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 exceed 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 (715) 836-2632, or visit our website: www.uwec.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

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

CONTINENTAL
$7.10 per guest
Seasonal Cubed Fresh Fruit  (4 oz. | 50 cal)

CHOOSE TWO:
- Assorted Breakfast Breads  (1 slice | 200 - 280 cal)
- Mini Scones  (1 each | 180-210 cal)
- Cinnamon Rolls  (1 each | 110 - 450 cal)
- Coffee Cake  (1 square | 240-450 cal)
- Danish  (1 each | 270 cal)
- Assorted Donuts  (1 each | 280-310 cal)

Butter and Assorted Jellies
- Chilled Carafes of Orange Juice  (8 oz. | 140 cal)
- Chilled Carafes of Apple Juice  (8 oz. | 90 cal)

BREAKFAST BUFFET
$11.50 per guest
Seasonal Sliced Fresh Fruit  (4 oz. | 50 cal)

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

Cream Cheese, Butter and Assorted Jellies
- Hashbrowns  (4 oz. | 130 cal) or O’Brien Potatoes  (4 oz. | 190 cal)

CHOOSE TWO:
- Crispy Bacon  (1 slice | 50 cal)
- Sausage  (2 links | 100 cal)
- Turkey Link Sausage  (2 links | 70 cal)

CHOOSE ONE:
- Cage-Free Scrambled Eggs  (4 oz. | 190 cal)
- Scrambled Eggs with Cheddar  (4 oz. | 240 cal)
- Broccoli Cheddar Quiche  (1 wedge | 330 cal)
- Garden Vegetable Quiche  (1 wedge | 350 cal)
- Hashbrown, Mushroom and Spinach Quiche  (1 wedge | 210 cal)

ADD ON:
- Pancakes  (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter  (3 halves | 200 cal) $1.50 per guest
- Chilled Carafes of Orange Juice  (8 oz. | 140 cal)
- Chilled Carafes of Apple Juice  (8 oz. | 90 cal)
A FRESH NEW START

COLD CEREAL AND YOGURT BAR

$8.25 per guest

Seasonal Cubed Fresh Fruit [V, CE] (4 oz. | 50 cal)
Low-Fat Vanilla Yogurt Parfaits (1 oz. | 25 cal)
Low-Fat Granola [V] (1 oz. | 110 cal)
Nuts (1 oz. | 185 cal)

Assorted Bulk Cereals Served with a Choice of Two:
2% Milk (1 cup | 100 - 230 cal)
Non-Fat Milk (3 oz. | 45 cal)
Soy Milk (3 oz. | 30 cal)

Chilled Carafes of Orange Juice (8 oz. | 140 cal)
Chilled Carafes of Apple Juice (8 oz. | 90 cal)

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

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

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### FROM THE BAKERY  
**per dozen**

<table>
<thead>
<tr>
<th>Selection</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSORTED FRESHLY HOUSE-BAKED MUFFINS</strong></td>
<td><strong>$10.70 per dozen</strong></td>
<td></td>
</tr>
<tr>
<td>Cranberry Orange</td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Lemon Poppy Seed</td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Blueberry</td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Apple Cinnamon</td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Low-Fat Blueberry Streusel ☀️ ☝️</td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Low-Fat Carrot Raisin Bran ☀️ ☝️</td>
<td></td>
<td>(1 muffin</td>
</tr>
</tbody>
</table>

| **ASSORTED BREAKFAST BREADS & COFFEE CAKES**   | **$9.10 per dozen** |                          |
| Banana Nut Bread ☜️                            |             | (1 slice | 370 - 400 cal)       |
| Blueberry Sour Cream Coffee Cake ☜️            |             | (1 square | 310 cal)             |
| Chocolate Espresso Coffee Crumble ☜️           |             | (1 slice | 450 cal)             |

| **ASSORTED DANISH**                            | **$13.75 per dozen** |                          |
| Assorted Bagels ☜️ with Cream Cheese and Jellies |             | (1 bagel | 210 - 310 cal)       |

| **HOUSE-BAKED COUNTRY BISCUITS**                | **$12.70 per dozen** |                          |
| Assorted Bagels ☜️ with Butter, Honey and Jellies |             | (1 each | 160 - 450 cal)       |

| **ASSORTED DOUGHNUTS**                          | **$12.00 per dozen** |                          |
| Assorted Mini Scones ☜️                         |             | (1 each | 280 - 310 cal)       |

| **CINNAMON ROLLS**                              | **$14.00 per dozen** |                          |

| **STARTERS**                                    |                          |                          |
| **INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT** | **$2.40 each** |                          |
| **INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA** | **$3.50 each** |                          |

| **SEASONAL SLICED FRESH FRUIT**                 |                          |                          |
| Small 5-10                                      | **$35.50 per tray**      | (4 oz. | 50 cal)            |
| Medium 10-20                                    | **$45.50 per tray**      |                          |
| Large 20-30                                     | **$65.00 per tray**      |                          |
FIRST THINGS FIRST

BREAKFAST SANDWICH $3.50 each
Choice of One:
Toasted English Muffins (1 each | 110 cal)
Croissants (1 each | 280 - 310 cal)
Bagels (1 each | 280 cal)

Choice of One:
Cage-Free Scrambled Eggs (4 oz. | 190 cal)
Scrambled Eggs and Cheese (4 oz. | 240 cal)

Choice of One:
Ham (1 slice | 30 cal)
Bacon (1 slice | 50 cal)
Pork Sausage Patty (1 patty | 140 cal)
Turkey Sausage Patty (1 slice | 30 cal)

BREAKFAST TACO $3.50 each
Choice of One:
Flour Tortilla (1 each | 210 cal)
Wheat Tortilla (1 each | 180 cal)

Choice of One:
Cage-Free Scrambled Eggs (4 oz. | 190 cal)
Scrambled Eggs and Cheese (4 oz. | 240 cal)

Choice of One:
Ham (1 slice | 30 cal)
Bacon (1 slice | 50 cal)
Pork Sausage Patty (1 patty | 140 cal)
Turkey Sausage Patty (1 slice | 30 cal)
Home Fried Potatoes (4 oz. | 150 cal)

Accompanied by
Shredded Cheddar Cheese (1 oz. | 110 cal)
Sour Cream (1 tbsp. | 30 cal)

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FIRST
THINGS FIRST
## A LA CARTE SELECTIONS

