

# FLAVOURS

TASTE : SUCCESS



COLORADO MESA  
UNIVERSITY



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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 970-248-1027, email us at [Catering@ColoradoMesa.edu](mailto:Catering@ColoradoMesa.edu) or visit our website: <https://www.coloradomesa.edu/dining/catering>.

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 Gluten Free requests.

## 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:

Seasonal Sliced Fresh Fruit 

(3 oz. | 35 cal)

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

Coffee & Hot Tea Service 


(12 oz. | 0-5 cal)


### CHOICE OF TWO:

Muffins  (each | 160-230 cal)

Croissants  (each | 200 cal)

Coffee Cakes  (each | 110-430 cal)

Scones  (each | 190-200 cal)

Breakfast Breads  (each | 250 cal)

Butter and Assorted Jam

## HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$12.99 per guest

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

### INCLUDES:

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

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

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

Cage-Free Hard-Boiled Egg  (each | 80 cal)

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Oatmeal (4 oz. | 140 cal)

### CHOICE OF FOUR:

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)

## BREAKFAST: MORNING BUFFETS





# BREAKFAST: MORNING BUFFETS, cont.

## BREAKFAST BUFFET









20 guest minimum | \$17.50 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:

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

### CHOICE OF TWO:

- |  |                      |   |                      |
|--|----------------------|---|----------------------|
| Sliced Plain Bagel   | (each   90 cal)      | Butter Croissant     | (each   80 cal)      |
| Danish    | (each   130-170 cal) | Scones                 | (each   190-200 cal) |
| Muffins   | (each   160-230 cal) | Chocolate Croissant  | (each   190-200 cal) |
| Southern Style Biscuits   | (each   170 cal)     |   |                      |

Cream Cheese  (1 oz. | 70 cal), Light Cream Cheese  (1 oz. | 60 cal) and Strawberry Cream Cheese  (1 oz. | 70 cal)

### CHOICE OF ONE:

- Hash Browned Potatoes with Onion & Thyme  (1/2 cup | 170 cal)
- Grits with Cheese  (1/2 cup | 200 cal)
- Classic Grits   (4 oz. | 70 cal)
- Potato Roesti with Chives & Parsley  
- Sweet Potato Hash with Shallots & Kale  
- French Fried Tater Tots  
- Hash Browned Potato  
- Home Fried Potatoes  
- Golden Beet Hash 
- Root Vegetable Hash  

### CHOICE OF TWO:

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

### CHOICE OF ONE:

- |   |                     |  |                     |
|---|---------------------|--|---------------------|
| Seasoned Scrambled Egg Whites    | (1/2 cup   90 cal)  | Seasoned Scrambled Eggs   | (1/2 cup   180 cal) |
| Cholesterol Free Scrambled Eggs  | (1/2 cup   120 cal) | Scrambled Tofu   | (1/2 cup   130 cal) |

## SET AND GO BREAKFAST



15 guest minimum | \$17.50 per guest

This buffet displayed on to-go packaging and includes eco-friendly serviceware, coffee and hot tea service.






Start with seasonal fresh fruit, then customize your buffet with your choice of breakfast breads, oatmeal bowl, a mini yogurt parfait and breakfast sandwich selection. Includes coffee, hot tea, and condiments.

Service charge: pick up - \$17.98 | delivery - \$17.98

### INCLUDES:

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



### CHOICE OF TWO:

- |  |                      |   |                      |
|--|----------------------|---|----------------------|
| Muffins           | (each   160-230 cal) | Croissant  | (each   200 cal)     |
| Coffee Cakes      | (each   110-450 cal) | Scones     | (each   190-200 cal) |
| Breakfast Breads  | (each   250 cal)     |   |                      |
- Butter and Assorted Jam



### CHOICE OF TWO:

- Strawberry Pecan Steel Cut Oatmeal   (each | 220 cal)
- Cinnamon Brown Sugar Steel Cut Oatmeal   (each | 370 cal)
- Cranberry Chocolate Steel Cut Oatmeal   (each | 340 cal)
- Chocolate Covered Cherry Parfait  (parfait | 170 cal)
- Apple Sweet Potato Yogurt Parfait  (parfait | 250 cal)
- Lemon Rosemary Parfait  (parfait | 150 cal)
- Hawaiian Sunset Parfait  (parfait | 120 cal)

### CHOICE OF TWO:

- |   |                  |   |                  |
|---|------------------|---|------------------|
| Cage-Free Egg & Cheese Bagel  | (each   200)     | Cage-Free Egg & Cheese Biscuit  | (each   280 cal) |
| Ham, Cage-Free Egg & Cheese Bagel   | (each   230 cal) | Ham, Cage-Free Egg & Cheese Biscuit   | (each   310 cal) |
| Bacon, Cage-Free Egg & Cheese Bagel   | (each   240 cal) | Bacon, Cage-Free Egg & Cheese Biscuit   | (each   310 cal) |
| Sausage, Cage-Free Egg & Cheese Bagel   | (each   390 cal) | Sausage, Cage-Free Egg & Cheese Biscuit   | (each   470 cal) |

### UPGRADE YOUR BREAKFAST SANDWICH:

- |   |                  |
|---|------------------|
| Cage-Free Egg & Cheese Croissant  \$1.49 per guest | (each   190 cal) |
| Bacon, Cage-Free Egg & Cheese Croissant \$3.50 per guest  | (each   220 cal) |
| Ham, Cage-Free Egg & Cheese Croissant \$2.99 per guest  | (each   220 cal) |
| Sausage, Cage-Free Egg & Cheese Croissant \$2.99 per guest  | (each   380 cal) |
| Cage-Free Egg & Cheese Brioche  \$2.99 per guest   | (each   210 cal) |
| Bacon, Cage-Free Egg & Cheese Brioche \$3.50 per guest  | (each   250 cal) |
| Ham, Cage-Free Egg & Cheese Brioche \$2.99 per guest  | (each   240 cal) |
| Sausage, Cage-Free Egg & Cheese Brioche \$2.99 per guest  | (each   400 cal) |



# BREAKFAST: A LA CARTE



Upgrade your breakfast with la carte selections.

## CHEF SELECT EGG DISHES

20 guest minimum | \$4.99 per guest

A selection of chef-created egg dishes.

- Vegan Shakshuka
- Chilaquiles with Salsa Roja

### ADDITIONAL SELECTIONS:

- Grilled Zucchini, Bacon, Swiss Frittata
- Hash Brown, Mushroom & Spinach Quiche
- Cage-Free Hard-Boiled Eggs \$12.99

(each | 160 cal)  
(3/4 cup | 280 cal)

(1 slice | 290 cal)  
(1 wedge | 210 cal)

(each | 80 cal)

## BREAKFAST BAKERY

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

- Muffins \$19.99 per dozen
- Danish \$19.49 per dozen
- Croissants \$16.99 per dozen
- Scones \$16.99 per dozen
- Coffee Cakes \$19.49 per dozen
- Cinnamon Roll Flats \$24.00 per dozen
- Sliced Plain Mini Bagels \$19.49 per dozen
- Southern Style Biscuits \$19.99 per dozen
- Homestyle Banana Nut Bread \$16.99 per dozen

(1 each | 160-230 cal)  
(1 each | 130-170 cal)  
(1 each | 80-100 cal)  
(1 each | 190-200 cal)  
(1 each | 110-430 cal)  
(1 each | 120 cal)  
(1 each | 90 cal)  
(1 each | 170 cal)  
(1 each | 250 cal)

## DONUT HOLES \$7.99 per dozen

- Glazed Donut Holes
- Cinnamon Sugar Donut Holes

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

## YOGURT 12 guest minimum | \$2.09 each

- Chobani Non-Fat Blueberry Greek Yogurt
- Chobani Non-Fat Vanilla Greek Yogurt
- Chobani Non-Fat Strawberry Greek Yogurt
- Strawberry Banana Non Fat Lite Yogurt
- Blueberry Non-Fat Lite Yogurt
- Vanilla Non-Fat Lite Yogurt

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

## SEASONAL MINI GREEK YOGURT PARFAITS 12 guest minimum | \$4.99 per guest

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

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

## OATMEAL BAR 12 guest minimum | \$4.99 per guest

Warm oatmeal served with a variety of toppings and milk.

