



# FLAVOURS

by *sodexo*<sup>\*</sup>

SODEXO AT ADRIAN COLLEGE





# FLAVOURS

TASTE : SUCCESS

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

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

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

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at 517-265-5161 ext. 4126, email us at [pdumont@adrian.edu](mailto:pdumont@adrian.edu) or [patricia.dumont@sodexo.com](mailto:patricia.dumont@sodexo.com) or visit our website: [adriancollege.catertrax.com](http://adriancollege.catertrax.com).

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

 = Mindful  = Vegetarian  = Vegan

*We can also accommodate Gluten Free requests.*

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available upon request. Freshly Brewed Fair Trade Aspetto Coffee (8 fluid oz. | 0 cal), Fair Trade Aspetto Decaffeinated Coffee (8 fluid oz. | 0 cal) and Aspetto Numi Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Aspetto Numi Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 15 or more.

## CONTINENTAL

\$14.02 per guest

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

### CHOOSE TWO:

Assorted Breakfast Breads	(1 slice   200 - 280 cal)	Coffee Cake	(1 square   240-450 cal)
Mini Scones	(1 each   180-210 cal)	Danish	(1 each   270 cal)
Cinnamon Rolls	(1 each   110 - 450 cal)	Assorted Muffins	(1 each   330-450 cal)

Cream Cheese, Butter and Assorted Jellies

Chilled Bottles of Orange Juice	(10 fluid oz.   140 cal)
Cranberry Juice	(10 fluid oz.   170 cal)
Apple Juice	(10 fluid oz.   140 cal)

## BREAKFAST BUFFET

\$19.49 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 Home Fries (4 oz. | 150 cal)

### CHOOSE TWO:

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

### CHOOSE ONE:

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)

### ADD ON:

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

\$4.89 per guest

Chilled Bottles of Orange Juice	(10 fluid oz.   140 cal)
Cranberry Juice	(10 fluid oz.   170 cal)
Apple Juice	(10 fluid oz.   140 cal)

# A FRESH NEW START



## COLD CEREAL AND YOGURT BAR

\$14.29 per guest

Seasonal Cubed Fresh Fruit  

Low-Fat Greek Yogurt Parfaits

Low-Fat Vanilla Yogurt Parfaits

Low-Fat Granola

Mixed Berries and Bananas

Assorted Bulk Cereals Served with a Choice of Two:

Whole Milk

2% Milk

Non-Fat Milk

Soy Milk

(4 oz. | 50 cal)

(1 oz. | 15 cal)

(1 oz. | 25 cal)

(1 oz. | 110 cal)

(1 oz. | 15 cal)

(1 cup | 100 - 230 cal)

(3 fluid oz. | 60 cal)

(3 fluid oz. | 45 cal)

(3 fluid oz. | 30 cal)

(3 fluid oz. | 40 cal)

Chilled Bottles of Orange Juice

Cranberry Juice

Apple Juice

(10 fluid oz. | 140 cal)

(10 fluid oz. | 170 cal)

(10 fluid oz. | 140 cal)

## OMELET STATION

\$19.49 per guest

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 15 or more.

Ham (2 tbsp. | 20 cal)

Pork Sausage Links (2 tbsp. | 15 cal)

Turkey Bacon (2 tbsp. | 35 cal)

Feta Cheese (1 oz. | 70 cal)

Seasonal Garden Vegetables (varies by season)

Scallions (1 oz. | 10 cal)

Bacon (2 tbsp. | 50 cal)

Turkey Sausage (2 tbsp. | 15 cal)

Shredded Cheddar (1 oz. | 110 cal)

Diced Tomatoes (1 oz. | 5 cal)

Sweet Peppers (3 oz. | 20 cal)

Egg Whites (4 oz. | 60 cal)

All will be prepared by one of our talented culinarians.