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOME FRIES WITH CARAMELIZED ONIONS</strong> $1.60 per guest</td>
<td></td>
<td>(4 oz.)</td>
<td>150 cal</td>
</tr>
<tr>
<td><strong>ROASTED SWEET POTATOES</strong> $2.10 per guest</td>
<td></td>
<td>(4 oz.)</td>
<td>170 cal</td>
</tr>
<tr>
<td><strong>RODEO EGGS</strong> $3.00 per guest</td>
<td></td>
<td>(1 each)</td>
<td>340 cal</td>
</tr>
<tr>
<td><strong>INDIVIDUAL BISCUIT QUICHES</strong> $3.50 per guest</td>
<td></td>
<td>(1 each)</td>
<td></td>
</tr>
<tr>
<td>Quiche Lorraine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Western Quiche</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage and Cheddar Quiche</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garden Vegetable Quiche <strong>X</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>INDIVIDUAL BISCUIT QUICHES</strong> $3.50 per guest</td>
<td></td>
<td>(1 each)</td>
<td></td>
</tr>
<tr>
<td>Quiche Lorraine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Western Quiche</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage and Cheddar Quiche</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garden Vegetable Quiche <strong>X</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BREAD PUDDINGS</strong> $3.50 per guest</td>
<td></td>
<td>(1 square)</td>
<td></td>
</tr>
<tr>
<td>Ham, Mushroom and Swiss</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garden Vegetable <strong>X</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Raisin French Toast <strong>X</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WHEAT BERRY PECAN CRUNCH FRENCH TOAST</strong> $3.10 per guest</td>
<td></td>
<td>(3 halves)</td>
<td></td>
</tr>
<tr>
<td><strong>OATMEAL BAR</strong> $3.50 per guest</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steel Cut Oatmeal <strong>X</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Served with a Choice Of Four:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries <strong>X</strong></td>
<td>(2 oz.)</td>
<td>30 cal</td>
</tr>
<tr>
<td>Strawberries <strong>X</strong></td>
<td>(2 oz.)</td>
<td>15 cal</td>
</tr>
<tr>
<td>Sliced Bananas <strong>X</strong></td>
<td>(1 banana)</td>
<td>90 cal</td>
</tr>
<tr>
<td>Ground Cinnamon</td>
<td>(1 oz.)</td>
<td>0 cal</td>
</tr>
<tr>
<td>Dark or Light Brown Sugar <strong>X</strong></td>
<td>(1 oz.)</td>
<td>110 cal</td>
</tr>
<tr>
<td>Raisins <strong>X</strong></td>
<td>(1 oz.)</td>
<td>80 cal</td>
</tr>
<tr>
<td>Honey <strong>X</strong></td>
<td>(1 oz.)</td>
<td>90 cal</td>
</tr>
<tr>
<td>Chocolate Chips <strong>X</strong></td>
<td>(1 oz.)</td>
<td>150 cal</td>
</tr>
<tr>
<td>Walnut Pieces</td>
<td>(1 oz.)</td>
<td>190 cal</td>
</tr>
</tbody>
</table>

**Choice of Milk:**

<table>
<thead>
<tr>
<th>Milk</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>2%</td>
<td>(3 oz.)</td>
<td>45 cal</td>
</tr>
<tr>
<td>Non-Fat</td>
<td>(3 oz.)</td>
<td>30 cal</td>
</tr>
<tr>
<td>Soy</td>
<td>(3 oz.)</td>
<td>40 cal</td>
</tr>
</tbody>
</table>

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REFRESH AND REJUVENATE
**COFFEE AND TEA SERVICE**

$3.30 per guest

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

**HOT BEVERAGES**

16 servings per gallon

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly Brewed House Coffee and Decaffeinated Coffee</td>
<td>8 oz.</td>
<td>0 cal</td>
</tr>
<tr>
<td>$14.00 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Freshly Brewed Flavoured Caribou Coffee and Decaffeinated Coffee</td>
<td>8 oz.</td>
<td>0 cal</td>
</tr>
<tr>
<td>$20.00 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bigelow Herbal and Non Herbal Teas to include Decaffeinated Bigelow Tea with Hot Water</td>
<td>8 oz.</td>
<td>0 cal</td>
</tr>
<tr>
<td>$12.00 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>8 oz.</td>
<td>200 cal</td>
</tr>
<tr>
<td>$1.75 per packet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasonal Hot or Cold Apple Cider</td>
<td>8 oz.</td>
<td>110 cal</td>
</tr>
<tr>
<td>$14.20 per gallon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**COLD BEVERAGES**

16 servings per gallon; 8 servings per half gallon

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>8 oz.</td>
<td>140 cal</td>
</tr>
<tr>
<td>$14.50 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Juice</td>
<td>8 oz.</td>
<td>90 cal</td>
</tr>
<tr>
<td>$14.50 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Freshly Brewed Unsweetened Iced Tea</td>
<td>8 oz.</td>
<td>0 cal</td>
</tr>
<tr>
<td>$12.50 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemonade</td>
<td>8 oz.</td>
<td>130 cal</td>
</tr>
<tr>
<td>$13.50 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Lemonade</td>
<td>8 oz.</td>
<td>100 cal</td>
</tr>
<tr>
<td>$14.75 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Blossom Punch</td>
<td>8 oz.</td>
<td>110 cal</td>
</tr>
<tr>
<td>$15.50 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iced Water Service</td>
<td>8 oz.</td>
<td>0 cal</td>
</tr>
<tr>
<td>$3.25 per gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iced Water Service with Fresh Quartered Oranges, Lemons and Limes</td>
<td>8 oz.</td>
<td>0 - 60 cal</td>
</tr>
<tr>
<td>$4.00 per gallon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Bottled Water (12 oz. | 0 cal)
Sparkling Waters (12 oz. | 0 cal)

**Bottled Fruit Juice:**

<table>
<thead>
<tr>
<th>Fruit Juice</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange, Apple, Cranberry</td>
<td>10 oz.</td>
<td>35-170 cal</td>
</tr>
</tbody>
</table>

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

$1.60 per guest

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GREENS
TO GO
PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll (1 roll | 100 cal) and Butter, Pita Wedges (2 oz. | 190 cal) or Toasted Flatbread (1/2 flatbread | 70 cal), Bar (1 cut | 60 - 380 cal), Brownie (1 each | 170 - 180 cal), Seasonal Fresh Fruit Cup (4 oz. | 45 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Bottled Water (20 oz. | 0 cal). Eco-friendly serviceware is included; china is also available, as is plated service, upon request. Services include linen-draped service tables, set up and clean up. 3 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)
$9.25 per guest
Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
Add Grilled Breast of Chicken $2.10 per guest
Add Grilled Portobello $2.10 per guest

COBB SALAD (1 salad | 770 cal)
$11.80 per guest
Mounds of Smoked Turkey, Avocado, Cage-Free Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