### INCLUDES:

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

### CHOICE OF FOUR:

- 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)

## BREAKFAST: A LA CARTE, continued



### BREAKFAST PROTEINS *12 guest minimum | \$3.50 per guest*

Bacon Slices	(1 slice   35 cal)	Canadian Bacon Slices	(1 slice   25 cal)
Sausage Link	(1 link   110 cal)	Turkey Bacon	(1 slice   25 cal)
Turkey Sausage Link	(1 link   45 cal)	Cage-Free Hard-Boiled Eggs	(each   80 cal)

### BREAKFAST SIDES

*20 guest minimum | \$2.25 per guest*

*Add a breakfast side or two to complement your breakfast selections.*

Hash Browned Potatoes with Onion & Thyme	(1/2 cup   170 cal)
Sausage Gravy & Biscuit	(1 biscuit + gravy   250 cal)
Grits with Cheese	(1/2 cup   200 cal)
Classic Grits	(1/2 cup   70 cal)
Potato Roesti with Chives & Parsley	(1 slice   70 cal)
Sweet Potato Hash with Shallots & Kale	(1/2 cup   110 cal)

### HOT BREAKFAST SANDWICHES

*20 guest minimum | \$4.99 per guest*

Cage-Free Egg & Cheese Bagel	(each   200 cal)
Bacon, Cage-Free Egg & Cheese Bagel	(each   240 cal)
Ham, Cage-Free Egg & Cheese Bagel	(each   230 cal)
Sausage, Cage-Free Egg & Cheese Bagel	(each   390 cal)
Cage-Free Egg & Cheese Biscuit	(each   280 cal)
Bacon, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Ham, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Sausage, Cage-Free Egg & Cheese Biscuit	(each   470 cal)

### BREAKFAST BURRITOS

*20 guest minimum | \$5.99 per guest*

Rajas & Chorizo Breakfast Burrito	(each   650 cal)
Carnitas Verde Breakfast Burrito	(each   480 cal)
Roasted Vegetable Breakfast Burrito	(each   400 cal)
Cage-Free Egg, Cheese & Potato Breakfast Burrito	(each   470 cal)
Sausage, Egg and Cheese	(each   390 cal)
Bacon, Egg and Cheese	(each   240 cal)

### BAGELS & SCHMEARS

*20 guest minimum | \$3.99 per guest*

*Select two bagel flavors along with your choice of three 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)
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#### CHOICE OF TWO SPECIALTY SCHMEAR CHEESES:

Everything Schmeer	(2 tbsp.   70 cal)
Lemon Dill Schmeer	(2 tbsp.   50 cal)
Honey Walnut Schmeer	(2 tbsp.   80 cal)
Blueberry Schmeer	(2 tbsp.   60 cal)
Smoked Salmon & Caper Schmeer	(2 tbsp.   70 cal)
Furikake Schmeer	(2 tbsp.   60 cal)

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

## BREAKS: AFTERNOON BREAKS




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


### SWEET & SALTY

20 guest minimum | \$8.99 per guest

Sweet & Salty includes spiced snack mix, fruit and cheese, platter and cookies.

#### INCLUDES:

Seasoned Snack Mix  (1/2 cup | 130 cal)  
Rice and Corn Chex® blended with almonds, pretzels, tomato, Worcestershire sauce, celery salt & garlic

Fruit & Cheese Platter  (3 oz. fruit + 1 oz. cheese | 140 cal)  
Platter heaped with cubed cheeses, cheddar, Swiss and provolone, an arrangement of fresh melon, berries and grapes

Assorted Crackers for Cheese (1 serving | 50 cal)

#### CHOICE OF COOKIES:

Chocolate Chip Cookie  (1 cookie | 150 cal)  
Oatmeal Raisin Cookie  (1 cookie | 150 cal)

### DIPS AND CHIPS









20 guest minimum | \$5.99 per guest

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






#### INCLUDES:

Crudité Platter  (3 oz. | 20 cal)

#### CHOICE OF TWO CHIPS:

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

#### CHOICE OF TWO DIPS

Dijon Ranch Dip  (2 tbsp. | 190 cal)  
Onion Cheese Dip (2 tbsp. | 70 cal)  
Roasted Red Pepper Hummus   (2 tbsp. | 60 cal)  
Baba Ghanoush   (2 tbsp. | 30 cal)  
Buffalo Chicken Blue Cheese Dip (2 tbsp. | 50 cal)

## BREAKS: A LA CARTE



Perfect as an add on to an afternoon break package. 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 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  (3 each | 120 cal)

#### CHOICE OF TWO:

Honey Dip Doughnut Glaze  (1/2 tbsp. | 30 cal)

Maple Flavored Pancake Syrup  (1/2 tbsp. | 25 cal)

Strawberry Syrup  (1/2 tbsp. | 20 cal)

Chocolate Syrup  (1/2 tbsp. | 25 cal)

#### CHOICE OF THREE:

Bacon Crumbles (1 tsp. | 15 cal)

Graham Cracker Crumbs  (1 tsp. | 10 cal)

Mini Marshmallows (2 tsp. | 5 cal)

Mini Chocolate Chips  (2 tsp. | 35 cal)

Whipped Topping  (1/2 tbsp. | 5 cal)

Chocolate Jimmies Sprinkles  (1 tsp. | 20 cal)

Rainbow Jimmies Sprinkles  (1 tsp. | 20 cal)

### TOP YOUR OWN POPCORN STATION

20 guest minimum | \$3.39 per guest

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

#### INCLUDES:

Popcorn  (2 cups | 70 cal)

Olive Oil  (1 tsp. | 40 cal)

#### CHOICE OF FOUR:

Smoked Paprika  (1/8 tsp. | 0 cal)

Tajin Seasoning  (1/8 tsp. | 0 cal)

Hot Madras Curry Powder  (1/8 tsp. | 0 cal)

Cajun Seasoning  (1/8 tsp. | 0 cal)

Caribbean Jerk Seasoning  (1/8 tsp. | 0 cal)

Creamy Buttermilk & Herb Dressing Mix  (1/8 tsp. | 0 cal)

Lawry's Spicy Buffalo Wing Seasoning  (1/8 tsp. | 0 cal)

Cheddar Cheese Sauce Mix  (1/8 tsp. | 0 cal)

Grated Parmesan Cheese  (1/8 tsp. | 0 cal)

Cinnamon & Powdered Sugar Topping  (1/8 tsp. | 0 cal)

Fine Chocolate Bavarian Mix  (1/8 tsp. | 0 cal)

Nestle Dulce de Leche  (1/8 tsp. | 0 cal)

White Truffle Oil  (1 tsp. | 40 cal)



Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery & 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 | \$14.99 per guest

Includes choice of sandwiches or wraps, whole fruit 🍌🥑🥥, baked or regular potato chips 🍟 (1 bag | 140-220 cal), dessert (126-230) and assorted sodas (0-250 cal). This option is also available as a buffet.

### SELECT UP TO TWO:

#### HAM & 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 & provolone cheese with baby arugula, tomato and garlic aioli on sourdough bread

#### NEW ENGLAND SHRIMP SALAD SANDWICH

(each | 400 cal)

Lemon chive shrimp salad with spring mix and tomato 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

#### BOSTON SEAFOOD SALAD PITA 🌱 (2 pita halves | 480 cal)

Flaked cod & salad shrimp tossed with mayonnaise, served in a pita with lettuce and tomato

### CHOICE OF ONE:

Chocolate Brownie 🍫 (each | 60 cal)

Two Cookies 🍪 (no peanut butter) (2 cookies | 310-330 cal)

Blondie Bar 🍪 (each | 60 cal)

Rice Krispies Bar 🍪 (each | 280 cal)

Peanut Butter Chocolate Oreo Brownie 🍪 (each | 320 cal)

### CHOICE OF ONE:

Bottled Water (each | 0 cal)

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

### UPGRADE TO A SIGNATURE SIDE:

Quinoa Cucumber Salad 🌱 \$2.29 per guest (1/2 cup | 140 cal)

Azifa (Green Lentil Salad) 🌱 \$2.29 per guest (1/2 cup | 120 cal)

Wild Rice, Quinoa & Lentil Salad 🌱 \$2.29 per guest (1/2 cup | 240 cal)

Chickpea Chaat Salad 🌱 \$2.29 per guest (1/2 cup | 60 cal)

Super Bean Salad Mix 🌱 \$2.29 per guest (1/2 cup | 80 cal)

#### PROSCIUTTO & MANCHEGO CHEESE SANDWICH

(each | 680 cal)

Prosciutto with manchego cheese, fig jam & baby arugula on sourdough bread

#### ROAST BEEF & WATERCRESS SANDWICH (each | 420 cal)

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

#### FLANK STEAK, CHEDDAR & CHIPOTLE MAYO SANDWICH

(each | 630 cal)

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

#### CITRUS FLANK STEAK & CHIMICHURRI SANDWICH

(each | 660 cal)

Grilled lime marinated flank steak, red onion, lettuce, tomato with chimichurri sauce and mayonnaise on sourdough bread

## BOXED MEALS



## CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$12.99 per guest

Includes a sandwich or wrap, baked or regular potato chips 🍟 (1 bag | 140-220 cal), whole fruit 🍌🥑🥥 (1 piece | 70 cal), dessert (126-230 cal) and assorted sodas (0-250 cal). This option is also available as a buffet.