# A LA CARTE SELECTIONS

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

## FROM THE BAKERY *per dozen*

### ASSORTED FRESHLY HOUSE-BAKED MUFFINS *\$21.19 per dozen*

Blueberry	(1 muffin   390 cal)
Lemon Poppy Seed	(1 muffin   400 cal)
Cappuccino Chocolate Chunk	(1 muffin   450 cal)
Banana Walnut	(1 muffin   430 cal)
Apple Cinnamon	(1 muffin   380 cal)

### ASSORTED BREAKFAST BREADS & COFFEE CAKES *\$15.00 per dozen*

Banana Nut Bread	(1 slice   370 - 400 cal)
Blueberry Coffee Cake	(1 square   110 cal)
Apple Streusel Coffee Cake	(1 square   260 cal)
Blueberry Sour Cream Coffee Cake	(1 square   310 cal)

### ASSORTED DANISH *\$18.99 per dozen*

(1 each | 270 cal)

### ASSORTED BAGELS with Cream Cheese and Jellies *\$21.19 per dozen*

(1 bagel | 210 - 310 cal)

### HOUSE-BAKED COUNTRY BISCUITS with Butter, Honey and Jellies *\$18.99 per dozen*

(1 each | 160 - 450 cal)

### ASSORTED DOUGHNUTS *\$18.99 per dozen*

(1 each | 280 - 310 cal)

### ASSORTED MINI SCONES *\$15.00 per dozen*

(1 each | 180 - 210 cal)

### CINNAMON ROLLS *\$21.19 per dozen*

(1 each | 110 - 450 cal)

## STARTERS

### INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT

*\$27.48 per dozen*

(1 each | 90 - 180 cal)

### INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA

*\$55.08 per dozen*

(1 each | 200 - 360 cal)

### SEASONAL SLICED FRESH FRUIT

(4 oz. | 50 cal)

*Small 15-25 \$63.69 per tray*

*Medium 25-50 \$124.99 per tray*

*Large 50-75 \$262.49 per tray*

# FIRST THINGS FIRST



## BREAKFAST SANDWICH \$51.48 per dozen

### Choice of One:

Toasted English Muffins	(1 each   110 cal)
Biscuits	(1 each   290 cal)
Bagels	(1 each   280 cal)
Croissants	(1 each   280 - 310 cal)

### Choice of One:

Scrambled Eggs	(4 oz.   190 cal)
Scrambled Eggs and Cheese	(4 oz.   240 cal)
Scrambled Egg Whites	(4 oz.   60 cal)

### Choice of One:

Pork Sausage Patty	(1 patty   140 cal)
Turkey Sausage Patty	(1 slice   30 cal)
Ham	(1 slice   30 cal)
Bacon	(1 slice   50 cal)

## BREAKFAST TACO \$53.88 per dozen

### Choice of One:

Flour Tortilla	(1 each   210 cal)
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### Choice of One:

Scrambled Eggs	(4 oz.   190 cal)
Scrambled Egg Whites	(4 oz.   60 cal)

### Choice of One:

Pork Sausage Patty	(1 patty   140 cal)
Ham	(1 slice   30 cal)
Home Fried Potatoes	(4 oz.   150 cal)

### Accompanied by

Shredded Cheddar Cheese	(1 oz.   110 cal)
Pico de Gallo	(2 oz.   15 cal)
Sour Cream	(1 tbsp.   30 cal)

Wheat Tortilla	(1 each   180 cal)
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Scrambled Eggs and Cheese	(4 oz.   240 cal)
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Turkey Sausage Patty	(1 slice   30 cal)
Bacon	(1 slice   50 cal)

Guacamole	(2 oz.   80 cal)
Fresh Salsa	(2 oz.   15 cal)



