup and toppings.

INCLUDES:

Donut Holes

CHOICE OF TWO:

Honey Dip Glaze	V	(3 each 120 cal)
Maple Syrup	VG	
Raspberry Syrup	VG	(1/2 tbsp. 30 cal)
Chocolate Syrup	V	(1/2 tbsp. 25 cal)
		(1/2 tbsp. 25 cal)

CHOICE OF TWO:

Bacon Crumbles		
Graham Cracker Crumbs	V	
Mini Marshmallows		(1 tsp. 15 cal)
Mini Chocolate Chips	V	(1 tsp. 10 cal)
Whipped Topping	V	(2 tsp. 5 cal)
Chocolate Sprinkles		(2 tsp. 35 cal)
Rainbow Sprinkles	V	(1/2 tbsp. 5 cal)
		(1 tsp. 20 cal)
		(1 tsp. 20 cal)

TOP YOUR OWN POPCORN STATION

20 guest minimum | \$3.79 per guest

Popcorn popped with olive oil; topped with your choice of sweet and savory seasonings.

INCLUDES:

Popcorn (2 cups | 70 cal)

CHOICE OF FOUR:

Cheddar Cheese Sauce Mix		
Smoked Paprika	VG	(1/8 tsp. 0 cal)
Cajun Seasoning	VG	(1/8 tsp. 0 cal)
Caribbean Jerk Seasoning	VG	(1/8 tsp. 0 cal)
Creamy Buttermilk & Herb Dressing Mix		(1/8 tsp. 0 cal)
Grated Parmesan Cheese		(1/8 tsp. 0 cal)
Cinnamon & Powdered Sugar Topping		(1/8 tsp. 0 cal)

SNACK PACK

20 guest minimum | \$9.99 per guest

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

CHOICE OF ONE:

Apple	VG	(each 90 cal)
Banana	Vn VG	(each 140 cal)
Orange	Vn VG	(each 70 cal)

CHOICE OF TWO:

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

CHOICE OF ONE:

Granola Bar	V VG	(1 bar 90 cal)
Peanut Butter Granola Bar	V VG	(1 bar 100 cal)
Oats and Honey Granola Bar	V VG	(1 bar 90 cal)

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

DIPS AND CHIPS

20 guest minimum | \$6.59 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	V	(12 chips 90 cal)
Pita Chips	V	(2 oz. 150 cal)
Sea Salt Dusted Deli Chips	VG	(2 oz. 90 cal)
Ranch Dusted Deli Chips		(2 oz. 100 cal)
Chipotle Dusted Deli Chips		(2 oz. 90 cal)

INCLUDES:

Dijon Ranch Dip	V	(2 tbsp. 190 cal)
Roasted Red Pepper Hummus	VG	(2 tbsp. 60 cal)
Baba Ghanoush	V	(2 tbsp. 30 cal)
Buffalo Chicken Blue Cheese Dip		(2 tbsp. 50 cal)

BOXED MEALS



CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$16.59 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:

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, PROVOLONE AND GIARDINIERA SANDWICH

(each | 560 cal)

Smoked turkey, provolone, giardiniera, lettuce, tomato and mayonnaise on sourdough bread

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

BACON, LETTUCE AND TOMATO SANDWICH

(each | 480 cal)

Bacon, lettuce, tomato and mayonnaise on sourdough bread

GRILLED CHICKEN AND GRUYERE ON WHEAT

(each | 490 cal)

Grilled chicken with gruyere, baby arugula, tomato and roasted red pepper garlic aioli 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

FALAFEL, TZATZIKI AND HUMMUS WRAP

(each | 540 cal)

Falafels with hummus, roasted red peppers, greens and lemon vinaigrette in a flour tortilla

TANDOORI CAULIFLOWER AND PEPPER WRAP

(each | 300 cal)

Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

ITALIAN TUNA AND PROVOLONE WRAP

(each | 560 cal)

Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing in a grain tortilla

HUMMUS, OLIVE AND FETA SANDWICH

(each | 450 cal) Hummus and roasted red peppers, spring mix, olives, feta cheese with garlic oregano vinaigrette on sourdough bread

VEGETABLE TARRAGON WRAP

Grilled zucchini, provolone, baby spinach and roasted red peppers with herb mayonnaise in a hearty grain tortilla

BEEF, CHEDDAR AND SLAW SANDWICH

(each | 454 cal)

Roast beef and cheddar cheese with horseradish and coleslaw on sourdough

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 | \$18.79 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

TUSCAN PORK SANDWICH (each | 730 cal)

Roast pork and provolone cheese with baby arugula, tomato and garlic aioli on sourdough bread

SZECHUAN SALMON WRAP (each | 400 cal)

A healthy grain tortilla covered with Szechuan garlic butter filled with flaked salmon and Thai broccoli slaw

PROSCIUTTO AND MANCHEGO CHEESE SANDWICH

(each | 680 cal)

Prosciutto with manchego cheese, fig jam and baby arugula 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

ROAST BEEF AND WATERCRESS SANDWICH

(each | 420 cal)

Roast beef and cheddar cheese with horseradish, tomato and watercress on sourdough bread

FLANK STEAK, CHEDDAR AND CHIPOTLE MAYO SANDWICH

(each | 630 cal)

Grilled beef flank steak, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

ROAST BEEF, GRUYERE AND ARUGULA SANDWICH

(each | 600 cal)

Roast beef with gruyere, baby arugula, tomato and roasted pepper garlic aioli on wheat berry bread

MEDITERRANEAN BAGUETTE (each | 360 cal)

Roasted eggplant rings with hummus and roasted red peppers on a baguette

CHOICE OF ONE:

Chocolate Brownie 

Blondie Bar 

Two Cookies 

Rice Krispie Bar

Vegan Chocolate Chip Cookies 

Vegan Oatmeal Raisin Cookies 

(each | 60 cal)

(each | 60 cal)

(2 cookies | 310-330 cal)

(each | 280 cal)

(each | 190 cal)

(each | 110 cal)

CHOICE OF ONE:

Bottled Water

Assorted Canned Soft Drinks, Regular and Diet

(each | 0 cal)

(12 oz. | 0-150 cal)

UPGRADE TO A SIGNATURE SIDE:

Quinoa Cucumber Salad  \$2.29 per guest

Chickpea Chaat Salad  \$2.29 per guest

Country-Style Potato Salad  \$2.29 per guest

Carolina Slaw  \$2.29 per guest

Traditional Side Garden Salad  \$2.29 per guest

Traditional Caesar Side Salad  \$2.29 per guest

(1/2 cup | 140 cal)

(1/2 cup | 60 cal)

(1/2 cup | 180 cal)

(1/2 cup | 30 cal)

(1/2 cup | 20 cal)

(1/2 cup | 90 cal)

SIGNATURE SALAD LUNCH BOX 12 guest minimum | \$18.79 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.