### SELECT UP TO TWO:

#### ITALIAN TUNA AND PROVOLONE WRAP (each | 540 cal)

Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing

#### 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 & GIARDINIERA SANDWICH

(each | 560 cal)

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

#### TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH

(each | 550 cal)

Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

#### CURRIED CHICKEN SALAD & ALMOND SANDWICH

(each | 510 cal)

Oven roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

#### HULI HULI CHICKEN SANDWICH (each | 500 cal)

Grilled huli huli chicken with lemon scallion mayonnaise, lettuce and tomato on sourdough bread

#### GRILLED CHICKEN & GRUYERE ON WHEAT (each | 650 cal)

Grilled chicken with gruyere, baby arugula, tomato and roasted pepper garlic aioli on wheat berry bread

#### BACON, LETTUCE & TOMATO SANDWICH (each | 480 cal)

Bacon, lettuce, tomato and mayonnaise on sourdough bread

#### SMOKED HAM, BRIE AND APPLE ON SOURDOUGH

(each | 520 cal)

Smoked ham with brie cheese, Granny Smith apple, baby arugula & Dijonnaise on sourdough bread

#### MORTADELLA AND PROVOLONE SANDWICH

(each | 620 cal)

Mortadella with provolone cheese, roasted garlic aioli, tomato and baby arugula on wheat berry 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

## BOXED MEALS, continued



**SIGNATURE SALAD LUNCH BOX** 12 guest minimum | \$13.99 per guest  
Includes choice of salad, dinner roll 🍞 (1 piece | 110 cal), whole fruit 🍎🥑 (1 piece | 80 cal), dessert (126-230) and assorted sodas (0-250 cal). Includes condiments. This can be set up as a buffet option.

**CHOICE OF TWO:**

**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 & spring mix topped with grilled steak, grape tomatoes, cucumbers & shredded carrots

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

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

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

**CLASSIC SALAD LUNCH BOXES** 12 guest minimum | \$15.50 per guest  
Includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), whole fruit 🍎🥑 (1 piece | 70 cal), dessert (126-230 cal) and assorted sodas (0-250 cal). Includes condiments. This can be set up as a buffet option.

**CHOICE OF TWO:**

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

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

**CAESAR SALAD WITH PORTOBELLO** (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** 🍱 (each | 200 cal)  
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH PORTOBELLO** 🍱 (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, shredded carrots and feta cheese

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

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



## BUFFET COLD LUNCH

20 guest minimum | \$23.99 per guest

Lunch Buffet Set and Go includes choice of mini sandwiches, side salad, apple 🍏🥬🥦, potato chips 🍟, rolls 🍞, dessert, condiments and cold beverages.

### INCLUDES:

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)  
 Baked 🥬🥦 or Regular 🍟 Chips (1 bag | 140-240 cal)  
 Apples 🍏🥬🥦 (1 apple | 80 cal)

### CHOICE OF THREE:

Classic Turkey Club Slider (each | 270 cal)  
 Grilled Chicken Caesar Wrap 🍞 (each | 280 cal)  
 Turkey, Provolone & Giardiniera Slider (each | 300 cal)  
 Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)  
 Beef, Cheddar & Slaw Slider (each | 290 cal)  
 Roast Beef & Watercress Slider (each | 200 cal)  
 Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)  
 Citrus Flank & Chimichurri Slider 🍏 (each | 340 cal)  
 Bacon, Lettuce & Tomato Slider (each | 250 cal)  
 Smoked Ham, Brie & Apple Slider (each | 300 cal)  
 Tuscan Pork Slider (each | 290 cal)  
 Ham & Gruyere Slider (each | 270 cal)  
 Lemon Basil Roasted Vegetable Slider 🍏 (each | 280 cal)  
 Falafel, Tzatziki & Hummus Wrap 🍏🍏 (each | 270 cal)  
 Tandoori Cauliflower & Pepper Wrap 🥬🥦 (each | 150 cal)  
 Avocado, Goat Cheese & Carrot Slider 🍏 (each | 190 cal)  
 Basil Aioli Tuna Salad Slider (each | 440 cal)  
 Lemon Chive Shrimp Salad Slider 🍏 (each | 190 cal)  
 Szechuan Salmon Wrap 🍏 (each | 200 cal)  
 Smoked Salmon, Cage-Free Egg & Watercress Slider (each | 290 cal)

### CHOICE OF ONE SALAD:

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)  
 Roast Turkey Cobb Salad (1 cup | 70 cal)  
 BLT Green Goddess Salad (1 cup | 130 cal)  
 Mandarin Orange Spinach Salad 🍏🥬🥦 (1 cup | 70 cal)

### ADD A PROTEIN TO YOUR SALAD:

Grilled Chicken Breast 🍏 \$1.99 per guest (1/4 cup | 80 cal)  
 Grilled Shrimp 🍏 \$3.99 per guest (4 shrimp | 120 cal)  
 Grilled Flank Steak \$3.99 per guest (1/4 cup | 100 cal)  
 Balsamic Marinated Portobello  
 Mushrooms 🥬🥦 \$1.99 per guest (1/4 cup | 80 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)  
 Black Bean, Corn & Jicama Salad 🍏🥬🥦 (1/2 cup | 90 cal)

### CHOICE OF TWO DESSERTS:

Two Cookies 🍪 (2 cookies | 150-160 cal)  
 Chocolate Brownie 🍪 (each | 120 cal)  
 Blondie Bar 🍪 (each | 130 cal)  
 Totally Oreo™ Brownie 🍪 (each | 110 cal)  
 Rice Krispie Bar (each | 140 cal)  
 Mixed Fruit Cup 🍏🥬🥦 (each | 35 cal)

### BOTTLED WATER AND ASSORTED SODAS:

Spring Water (20 oz. | 0 cal)  
 Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)



## 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.

## 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.

### SOUP AND CRACKERS \$4.29 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)

### VEGETABLE SIDES \$1.99 per guest

Fresh Grilled Asparagus 🍏🥬 (4 spears | 15 cal)  
 Roasted Beets with Thyme 🍏🥬🥦 (4 oz. | 50 cal)  
 Roasted Red Potatoes with Cider Vinaigrette 🍏🥬 (4 oz. | 170 cal)  
 Grilled Zucchini with Coriander 🍏🥬🥦 (4 oz. | 20 cal)  
 Charred Brussels Sprouts 🍏🥬🥦 (1/2 cup | 25 cal)  
 Simply Roasted Cauliflower 🍏🥬🥦 (1/2 cup | 45 cal)

### MAC & CHEESE \$5.39 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)

### BREAD \$1.49 per guest

Assorted House Baked Dinner Rolls 🍞 with Butter (each | 110 cal)

### SIGNATURE DESSERTS \$1.99 per guest

Peanut Butter Chocolate Oreo™ Brownie 🍪 (1 piece | 160 cal)  
 Fabulous Chocolate Chunk Brownie 🍪 (1 piece | 120 cal)  
 Luscious Lemon Bar 🍏 (1 piece | 90 cal)  
 Carrot Cupcake 🍏 (1 cupcake | 260 cal)






## COLD BUFFETS, continued

### JR. EXECUTIVE BUFFET

20 guest minimum | \$21.99 per guest

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

#### INCLUDES:


Seasonal Sliced Fresh Fruit  	(3 oz.   35 cal)
<i>A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries</i>	
Assorted House Baked Dinner Rolls with Butter 	(1 roll   150 cal)

#### CHOICE OF TWO:

Classic Turkey Club Slider	(each   270 cal)
Turkey, Cheddar & Chipotle Mayo Slider	(each   260 cal)
Grilled Chicken Caesar Wrap 	(each   280 cal)
Grilled Chicken & Gruyere Slider	(each   260 cal)
Bacon, Lettuce & Tomato Slider	(each   250 cal)
Smoked Ham, Brie & Apple Slider	(each   300 cal)
Ham & Gruyere Slider	(each   270 cal)
Lemon Basil Roasted Vegetable Slider 	(each   290 cal)
Tandoori Cauliflower & Pepper Wrap  	(each   150 cal)
Hummus Wrap with Zucchini & Dukkah 	(1/2 wrap   170 cal)