FIRST  
THINGS FIRST



# A LA CARTE SELECTIONS

## ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 15 or more.

<b>HOME FRIES WITH CARAMELIZED ONIONS</b> \$2.44 per guest	(4 oz.   150 cal)
<b>ROASTED SWEET POTATOES</b> \$2.44 per guest	(4 oz.   170 cal)
<b>HARD BOILED EGGS</b> \$1.50 per guest	(1 each   70 cal)
<b>INDIVIDUAL BISCUIT QUICHES</b> \$4.29 per guest	
Quiche Lorraine	(1 each   370 cal)
Western Quiche	(1 each   370 cal)
Sausage and Cheddar Quiche	(1 each   410 cal)
Garden Vegetable Quiche	(1 each   330 cal)
Broccoli Cheddar Quiche	(1 each   310 cal)
<b>BREAD PUDDINGS</b> \$4.29 per guest	
Bacon and Cheddar	(1 square   560 cal)
Ham, Mushroom and Swiss	(1 square   400 cal)
Apple Raisin French Toast	(1 square   600 cal)
Garden Vegetable	(1 square   210 cal)
Asparagus, Feta and Egg White Frittata	(1 square   250 cal)
<b>WHEAT BERRY PECAN CRUNCH FRENCH TOAST</b> \$4.00 per guest	(3 halves   380 cal)
<b>OATMEAL BAR</b> \$4.29 per guest	
Steel Cut Oatmeal 	(8 oz.   170 cal)
<b>Served with a Choice Of Three:</b>	
Raisins	(1 oz.   80 cal)
Dark or Light Brown Sugar	(1 oz.   110 cal)
Creamy Peanut Butter	(1 oz.   160 cal)
Blueberries	(2 oz.   30 cal)
Strawberries	(2 oz.   15 cal)
Sliced Bananas	(1 banana   90 cal)
Ground Cinnamon	(1 oz.   0 cal)
Dried Cranberries	(1 oz.   90 cal)
Walnut Pieces	(1 oz.   190 cal)
Chocolate Chips	(1 oz.   150 cal)
Honey	(1 oz.   90 cal)
<b>Choice of Milk:</b>	
Whole	(3 fluid oz.   60 cal)
2%	(3 fluid oz.   45 cal)



REFRESH AND  
REJUVENATE

High quality plastic serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

## COFFEE AND TEA SERVICE

*\$3.64 per guest*

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

## HOT BEVERAGES

*16 servings per gallon*

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

*\$24.99 per gallon*

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

*\$39.99 per gallon*

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

*\$24.99 per gallon*

Hot Chocolate *\$2.09 per packet* (8 oz. | 200 cal)

Seasonal Hot or Cold Apple Cider *\$12.00 per gallon* (8 oz. | 110 cal)

## COLD BEVERAGES

*16 servings per gallon*

Orange Juice *\$11.09 per gallon* (10 oz. | 150 cal)

Cranberry Juice *\$11.09 per gallon* (10 oz. | 140 cal)

Apple Juice *\$11.09 per gallon* (10 oz. | 170 cal)

Freshly Brewed Unsweetened Iced Tea *\$10.59 per gallon* (8 oz. | 0 cal)

Lemonade *\$10.59 per gallon* (8 oz. | 130 cal)

Orange Blossom Punch *\$13.00 per gallon* (8 oz. | 110 cal)

Iced Water Service *\$2.00 per gallon* (8 oz. | 0 cal)

Iced Water Service with Fresh Quartered Oranges, Lemons and Limes *\$3.89 per gallon* (8 oz. | 0 - 60 cal)

Bottled Water *\$1.75 per guest* (16.9 oz. | 0 cal)

**Bottled Fruit Juice:** *\$2.75 per guest* (10 oz. | 140-170 cal)

Orange, Cranberry, Apple

Assorted Canned Pepsi Soft Drinks, Regular and Diet *\$1.75 per guest* (12 oz. | 0 - 270 cal)



GREENS  
TO GO

# PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll and Butter, Pita Wedges or Toasted Flatbread, Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal), Bar (1 cut | 60 - 380 cal) or Seasonal Fresh Fruit Cup 🍌🍷 (4 oz. | 45 cal) and Assorted Canned Pepsi Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serveware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

## CAESAR SALAD (1 salad | 490 cal)

\$14.29 per guest

Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing

Add Grilled Breast of Chicken \$3.00 per guest

Add Grilled Marinated Steak \$4.00 per guest

## GREEK SALAD 🍌🍷 (1 salad | 190 cal)

\$13.69 per guest

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

## CHEF SALAD (1 salad | 600 cal)

\$14.29 per guest

Ham, Smoked Turkey, Cheddar, Hard-Boiled Egg and Sweet Potato Hay on a Bed of Mixed Field Greens

## GARDEN SALAD 🍌🍷 (1 salad | 280 cal)

\$10.00 per guest

Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins and Almonds on a Bed of Tossed Greens with a Choice of Dressing

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

\$17.49 per guest

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

## GRILLED CHICKEN TABBOULEH SALAD 🍌🍷 (1 salad | 240 cal)

\$17.49 per guest

Lemon Sage Chicken, Traditional Tabbouleh, Grape Tomatoes and Kalamata Olives on a Bed of Greens with Baked Pita Croutons