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

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

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

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

ASIAN RICE NOODLE SALAD  (each | 450 cal)
Rice noodles tossed with carrots, red peppers and green onions with sesame oil and soy sauce

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

CLASSIC SALAD LUNCH BOXES 12 guest minimum | \$16.59 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.

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

CAESAR SALAD WITH GRILLED CHICKEN +\$2.49
(each | 670 cal)
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

CAESAR SALAD WITH PORTOBELLO +\$2.49
(each | 660 cal)
Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

GARDEN SALAD  (each | 35 cal)
Romaine lettuce and spring mix topped with grape tomatoes, cucumbers and shredded carrots

GARDEN SALAD WITH GRILLED CHICKEN +\$2.49
(each | 200 cal)
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

GARDEN SALAD WITH PORTOBELLO  +\$2.49
(each | 190 cal)
Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers and shredded carrots

GREEK SALAD (each | 100 cal) 
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

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

CRISPY CHICKPEA SALAD   (each 400 cal)
Romaine lettuce, cucumber, grape tomatoes, red onion, seasoned crispy chickpeas and tahini salad dressing

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





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 | \$19.79 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.

CHOICE OF THREE:

Classic Turkey Club Slider	(each 270 cal)
Turkey, Provolone and Giardiniera Slider	(each 300 cal)
Turkey, Cheddar and Chipotle Mayo Slider	(each 260 cal)
Curried Chicken, Apple and Almond Slider 	(each 210 cal)
Grilled Chicken Caesar Wrap	(each 280 cal)
Huli Huli Chicken Slider 	(each 320 cal)
Grilled Chicken and Gruyere Slider	(each 260 cal)
Bacon, Lettuce and Tomato Slider	(each 250 cal)
Smoked Ham, Brie and Apple Slider	(each 300 cal)
Prosciutto and Manchego Cheese Slider	(each 360 cal)
Lemon Basil Roasted Vegetable Slider 	(each 290 cal)
Falafel, Tzatziki and Hummus Wrap 	(each 270 cal)
Tandoori Cauliflower and Pepper Wrap 	(each 150 cal)
Hummus, Olive and Feta Wrap 	(each 220 cal)
Vegetable Tarragon Slider 	(each 210 cal)
Ham & Gruyere Slider	(each 250 cal)

UPGRADE YOUR SANDWICH:

\$1.79 per guest

Beef, Cheddar and Slaw Slider	(each 290 cal)
Flank, Cheddar and Chipotle Mayo Slider	(each 300 cal)
Roast Beef, Gruyere and Arugula Slider	(each 190 cal)

CHOICE OF ONE SALAD: Classic

Caesar Salad	(1 cup 180 cal)
Garden Salad  	(1 cup 10 cal)
Greek Salad 	(1 cup 20 cal)
Herbed Green Salad Greens 	(1 cup 10 cal)
BLT Green Goddess Salad	(1 cup 150 cal)

CHOICE OF TWO DESSERTS:

Rice Krispie Bars	(each 70 cal)
Oatmeal Raisin Cookies 	(each 140 cal)
Vegan Chocolate Chip Cookies 	(each 170 cal)
Vegan Oatmeal Raisin Cookies 	(each 10 cal)
Chocolate Brownie 	(each 60 cal)
Blondie Bar 	(1 piece 60 cal)
Lemon Bar 	(each 80 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 Water 	(8 oz. 0 cal)
Honeydew Cucumber Mint Infused Water 	(8 oz. 0 cal)
Iced Water 	(8 oz. 0 cal)

EXECUTIVE BUFFET

20 guest minimum | \$21.99 per guest

Our Executive Buffet includes choice of mini sandwiches, side salad, dinner rolls with butter, sliced fresh fruit platter, bean and grain bean salad, ambient vegetable platter, condiments and selection of cold beverages. Includes condiments.

CHOICE OF THREE:

Classic Turkey Club Slider	(each 270 cal)
Turkey, Provolone and Giardiniera Slider	(each 300 cal)
Turkey, Cheddar and Chipotle Mayo Slider	(each 260 cal)
Curried Chicken, Apple and Almond Slider 	(each 210 cal)
Grilled Chicken Caesar Wrap 	(each 280 cal)
Huli Huli Chicken Slider 	(each 320 cal)
Grilled Chicken and Gruyere Slider	(each 260 cal)
Bacon, Lettuce and Tomato Slider	(each 250 cal)
Smoked Ham, Brie and Apple Slider	(each 300 cal)
Prosciutto and Manchego Cheese Slider	(each 360 cal)
Ham & Gruyere Slider	(each 250 cal)
Lemon Basil Roasted Vegetable Slider 	(each 290 cal)
Falafel, Tzatziki and Hummus Wrap  	(each 270 cal)
Tandoori Cauliflower and Pepper Wrap 	(each 150 cal)
Hummus, Olive and Feta Wrap 	(each 220 cal)
Vegetable Tarragon Slider 	(each 210 cal)

UPGRADE YOUR SANDWICH: \$1.79 per guest

Beef, Cheddar and Slaw Slider	(each 290 cal)
Flank, Cheddar and Chipotle Mayo Slider	(each 300 cal)
Roast Beef, Gruyere and Arugula Slider	(each 230 cal)

CHOICE OF ONE SALAD:

Herbed Salad Greens  	(1 cup 10 cal)
Classic Caesar Salad	(1 cup 180 cal)
Garden Salad 	(1 cup 10 cal)
Greek Salad 	(1 cup 20 cal)
Asian Rice Noodle Salad 	(1 cup 220 cal)
BLT Green Goddess Salad	(1 cup 150 cal)
Mandarin Orange Spinach Salad  	(1 cup 70 cal)

CHOICE OF ONE BEAN AND GRAIN SALAD:

Quinoa Cucumber Salad  	(1/2 cup 140 cal)
Azifa (Green Lentil Salad)  	(1/2 cup 120 cal)
Southwestern Wheat Berry Salad  	(1/2 cup 90 cal)
Lemony Chickpea Salad  	(1/2 cup 100 cal)
Chickpea Chaat Salad  	(1/2 cup 60 cal)
Super Bean Salad Mix   	(1/2 cup 80 cal)

CHOICE OF ONE VEGETABLE:

Grilled Fresh Asparagus	(4 spears 15 cal)
Zucchini, Hazelnuts and Parmesan Salad 	(4 oz. 140 cal)
Roasted Beets	(4 oz. 150 cal)
Roasted Red Potatoes with Cider Vinaigrette  	(4 oz. 170 cal)

CHOICE OF TWO DESSERTS:

Rice Krispie Bars	(each 70 cal)
Oatmeal Raisin Cookies 	(each 140 cal)
Butter Sugar Cookies 	(each 160 cal)
Vegan Chocolate Chip Cookies 	(each 170 cal)
Vegan Oatmeal Raisin Cookies 	(each 10 cal)
Chocolate Brownie 	(each 60 cal)
Blondie Bar 	(1 piece 60 cal)
Lemon Bar  	(each 80 cal)
Yogurt Honey Mousse with Berries Tartlet	(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 Water 	(8 oz. 0 cal)
Honeydew Cucumber Mint Infused Water  	(8 oz. 0 cal)
Iced Water	(8 oz. 0 cal)

BUFFET ADD ONS

Give your guests something extra special to enjoy with their cold buffet selection by adding one or more Buffet Add Ons. Pricing is based on a minimum of 20 guests per menu selection.