#### UPGRADE YOUR SANDWICH:






\$1.79 per guest

Flank, Cheddar & Chipotle Mayo Slider	(each   300 cal)
Roast Beef, Gruyere & Arugula Slider	(each   230 cal)
Lemon Chive Shrimp Salad Slider 	(each   190 cal)
Italian Tuna & Provolone Wrap	(each   540 cal)

#### CHOICE OF ONE SALAD:

Herbed Salad Greens  	(1 cup   5 cal)
Classic Caesar Salad	(1 cup   180 cal)
Garden Salad  	(1 cup   10 cal)
Greek Salad  	(1 cup   20 cal)

#### CHOICE OF TWO DESSERTS:

Rice Krispie Bar	(each   70 cal)
Two Cookies  (no peanut butter)	(2 cookies   150-160 cal)
Chocolate Brownie 	(each   60 cal)
Blondie Bar 	(each   60 cal)
Lemon Bar 	(1 piece   80 cal)
Fabulous Chocolate Chunk Brownie 	(each   120 cal)
Totally Oreo Brownie	(1 piece   110 cal)

#### CHOICE OF TWO BEVERAGES:




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

### EXECUTIVE BUFFET

20 guest minimum | \$24.99 per guest

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

#### INCLUDES:


Seasonal Sliced Fresh Fruit  	(3 oz.   35 cal)
<i>A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries</i>	
Assorted House Baked Dinner Rolls with Butter 	(each   110 cal)

#### CHOICE OF TWO:

Classic Turkey Club Slider	(each   270 cal)
Turkey, Cheddar & Chipotle Mayo Slider	(each   260 cal)
Grilled Chicken Caesar Wrap 	(each   280 cal)
Grilled Chicken & Gruyere Slider	(each   260 cal)
Bacon, Lettuce & Tomato Slider	(each   250 cal)
Smoked Ham, Brie & Apple Slider	(each   300 cal)
Ham & Gruyere Slider	(each   270 cal)
Lemon Basil Roasted Vegetable Slider 	(each   280 cal)
Tandoori Cauliflower & Pepper Wrap  	(each   150 cal)
Hummus Wrap with Zucchini & Dukkah  	(1/2 wrap   170 cal)

#### UPGRADE YOUR SANDWICH:



\$1.79 per guest

Flank, Cheddar & Chipotle Mayo Slider	(each   300 cal)
Roast Beef, Gruyere & Arugula Slider	(each   230 cal)
Lemon Chive Shrimp Salad Slider 	(each   190 cal)
Italian Tuna & Provolone Wrap	(each   540 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   130 cal)
Mandarin Orange Spinach Salad 	(1 cup   70 cal)









#### ADD A PROTEIN TO YOUR SALAD:

Grilled Chicken Breast  \$3.29 per guest	(1/4 cup   80 cal)
Grilled Shrimp \$4.29 per guest	(4 shrimp   120 cal)
Grilled Flank Steak \$4.29 per guest	(1/4 cup   100 cal)
Balsamic Marinated Portobello Mushrooms  \$3.29 per guest	(1/4 cup   80 cal)









#### CHOICE OF ONE VEGETABLE:

Grilled Fresh Asparagus  	(4 spears   15 cal)
Zucchini, Hazelnuts & Parmesan Salad 	(4 oz.   140 cal)
Roasted Beets with Thyme  	(4 oz.   50 cal)
Marinated Roasted Red Peppers  	(4 oz.   150 cal)
Roasted Red Potatoes with Cider Vinaigrette  	(4 oz.   170 cal)

#### CHOICE OF TWO DESSERTS:

Rice Krispie Bar	(each   70 cal)
Two Cookies  (no peanut butter)	(2 cookies   150-160 cal)
Fabulous Chocolate Chunk Brownie 	(each   60 cal)
Blondie Bar 	(each   60 cal)
Carrot Cake 	(each   230 cal)
Devil's Food Cake 	(each   70 cal)
Red Velvet Cake 	(each   90 cal)
Lemon Bar 	(1 piece   80 cal)
Yogurt Honey Mousse with Berries Tartlet	(1 piece   60 cal)
Vanilla Crème Brûlée Verrine 	(1 piece   180 cal)

#### CHOICE OF TWO BEVERAGES:

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

## HOT BUFFET

30 guest minimum | \$24.99 per guest

Design the perfect buffet with your choice of salad, entrée, side dishes, dessert, rolls and beverages. Includes condiments.

### INCLUDES:

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

### ADD A PROTEIN TO YOUR SALAD:

Grilled Chicken Breast \$3.29 per guest (1/4 cup | 80 cal)  
Grilled Shrimp \$4.29 per guest (4 shrimp | 120 cal)  
Grilled Flank Steak \$4.29 per guest (1/4 cup | 100 cal)  
Balsamic Marinated Portobello Mushrooms 🍄 \$3.29 per guest (1/4 cup | 80 cal)

### CHOICE OF ONE ENTRÉE:

#### POULTRY

Coq au vin (1 thigh + sauce | 280 cal)  
Calabrian Chile Roasted Chicken (1 breast | 380 cal)  
Cajun Chicken Breast 🍷 (1 breast | 230 cal)  
Buttermilk Fried Chicken Thigh (1 thigh | 310 cal)  
Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)  
Lebanese Airline Chicken Breast (1 breast | 270 cal)  
Piri Piri Chicken (4 oz. | 250 cal)

#### VEGETARIAN & VEGAN

Almond Butter, Spelt & Mushroom Risotto 🍷🌿 (1 bowl | 260 cal)  
Roasted Root Vegetable Tagine 🌿🥑 (1/2 cup | 90 cal)  
Crabless Crab Cake 🍷 (1 cake | 350)

#### PORK

Honey & Five Spice Pork Loin (4 oz. | 280 cal)  
Spring Herb & Dijon Pork Tenderloin 🍷 (4 oz. | 160 cal)  
Panko Crusted Pork Chop (1 chop | 420 cal)  
Cuban Mojo Pork (4 oz. | 280 cal)

#### BEEF / LAMB \$6.00 per guest

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

#### SEAFOOD \$6.00 per guest

Parmesan Tilapia with Red Pepper Sauce (1 fillet | 230 cal)  
Citrus & Herb Crusted Wild Salmon (1 fillet | 170 cal)  
Shrimp & Grits (1 entrée | 590 cal)

Add an additional entree for:

**POULTRY** \$6.49 per guest.  
**VEGETARIAN & VEGAN** \$6.49 per guest.  
**PORK** \$6.49 per guest.  
**BEEF / LAMB** \$10.79 per guest.  
**SEAFOOD** \$10.79 per guest.

### CHOICE OF ONE SIDE:

Creamy Parmesan Grits 🍷 (4 oz. | 100 cal)  
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)  
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 Shallots & Kale 🌿🥑 (1/2 cup | 110 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 Broccolini 🌿🥑 (4 oz. | 110 cal)  
Baby Carrots 🌿🥑 (1/2 cup | 70 cal)  
Grilled Fresh Asparagus 🌿🥑 (5 spears | 20 cal)  
Braised Collard Greens 🌿🥑 (1/2 cup | 90 cal)  
Sautéed Green Beans 🍷 (4 oz. | 60 cal)

### CHOICE OF TWO DESSERTS:

Seasonal Sliced Fresh Fruit Platter 🌿🥑 (3 oz. | 35 cal)  
Pecan Pie (1 slice | 540 cal)  
Chocolate Cream Pie 🍷 (1 slice | 300 cal)  
Double Chocolate Layer Cake (1 slice | 410 cal)  
Carrot Cupcake 🍷 (1 cupcake | 260 cal)  
Confetti Cupcake 🍷 (1 cupcake | 280 cal)  
Strawberry Brioche Bread Pudding 🍷 (1 pudding | 150 cal)  
Carrot Cake 🍷 (1 piece | 230 cal)  
Devil's Food Cake 🍷 (1 piece | 70 cal)

### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🌿🥑 (8 oz. | 0 cal)  
Sweet Tea 🍷🥑 (8 oz. | 20 cal)  
Lemonade 🍷🥑 (8 oz. | 70 cal)  
Orange Infused Water 🌿🥑 (8 oz. | 0 cal)  
Iced Water 🌿🥑 (8 oz. | 0 cal)