MOVABLE  
FEAST

# PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips and a choice of one: Country-Style Potato Salad (3 oz. | 140 cal), Cole Slaw (3 oz. | 90 cal), Pasta Salad (3 oz. | 120 cal), Italian Cucumber Salad (4 oz. | 90 cal), BLT Pasta Salad (3 oz. | 170 cal), Orzo and Pepper Salad 🍴 (3 oz. | 170 cal), Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal), Bar (1 cut | 60 - 380 cal), Seasonal Fresh Fruit Cup 🍴 🍷 (4 oz. | 45 cal) and Assorted Canned Pepsi Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

## **TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)**

\$14.79 per guest

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

## **ROAST BEEF AND CHEDDAR (1 sandwich | 500 cal)**

\$15.29 per guest

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

## **THE DELI (1 sandwich | 280 cal)**

\$14.29 per guest

Craft Your Own Deli Sandwich with Choice of Artisan Breads of White or Whole Wheat, Multigrain Sandwich Flat or Croissant, Deli Meats of Oven Roasted Turkey Breast, Low-Sodium Turkey, Roast Beef, Ham, Tuna Salad, a Selection of Cheeses of Provolone, American or Swiss and an Assortment of Fresh Toppings of Lettuce and Sliced Tomato or Grilled Provençal Vegetable Sandwich

## **TABBOULEH AND HUMMUS PITA WRAP 🍴 🍷 (1 sandwich | 560 cal)**

\$13.69 per guest

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

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

\$13.69 per guest

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

## **HONEY BBQ CHICKEN SANDWICH 🍴 (1 sandwich | 490 cal)**

\$17.39 per guest

Balsamic Garlic Chicken with Honey-BBQ Ranch Dressing, Roasted Onions, Green Lettuce and Fresh Tomato on a Multigrain Roll

## **PORTOBELLO RUSTICO 🍴 🍷 (1 sandwich | 430 cal)**

\$13.69 per guest

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

## **CHIMICHURRI FLANK STEAK SANDWICH (1 sandwich | 500 cal)**

\$17.49 per guest

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



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 Fair Trade Aspetto Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Aspetto Numi Teas with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include delivery, linen-draped service tables, set up and clean up. All entrées are available buffet style, upon request.

## CHICKEN

### TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)

\$22.49 per guest

Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

### GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal)

\$22.49 per guest

Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

### CHICKEN CORDON BLEU (1 plate | 910 cal)

\$25.89 per guest

Chicken Breast Stuffed with Swiss Cheese and Smoked Ham, Coated in Garlic Thyme Panko, then Baked Golden Brown

### SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST 🍴 (1 plate | 680 cal)

\$24.99 per guest

Panko-Encrusted Chicken Breast Served with a Sautéed Garlic Cream Sauce and Sun-Dried Tomato Strips

### LEMON BASIL CHICKEN (1 plate | 830 cal)

\$22.49 per guest

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

## BEEF AND PORK

### FLANK STEAK ROULADE (1 plate | 540 cal)

\$37.49 per guest

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

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

\$49.99 per guest

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

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

\$49.99 per guest

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

### PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)

\$24.99 per guest

Pan-Seared Pork Tenderloin Covered in a Savory Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg

### CORIANDER RUBBED PORK TENDERLOIN WITH A GREEN PEPPERCORN MUSTARD SAUCE (1 plate | 290 cal)

\$28.69 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



AT YOUR  
SERVICE

# SERVED LUNCHEONS AND DINNERS

## LAMB

### ROASTED ROSEMARY RACK OF LAMB WITH RED WINE SAUCE (1 plate | 630 cal)

\$62.49 per guest

Trimmed Lamb Medallions Roasted with Rosemary Sprigs and Garlic, then Dressed with a Cabernet Sauvignon and Garlic Sauce

## COMBINATION PLATE

### GRILLED BEEF TENDERLOIN & CRAB CAKE WITH A DEMI DIJON MUSTARD SAUCE (1 plate | 560 cal)

\$52.49 per guest

Tenderloin of Beef Dusted with Salt, Pepper, Rosemary and Parsley, then Charred for a Light Smoky Flavor and Light, Crispy Crab Cakes with a Crunchy Crust Served with a Stone Ground Mustard Sauce