TRIO-SALAD COMBO (1 salad | 410 cal)
$11.50 per guest
Select Your Favorite Trio of Hummus or Chef’s Own Tuna, Chicken, Cage-Free Egg or Ham Salads on a Bed of Fresh Field Greens

CHINESE CHICKEN SALAD (1 salad | 460 cal)
$9.75 per guest
Mixed Greens Tossed with Grilled Chicken, Mandarin Oranges, Sliced Almonds, Wonton Chips and a Toasted Sesame Vinaigrette

GARDEN SALAD (1 salad | 280 cal)
$9.25 per guest
Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins and Almonds on a Bed of Tossed Greens with a Choice of Dressing

HEALTHY NUT SALAD (1 salad | 230 cal)
$10.60 per guest
Almonds, Sunflower Seeds, Diced Apples, Dried Cranberries and Edamame on Crisp Lettuce with a Creamy Poppy Seed Dressing

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MOVABLE
FEAST
PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips (1 bag | 130-220 cal) and a choice of one: Fresh Fruit Salad (3 oz. | 25 cal), Pasta Salad (3 oz. | 120 cal), Potato Salad (4 oz. | 45 cal), Italian Cucumber Salad (4 oz. | 90 cal), Cole Slaw (3 oz. | 90 cal), Bar (1 cut | 60 - 380 cal), Brownie (1 each | 170 - 180 cal), Seasonal Fresh Fruit Cup (4 oz. | 45 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal), or Bottled Water (20 oz. | 0 cal). Eco-friendly serviceware is included; china is also available, as is plated service, upon request. Services include linen-draped service tables, set up and clean up. 3 guest minimum per menu selection.

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)

$10.70 per guest
Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef’s Hot Pepper Mayonnaise

CHIMICHURRI FLANK STEAK SANDWICH (1 sandwich | 500 cal)

$11.00 per guest
Chimichurri Flank Steak, Smoke Essence, Roasted Red Peppers, Onions and Fire-Roasted Tomato Salsa on a Baguette

PARMESAN BEEF SANDWICH (1 sandwich | 470 cal)

$10.80 per guest
Thinly Shaved Roast Beef, Horseradish Mayonnaise, Grilled Red Onions, Leafy Greens and Tomato on a Parmesan-Crusted Roll

TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)

$9.75 per guest
Classic Oven Roasted Turkey, Sharp Cheddar, Green Leaf Lettuce and Tomato Slice on a Hearty Kaiser Roll

TUSCAN GRILLED CHICKEN SANDWICH (1 sandwich | 530 cal)

$10.70 per guest
Balsamic Coated Chicken, Grilled, Paired with Fat-Free Hummus, Bistro Sauce, Roasted Onions and Peppers on a Multigrain Roll

BUFFALO CHICKEN WRAP (1 sandwich | 370 cal)

$10.25 per guest
Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Fat-Free Ranch in a Carb-Friendly Whole Wheat Wrap

TABBOULEH AND HUMMUS PITA WRAP (1 sandwich | 560 cal)

$9.25 per guest
Honey Wheat Pita Packed with Hummus, Tabbouleh, Roasted Red Peppers and Red Onion Topped with Creamy Cucumber Yogurt Sauce

MEDITERRANEAN VEGGIE WRAP (1 sandwich | 270 cal)

$9.75 per guest
Grilled Eggplant with Fresh Cucumbers, Peppers, Lentils and Shallots in a Whole Grain Tortilla with Tzatziki Sauce and Feta

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AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

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

CHICKEN

SESAME CHICKEN BREAST (1 plate | 340 cal)
$17.50 per guest
Chicken Breast in a Marinade of Soy, Fresh Garlic and Ginger, Cilantro and Scallions Grilled and Finished with Sesame Seeds

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)
$18.00 per guest
Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal)
$17.50 per guest
Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

APRICOT AND GOAT CHEESE CHICKEN BREAST (1 plate | 160 cal)
$19.00 per guest
Chicken Roulades Brimming with Diced Apricots and Fresh Goat Cheese Placed over a Light Warm Sauce with Tarragon

CRANBERRY DIJON CHICKEN & SWEET POTATOES (1 plate | 310 cal)
$18.00 per guest
Sweet and Savory, Cranberry Dijon Basted Chicken Breast Plated with Spiced Sweet Potato Mash and Zesty Garlic Green Beans

BEEF AND PORK

GOR Gonzalez ENCRUSTED FILET WITH CABERNET DRizzle (1 plate | 290 cal)
$29.95 per guest
Choice Cut of Filet Mignon, Grilled in Butter, Finished with Savory Gorgonzola Crumbles and Served with Cabernet Sauce

BALSAMIC GRILLED FLANK STEAK WITH ROASTED ROSEMARY MUSHROOM SAUCE (1 plate | 360 cal)
$22.95 per guest
Chef-Selected Flank Steak Tenderized in Classic Balsamic Vinaigrette Marinade Served with Mushrooms Sautéed with Olive Oil, Fresh Rosemary and Garlic Added to a Simmering Plum Tomato Base

ROASTED PORK TENDERLOIN WITH SWEETENED RASPBERRY VINEGAR SAUCE (1 plate | 290 cal)
$21.95 per guest
Slow-Roasted Pork Tenderloin Dressed with a Tart Red Wine Vinegar Sauce and Accented with Raspberry, Horseradish and Garlic

CORIANDER RUBBED PORK TENDERLOIN WITH A GREEN PEPPERCORN MUSTARD SAUCE (1 plate | 290 cal)
$18.00 per guest
Lean Pork Tenderloin Rubbed with Chef’s Own-Made Coriander Spice Blend Served with Sautéed Onions and Garlic Blended with Dijon Mustard and Green Peppercorns for Piquant Creamy Sauce

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

BEEF AND SALMON FILETS (1 plate | 340 cal)
$35.00 per guest
Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

SEAFOOD

BLACKENED COD WITH SALSA VERDE (1 plate | 280 cal)
$21.25 per guest
Blackened Cod Drizzled with Green Tomatillo Sauce, Paired with a Colorful Watercress Salad and Fresh Cilantro

BROILED SALMON WITH TWO SALSAS (1 plate | 310 cal)
$22.95 per guest
Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives

CITRUS SALMON, COUSCOUS & GREEN BEANS (1 plate | 120 cal)
$18.00 per guest
Citrus and Herb Crusted Salmon Served with Couscous Primavera and Lemon Garlic Green Beans

GRILLED TILAPIA WITH MANGO JICAMA RELISH (1 plate | 440 cal)
$18.00 per guest
Grilled Tilapia with Peppery Mango Jicama Relish, Garnished with Shredded Coconut and Lime Zest