## BUFFETS: HOT 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.

## 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.

### VEGETABLES:

\$2.29 per guest

Zucchini and Parmesan Salad 🍷 (4 oz. | 140 cal)  
Golden Beet and Black Plum Salad 🍷 (4 oz. | 110 cal)  
Marinated Roasted Red Peppers 🌿🥑 (4 oz. | 150 cal)  
Dijon Roasted Red Potato Salad 🍷 (4 oz. | 150 cal)  
Grilled Eggplant, Tahini & Pomegranate 🍷 (3 oz. | 250 cal)



# BUFFETS: TRADITIONS



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

30 guest minimum | \$23.99 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)  
 Chicken 'n' Biscuit (each | 640 cal)

### BEEF

Beef Meatloaf (4 oz. | 280 cal)  
 Braised Pot Roast (4 oz. | 450 cal)  
 Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)  
 Balsamic Grilled Flank Steak +\$3.00 (4 oz. | 230 cal)  
 Homestyle Meat Lasagna (each | 350 cal)

### PORK

Baked Ziti with Italian Sausage (entrée | 650 cal)  
 Smothered Pork Chops (1 chop + sauce | 200 cal)  
 Chicken & Andouille Sausage Gumbo (4 oz. | 170 cal)  
 Herb Roasted Pork Loin w/ Pan Gravy (serving | 310 cal)  
 Tuscan Roast Pork (4 oz. | 320 cal)

## SEAFOOD

Beer Battered Fresh Pollock (1 fillet | 290 cal)  
 Grilled Salmon +\$3.00 (1 fillet | 180 cal)  
 Crispy Baked Catfish 🐟 (1 fillet | 220 cal)

## VEGETARIAN/VEGAN

Eggplant Parmesan 🍆 (serving | 280 cal)  
 Spelt & Almond-Stuffed Red Bell Pepper 🌶️ (half pepper | 380 cal)  
 Mushroom & Okra Stew with Brown Rice 🍄 (serving | 270 cal)  
 Vegetarian Lentil Shepherd's Pie 🍲 (serving | 310 cal)

Add an additional entree for \$4.00 per guest.

## CHOICE OF ONE VEGETABLE:

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

## CHOICE OF ONE SIDE:

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

## CHOICE OF ONE SALAD:

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

## CHOICE OF ONE COLD SIDE:

German Potato Salad 🥔 (4 oz. | 140 cal)  
 Country Potato Salad 🥔 (4 oz. | 180 cal)  
 Classic Carolina Cole Slaw 🥗 (4 oz. | 160 cal)  
 Balsamic Broccoli Pasta Salad 🥗 (4 oz. | 120 cal)  
 Classic Macaroni Salad 🍝 (4 oz. | 280 cal)  
 Black Bean, Corn & 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)  
 Pecan Pie (1 slice | 540 cal)  
 Chocolate Cream Pie 🍰 (1 slice | 300 cal)  
 Lemon Meringue Pie 🍰 (1 slice | 340 cal)  
 New York Cheesecake 🍰 (1 slice | 400 cal)  
 Double Chocolate Layer Cake (1 slice | 410 cal)  
 Carrot Cupcake 🍰 (1 cupcake | 260 cal)  
 Maple, Cinnamon, Chocolate Bread Pudding 🍰 (1 pudding | 360 cal)

## CHOICE OF TWO BEVERAGES:

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



## BUFFETS: THEMED BUFFETS



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

The Themed Buffets are also available as Tasting Stations if you are having an evening reception.

### CHOICE OF TWO BEVERAGES:

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

### TEX MEX

30 guest minimum | \$23.99 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)
Beef 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)
Fresh White Onions	(1 tbsp.   15 cal)
Pico De 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)
Mexican Chocolate Chile Cookie	(2 cookies   220 cal)

### SOUTHERN ITALIAN

30 guest minimum | \$24.99 per guest

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

Orecchiette Puttanesca	(1 cup   200 cal)
Calabrian Chile Roasted Chicken	(4 oz.   170 cal)
Fennel, Arugula & Ricotta Salad	(3 oz.   120 cal)
Herb Focaccia Bread	(1 piece   240 cal)
Tiramisu	(each   240 cal)

### SOUTHERN BBQ

30 guest minimum | \$26.99 per guest

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

Pulled BBQ Chicken	(3 oz.   140 cal)
Brisket <b>+\$2.00</b>	(3 oz.   200 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)

### TRADITIONAL PASTA BUFFET

30 guest minimum | \$21.99 per guest

Caesar Salad	(1 salad   350 cal)
Penne Pasta	(1 cup   200 cal)
Spaghetti	(1 cup   210 cal)
Pesto Cream Sauce	(3 oz.   136 cal)
Marinara Sauce	(3 oz.   132 cal)
Meatballs	(3 oz.   284 cal)
Chicken Parmesan <b>+\$4.00</b>	(6 oz.   361 cal)
Garlic Bread	(1 peice   200 cal)
Tiramisu	(1 peice   240 cal)

## PLATED MEALS



Plated meals offer an elegant option to welcome guests and celebrate important milestones. Entrées are paired with sides, chef-selected sauces and beverages. Select the perfect soup or salad and dessert for your guests. Selections are presented on china and pricing includes linen cloths and napkins for guest seating. Includes condiments.

### INCLUDES

Assorted House Baked Dinner Rolls  
with Butter 🍞

(1 roll | 150 cal)

### CHOICE OF

Brewed Iced Tea 🍵

(8 oz. | 0 cal)

Sweet Tea 🍷

(8 oz. | 15 cal)

Iced Water 🍵

(8 oz. | 0 cal)

### CHOICE OF ONE SOUP OR SALAD:

#### SOUP

Tuscan Chickpea & Tomato Stew 🍲 🍵

(6 oz. | 70 cal)

Curry Cauliflower Soup 🍲 🍵

(6 oz. | 45 cal)

New England Clam Chowder

(6 oz. | 170 cal)

Old Fashioned Chicken Noodle Soup 🍲 🍞

(6 oz. | 100 cal)

Chicken Posole

(6 oz. | 130 cal)

#### SALAD SERVED WITH A CHOICE OF DRESSING

Traditional Caesar Salad

(1 salad | 350 cal)

Traditional Garden Salad 🍵 🍷

(1 salad | 25 cal)

Romaine Wedge Salad 🍷

(1 salad | 270 cal)

Carrot, Orange & Mint Salad 🍷

(1 salad | 340 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)

Baby Kale Salad 🍷 🍵

(1 salad | 70 cal)

Fall Salad

(1 salad | 356 cal)

Shaved Brussel Sprouts Salad

(1 salad | 368 cal)

Shingled Cucumber and Tomato Salad

(1 salad | 130 cal)

Heirloom Tomato Salad

(1 salad | 191 cal)

### CHOICE OF ONE DESSERT:

Southern Pecan Pie 🍷

(1 slice | 520 cal)

Iced Carrot Layer Cake 🍷

(1 slice | 460 cal)

Double Chocolate Layer Cake 🍷

(1 slice | 410 cal)

Fresh Fruit Tart 🍷

(1 slice | 280 cal)

Tiramisu 🍷

(1 slice | 540 cal)

Red Velvet Cheesecake 🍷

(1 piece | 90 cal)

Cheesecake

(1 piece | 90 cal)



## PLATED MEALS, continued



### POULTRY

<b>CLASSIC ROASTED TURKEY BREAST</b> 🍗 \$24.99 per guest	(1 entrée   120 cal)
<b>CALABRIAN CHILE ROASTED CHICKEN</b> \$27.99 per guest	(1 entrée   380 cal)
<b>HOISIN GLAZED CHICKEN</b> \$27.99 per guest	(1 entrée   370 cal)
<b>LEBANESE AIRLINE CHICKEN BREAST</b> \$27.99 per guest	(1 entrée   270 cal)
<b>CHICKEN BREAST STUFFED WITH LUMP CRAB MEAT</b> \$38.00 per guest	(1 entrée   569 cal)

### PORK

<b>HONEY &amp; FIVE SPICE PORK LOIN</b> \$22.99 per guest	(1 entrée   280 cal)
<b>APPLE CIDER GLAZED PORK TENDERLOIN</b> 🍷 \$22.99 per guest	(1 entrée   220 cal)
<b>COFFEE CRUSTED PORK LOIN</b> \$22.99 per guest	(1 entrée   290 cal)

### BEEF/LAMB

<b>LIME MARINATED FLANK STEAK</b> \$28.99 per guest	(1 entrée   250 cal)
<b>BRAISED BEEF SHORT RIBS</b> \$38.00 per guest	(1 entrée   330 cal)
<b>PEPPERY BEEF TENDERLOIN</b> \$45.00 per guest	(1 entrée   330 cal)
<b>PRIME NY STRIP</b> \$45.00 per guest	(1 entrée   340 cal)
<b>ARTICHOKE SOUFFLE CRUSTED FILET MIGNON</b> \$48.00 per guest	(1 entrée   560 cal)