## SEAFOOD

### GARLIC SHRIMP SKEWERS (1 plate | 350 cal)

\$31.19 per guest

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

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

\$27.49 per guest

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

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

\$31.19 per guest

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

### CITRUS SALMON, COUSCOUS & GREEN BEANS (1 plate | 120 cal)

\$34.99 per guest

Citrus and Herb Crusted Salmon Served with Couscous Primavera and Lemon Garlic Green Beans

## VEGETARIAN

### SMOKED GOUDA FARFALLE 🍷 (1 plate | 510 cal)

\$24.99 per guest

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

### BALSAMIC MARINATED PORTOBELLO MUSHROOMS 🌿 (1 plate | 580 cal)

\$22.49 per guest

Balsamic-Sweetened Portobello Mushrooms with a Quinoa and Zucchini Pilaf Seasoned with Fresh Basil, Rosemary and Garlic

### VEGETABLE WHOLE WHEAT PASTA PRIMAVERA 🍷 (1 plate | 340 cal)

\$19.99 per guest

Al Dente Whole Wheat Pasta Tossed with Sautéed Zucchini, Broccolini, Heirloom Tomatoes and Onions in a Creamy Béchamel

# ENTRÉE ACCOMPANIMENTS

## SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette	✓	(1 salad   110 cal)
Iceberg Wedge with Maytag Bleu Cheese	✓	(1 salad   130 cal)
Caesar Salad with Anchovies and Homemade Croutons	✓	(1 salad   160 cal)
Fresh Mozzarella and Tomato Stack with Fresh Basil	✓	(1 salad   430 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing	✓	(1 salad   740 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette	☺ ✓	(1 salad   190 cal)
Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze		(1 salad   350 cal)

## SIDES

### Choice of One:

Fresh Green Beans	✓	(4 oz.   40 cal)
French Green Beans and Carrot Medley	☺ ✓	(4 oz.   40 cal)
Roasted Root Vegetables	☺ ✓	(4 oz.   60 cal)
Roasted Fresh Seasonal Asparagus	☺ ✓	(4 oz.   30 cal)
Chef's Choice of Seasonal Vegetable		(4 oz.   30 - 130 cal)

### Choice of One:

Horseradish Mashed Yukon Potatoes	✓	(4 oz.   120 cal)
Mashed Sweet Potatoes	✓	(4 oz.   210 cal)
Oven-Herbed Roasted Red Potatoes	✓	(4 oz.   130 cal)
Potatoes O'Gratin	✓	(4 oz.   400 cal)
Black Beans and Rice	☺ ✓	(4 oz.   180 cal)
Chef's Choice of Side Pairing		(4 oz.   100 - 400 cal)

# IN GOOD COMPANY



## DESSERTS

New York Cheesecakes	(1 slice   450 cal)
Chocolate Fudge Cake & Chocolate Ganache	(1 slice   760 cal)
Dutch Apple Pie	(1 slice   450 cal)
Lattice Top Blueberry Pie	(1 slice   320 cal)
Cora's Red Velvet Cake	(1 slice   760 cal)

## ADDITIONAL OPTIONS:

White Chocolate Raspberry Creme Brulee <i>\$6.19 per guest</i>	(1 each   840 cal)
Cookies and Cream Cheesecake <i>\$6.19 per guest</i>	(1 slice   520 cal)
Apple Caramel Bread Pudding <i>\$4.99 per guest</i>	(1 each   210 cal)
Tropical Fruit Napoleon & Caramel Sauce <i>\$6.19 per guest</i>	(1 each   1750 cal)
Designer Key Lime Pie <i>\$6.19 per guest</i>	(1 slice   1000 cal)

# BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Pepsi Soft Drinks, Regular and Diet or Bottled Water are included. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. Add Soup du Jour with Crackers \$2.00 per guest. These menus are available for groups of 15 or more. Waited service is available upon request.