GARLIC SHRIMP SKEWERS (1 plate | 350 cal)
$21.25 per guest
Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

VEGETARIAN

PORTOBELLO MUSHROOM NAPOLEON (1 plate | 170 cal)
$21.25 per guest
Layers of Portobello, Soft Mozzarella, Zucchini, Spinach and Red and Yellow Peppers Sitting on a Swirl of Roasted Tomato Coulis

SPAGHETTI SQUASH (1 plate | 340 cal)
$17.50 per guest
Spaghetti Squash with a Spanish-Inspired Sofrito of Peppers, Onion, Garlic and Select Herbs Served with Vegan Pinto Beans

EGGPLANT ROULADE WITH WILD MUSHROOMS AND TOFU (1 plate | 580 cal)
$17.50 per guest
Eggplant Roulade with a Peppery Wild Mushroom and Tofu Medley, a Roasted Plum Tomato Sauce and Caramelized Onion Polenta

TERIYAKI TOFU, QUINOA AND PINEAPPLE (1 plate | 290 cal)
$17.00 per guest
White Quinoa, Celery, Onions and Tomatoes Tossed in Ponzu Sauce and Served with Teriyaki Tofu and Grilled Pineapple Salsa

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## ENTRÉE ACCOMPANIMENTS

### SALADS AND STARTERS

<table>
<thead>
<tr>
<th>Salad</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Market House Salad with Homemade Croutons and Balsamic Vinaigrette</td>
<td>110 cal</td>
</tr>
<tr>
<td>Iceberg Wedge with Maytag Bleu Cheese</td>
<td>130 cal</td>
</tr>
<tr>
<td>Caesar Salad with Anchovies and Homemade Croutons</td>
<td>160 cal</td>
</tr>
<tr>
<td>Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze</td>
<td>350 cal</td>
</tr>
</tbody>
</table>

### SIDES

**Choice of One:**
- French Green Beans and Carrot Medley
- Grilled Balsamic Zucchini
- Broccoli with Sautéed Carrots
- Roasted Root Vegetables
- Sautéed Mushrooms
- Fresh Spinach and Garlic Sauté
- Roasted Fresh Seasonal Asparagus
- Oven-Roasted Butternut Squash
- Sautéed Fennel and Brussels Sprouts
- Braised Red Cabbage
- Chef’s Choice of Seasonal Vegetable

<table>
<thead>
<tr>
<th>Side</th>
<th>Calories</th>
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<tbody>
<tr>
<td>French Green Beans and Carrot Medley</td>
<td>40 cal</td>
</tr>
<tr>
<td>Grilled Balsamic Zucchini</td>
<td>60 cal</td>
</tr>
<tr>
<td>Broccoli with Sautéed Carrots</td>
<td>60 cal</td>
</tr>
<tr>
<td>Roasted Root Vegetables</td>
<td>60 cal</td>
</tr>
<tr>
<td>Sautéed Mushrooms</td>
<td>130 cal</td>
</tr>
<tr>
<td>Fresh Spinach and Garlic Sauté</td>
<td>45 cal</td>
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<tr>
<td>Roasted Fresh Seasonal Asparagus</td>
<td>30 cal</td>
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<tr>
<td>Oven-Roasted Butternut Squash</td>
<td>50 cal</td>
</tr>
<tr>
<td>Sautéed Fennel and Brussels Sprouts</td>
<td>70 cal</td>
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<tr>
<td>Braised Red Cabbage</td>
<td>90 cal</td>
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<tr>
<td>Chef’s Choice of Seasonal Vegetable</td>
<td>30 - 130 cal</td>
</tr>
</tbody>
</table>

**Choice of One:**
- Horseradish Mashed Yukon Potatoes
- Caramelized Onion Mashed Yukon Potatoes
- Mashed Sweet Potatoes
- Oven-Herbed Roasted Red Potatoes
- Oven-Roasted Sweet Potatoes
- Potatoes O’Gratin
- Roasted Fingerling Potatoes
- Israeli Couscous
- Ginger Jasmine Rice
- Fontina Risotto Cake
- Black Beans and Rice
- Vegetable Risotto
- Chef’s Choice of Side Pairing

<table>
<thead>
<tr>
<th>Side</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Horseradish Mashed Yukon Potatoes</td>
<td>120 cal</td>
</tr>
<tr>
<td>Caramelized Onion Mashed Yukon Potatoes</td>
<td>110 cal</td>
</tr>
<tr>
<td>Mashed Sweet Potatoes</td>
<td>210 cal</td>
</tr>
<tr>
<td>Oven-Herbed Roasted Red Potatoes</td>
<td>130 cal</td>
</tr>
<tr>
<td>Oven-Roasted Sweet Potatoes</td>
<td>100 cal</td>
</tr>
<tr>
<td>Potatoes O’Gratin</td>
<td>400 cal</td>
</tr>
<tr>
<td>Roasted Fingerling Potatoes</td>
<td>180 cal</td>
</tr>
<tr>
<td>Israeli Couscous</td>
<td>110 cal</td>
</tr>
<tr>
<td>Ginger Jasmine Rice</td>
<td>180 cal</td>
</tr>
<tr>
<td>Fontina Risotto Cake</td>
<td>210 cal</td>
</tr>
<tr>
<td>Black Beans and Rice</td>
<td>180 cal</td>
</tr>
<tr>
<td>Vegetable Risotto</td>
<td>210 cal</td>
</tr>
<tr>
<td>Chef’s Choice of Side Pairing</td>
<td>100 - 400 cal</td>
</tr>
</tbody>
</table>
IN GOOD COMPANY

DESSERTS

Chocolate Fudge Cake  (1 slice | 590 cal)
Cora’s Red Velvet Cake  (1 slice | 760 cal)
New York Cheesecake with Seasonal Fresh Berries  (1 slice | 450 cal)
Dutch Apple Pie  (1 slice | 450 cal)
Lemon Meringue Pie  (1 slice | 300 cal)

ADDITIONAL OPTIONS:

Apple Caramel Bread Pudding $3.25 per guest  (1 each | 210 cal)
White Chocolate Bread Pudding $3.25 per guest  (1 each | 850 cal)
Chocolate Almond Ganache Cake $3.75 per guest  (1 slice | 360 cal)

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BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal) are included. Services include linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; china is also available, upon request. Add Soup du Jour with Crackers $2.25 per guest. These menus are available for groups of 15 or more. Waited service is available upon request.