### SEAFOOD

<b>PAN-SEARED FRESH SCALLOPS</b> market price	(1 entrée   130 cal)
<b>GRILLED FRESH SALMON</b> \$31.99 per guest	(1 entrée   270 cal)
<b>PARMESAN PANKO CRUSTED TILAPIA</b> \$27.99 per guest	(1 entrée   170 cal)
<b>GRILLED MAHI MAHI</b> 🍷 \$34.99 per guest	(1 entrée   100 cal)

### VEGETARIAN/VEGAN

<b>PENNE PASTA WITH ASPARAGUS &amp; FONTINA</b> 🍷 \$22.99 per guest	(1 entrée   630 cal)
<b>ALMOND BUTTER AND MUSHROOM RISOTTO</b> 🍷🌱 \$22.99 per guest	(1 entrée   260 cal)
<b>GINGER MISO TOFU</b> 🌱 \$22.99 per guest	(1 entrée   310 cal)

#### CHOICE OF ONE AVAILABLE SIDES:

Potato Confit	(4 oz.   425 cal)	Jumbo asparagus	(3 oz.   15 cal)
Au Gratin Potatoes	(4 oz.   380 cal)	Roasted Root Vegetables	(4 oz.   140 cal)
Smashed Baby Potatoes	(4 oz.   158 cal)	Baby Carrots 🌱🌱	(1/2 cup   70 cal)
Smashed Sweet Potatoes 🌱🌱	(4 oz.   130 cal)	Sauteed Spinach	(3 oz.   89 cal)
Creamy Polenta 🍷	(4 oz.   230 cal)	Creamy Cauliflower Gratin	(6 oz.   282 cal)
Jasmine Steamed Rice 🌱🌱🌱	(2 tbsp.   25 cal)	Shiitake Bok Choy 🍷	(4 oz.   70 cal)
Sweet Corn Pudding	(3 oz.   287 cal)		
Roasted Fingerling Potatoes 🌱🌱🌱	(4 oz.   140 cal)		
Roasted Rosemary Red Bliss Potatoes 🍷🌱🌱	(4 oz.   120 cal)		
Whipped Sweet Potatoes 🍷	(4 oz.   140 cal)		
Whipped Golden Yukon Potatoes	(3 oz.   166 cal)		
Wild Mushroom Risotto	(4 oz.   210 cal)		
Butternut Squash puree	(3 oz.   82 cal)		
Broccolini 🌱🌱	(4 oz.   110 cal)		
Braised Kale 🌱	(4 oz.   80 cal)		
Haricots Verts	(4 oz.   58 cal)		

# PLATTERS, DESSERTS & SNACKS

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

## PLATTERS

### FRESH FRUIT CATERING PLATTER (3 oz. | 35 cal)

\$5.39 per guest

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

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

\$5.39 per guest

Seasonal vegetable crudité served with dip

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

\$6.59 per guest

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

### FRUIT & CHEESE PLATTER

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

\$6.59 per guest

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

### ARTISANAL CHEESE PLATTER (1 serving | 5-180 cal)

\$8.69 per guest

Artisan cheese display with slices of imported and domestic cheeses with cornichon pickles, olives, whole grain mustard, fig spread, grissini, crostini and crackers

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

\$11.99 per guest

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

### SPINACH ARTICHOKE DIP (1 serving | 134 cal)

\$xxx per guest

Warm gooey cheeses with a fragrant spice blend, fresh spinach all baked to a golden bubbly finish

### CRAB DIP (1 serving | 284 cal)






\$xxx per guest

Lump crab meat combined with a mixed of cheeses and spices baked to a golden deliciousnesses and served with chips

## DESSERTS BY THE DOZEN




### COOKIES \$19.99 per dozen

#### Choice of Two:

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





### PETITE BROWNIES AND BARS BY THE DOZEN

#### Choice of Two:

Blondie Bar 	\$9.99 per dozen	(1 piece   60 cal)
Chocolate Brownie 	\$9.99 per dozen	(1 piece   60 cal)
Rice Krispie Bar	\$9.99 per dozen	(1 piece   70 cal)
Lemon Bar 	\$11.99 per dozen	(1 piece   80 cal)
Totally Oreo Brownie	\$11.99 per dozen	(1 piece   110 cal)

### CUPCAKES \$24.00 per dozen

#### Choice of Two:

Carrot Cupcake 	(1 cupcake   260 cal)
Yellow Cupcakes with Fudge Icing 	(1 cupcake   300 cal)
Red Velvet Cupcakes 	(1 cupcake   310 cal)
Rocky Road Cupcakes	(1 cupcake   280 cal)
Orange Angel Cupcakes 	(1 cupcake   160 cal)

## SNACKS

### TRAIL MIX

\$18.00 per pound

(1 oz. | 150 cal)

### MIXED NUTS

\$19.99 per pound

(1 oz. | 170 cal)

### CANDIED CINNAMON PECANS

\$19.00 per pound




(1 oz. | 160 cal)

### SPICED WALNUTS

\$16.99 per pound

(1 oz. | 170 cal)

### GRANOLA BARS \$12.99 per dozen

Granola Bar 	(1 bar   90 cal)
Peanut Butter Granola Bar 	(1 bar   100 cal)
Oats & 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.

\$34.99 per single layer, half sheet (serves 32 guests)  
\$68.99 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)

### FRUIT 12 guest minimum

Mixed Fruit Cup   \$3.39 per guest (each | 35 cal)

Seasonal Sliced Fresh Fruit Platter  \$5.39 per guest (3 oz. | 35 cal)

Apples   \$1.19 each (each | 90 cal)

Bananas   \$1.19 each (each | 140 cal)

Orange   \$1.19 each (each | 70 cal)

Fresh Whole Strawberries   \$1.19 per guest (3 oz. | 25 cal)

Grapes   \$1.19 per guest (3 oz. | 60 cal)

### CHIPS & PRETZELS \$2.50 each

Assorted Bagged Chips  (1 bag | 190-230 cal)

Baked Potato Chips  (1 bag | 140 cal)

Assorted SunChips  (1 bag | 210 cal)

Root Vegetable Chips  (1 bag | 150 cal)



## CHEF ATTENDED CARVING STATIONS



Chef Attended stations give your guests something extra special to enjoy at your event. These stations require an attendant; our team will reach out to you to discuss. **+\$35.00 per hour**

### THE CARVERY: BEEF CARVING STATION

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)
Dinner Rolls		(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)	market price per guest
Roasted Strip Loin	(3 oz.   220 cal)	market price per guest

### THE CARVERY: PORK CARVING STATION **\$24.99 per guest**

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 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)
White Dinner Rolls	(1 roll   80 cal)
Texas Smokehouse BBQ Sauce	(2 tbsp.   20 cal)

### THE CARVERY: TURKEY CARVING STATION **\$24.99 per guest**

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

Roasted Turkey Breast	(3 oz.   90 cal)
Mashed Yukon Gold Potatoes	(1/2 cup   150 cal)
Braised Collard Greens	(1/2 cup   90 cal)
Cranberry Chutney	(1 tbsp.   20 cal)
White Dinner Rolls	(1 roll   80 cal)
Whole Grain Mustard	(1 tbsp.   20 cal)
Turkey Gravy	(2 tbsp.   10 cal)




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

## HORS D'OEUVRES: PACKAGES



### THE MEDITERRANEAN

25 guest minimum | \$8.99 per guest

Select three hors d'oeuvres from an Mediterranean-inspired menu & finished with a fire roasted tomato sauce  (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Fried Ravioli  	(1 ravioli   90 cal)
Beef Short Rib Panini	(each   70 cal)
Bacon Fig & Smoked Gouda Tartlet	(each   60 cal)
Greek Meatball with Tzatski & Tomatoes	(each   50 cal)
Cheese with Spinach and Mushrooms	(each   70 cal)
Sicilian Arancini 	(each   90 cal)

### THE ASIA PACIFIC

25 guest minimum | \$8.99 per guest




Select three hors d'oeuvres from an Asian-inspired menu and finished with a ginger soy dressing  (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Gochujang Tempura Shrimp	(each   60 cal)
Asian Style Meatball with Teriyaki Sauce	(each   45 cal)
Edamame Potsticker   	(1 potsticker   50 cal)
Chicken Eggroll	(each   30 cal)
Vegetarian Eggroll	(each   50 cal)
Chicken Potsticker	(1 satay   45 cal)

### THE AMERICANA

25 guest minimum | \$8.99 per guest

Select three hors d'oeuvres from a North American-inspired menu. Includes ketchup   (1 tsp. | 5 cal) and mustard  (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Cheeseburger Slider	(1 slider   190 cal)
Santa Fe Chicken Egg Roll	(1/2 egg roll   100 cal)
Pastrami on Rye Panini	(each   50 cal)
Battered Macaroni & Cheese Bites	(1 bite   110 cal)
Barbeque Meatballs	(1 meatball + sauce   70 cal)
Cucumber Rounds with Feta and Tomato	(1 cucumber   96 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.