EXECUTIVE BUFFET ADD ONS

SOUP AND CRACKERS \$4.69 per guest

Chili Con Carne	(8 oz. 190 cal)
Southwest Vegetarian Chili 	(8 oz. 140 cal)
Loaded Baked Potato Cheddar Soup	(8 oz. 310 cal)
Broccoli Cheese Soup 	(8 oz. 200 cal)
Creamy Tomato Basil Bisque Soup 	(8 oz. 110 cal)
Chicken Noodle Soup	(8 oz. 80 cal)

MAC & CHEESE \$5.99 per guest

Buffalo Chicken Mac & Cheese	(1 entrée 510 cal)
Grilled Chicken Mac & Cheese	(1 entrée 800 cal)
Four Cheese Bacon Mac & Cheese	(1 entrée 680 cal)
Roasted Veggie Mac & Cheese 	(1 entrée 670 cal)
Four Cheese Mac & Cheese 	(1 entrée 590 cal)

VEGETABLES \$2.09 per guest

Fresh Grilled Asparagus	(4oz 15 cal)
Grilled Fresh Zucchini	(4oz 20 cal)
Charred Fresh Brussels Sprouts	(4oz 25 cal)
Simply Oven Roasted Cauliflower	(4oz 30 cal)

PROTEIN BOWLS \$9.39 per guest

Super Food Grain Bowl  	(entree bowl 120 cal)
Indian Grain Bowl  	(entree bowl 400 cal)
Green Grain Bowl 	(entree bowl 700 cal)
Summer Grain Bowl  	(entree bowl 740 cal)
Avocado Grain Bowl  	(entree bowl 260 cal)

HOT BEVERAGES \$3.99 per guest

Coffee and Hot Tea Service  	(12 oz. 0-5 cal)
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BUILD YOUR OWN DELI BUFFET

20 guest minimum | \$17.59 per guest

A selection of signature ingredients and platters offered in a build your own style. Included cold cuts, assorted cheeses and condiments, complimented by side salads, choice of dessert. Includes your choice of cold beverages.

INCLUDES:

Artisanal Breads	(each 70-80 cal)
Rolls	(each 130-200 cal)
Sliced Turkey 	(3oz 90 cal)
Buffet Ham	(3oz 90 cal)
Roast Beef	(3 oz 140 cal)
Salami	(3oz 200 cal)
Muenster 	(1 slice 100 cal)
Monterey Jack Cheese 	(1 slice 110 cal)
Pepper Jack Cheese 	(1 slice 100 cal)
Sliced Swiss Cheese 	(1 slice 100 cal)
Provolone Cheese 	(1 slice 100 cal)
American Cheese 	(each 0 cal)
Leaf Lettuce  	(each 0 cal)
Sliced Tomatoes  	(each 0 cal)
Sliced Onions  	(each 0 cal)
Dill Pickles  	(each 5 cal)
Mayonnaise	(1 TBSP 90 cal)
Dijon Mustard	(1 TBSP 20 cal)

DELI BUFFET SALADS – CHOOSE 2:

Market Salad 	(3 oz 110 cal)
Coleslaw with Apples 	(3 oz 80 cal)
Potato Salad 	(3 oz 140 cal)

MARKET SALAD DRESSING – CHOOSE 1

Low-Fat Balsamic Dressing 	(1 oz 45 cal)
Ranch Dressing 	(1 oz 90 cal)
Honey Mustard Dressing 	(1 oz 160 cal)

CHOICE OF DESSERT – CHOOSE 1:

Assorted Fresh Baked Cookies 	(each 170 cal)
Chocolate Brownie 	(each 190 cal)
5-layer Bar 	(3oz 210 cal)
Oreo Brownies 	(3oz 380 cal)
Fruit Cup  	(3 oz 45 cal)

CHOICE OF BEVERAGE– CHOOSE 2:

Assorted Canned Soda 	(each 0-180 cal)
Bottled Water 	(each 110 cal)
Unsweetened Iced Tea 	(each 100 cal)
Sweet Tea 	(each 100 cal)

HOT BUFFETS



HOT BUFFET

30 guest minimum | \$27.69 per guest

Design the perfect buffet with your choice of salad, entrée, side dishes, dessert, rolls and cold beverages. Includes condiments. Selections are presented on china and pricing includes linens cloths and napkins for guest seating and trained service staff.

INCLUDES:

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

CHOICE OF ONE ENTRÉE:

POULTRY

Buttermilk Fried Chicken Thigh (1 thigh + sauce | 310 cal)
Calabrian Chile Roasted Chicken  (1 breast | 380 cal)
Cajun Chicken Breast (1 breast | 230 cal)
Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)
Piri Piri Chicken (4 oz. | 250 cal)

VEGETARIAN AND VEGAN

Roasted Root Vegetable Tagine  (1/2 cup | 90 cal)
Almond Butter, Spelt and Mushroom
Risotto   (1 bowl | 260 cal)
Pea Cakes, Feta and Pea Shoots  (1 cake | 130 cal)
Cauliflower Rice Stir Fry  (1/2 cup | 50 cal)
Crabless Crab Cake   (1 cake | 350 cal)
Butternut Squash and Lentils   (1/2 cup | 110 cal)
Alu Matar - Potato and Pea Curry  (1/2 cup | 150 cal)
Baked Zucchini with Apple Couscous   (1/2 cup | 90 cal)
Vegetarian Lentil Pie   (1/2 cup | 80 cal)

PORK

Honey and Five Spice Pork Loin (4 oz. | 280 cal)
Spring Herb and Dijon Pork Tenderloin (4 oz. | 160 cal)
Cuban Mojo Pork (4 oz. | 280 cal)

BEEF +\$6.59

BBQ Rubbed Eye of Round (4 oz. | 240 cal)
BBQ Beef Brisket (4 oz. | 240 cal)
Braised Beef Short Ribs (4 oz. | 330 cal)
Grilled Steak (4 oz. | 260 cal)
Flank Steak (4 oz. | 240 cal)