SIGNATURE SALADS
$15.75 per guest

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

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

CHOOSE ONE SALAD:
Classique Niçoise Salad (1 salad | 200 cal)
Napa Valley Chicken Salad (1 salad | 290 cal)
Grilled Chicken Tabbouleh Salad (1 salad | 240 cal)
Greek Salad (1 salad | 190 cal)
Cobb Salad (1 salad | 770 cal)
Italian House Wedge Salad (1 salad | 180 cal)
Caesar Salad (1 salad | 490 cal)
- with Grilled Chicken (3 oz. | 110 cal)
- with Portobello Mushroom (4 oz. | 60 cal)

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

ADD A PLATTER OF:
Grilled Shrimp (4 shrimp | 110 cal)
$3.00 per guest

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HANDCRAFTED SANDWICHES
$15.75 per guest

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

Two Salads
Assorted Bags of Chips (1 bag | 130-320 cal)
Scrumptious Brownies (1 bar | 190-510 cal)
Assorted Bars (1 bar | 60-380 cal)
A Selection of Oversized Cookies (1 cookie | 160-180 cal)
or Fresh In-Season Fruit Cups (4 oz. | 45 cal)

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

CHOOSE TWO HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser (1/2 sandwich | 180 cal)
Roast Beef and Cheddar on Ciabatta (1/2 sandwich | 250 cal)
Twisted Beef & Horseradish Wrapped in Whole Grain Tortilla (1/2 wrap | 160 cal)
Tuscan Grilled Chicken Breast on Multigrain Roll (1/2 sandwich | 260 cal)
Picnic Grilled Chicken Sandwich on Parisian Roll (1/2 sandwich | 220 cal)
Southwestern BBQ on Ciabatta (1/2 sandwich | 310 cal)
Roasted Vegetables on Multigrain Roll (1/2 sandwich | 200 cal)
Tabbouleh Hummus Pita (1/2 sandwich | 280 cal)
Dijon Cage-Free Egg Salad on Pumpernickel Bread (1/2 sandwich | 180 cal)

CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette (1 salad | 110 cal)
Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
Apple Fennel Slaw (4 oz. | 90 cal)
Minted Cucumber Salad (4 oz. | 20 cal)
Orzo and Pepper Salad (4 oz. | 170 cal)
Artichoke Hearts with Italian Parsley (4 oz. | 60 cal)
Farmhouse Potato Salad (4 oz. | 220 cal)
Seasonal Crudité with (2 oz. | 15 cal)
Hummus (1 oz. | 50 cal)
Ranch Dip (2 oz. | 110-190 cal)

MAGNIFICENT MORSELS
## SPECIALTY BUFFETS

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

### DELI BUFFET

$14.50 per guest

#### Choice of Two Salads:

<table>
<thead>
<tr>
<th>Salad</th>
<th>Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamy Cole Slaw with Apples</td>
<td>4 oz.</td>
<td>100 cal</td>
</tr>
<tr>
<td>Potato Salad</td>
<td>4 oz.</td>
<td>190 cal</td>
</tr>
<tr>
<td>Balsamic Vinaigrette</td>
<td>2 oz.</td>
<td>90 cal</td>
</tr>
<tr>
<td>Assorted Breads and Rolls</td>
<td>2 slices</td>
<td>140-200 cal</td>
</tr>
<tr>
<td>Sliced Roasted Turkey</td>
<td>3 oz.</td>
<td>90 cal</td>
</tr>
<tr>
<td>Buffet Ham</td>
<td>3 oz.</td>
<td>90 cal</td>
</tr>
<tr>
<td>Salami</td>
<td>3 oz.</td>
<td>200 cal</td>
</tr>
<tr>
<td>Sliced Swiss Cheese</td>
<td>1 slice</td>
<td>50 cal</td>
</tr>
<tr>
<td>Cheddar Cheese</td>
<td>1 slice</td>
<td>50 cal</td>
</tr>
<tr>
<td>Leaf Lettuce</td>
<td>1 slice</td>
<td>0 cal</td>
</tr>
<tr>
<td>Sliced Onions</td>
<td>2 rings</td>
<td>0 cal</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Individual Bags of Chips</td>
<td>1 bag</td>
<td>130-320 cal</td>
</tr>
<tr>
<td>Assorted Cookies</td>
<td>1 cookie</td>
<td>160-180 cal</td>
</tr>
<tr>
<td>Bars</td>
<td>1 bar</td>
<td>310 cal</td>
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</tbody>
</table>

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

*Add Tuna Salad (3 oz. | 90 cal)
*Add Soup du Jour with Crackers (1 package | 25 cal)

### OLD FASHIONED BBQ

$19.00 per guest

<table>
<thead>
<tr>
<th>Dish</th>
<th>Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal Fresh Fruit Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country Potato Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted Vegetable Bow Tie Pasta Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornbread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian Baked Beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Barbecued Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barbecued Beef Brisket</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brownies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Cookies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bars</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Freshly Brewed Sweet Tea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemonade</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Add a chef for BBQs held outside; weather permitting $30.00 per hour
BACKYARD COOK OUT
$17.50 per guest

Country Potato Salad (4 oz. | 160 cal)
Cole Slaw (4 oz. | 120 cal)
Potato Chips (1 bag | 160 cal)
Vegetarian Baked Beans (4 oz. | 120 cal)
Hamburger and Hot Dog Buns to Include Whole Wheat (1 each | 380 cal)
Grilled Hamburgers (1 sandwich | 330 cal)
Grilled Hot Dogs (1 sandwich | 320 cal)
Veggie Burgers (1 sandwich | 320 cal)
Leaf Lettuce (1 slice | 0 cal)
Sliced Tomato (1 slice | 5 cal)
Dill Pickles (5 chips | 0 cal)
Relish (1 tbsp. | 20 cal)
Onions (2 rings | 0 cal)
Ketchup, Mustard and Mayonnaise
Assorted Cookies (1 cookie | 160-180 cal)
Brownies (1 cut | 190-220 cal)
Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

*Add a chef for BBQs held outside; weather permitting $30.00 per hour

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SPECIALTY BUFFETS

LITTLE ITALY
$16.50 per guest

- Caesar Salad with Homemade Croutons (1 salad | 460 cal)
- Vegetarian Antipasto Platter (1 serving | 190 cal)
- Assorted Rolls and Butter (1 roll | 90 cal)
- Sautéed Fresh Zucchini (4 oz. | 50 cal)
- Pasta Bar with Spaghetti (4 oz. | 200 cal) and Penne Pasta (4 oz. | 200 cal)
- Marinara Sauce (2 oz. | 20 cal) and Pesto Cream Sauce (2 oz. | 150 cal)
- Home-Style Meatballs in Marinara Sauce (2 meatballs + 1 oz. sauce | 190 cal)
- Traditional Chicken Cacciatore (1 quarter | 400 cal)
- Parmesan Cheese (1 oz. | 120 cal)
- Tiramisu (1 slice | 490 cal)
- Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