## POULTRY

<b>SANTA FE CHICKEN EGG ROLL</b> \$26.29 per dozen	(1/2 egg roll   100 cal)
<b>STEAMED LEMONGRASS CHICKEN DUMPLING</b> \$19.69 per dozen	(1 dumpling   40 cal)
<b>LEMONGRASS CHICKEN POTSTICKER</b> \$19.69 per dozen	(1 skewer + sauce   50 cal)
<b>TERIYAKI CHICKEN POTSTICKER</b> \$19.69 per dozen	(1 skewer + sauce   90 cal)
<b>CHICKEN DIABLO EMPANADAS</b> \$24.99 per dozen	(1 empanada + sauce   240 cal)
<b>CHICKEN EGG ROLL</b> \$26.29 per dozen	(1 egg roll   188 cal)

## PORK

<b>BACON WRAPPED DATE</b> \$21.79 per dozen	(each   45 cal)
<b>BACON, FIG &amp; SMOKED GOUDA TARTLET</b> \$19.69 per dozen	(each   60 cal)
<b>SERRANO HAM &amp; MANCHEGO CHEESE CROQUETTE</b> \$19.69 per dozen	(each   80 cal)
<b>BBQ PORK SLIDER</b> \$26.29 per dozen	(each   200 cal)
<b>PROSCIUTTO WRAPPED ASPARAGUS</b> \$26.29 per dozen	(1 canape   50 cal)
<b>MINI CRISPY PORK TACOS</b> \$21.00 per dozen	(each   289 cal)
<b>SAUSAGE AND FONTINA STUFFED MUSHROOMS</b> \$24.00 per dozen	(each   220 cal)
<b>BACON WRAPPED SCALLOPS</b> \$28.00 per dozen	(each   60 cal)
<b>PASTRAMI ON RYE</b> \$24.99 per dozen	(each   246 cal)

## BEEF

<b>CENTER CUT FILET OF BEEF CANAPE</b> \$24.99 per dozen	(1 canape   50 cal)
<b>CHEESEBURGER SLIDERS</b> \$27.99 per dozen	(each   190 cal)
<b>BURGER SLIDER</b> \$26.99 per dozen	(each   180 cal)
<b>BARBEQUE MEATBALLS</b> \$19.99 per dozen	(1 meatball + sauce   70 cal)
<b>CHURRASCO BEEF SATAY CANAPE</b> \$24.99 per dozen	(1 canape   50 cal)
<b>SPAGHETTI WRAPPED MEATBALLS</b> \$23.00 per dozen	(each   142 cal)
<b>MINI SHORT RIB POT PIE</b> \$29.00 per dozen	(each   386 cal)
<b>GREEK MEATBALLS</b> \$19.99 per dozen	(each   65 cal)
<b>BEEF SHORT RIB PANINI</b> \$26.99 per dozen	(each   210 cal)
<b>ASIAN MEATBALLS</b> \$19.99 per dozen	(1 meatball + sauce   85 cal)

## SEAFOOD

<b>CRISPY COCONUT SHRIMP</b> \$24.99 per dozen	(each   80 cal)
<b>GOCHUJANG TEMPURA SHRIMP</b> \$21.79 per dozen	(each   60 cal)
<b>CRAB, ARTICHOKE &amp; SPINACH TARTLET</b> \$21.79 per dozen	(each   50 cal)
<b>SMOKED SALMON PARFAIT</b> \$26.00 per dozen	(each   325 cal)
<b>GINGERED LUMP CRAB POT STICKER</b> \$28.00 per dozen	(each   154 cal)
<b>MINI CRAB CAKES</b> \$24.00 per dozen	(each   180 cal)

# HORS D'OEUVRES: A LA CARTE



## VEGETARIAN/VEGAN

<b>SICILIAN ARANCINI</b> \$26.29 per dozen	(each   90 cal)
<b>VEGETABLE SAMOSAS</b> \$26.29 per dozen	(1 samosa   130 cal)
<b>EDAMAME POTSTICKER</b> \$21.79 per dozen	(1 potsticker   50 cal)
<b>VEGETABLE EGG ROLL</b> \$21.79 per dozen	(1/2 egg roll   180 cal)
<b>FRIED RAVIOLI</b> \$19.69 per dozen	(1 ravioli   90 cal)
<b>TOMATO, VIDALIA ONION &amp; GOAT CHEESE TART</b> \$19.69 per dozen	(1 tart   100 cal)
<b>CARAMELIZED APPLE AND DILL HAVARTI GRILLED CHEESE</b> \$21.00 per dozen	(each   330 cal)
<b>FRIED GOAT CHEESE</b> \$26.00 per dozen	(each   144 cal)
<b>CHEESE &amp; SPINACH STUFFED MUSHROOMS</b> \$24.00 per dozen	(each   185 cal)

## PREMIUM SELECTIONS

<b>MINI BEEF WELLINGTON</b> \$29.00 per dozen	(each   70 cal)
<b>SEAFOOD STUFFED MUSHROOM CAPS</b> \$39.99 per dozen	(each   15 cal)

## COLD HORS D'OEUVRES

<b>SHRIMP COCKTAIL WITH COCKTAIL SAUCE</b> \$24.99 per dozen	(shrimp + sauce   190 cal)
<b>COOL SALMON CANAPES</b> \$26.29 per dozen	(1 canapé   60 cal)
<b>CURRIED CHICKEN &amp; GOLDEN RAISIN TARTLETS</b> \$26.29 per dozen	(1 phyllo cup   140 cal)
<b>CUCUMBER ROUNDS WITH FETA &amp; TOMATO</b> \$21.79 per dozen	(1 piece   40 cal)
<b>CARAMELIZED ONION &amp; WHITE BEAN CROSTINI</b> \$19.69 per dozen	(1 slice   120 cal)
<b>GOAT CHEESE &amp; HONEY PHYLLO CUPS</b> \$24.99 per dozen	(1 phyllo cup   90 cal)

# BEVERAGES



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

## HOT BEVERAGES - PER GUEST




Served with appropriate condiments.

Brewed Regular Coffee 	(12 oz.   0-5 cal)
\$23.79 per gallon	
Brewed Decaffeinated Coffee 	(12 oz.   0-5 cal)
\$23.79 per gallon	
Tea Bags with Hot Water 	(12 oz.   0-5 cal)
\$15.99 per gallon	
Hot Cocoa Mix with Hot Water	(1 pack   80 cal)
\$17.99 per gallon	
Hot Chocolate Supreme 	(8 oz.   190 cal)
\$18.99 per gallon	
Hot Apple Cider 	(8 oz.   120 cal)
\$23.99 per gallon	




## JUICE

Orange Juice 	(8 oz.   15 cal)
\$19.99 per gallon	
Apple Juice 	(8 oz.   110 cal)
\$19.99 per gallon	
Cranberry Juice 	(8 oz.   25 cal)
\$19.99 per gallon	
Cranberry Juice Cocktail 	(8 oz.   100 cal)
\$19.99 per gallon	
Fresh Orange Juice 	(8 oz.   110 cal)
\$19.99 per gallon	
Chilled Apple Cider 	(8 oz.   110 cal)
\$19.99 per gallon	




## PUNCH

Orange Blossom Punch 	(8 oz.   170 cal)
\$24.99 per gallon	
White Sparkling Punch 	(8 oz.   100 cal)
\$24.99 per gallon	
Sangria Punch 	(8 oz.   120 cal)
\$24.99 per gallon	

## TEA & LEMONADE

Brewed Iced Tea 	(8 oz.   0 cal)
\$16.99 per gallon	
Sweet Iced Tea 	(8 oz.   15 cal)
\$17.99 per gallon	
Homemade Lemonade 	(8 oz.   240 cal)
\$18.99 per gallon	

## WATER STATION

Iced Water (no fruit) 	(8 oz.   0 cal)
\$6.00 per gallon	
Ice Water with Lemons, Limes & Oranges 	(8 oz.   0 cal)
\$9.99 per gallon	
Orange Infused Water 	(8 oz.   0 cal)
\$9.99 per gallon	