SEAFOOD +\$6.59 per guest

Olive Oil and Thyme Poached Cod (1 fillet | 100 cal)
Citrus and Herb Crusted Wild Salmon (1 fillet | 170 cal)
Charleston Crab Cake (1 cake | 250 cal) (1
Shrimp and Grits entrée | 590 cal)
Parmesan Tilapia with Red Pepper
Sauce (1 entree | 170 cal)

CHOICE OF ONE SALAD:

Herbed Salad Greens   (1 cup | 10 cal)
Classic Caesar Salad (1 cup | 180 cal)
Garden Salad   (1 cup | 10 cal)
Greek Salad  (1 cup | 20 cal)
Mandarin Orange Spinach Salad  (1 cup | 70 cal)

CHOICE OF ONE SIDE:

Simply Steamed Brown Rice   (1/2 cup | 180 cal)
Coconut Jasmine Rice  (1/2 cup | 190 cal)
Steamed Basmati Rice   (1/2 cup | 120 cal)
Oven Roasted Fingerling Potatoes   (4 oz. | 140 cal)
Herbed Roasted Potato Wedges   (4 oz. | 100 cal)
Simply Roasted Red Bliss Potatoes (1/2 cup | 130 cal)
Sweet Potato Hash with   (1/2 cup | 110 cal)
Shallots and Kale (1/2 cup | 150 cal)
Whipped Sweet Potatoes  (1/2 cup | 90 cal)
Parsnip Whipped Potatoes  (1/2 cup | 80 cal)
Whipped Fresh Potatoes with Butter  (1/2 cup | 80 cal)

CHOICE OF ONE VEGETABLE:

Grilled Zucchini with Coriander   (4 oz. | 20 cal)
Simply Sautéed Kale   (1/2 cup | 60 cal)
Grilled Ratatouille   (1/2 cup | 80 cal)
Roasted Beets and Radishes   (1/2 cup | 70 cal)
Grilled Broccolini   (4 oz. | 80 cal)
Charred Broccoli Rabe  (4 oz. | 110 cal)
Charred Tri Color Baby Carrots   (1/2 cup | 70 cal)
Grilled Fresh Asparagus   (5 spears | 20 cal)
Braised Collard Greens   (1/2 cup | 90 cal)
Charred Brussels Sprouts   (1/2 cup | 25 cal)
Sautéed Green Beans  (4 oz. | 60 cal)

BUFFETS: HOT BUFFETS

Selections from these menus are presented buffet style. Selections are presented on china and pricing includes linens cloths and napkins for guest seating and trained service staff.



CHOICE OF TWO DESSERTS:

Fresh Sliced Fruit Platter	(30z 35 cal)
Double Chocolate Layer Cake	(1 slice 410 cal)
Carrot Cupcake	(1 cupcake 260 cal)
Belgian Style Chocolate Cupcake	(1 cupcake 250 cal)
Red Velvet and Oreo Cupcake	(1 cupcake 290 cal)
Strawberry Brioche Bread Pudding	(1 pudding 150 cal)
Maple, Cinnamon, Chocolate Bread Pudding	(1 pudding 360 cal)
Devils Food Cake	(1 slice 70 cal)
Red Velvet Cake 	(1 piece 90 cal)
Yogurt Honey Mousse with Berries Tartlet	(1 canape 60 cal)
Pumpkin Pie Tartlet 	(1 canape 170 cal)
Vegan Oatmeal Raisin Cookies 	(each 110 cal)
Vegan Chocolate Chip Cookies 	(each 190 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 	(8 oz. 0 cal)
Lemonade 	(8 oz. 70 cal)
Orange Infused Water 	(8 oz. 0 cal)
Cucumber Mint Infused Water 	(8 oz. 0 cal)
Honeydew Cucumber Mint Infused Water 	(8 oz. 0 cal)
Iced Water 	(8 oz. 0 cal)

BUFFET ADD ONS

Give your guests something extra special to enjoy with their cold buffet selection by adding on one or more of our add ons.

AMBIENT VEGETABLES \$2.49 per guest

30 guest minimum

Zucchini, Hazelnuts and Parmesan Salad 	(4 oz. 140 cal)
Marinated Roasted Red Peppers 	(1/2 cup 130 cal)
Dijon Roasted Red Potato Salad 	(1/2 cup 150 cal)
Grilled Eggplant, Tahini and Pomegranate 	(4 oz. 250 cal)

ADDITIONAL ENTRÉE (per guest attendance)

Poultry Entrée \$7.19 per guest
Vegetarian Entrée \$7.19 per guest
Pork Entrée \$7.19 per guest
Beef/Lamb Entrée \$11.89 per guest
Seafood Entrée \$11.89 per guest

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



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. Selections are presented on china and pricing includes linens cloths and napkins for guest seating and trained service staff.

30 guest minimum | \$25.39 per guest

INCLUDES:

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

CHOICE OF ONE ENTRÉE:

POULTRY

Balsamic Grilled Chicken  (each | 180 cal)
Kansas City BBQ Chicken Quarter (each | 430 cal)
Grilled Jerk Chicken Breast  (each | 170 cal)
Teriyaki Chicken  (each | 180 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)
Balsamic Grilled Flank Steak (4 oz. | 230 cal)
Homestyle Meat Lasagna (each | 350 cal)

PORK

Baked Ziti with Italian Sausage (entrée | 650 cal)
Smothered Pork (4 oz. | 170 cal)
Herb Roasted Pork Loin with Pan Gravy (4oz | 210 cal)
Tuscan Roast Pork (4 oz. | 320 cal)

SEAFOOD

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

VEGETARIAN/VEGAN

Eggplant Parmesan  (serving | 280 cal)
Spelt and Almond-Stuffed Red
Bell Pepper  (half pepper | 380 cal)
Vegetarian Lentil Shepherd's Pie   (serving | 300 cal)

Add an additional entrée for \$5.7 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)
Charred Brussels Sprouts	 	(4 oz. 25 cal)
Roasted Garlic Green Beans	 	(4 oz. 60 cal)
Oven Roasted Butternut Squash	 	(4 oz. 70 cal)
Grilled Balsamic Zucchini	 	(4 oz. 25 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)
Whipped Sweet Potatoes		(4 oz. 150 cal)
Au Gratin Potato		(4 oz. 200 cal)
Roasted Greek Fries	 	(4 oz. 110 cal)
Steamed Brown Rice	 	(4 oz. 100 cal)
Wild Rice Pilaf		(4 oz. 170 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)

CHOICE OF ONE COLD SIDE:

German Potato Salad		(4 oz. 140 cal)
Country Potato Salad Classic		(4 oz. 180 cal)
Carolina Cole Slaw Classic		(4 oz. 160 cal)
Macaroni Salad	 	(4 oz. 280 cal)
Balsamic Broccoli Pasta Salad	 	(4 oz. 120 cal)
Black Bean, Corn and Jicama Salad	 	(4 oz. 90 cal)
Brussels Sprout Slaw with Almonds		(4 oz. 190 cal)