ASIAN FUSION
$17.95 per guest

- Asian Salad (4 oz. | 120 cal)
- Sticky Rice (4 oz. | 210 cal)
- Garlick Lemon Ginger Broccoli (4 oz. | 45 cal)
- Vegetable Lo Mein (4 oz. | 130 cal)
- Cilantro Breast of Chicken (1 breast | 110 cal)
- Teriyaki Glazed Salmon Filet (1 filet | 220 cal)
- Fortune Cookies (1 cookie | 35 cal)
- Coconut Lemon Almond Gourmet Bar (1 cut | 320 cal)
- Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

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BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; china is also available, upon request. Build Your Own Buffet by selecting - One Salad, One Entrée, Two Sides, Two Desserts and Two Beverages. Add an additional Vegetarian Entrée for $3.00 per guest. Add an additional of Beef, Pork or Chicken Entrée for $6.25 per guest or Seafood Entrée for $5.25 per guest. Waited service is available upon request. These menus are available for groups of 15 or more.

SALADS

**CHOOSE ONE:**
Market House Salad with a Choice of Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing

(1 salad | 110-370 cal)

Greek Salad (1 salad | 190 cal)

Caesar Salad (1 salad | 460 cal)

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

ENTRÉES

POULTRY
Fried Chicken Breast Parmesan $15.00 per guest

Traditional Rotisserie Chicken $18.00 per guest

Apricot Glazed Roasted Turkey $18.00 per guest

(1 entrée | 470 cal)

(1 entrée | 330 cal)

(1 entrée | 140 cal)

BEEF
Braised Beef Sicilian $26.00 per guest

Beef Stroganoff $21.50 per guest

Caramelized Onion Meatloaf $15.00 per guest

(1 entrée | 310 cal)

(1 entrée | 410 cal)

(1 entrée | 210 cal)

PORK
Asian Marinated Pork Loin with Honey and Soy Glaze $21.00 per guest

Roast Pork Loin with Mustard Herb Crust $21.00 per guest

(1 entrée | 220 cal)

(1 entrée | 300 cal)

SEAFOOD
Broiled Salmon with Dill Butter $21.00 per guest

Citrus Baked Tilapia $22.00 per guest

(1 entrée | 270 cal)

(1 entrée | 180 cal)

VEGETARIAN
Vegetarian Lasagna $15.00 per guest

Vegetable Whole Wheat Pasta Primavera $15.00 per guest

(1 entrée | 290 cal)

(1 entrée | 340 cal)

CUSTOMIZED CREATIONS
**SIDES**

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

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

**DESSERTS**

**CHOOSE TWO:**
- Double Chocolate Layer Cake (1 slice | 350 cal)
- Chocolate Mousse (1 scoop | 90 cal)
- Cora’s Red Velvet Cake (1 slice | 760 cal)
- Apple Crisp (1 serving | 150 cal)
- Assorted Cookies and Brownies (1 serving | 160-510 cal)
- Assorted Pies: Dutch Apple, Blueberry, Lemon Meringue or Pecan Pie (1 slice | 320-520 cal)

**BEVERAGES**

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

**CHOOSE TWO:**
- Lemonade (8 oz. | 70 cal)
- Iced Water Station (8 oz. | 0 cal)
- Freshly Brewed Iced Tea (8 oz. | 0 cal)

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HOT HORS D’OEUVRES

FROM PLATTERS TO PASSED

Eco-friendly serviceware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include linen-draped service tables, set up and clean up. Minimum of 3 dozen.

<table>
<thead>
<tr>
<th>CHICKEN</th>
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<tbody>
<tr>
<td>Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce</td>
<td>(1 each + 1/2 tbsp. sauce</td>
<td>45 cal)</td>
</tr>
<tr>
<td>Chipotle Maple Bacon-Wrapped Chicken</td>
<td>(1 each</td>
<td>50 cal)</td>
</tr>
<tr>
<td>Grilled Jerk Chicken Skewers</td>
<td>(1 each</td>
<td>45 cal)</td>
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<tr>
<td>Peri Peri Chicken Skewers</td>
<td>(1 each</td>
<td>130 cal)</td>
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<tr>
<td>Guajillo Glazed Chicken Wings</td>
<td>(1 each</td>
<td>140 cal)</td>
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<thead>
<tr>
<th>PORK</th>
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<tbody>
<tr>
<td>Sausage-Stuffed Mushrooms</td>
<td>(1 each</td>
<td>20 cal)</td>
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<tr>
<td>Pork Pot Stickers with Garlic Soy Sauce</td>
<td>(1 each + 3 oz. sauce</td>
<td>50 cal)</td>
</tr>
<tr>
<td>Maple-Glazed Apple Rumaki</td>
<td>(1 each</td>
<td>60 cal)</td>
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<tr>
<td>Sausage Bites with White Wine and Dijon Mustard</td>
<td>(1 each</td>
<td>300 cal)</td>
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<table>
<thead>
<tr>
<th>SEAFOOD</th>
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<tbody>
<tr>
<td>Tuxedo Shrimp with Diablo Sauce</td>
<td>(2 each</td>
<td>150 cal)</td>
</tr>
<tr>
<td>Grilled Sugar Cane Shrimp &amp; Scallop Skewers</td>
<td>(1 each</td>
<td>150 cal)</td>
</tr>
<tr>
<td>Seafood Stuffed Mushrooms</td>
<td>(1 each</td>
<td>15 cal)</td>
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</table>
SAVORY SELECTIONS

BEEF
Chipotle Beef on Tortillas with Avocado Crème
$24.00 per dozen
(1 each | 120 cal)
Chimichurri Beef Skewer
$25.00 per dozen
(1 each | 110 cal)
Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour
$13.00 per dozen
(1 each + 3 oz. sauce | 45-130 cal)
Mini Reuben Sandwiches
$21.00 per dozen
(1 each | 150 cal)

VEGETARIAN
Spanakopita
$22.00 per dozen
(1 each | 45 cal)
Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce
$17.00 per dozen
(1 each + 3 oz. sauce | 120-150 cal)
Onion and Smoked Gouda Quesadilla
$16.30 per dozen
(1 each + sauce | 350 cal)
Bleu Cheese Stuffed Mushroom Caps *Contains Nuts
$22.00 per dozen
(1 each | 110 cal)
Mini Grilled Cheese and Tomato Soup
$16.00 per dozen
(1 sandwich + 6 oz. soup | 700 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
MAGNIFICENT
MORSELS
COLD HORNS D’OEUVRES

Eco-friendly serviceware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include linen-draped service tables, set up and clean up. Minimum of 3 dozen.