## INDIVIDUAL BEVERAGES

Assorted Juice	(each   80-170 cal)
\$2.79 each	
Assorted Bottled Water	(each   0 cal)
\$2.50 each	
Sparkling Water	(each   0 cal)
\$2.79 each	
Assorted Canned Soda, Regular and Diet	(each   5-160 cal)
\$2.00 each	
Assorted Bottled Soda	(each   0-260 cal)
\$2.50 each	
Assorted Sports Drinks	(each   150 cal)
\$3.19 each	



## PLANNING YOUR EVENT

Welcome to Flavours by Sodexo Catering events. If you are ready to start planning your event, please make sure you have reached out to the University Center at Colorado Mesa University to book your event space: [www.ColoradoMesa.Edu/UniversityCenter](http://www.ColoradoMesa.Edu/UniversityCenter)

- Tally Danielson- Events Coordinator for Internal Events- [tdanielson@coloradomesa.edu](mailto:tdanielson@coloradomesa.edu) 970.248.1414
- Tristen Doxtader- Events Coordinator for External Sales & Events- [tjdoxtader@coloradomesa.edu](mailto:tjdoxtader@coloradomesa.edu) 970.248.1643
- Breanne Meier-University Center Director- [bmeier@coloradomesa.edu](mailto:bmeier@coloradomesa.edu) 970.248.1250

**Once you have completed the process of booking your event space you then can proceed to the Flavours by Sodexo site to begin planning the food portion of your event.**

Below is a preliminary list of questions you should be prepared to answer as you book your room space and catered event:

1. Have you determined a budget for your event?
2. Is your group or organization Tax Exempt?
3. Have you booked your room via the University Center staff?
4. How many guests do you anticipate?
5. What is the timeline for your event?
  - A. Event Begins at what time?
  - B. Event Ends at what time?
  - C. Will you be doing any decorations for your event?
    - I. If yes please factor that into your timeline.
6. How would like your room arranged?
  - A. Table Service
  - B. Reception
  - C. Classroom
  - D. Theatre Style
7. Do you require any Audio/Visual Equipment for your set up?  
If yes, try to be a specific as possible.
8. If you event involves food items, please be prepared to answer the following questions:
  - A. Would like a buffet meal, plated meal or reception food?
  - B. Do you anticipate offering alcohol or bar services?
    - I. If yes have you filled our the Alcohol Permission Form?
  - C. Both of these forms can be found online
  - D. We currently require a bartender for every 50-75 guests as well as security services. Bartenders and Security Officers will need to be present if the bar is in operation and for 30 minutes after last call.
  - E. Please plan that all guests will be screened by our security and bartender staff for proof of age during the 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 our processes, procedures, and expectations as we work together to achieve a smoothly executed and memorable catered event.

## HOW TO CONTACT US

When you have a catered event in mind, please contact us as soon as possible. Even if you are not yet sure of exact event details, it is a good idea to touch base with us as early on the process as possible.

Some catering arrangements through Flavours by Sodexo can be made by phone or email but most can be made via the following website: [www.cmexternalcatering.catertrax.com](http://www.cmexternalcatering.catertrax.com). By following a few simple steps you can be well on your way to planning a beautiful event.

Should the need arise, you may visit our office in person. We are located at 1455 North 12th Street, Grand Junction Colorado, 81501 Our office is in the University Center on the Colorado Mesa University Campus in RM. Our Office Hours are Monday through Friday 9 AM- 4 PM. If these hours are not convenient for your schedule, we can make alternate arrangements to meet at a more suitable time. Please be aware that due to the nature of our location we are closed for some holidays. We will do our best to make you aware of that as early in the planning process as possible.

**Flavours by Sodexo Email:** [Catering@ColoradoMesa.edu](mailto:Catering@ColoradoMesa.edu)

**Phone number:** 970.248.1027

The Catering guide may be accessed at [www.ColoradoMesa.edu/dining/catering](http://www.ColoradoMesa.edu/dining/catering)

## Flavours by Sodexo Policy's

### FOOD REMOVAL POLICY

Due to health regulations, it is the policy of Flavours by Sodexo at Colorado Mesa University catering operation, that any 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 with in 4 hours of pick-up.

### CHINA CHARGES

For most catered events on the Colorado Mesa University Campus, except for receptions, we provide China services. However, for external or off-site events there will be an additional charge in China if requested for these events.

Full Bar Glass Service	\$3.00 per guest, additional charge
Reception China and Silverware	\$3.00 per guest, additional charge
Full Meal Service and Silverware	\$3.00 per guest, additional charge

### 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 house linens and skirting for food and beverage tables at no additional charge, if you would like linen placed on guest's tables for receptions, breaks, meeting, exhibition or boxed lunch tables, there will be an additional fee of \$6.00 for internal events or \$10.00 for external events. Internal events that wish to utilize linen with no food purchases will be at a fee of \$10.00 per linen.

## ALCOHOL POLICY

All alcoholic beverages must be served by Sodexo personnel and consumed in designated areas. Proof of age will be required. Flavours by Sodexo at Colorado Mesa University catering operations 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

If liquor is planned:

- A full bar setup is \$200.00 per bar. All necessary bar items, except the alcohol are provided with this charge, including nonalcoholic beverages, ice, mixers, napkins and plastic cups. An additional charge for glassware will apply. WE recommend at least one bartender for every 50-75 guests at a cost of \$55 bartender fees per hour with a 2-hour minimum. External Groups- WE recommend at least one bartender for every 50-75 guests.
- A Beer and Wine setup is \$100.00 per bar. All necessary bar items, except the alcohol are provided with this charge, including nonalcoholic beverages, ice, mixers, napkins and plastic cups. An additional charge for glassware will apply. WE recommend at least one bartender for every 50-75 guests at a cost of \$55 bartender fees per hour with a 2-hour minimum. External Groups- WE recommend at least one bartender for every 50-75 guest.
- Please note that to offer alcohol at any event The guest host must have filled out and submitted a “Permission to Service” alcohol form at least two weeks prior to your event. The permission form can be found at this website and must be submitted back to the University Center office.

Let’s Begin-

## THE SELF BOOKING PROCESS

Please note when using the CaterTrax self-booking process you must be booked at least 7 business days prior to your event. This will allow us to ensure that any special food item can be ordered or dietary need can be met and handled at the highest level possible. If you are less than 7 business days out, please feel free to contact our catering office and we will work with you individually on your event. 970.248.1027

## MENU PLANNING AND PRICING

Our menus feature offerings to meet a wide range of preferences and dietary needs including Sodexo’s healthy, award-winning Mindful Menus. Please advise the catering coordinator of all dietary restrictions that require accommodations. Please note any event that involves full food service will include a variety of house linens to choose from at no additional cost to the guest, Receptions or Beverage services will include the linen on the food tables but may be subject to additional cost if the host would like the guest tables covered with tablecloths.

## CONFIRMATIONS, REVISIONS & CANCELLATIONS

**Confirmations:** A catering confirmation is provided upon placing an order. Please review the confirmation for accuracy including the date, times, menu selections, guest attendance and additional details. Confirmation of the order denotes your agreement with the listed information including logistics, menus, amenities and pricing.

**Revisions:** Please contact us immediately to update the needed information. Final revisions are due 72 business hours prior to the event. Confirmation of the revisions denotes your agreement with the listed information including logistics, menus, amenities, and pricing.

**Cancellations:** Cancellations are due at least 96 business hours prior to your event. Cancellations of “Market Price” and custom items may be billed for expenses incurred.

## GUEST COUNTS & GUARANTEES

A guest attendance estimate is provided upon booking an event. The guaranteed or final guest count is due 72 business

hours prior to the event. If no guarantee or final guest count is provided your estimated attendance becomes your guarantee or actual guest attendance, whichever is greater.

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

## EVENT PAYMENT

Payment for your event will be held in the following manner (For External Guests) a 50% deposit will be required 14 days prior to your event. Upon completion of the event a final bill will be put together including all food and facility costs and submitted to the host for payment. The invoice will be outlined in full detail all costs associated with the event including any partial payments made towards the event.

Payment for internal CMU groups, departments, or organizations. Guests will receive confirmations for their events. Upon the completion of the event a final invoice will be sent to the event contact for final approval. Payment will be made via the CMU business office via an organization code/number.



# FLAVOURS

TASTE : SUCCESS

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<https://www.coloradomesa.edu/dining/catering>

**EXTERNAL**