CHOICE OF ONE DESSERT:

Dutch Apple Pie		(1 slice 430 cal)
Lemon Meringue Pie		(1 slice 300 cal)
Double Chocolate Layer Cake		(1 slice 410 cal)
Confetti Cupcake		(1 cupcake 290 cal)
Belgian Style Chocolate Cupcake		(1 cupcake 260 cal)
Red Velvet and Oreo Cupcake		(1 cupcake 310 cal)
Maple, Cinnamon, Chocolate Bread Pudding		(1 pudding 360 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)
Honey Cucumber Mint Infused Water	 	(8 oz. 0 cal)



BUFFETS: THEMED BUFFETS



PLANT-BASED MEXICAN

30 guest minimum | \$24.19 per guest

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

Vegetable & Black Bean Quesadilla	VC	(1 quesadilla 500 cal)
Roasted Chili & Sweet Corn Tamale	V	(2 tamale 90 cal)
Spanish Rice	VC	(1/2 cup 90 cal)
Baja Black Beans	VC Gf	(1/2 cup 100 cal)
Tri-Color Corn Tortilla Chips	VC	(1/2 cup 80 cal)
Pico De Gallo	VC	(2 tbsp. 0 cal)
Western Style Guacamole	VC	(2 tbsp. 50 cal)
Hand Dipped Spiced Chocolate		(1 cookie 220 cal)
Cookie	V	

SOUTHERN ITALIAN

30 guest minimum | \$24.19 per guest

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

Orecchiette Puttanesca	VC Gf	(1 cup 200 cal)
Calabrian Chile Roasted Chicken	Gf	(4 oz. 170 cal)
Caponata	VC Gf	(3 oz. 60 cal)
Cannellini Beans w/Tomato & Rosemary	VC Gf	(1/2 cup 80 cal)
Fennel, Arugula & Ricotta Salad	V	(3 oz. 120 cal)
Herb Focaccia Bread	VC	(1 piece 240 cal)
Tiramisu Sweet Shot	V	(each 240 cal)

FARMER'S MARKET

30 guest minimum | \$24.19 per guest

Selection of farm-fresh favorites including sides, salads, entrée, dessert, condiments and beverages.

Buttermilk Fried Chicken Thigh		(1 thigh 310 cal)
Spring Pea Cakes, Feta and Pea Shoots	V	(2 cakes 250 cal)
Baby Kale, Red Onion & Fennel Salad	V	(1/2 cup 160 cal)
Grape Tomato Salad	VC Gf	(1/2 cup 150 cal)
Black Eyed Pea & Corn Salad	V Gf	(1/2 cup 90 cal)
Cornbread	V	(1 piece 200 cal)
Yogurt Honey Mousse with Berries Tartlet		(1 tartlet 60 cal)

PIZZA PARTY

20 guest minimum | \$14.39 per guest

INCLUDES:

Bread Sticks	(1 breadstick 100 cal)
Tiramisu Sweet Shots	(each 250 cal)

CHOICE OF ONE SALAD:

Garden Salad	VC Gf	(1 cup 10 cal)
Greek Salad	V	(1 cup 160 cal)
Classic Caesar	V	(1 cup 220 cal)
Kale Salad	V Gf Gf	(1 cup 15 cal)

PIZZA CHOOSE 3:

Pepperoni		(1 slice 280 cal)
Cheese	V	(1 slice 250 cal)
Spinach Mushroom Pizza	V	(1 slice 260 cal)
Margherita	V	(1 slice 260 cal)
BBQ Chicken		(1 slice 330 cal)
Chicken Pesto		(1 slice 200 cal)
Vegetable	V	(1 slice 300 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea	VC Gf	(8oz 0 cal)
Lemonade	VC Gf	(8oz 15 cal)
Orange Infused Water	VC Gf	(8oz 0 cal)
Cucumber Mint Infused Water	VC Gf	(8oz 0 cal)
Honey Dew Mint Water	VC Gf	(8oz 0 cal)
Ice Water	VC Gf	(8oz 0 cal)

WHOLE PIZZAS

Cheese Pizza	\$17.59 per pizza	(1 slice 210 cal)
Four Cheese Pizza	\$21.99 per pizza	(1 slice 330 cal)
Pepperoni Pizza	\$17.59 per pizza	(1 slice 240 cal)
Vegetable Lovers Pizza	\$21.99 per pizza	(1 slice 250 cal)
Mac and Cheese Pizza	\$21.99 per pizza	(1 slice 370 cal)
The Hawaiian Pizza	\$21.99 per pizza	(1 slice 260 cal)
Meat Lovers Pizza	\$21.99 per pizza	(1 slice 270 cal)
Buffalo Chicken Pizza	\$21.99 per pizza	(1 slice 380 cal)

Take a culinary journey around the world with Flavours` themed buffets. Selections from these menus are presented buffet style. Selections are presented on china and pricing includes linens cloths and napkins for guest seating and trained service staff.

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)
Honeydew Cucumber Mint Water 	(8 oz. 0 cal)
Ice Water 	(8 oz. 0 cal)

ASIAN

30 guest minimum | \$24.19 per guest

The flavors of Asia come alive with sides, salads, entrée, dessert and condiments.

Sweet and Sour Chicken	(cup 470cal)
Cantonese Stir Fry 	(cup 110 cal)
Steamed Jasmine Rice 	(1/2 cup 100 cal)
Tangy Asian Slaw 	(1/2 cup 250 cal)
Sesame Ginger Green Beans 	(1/2 cup 70 cal)
Vegetable Egg Roll 	(each 180 cal)
Mango Mousse Sweet Shot	

INDIAN

30 guest minimum | \$24.19 per guest

Traditional Indian buffet with sides, entrée, dessert and condiments.

Chicken Tikka Masala	(1 cup 390 cal)
Madras Cabbage & Peas 	(1 cup 140 cal)
Alu Gobi Matar 	(1/2 cup 100 cal)
Dal Tarka 	(1/2 cup 130 cal)
Pulao Rice 	(1/2 cup 130 cal)
Vegetable Pakora 	(1 pakora 50 cal)
Naan Dippers 	(2 dippers 60 cal)
Cilantro Chutney 	(1 tbsp. 35 cal)
Mango & Passion Fruit Fool Sweet Shot 	(each 60 cal)

SOUTHERN BBQ

30 guest minimum | \$24.19 per guest

Celebrate the south with BBQ, comforting sides, salad, entree, dessert and condiments. Comes with your choice of Pulled Pork or Smoked Beef Brisket.