- Shrimp Cocktail with Cajun Rémoulade and Cocktail Sauce ($35.00 per dozen) (shrimp + sauce | 150 cal)
- Roasted Garlic Hummus and Smoked Salmon Bruschetta ($26.00 per dozen) (1 each | 110 cal)
- Smoked Salmon Roulade ($18.25 per dozen) (1 each | 70 cal)
- Black Currant and Brie Crostini ($18.25 per dozen) (1 slice | 90 cal)
- Goat Cheese and Honey Phyllo Cups ($26.00 per dozen) (1 each | 100 cal)
- Sun-Dried Tomato and Gorgonzola Bruschetta ($22.50 per dozen) (1 slice | 100 cal)
- Mini Curried Chicken Tart ($21.00 per dozen) (1 each | 140 cal)
- Fruity Feta Bruschetta ($19.25 per dozen) (1 slice | 100 cal)
- Fresh Mozzarella and Shrimp Skewers ($32.50 per dozen) (1 each | 230 cal)

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DELECTABLE DELIGHTS
GOURMET DIPS AND MORE

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

HOT DIPS
Sold per pound

Warm Parmesan Artichoke Dip with Bagel or Pita Chips $25.50 per pound (1 oz. + 2 oz. chips | 250 cal)
Spinach and Crab Dip with Baguette Rounds $34.50 per pound (1 oz. + 1 chip | 120 cal)

COLD DIPS
Sold per pound

Tzatziki Cucumber Yogurt Dip (1 tbsp. | 5 cal), Hummus (1 oz. | 50 cal) or Baba Ghanoush (1 oz. | 15 cal) with Pita Chips (2 oz. | 190 cal)
$24.50 per pound

Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1 oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso (2 oz. | 60 cal) accompanied by House-Fried Corn Tortilla Chips (2 oz. | 240 cal)
$7.25 per pound

COLD DISPLAYS
Small (5-10), Medium (10-20) and Large (20-30)

Fresh Farm Crudités with Ranch Dip $20.75 Small/$42.75 Medium/$62.75 Large (2 oz. + 2 oz. dressing | 15-190 cal)
Seasonal Cubed Fresh Fruit $16.25 Small/$35.50 Medium/$65.50 Large (4 oz. | 50 cal)
Domestic Cheeses with Crackers and Baguette Rounds $15.25 Small/$40.75 Medium/$63.75 Large (2 oz. + 6 crackers | 340 cal)
Artisan Cheeses with Crackers and Baguette Rounds Market Price Small/Market Price Medium/Market Price Large (2 oz. + 6 crackers | 280 cal)
Antipasto Platter with Crackers and Baguette Rounds $41.75 Small/$81.75 Medium/$125.75 Large (1 serving + 1 cracker | 390 cal)
Vegetarian Antipasto Platter with Crackers and Baguette Rounds $38.75 Small/$79.75 Medium/$110.75 Large (1 serving + 1 cracker | 240 cal)

SAVORY CHEESECAKES

Please order by the Cheesecake and Torte. Served with Baguette Rounds.

Roasted Vegetable Cheesecake (serves 15-20 guests) $42.60 each (1 slice | 360 cal)
Savory Pesto and Sun-Dried Tomato Torte (serves 50-75 guests) $36.70 each (1 slice | 310 cal)

WINGS AND THINGS BAR
$10.00 per guest

CHOOSE TWO WING STYLES (1 wing serving):
Buffalo (80 cal)
Honey (90 cal)
BBQ (100 cal)
Cajun Style (90 cal)
Boneless (120 cal)
Celery and Carrot Sticks (6 sticks, 3 each | 15 cal)
Bleu Cheese (2 oz. | 280 cal)
Ranch Dressing (2 oz. | 190 cal)

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CHEF’S FARE
SPECIALTY AND CARVING STATIONS

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

FAJITA SMALL PLATE STATION
$8.50 per guest
Classic Chicken (3 oz. | 110 cal), Beef (3 oz. | 170 cal) or Veggie (1 oz. | 10 cal) Fajitas Accompanied with Mexican Rice (1/2 cup | 170 cal) Refried Beans (4 oz. | 140 cal), Tortilla Chips (2 oz. | 260 cal) and Appropriate Toppings.

MAC AND CHEESE SMALL PLATE
$8.50 per guest
The Ultimate Comfort Food Made Your Way. Customize Your Mac and Cheese (1 cup | 270 cal) with an Incredible, Mouth-Watering Assortment of Toppings Including Blackened Chicken (1/2 breast | 65 cal), Grilled Chicken (1/2 breast | 75 cal), Ground Beef (1 oz. | 70 cal) and Ham (2 oz. | 60 cal) Accompanied by Parmesan Cream (1 oz. | 120 cal) and Aged Cheddar Cheese Sauce (1 oz. | 110 cal).

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

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp. | 180 cal)
$5.75 per guest

Roasted Beef Tenderloin (3 oz. | 220 cal) with Horseradish Aioli (1 oz. | 50 cal) and Stone Ground Mustard Sauce (1 oz. | 20 cal)
$10.25 per guest

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)
$5.50 per guest

Roast Prime Rib of Beef (3 oz. | 230 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 70-160 cal)
$11.25 per guest

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp. | 80 cal)
$5.75 per guest

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

ASSORTED HOME-STYLE COOKIES (1 cookie per serving) $7.40 per dozen
- Peanut Butter (170 cal)
- Sugar (170 cal)
- White Chocolate Macadamia Nut (170 cal)
- Chocolate Chip (180 cal)
- Oatmeal Raisin (160 cal)
- Double Chocolate Chip with White Chips (170 cal)

ASSORTED BROWNIES (1 cut per serving) $12.40 per dozen
- Plain (200 cal)
- Fudge (350 cal)
- M&M’s® (510 cal)
- Frosted (350 cal)
- Cream Cheese (220 cal)
- Blondie (220 cal)

GOURMET DESSERT BARS (1 cut per serving) $12.80 per dozen
- Linzi Bar (210 cal)
- Cran Scotch Bar (260 cal)
- Gooey Chocolate Peanut Butter Bar (290 cal)
- Luscious Lemon Bar (70 cal)
- Raspberry Almond Bar (190 cal)
- Chocolate Chess Bar (260 cal)

ASSORTED MINI PETITOURS AND PASTRIES $19.00 per dozen
- (1 each | 140 cal)

MULTI-GRAIN BARS AND GRANOLA BARS $1.30 per item
- (1 bar | 90-160 cal)

ASSORTED POPCORN $6.50 per pound
- (1 bag | 120 cal)

MIXED NUTS WITHOUT PEANUTS $22.00 per pound
- (1 oz. | 170 cal)

TRAIL MIX $9.85 per pound
- (1 oz. | 150 cal)

DECORATED SHEET CAKES $54.00 each
- (1 slice + 2 tbsp. icing | 140-150 cal + 120-140 cal)

S’MORE’S STATION $8.50 per guest
- S’more’s Pizza (1 each | 200 cal)
- Chai Spice S’more’s (1 each | 400 cal)
- Classic S’more’s (1 each | 240 cal)

ICE CREAM SUndaE BAR $2.25 per guest
- 25 guest minimum

Choice of Ice Cream Flavours (One per 45 guests):
- Chocolate (1 scoop | 90 cal)
- Vanilla (1 scoop | 90 cal)

Choice of TWO Sauces:
- Chocolate (2 oz. | 200 cal)
- Strawberry (2 oz. | 140 cal)

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

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PLANNING YOUR EVENT

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure things are as perfect as possible for your special occasion! Please use this guide to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event.