Pulled BBQ Chicken 	(3 oz. 140 cal)
Cattleman's BBQ Sauce 	(2 tbsp. 50 cal)
Baked Beans	(1/2 cup 160 cal)
Carolina Slaw 	(1/2 cup 30 cal)
Country-Style Potato Salad 	(1/2 cup 190 cal)
Cornbread 	(1 piece 200 cal)
Chocolate Brownie 	(1 piece 60 cal)

TEX MEX

30 guest minimum | \$24.19 per guest

Tex Mex tacos with sides, dessert and condiments.

6" Pressed Flour Tortillas 	(2 tortillas 180 cal)
6" White Corn Table Tortillas 	(2 tortillas 110 cal)
Taco Meat	(3 oz. 160 cal)
Cumin Grilled Chicken 	(3 oz. 150 cal)
Spanish Rice 	(1/4 cup 90 cal)
Tex Mex Veggies 	(1/2 cup 80 cal)
Shredded Lettuce 	(1/4 cup 0 cal)
White Onions Pico 	(1 tbsp. 15 cal)
Gallo 	(2 tbsp. 5 cal)
Sour Cream 	(2 tbsp. 60 cal)
Shredded Cheddar Cheese 	(2 tbsp. 60 cal)
Western Style Guacamole 	(2 tbsp. 50 cal)
Sliced Jalapeno Peppers 	(2 tbsp. 0 cal)
Hand Dipped Spiced Chocolate Cookie 	(2 cookies 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 and trained service staff.

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)

Chicken Posole (6 oz. | 130 cal)

Spanish Chorizo & White Bean Soup (6 oz. | 120 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)

Green Goddess BLT Salad (1 salad | 150 cal)

Mixed Italian Salad  (1 salad | 300 cal)

Baby Kale, Red Onion & Fennel Salad  (1 salad | 160 cal)

Kale Caesar with Cage-Free Egg (1 salad | 400 cal)

Orange, Strawberry & Pecan Salad (1 salad | 410 cal)

Arugula, Plum & Blue Cheese Salad  (1 salad | 350 cal)

Baby Kale Salad  (1 cup | 70 cal)

CHOICE OF ONE DESSERT:

Iced Carrot Layer Cake  (1 slice | 460 cal)

Double Chocolate Layer Cake  (1 slice | 410 cal)

Crème Brûlée  (1 slice | 590 cal)

Fresh Fruit Tart  (1 slice | 280 cal)

Molten Choc Cake with Bittersweet Ganache  (1 cake | 630 cal)

Tiramisu  (1 slice | 540 cal)

Blackberry Clafoutis  (1 skillet | 390 cal)

Strawberry Rhubarb Cobbler  (1 cobbler | 390 cal)

Mango & Passion Fruit Fool Parfait  (1 mini parfait | 110 cal)

Toasted Angel Food Cake with Strawberries  (1 dessert cup | 350 cal)

Tropical Mojito Fruit Salad  (each | 70 cal)



PLATED MEALS, continued

POULTRY

BUTTERMILK FRIED CHICKEN THIGH \$25.39 per guest

Smoked paprika and ancho chili buttermilk fried chicken thigh served with braised kale and whipped sweet potatoes

(1 entrée | 610 cal)

CLASSIC ROASTED TURKEY BREAST \$25.39 per guest

Lean and juicy breast of turkey, roasted with garlic, pepper and salt and topped with creamy mushroom sauce, served with sautéed haricot verts and smashed sweet potatoes

(1 entrée | 380 cal)

CALABRIAN CHILE ROASTED CHICKEN \$30.89 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 | 370 cal)

HOISIN GLAZED CHICKEN \$30.89 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 | 270 cal)

BEEF/LAMB

LIME MARINATED FLANK STEAK \$31.99 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 \$39.69 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 \$47.49 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)

PORK

HONEY AND FIVE SPICE PORK LOIN \$25.39 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 🍷 \$31.99 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)

PANKO CRUSTED PORK CHOP \$25.39 per guest

Crispy golden brown pork medallion coated with crunchy Japanese breadcrumbs served with baby kale, fennel and red onion salad

(1 entrée | 420 cal)

BAKED HERBED PORK CHOP \$25.39 per guest

Pork chop basted and seasoned with a savory herb vegetable glaze served with horseradish yukon gold mashed potatoes and grilled asparagus

(1 entrée | 290 cal)

SEAFOOD

PAN-SEARED FRESH SCALLOPS \$44.99

Fresh scallops, extra virgin olive oil, kosher salt and black pepper served with sautéed spinach and creamy cauliflower puree

(1 entrée | 130 cal)

SIMPLY GRILLED SALMON \$35.29 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 \$30.89 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)

VEGETARIAN/VEGAN

ALMOND BUTTER, SPELT AND MUSHROOM RISOTTO 🌱🍷 \$25.53 per guest

Wild mushrooms, creamy almond butter and spelt risotto

(1 entrée | 260 cal)

BUTTERNUT SQUASH QUINOA CAKE 🌱 \$25.39 per guest

Quinoa cake made with butternut squash, ground flaxseed, kale, gluten free and sage served with mornay sauce.

CAULIFLOWER MANCHURIAN 🍷 \$25.59 per guest

Crispy fried cauliflower, Sautéed in hot and spicy sauce served with jasmine steamed rice

CRABLESS CRAB CAKE 🍷 \$25.59 per guest

Hearts of palm, red pepper, onion, eggless mayo, vegan Worcestershire, Old Bay and Tabasco served with grilled corn succotash

GINGER MISO TOFU 🌱 \$25.59 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)

SPRING PEA CAKES WITH FETA AND PEA SHOOTS 🍷 \$25.39 per guest

Fresh English peas, mint, scallions, lemon, feta and pea tendrils

(1 entrée | 300 cal)

PENNE PASTA WITH ASPARAGUS AND FONTINA 🍷 \$25.39 per guest

Hearts of palm, red pepper, onion, eggless mayo, vegan Worcestershire, Old Bay and Tabasco served with grilled corn succotash

(1 entrée | 620 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.

PLATTERS

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

20 guest minimum | \$5.99 per guest

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

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

20 guest minimum | \$5.99 per guest

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

ITALIAN ANTIPASTO PLATTER (3 oz. | 110-140 cal)

20 guest minimum | \$7.29 per guest

Antipasto platter with roasted red peppers, capicola, prosciutto, mozzarella, artichokes, banana peppers and olives

IMPORTED AND DOMESTIC CHEESE PLATTER (3 oz. | 280 cal)

(3 oz. | 280 cal)

20 guest minimum | \$7.29 per guest

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

MEZZE (1 serving | 0-40 cal)

20 guest minimum | \$7.79 per guest

A Middle Eastern selection of dishes including tabbouleh, hummus, baba ghanoush, cucumbers, plum tomatoes, stuffed grape leaves, olives, feta cheese and pickled red onions. Served with pita bread

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 \$13.19 per dozen

Assorted Cookie 	(1 cookie 150-180 cal)
Oatmeal Raisin Cookie 	(1 cookie 150 cal)
Butter Sugar Cookie 	(1 cookie 160 cal)
Chocolate Chip Cookie 	(1 cookie 160 cal)
Carnival Cookie 	(1 cookie 170 cal)
Double Chocolate Chip Cookie 	(1 cookie 160 cal)
Vegan Chocolate Chip 	(1 cookie 180 cal)
Vegan Oatmeal Raisin 	(1 cookie 160 cal)

BROWNIES AND BARS \$13.59 per dozen

Blondie Bars 	(1 piece 60 cal)
Chocolate Brownie Bars	(1 piece 60 cal)
Rice Krispie Bars	(1 piece 70 cal)
Lemon Bars 	(1 piece 80 cal)
Totally Oreo Brownies 	(1 piece 110 cal)
Apple Cranberry Bar 	(1 piece 45 cal)

CUPCAKES \$25.39 per dozen

Yellow Cupcakes with Fudge Icing 	(1 cupcake 310 cal)
Red Velvet Cupcakes 	(1 cupcake 320 cal)
Orange Angel Cupcake 	(1 cupcake 160 cal)
Red Velvet and Oreo Cupcake 	(1 cupcake 310 cal)
Big Top Cupcake 	(1 cupcake 280 cal)
Mochalicious Cupcake 	(1 cupcake 190 cal)

SNACKS

TRAIL MIX

\$18.79 per pound	(1 oz. 150 cal)
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CANDIED CINNAMON PECANS

\$16.59 per pound	(1 oz. 160 cal)
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SPICED WALNUTS

\$18.79 per pound	(1 oz. 170 cal)
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MIXED NUTS

\$21.49 per pound 	(1 oz. 170 cal)
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GRANOLA BARS \$14.39 per dozen

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

SHEET CAKE

Your choice of half or whole single-layer sheet cake. If required, enter desired cake message in Special Instructions.

\$39.59 per single layer, half sheet	(serves 32 guests)
\$76.09 per single layer, whole sheet cake	(serves 64 guests)

Choice of One Cake:

Devil's Food Cake 	(1 piece 150 cal)
Yellow Cake 	(1 piece 130 cal)
White Cake 	(1 piece 130 cal)

Choice of One Icing:

Fudge Icing 	(2 tbsp. 130 cal)
Chocolate Fudge Icing 	(2 tbsp. 120 cal)
White Buttercream Icing 	(2 tbsp. 130 cal)
Buttercream Icing 	(2 tbsp. 120 cal)

ICE CREAM SUNDAE BAR

Top your own ice cream with a selection of sauces and toppings.

Serves 24 guests \$187.99 per package

Serves 35 guests \$270.19 per package

FRUIT 12 guest minimum

Mixed Fruit Cup 	\$6.29 per guest	(each 35 cal)
Sliced Fresh Fruit Platter	\$6.29 per guest	(3 oz. 35 cal)
Apples 	\$1.39 each	(each 90 cal)
Bananas 	\$1.39 each	(each 140 cal)
Oranges 	\$1.39 each	(each 70 cal)

CHIPS AND PRETZELS \$22.39 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)

CHEF ATTENDED CARVING STATIONS



Chef Attended stations give your guests something extra special to enjoy at your event. These stations require a station chef; our team will reach out to you to discuss.

THE CARVERY: BEEF CARVING STATION 30 guest minimum

Beef carved to order by one of our chefs. Accompanied by roasted potatoes, green beans almandine, Caesar salad and dinner rolls with butter. Includes horseradish mayonnaise and whole grain mustard.

Roasted Rosemary Red Bliss Potatoes  	(4 oz. 120 cal)
Fresh Green Beans Almandine  	(5 oz. 60 cal)
Classic Caesar Salad	(1/2 cup 90 cal)
Assorted Dinner Rolls and Butter 	(1 roll 80 cal)
Au Jus	(2 tbsp. 0 cal)
Horseradish Mayonnaise	(1 tbsp. 80 cal)
Whole Grain Mustard 	(1 tbsp. 20 cal)

Choice of One Beef Selection:

Beef Tenderloin with Herb Crust	(3 oz. 240 cal)	\$44.99
Roasted Strip Loin	(3 oz. 220 cal)	\$33.59

THE CARVERY: PORK CARVING STATION 30 guest minimum | \$25.39

BBQ Pork Loin with Texas Smokehouse BBQ sauce, carved to order by one of our chefs. Accompanied by baked beans, country-style potato salad, classic Carolina slaw, Greek salad and assorted dinner rolls with butter.

BBQ Pork Loin	(3 oz. 230 cal)
Baked Beans	(1/2 cup 160 cal)
Country-Style Potato Salad 	(1/2 cup 190 cal)
Classic Carolina Cole Slaw  	(1/2 cup 160 cal)
Greek Salad 	(1/2 cup 10 cal)
Assorted Dinner Rolls and Butter 	(1 roll 80 cal)
Texas Smokehouse BBQ Sauce	(2 tbsp. 20 cal)

THE CARVERY: TURKEY CARVING STATION 30 guest minimum | \$25.39

Roasted turkey breast, carved to order by one of our chefs. Served with gravy, chutney, whipped sweet potatoes, braised collard greens and dinner rolls with butter.

Roasted Turkey Breast 	(3 oz. 90 cal)
Whipped Sweet Potatoes  	(1/2 cup 150 cal)
Braised Collard Greens  	(1/2 cup 90 cal)
Cranberry Chutney 	(1 tbsp. 20 cal)
Assorted Dinner Rolls and Butter 	(1 roll 80 cal)
Whole Grain Mustard 	(1 tbsp. 20 cal)
Turkey Gravy	(2 tbsp. 10 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

SANTA FE CHICKEN EGG ROLL	(1/2 egg roll 100 cal)
\$28.99 per dozen	
TERIYAKI CHICKEN POTSTICKER	(1 each 90 cal)
\$28.89 per dozen	
COCONUT CHICKEN SATAY	(each 30 cal)
\$27.59 per dozen	
LEMON PEPPER CHICKEN SKEWER 	(each 50 cal)
\$29.99 per dozen	
CHICKEN DIABLO EMPANADA	(1 each 240 cal)
\$27.59 per dozen	
GREEK TURKEY MEATBALL	(1 canape 50 cal)
\$21.69 per dozen	
CORDON BLEU BITES	(1 bite 80 cal)
\$27.59 per dozen	

PORK

BBQ PORK SLIDER	(each 200 cal)
\$26.29 per dozen	
BACON, FIG AND SMOKED GOUDA TARTLET	(each 60 cal)
\$21.69 per dozen	
SERRANO HAM AND MANCHEGO CHEESE CROQUETTE	(each 80 cal)
\$21.69 per dozen	
MINIATURE CUBAN SANDWICH	(each 90 cal)
\$21.69 per dozen	
PROSCIUTTO WRAPPED ASPARAGUS	(1 canape 50 cal)
\$28.99 per dozen	
ASIAN STYLE PORK MEATBALL	(1 canape 45 cal)
\$17.99 per dozen	