Our experienced event planning specialists are very consultative and will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT FLAVOURS BY SODEXO

Our Blugold catering staff is here to assist you in person with your event details or you may order by phone or email. To assure the highest quality service, please notify us at least ten working days in advance for dinners, luncheons or large receptions. For smaller receptions, coffees or pickup orders, five working days' notice is requested. For orders occurring on holidays, breaks or weekends, once we have confirmed that service is available, there may be an additional charge for labor and services. Catering Contacts: Terri Knudtson, Catering Director (715) 836-2632 - knudtstl@uwec.edu and Travis Welke, Catering Coordinator (715) 836-4033 - welketj@uwec.edu.

RESERVING AN ON-CAMPUS ROOM

Please contact the UW-Eau Claire Event Services office at (715) 836-5631 or (888) 463-6893 to book a room on campus. Once you have secured a room, please call (715) 836-2632, email knudtstl@uwec.edu or visit us in person at Davies Center, 2nd Floor, Administration Office to begin planning your menu.

TABLES & CHAIRS

Tables, chairs and other items for events in Davies Center can be arranged through the Event Services office at (715) 836-5631. For events occurring in other campus building or off-campus, the event host is responsible for arranging all tables and chairs with building coordinators.

MINIMUM ORDER & GUARANTEE & FINAL COUNTS

A $100.00 minimum is required for any order delivered outside of Davies Center. A minimum purchase of $1,000.00 is required for off-campus deliveries (a separate delivery fee still applies). All events in The Dulany, located in the Davies Center, require a minimum $250.00 food order to use the room. We require a final count seven working days prior to the date of the event for events expecting 100 or more guests. At least three days is required for events expecting under 100 guests. You will be financially responsible for 100 percent of your final guarantee or the actual number of guests served, whichever is greater. If a guarantee is not provided, your last estimate becomes your guarantee. We prepare food for five percent above the guaranteed number.

CANCELLATIONS & LATE CHANGES

There is no charge for cancellations made at least three working days prior to the event with the exception of specialty items that have been ordered in advance. Cancellations made thereafter are subject to charges of costs already incurred. Events scheduled fewer than three business days in advance may be assessed an additional fee. Due to unforeseen circumstances, menu changes may be required. Blugold Catering will, in all instances, substitute a comparable or greater quality product that is consistent with the menu. Special dietary, children’s and additional vegetarian alternatives are also available.

PAYMENTS AND GRATUITIES

A credit card number is required in advance to secure orders for all off-campus groups and individuals. Tax-exempt organizations must present their tax-exempt certificate at the time the order is placed. State and local sales tax will be added to invoices of individuals or groups not exempt from such tax. Payment for University department sponsored catered events is due within 30 days of billing date. Recognized University student organizations and all off-campus groups must pay by the day of the event, or the next business day following the event if the event occurs on a weekend. For all non UW-Eau Claire groups with orders over $500.00, 50% of the balance is due seven days prior to the event, with the remaining balance due on the day of the event or the following business day if the event occurs on the weekend. Blugold Catering accepts Visa, MasterCard, American Express and Discover cards. A late payment fee will be added to any invoice not paid by the required due date. Gratuities are not accepted or charged by Blugold Catering.
PLAN FOR SUCCESS
**DELIVERY FEES**

On campus orders of $100.00 or less will be charged a $10.00 delivery fee, per trip. Off-campus events will be charged a minimum of $75.00. Return trips after initial delivery to the same location are $25.00 per trip. University sponsored events on upper campus, lower campus and UW buildings on Water Street are not subject to a delivery charge.

**SERVICE STAFF AND ATTENDANTS**

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

**THE CHARGE FOR EACH STAFF MEMBER IS:**

- Attendants/Waitstaff $27.00 per hour (minimum 4 hours)
- Station Chefs $30.00 per hour (minimum 4 hours)
- Bartenders $27.00 per hour (minimum 4 hours)

**CATERING EQUIPMENT**

As the host of the catered event, you are responsible for the equipment we have provided for the service of your event. No food or equipment may be removed from the event location. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account.

**CHINA SERVICES**

China, glassware and stainless steel flatware are provided with most luncheons, dinners and formal receptions in Davies Center. For other events (coffee setups, small receptions, etc.) and events outside of Davies Center, we provide compostable packaging, dinnerware and cutlery at no additional charge. China service is available for an additional $2.00 per person outside of Davies Center.

**FLORAL CHARGES**

Blugold Catering will provide appropriate decor for all buffets. Floral arrangements and decor are the sole property of Blugold Catering. We will be happy to receive and handle floral arrangements for you, however a limited amount of cooler space is available, so please plan accordingly. Any personal decor or rented items brought on the premises and left either prior to, during or following the function shall be at the sole risk of the customer.

**LINENS AND SKIRTING**

We provide linens and skirting for food and beverage tables at no charge. If you would like linen to be placed on guest tables for receptions, breaks, meeting tables and boxed lunches, there will be a $5.00 fee for each tablecloth if your order is less than $500.00. For served meals, weddings and other formal events, table linens are included in the meal price. Special order linens may be available for an additional charge.

**FOOD REMOVAL POLICY**

Any unused food remains the property of Blugold Catering and cannot be removed from an event in compliance with local health regulations. Credit cannot be issued for leftover food or unused items. Any condiments or disposables also remain the property of Blugold Catering. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account.

**ALCOHOL POLICY**

All events requesting alcohol service must have an approved Alcohol Authorization Form on file at the UW-Eau Claire Event Services Office at least ten working days prior to the event. Groups must follow the Alcohol Service Guidelines established by UW-Eau Claire and the Board of Regents. Please see our separate Bar Menu for complete pricing information. We cannot provide alcohol service off-campus for non-university sponsored events.