BEEF

CENTER CUT FILET OF BEEF CANAPE	(1 canape 50 cal)
\$26.29 per dozen	
ASIAN BEEF SATAY	(1 satay 45 cal)
\$23.99 per dozen	
CHEESEBURGER SLIDERS	(each 190 cal)
\$28.99 per dozen	
BURGER SLIDER	(each 180 cal)
\$28.99 per dozen	
BARBEQUE MEATBALLS	(1 meatball + sauce 70 cal)
\$18.19 per dozen	
PASTRAMI ON RYE PANINI	(each 50 cal)
\$28.99 per dozen	
CHURRASCO BEEF SATAY	(each 50 cal)
\$27.59 per dozen	

SEAFOOD

CRISPY COCONUT SHRIMP	(each 80 cal)
\$27.59 per dozen	
GOCHUJANG TEMPURA SHRIMP	(each 60 cal)
\$23.99 per dozen	
CRAB, ARTICHOKE AND SPINACH TARTLET	(each 50 cal)
\$23.99 per dozen	
FRIED LOBSTER MAC AND CHEESE	(each 70 cal)
\$27.59 per dozen	



HORS D'OEUVRES: A LA CARTE



VEGETARIAN/VEGAN

SICILIAN ARANCINI	(each 90 cal)
<i>\$23.99 per dozen</i>	
CRISPY FALAFELS	(1 falafel 130 cal)
<i>\$23.99 per dozen</i>	
VEGETABLE EGG ROLL	(1/2 egg roll 180 cal)
<i>\$23.99 per dozen</i>	
FRIED RAVIOLI	(1 ravioli 90 cal)
<i>\$18.59 per dozen</i>	
TOMATO, VIDALIA ONION AND GOAT CHEESE TART	(1 tart 100 cal)
<i>\$21.69 per dozen</i>	

ASSORTED COLD DIPS

15 guest minimum | \$3.79 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 w/ 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 | \$3.79 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)

COLD HORS D'OEUVRES

COOL SALMON CANAPES	(1 canapé 60 cal)
<i>\$23.99 per dozen</i>	
ENDIVE, GOAT CHEESE, FIG AND PECANS	(1 canapé 70 cal)
<i>\$26.29 per dozen</i>	
CURRIED CHICKEN AND GOLDEN RAISIN TARTLETS	(1 phyllo cup 140 cal)
<i>\$28.99 per dozen</i>	
CUCUMBER ROUNDS WITH FETA AND TOMATO	(1 piece 40 cal)
<i>\$23.99 per dozen</i>	
CARAMELIZED ONION AND WHITE BEAN CROSTINI	(1 slice 120 cal)
<i>\$21.69 per dozen</i>	
GOAT CHEESE AND HONEY PHYLLO CUPS	(1 phyllo cup 90 cal)
<i>\$27.69 per dozen</i>	
BLACK CURRANT AND BRIE CROSTINI	(1 slice 90 cal)
<i>\$21.69 per dozen</i>	
BROCCOLI RABE AND FRESH MOZZARELLA CROSTINI	(1 canapé 190 cal)
<i>\$21.69 per dozen</i>	
CANNELLINI AND ROMANO BRUSCHETTA	(1 canapé 60 cal)
<i>\$21.69 per dozen</i>	

PREMIUM SELECTIONS

JUMBO LUMP CRAB CAKE	(each 70 cal)
<i>\$43.39 per dozen</i>	
SEAFOOD STUFFED MUSHROOM CAP	(each 15 cal)
<i>\$40.09 per dozen</i>	

BEVERAGES



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

HOT BEVERAGES - PER GUEST

Served with appropriate condiments.

Coffee and Hot Tea Service 	(12 oz. 0-5 cal)
\$3.99 per guest	
Brewed Regular Coffee 	(12 oz. 0-5 cal)
\$3.69 per guest	
Brewed Decaffeinated Coffee 	(12 oz. 0-5 cal)
\$3.69 per guest	
Tea Bags with Hot Water 	(12 oz. 0-5 cal)
\$3.69 per guest	
Hot Cocoa Mix with Hot Water	(1 pack 80 cal)
\$3.69 per guest	

HOT BEVERAGES - PER GALLON

Served with appropriate condiments.

Brewed Regular Coffee 	(12 oz. 0-5 cal)
\$25.39 per gallon	
Brewed Decaffeinated Coffee 	(12 oz. 0-5 cal)
\$25.39 per gallon	
Tea Bags with Hot Water 	(12 oz. 0-5 cal)
\$25.39 per gallon	
Hot Cocoa Mix with Hot Water	(1 pack 80 cal)
\$25.39 per gallon	

JUICE

Orange Juice 	(8 oz. 15 cal)
\$25.39 per gallon	
Apple Juice 	(8 oz. 110 cal)
\$25.39 per gallon	
Cranberry Juice Cocktail 	(8 oz. 100 cal)
\$25.39 per gallon	
Chilled Apple Cider 	(8 oz. 110 cal)
\$25.39 per gallon	

PUNCH

Orange Blossom Punch 	(8 oz. 170 cal)
\$27.59 per gallon	
White Sparkling Punch 	(8 oz. 100 cal)
\$27.59 per gallon	
Sangria Punch 	(8 oz. 120 cal)
\$27.59 per gallon	

TEA AND LEMONADE

Brewed Iced Tea	(8 oz. 0 cal)
\$25.39 per gallon	
Sweet Iced Tea	(8 oz. 15 cal)
\$25.39 per gallon	
Country Time Lemonade	(8 oz. 5 cal)
\$25.39 per gallon	
Strawberry Lemonade	(8 oz. 90 cal)
\$25.39 per gallon	
Mango Lemonade	
\$25.39 per gallon	(8 oz. 0 cal)

WATER STATION

Ice Water	(8 oz. 0 cal)
\$3.39 per gallon	
Ice Water with Lemons, Limes and Oranges (8 oz. 0 cal)	\$10.99 per gallon
Orange Infused Water	(8 oz. 0 cal)
\$10.99 per gallon	
Cucumber Mint Infused Water	(8 oz. 0 cal)
\$10.99 per gallon	

INDIVIDUAL BEVERAGES

Assorted Juice	\$3.09 each	(each 80-170 cal)
Sparkling Water	\$2.89 each	(each 0 cal)
Bottled Water	\$2.39 each	(each 0 cal)
Assorted Canned Soft Drinks, Regular and Diet	\$1.99 each	(each 5-160 cal)



FLAVOURS

TASTE : SUCCESS