## SIGNATURE SALADS

\$20.29 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 Shrimp	(4 shrimp   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 Chicken	(3 oz.   110 cal)
Grilled Shrimp 🍷	(4 shrimp   110 cal)
Portobello Mushroom	(4 oz.   60 cal)

\$4.00 per guest

## HANDCRAFTED SANDWICHES

\$27.29 per guest

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

Two Salads

Assorted Bags of Chips

Scrumptious Brownies

Assorted Bars

A Selection of Oversized Cookies

or Fresh In-Season Fruit Cups

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

(1 bag | 130-320 cal)

(1 bar | 190-510 cal)

(1 bar | 60-380 cal)

(1 cookie | 160-180 cal)

(4 oz. | 45 cal)

### CHOOSE THREE HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser

Roast Beef and Cheddar on Ciabatta

Twisted Beef & Horseradish Wrapped in Whole Grain 🍞

Tuscan Grilled Chicken Breast on Multigrain Roll 🍞

Picnic Grilled Chicken Sandwich on Parisian Roll

Southwestern BBQ on Ciabatta

Roasted Vegetables on Multigrain Roll 🍷

Tabbouleh Hummus Pita 🍷

Dijon Egg Salad on Pumpernickel Bread 🍷

(1/2 sandwich | 180 cal)

(1/2 sandwich | 1000 cal)

(1/2 wrap | 160 cal)

(1/2 sandwich | 260 cal)

(1/2 sandwich | 220 cal)

(1/2 sandwich | 310 cal)

(1/2 sandwich | 200 cal)

(1/2 sandwich | 280 cal)

(1/2 sandwich | 180 cal)

### CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette 🍷

Seasonal Fresh Fruit Salad 🍞

Apple Fennel Slaw 🍞

Minted Cucumber Salad 🍞

Orzo and Pepper Salad 🍞

Artichoke Hearts with Italian Parsley 🍷🌿

Farmhouse Potato Salad 🍷

Seasonal Crudit  with

Hummus 🌿

Ranch Dip 🌿

(1 salad | 110 cal)

(4 oz. | 45 cal)

(4 oz. | 90 cal)

(4 oz. | 20 cal)

(4 oz. | 170 cal)

(4 oz. | 60 cal)

(4 oz. | 220 cal)

(2 oz. | 15 cal)

(1 oz. | 50 cal)

(2 oz. | 110-190 cal)

MAGNIFICENT  
MORSELS



# SPECIALTY BUFFETS

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

## DELI BUFFET

\$16.19 per guest

### Choice of Two Salads:

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

\$2.00 per guest

## OLD FASHIONED BBQ

\$22.39 per guest

Seasonal Fresh Fruit Salad 🍏 🍌	(4 oz.   45 cal)
Roasted Vegetable Bow Tie Pasta Salad 🍏 🍷	(4 oz.   120 cal)
Country Potato Salad 🍏 🍷	(4 oz.   120 cal)
Cornbread 🍏 🍷	(4 oz.   120 cal)
Rolls and Butter	(1 roll   90 cal)
Ranch Style Baked Beans	(4 oz.   160 cal)
Baked Barbecued Chicken	(1 quarter   290 cal)
Barbecued Beef Brisket	(4 oz.   310 cal)
Assorted Cookies	(1 cookie   160-180 cal)
Brownies	(1 brownie   200 cal)
Freshly Brewed Iced Tea	





# FESTIVE FLAIR

## BACKYARD COOK OUT

*\$17.49 per guest*

Country Potato Salad	(4 oz.   160 cal)
Cole Slaw	(4 oz.   120 cal)
Potato Chips	(1 bag   160 cal)
Ranch Style Baked Beans	(4 oz.   130 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 Pepsi Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea	
<i>*Add a chef for BBQs held outside; weather permitting \$20.00 per hour</i>	



FESTIVE  
FLAIR

# SPECIALTY BUFFETS

## LITTLE ITALY

*\$21.39 per guest*

Antipasto Platter	(1 serving   340 cal)
Caesar Salad with Homemade Croutons	(1 salad   460 cal)
Assorted Rolls and Butter	(1 roll   90 cal)
Sautéed Fresh Zucchini	(4 oz.   50 cal)
Pasta Bar with Cheese Tortellini (4 oz.   549 cal) and Penne Pasta (4 oz.   200 cal)	
Marinara Sauce (2 oz.   20 cal) and Pesto Cream Sauce (2 oz.   150 cal)	
Home-Style Meatballs in Marinara Sauce	(2 meatballs + 1 oz. sauce   190 cal)
Traditional Chicken Cacciatore	(1 quarter   400 cal)
Parmesan Cheese	(1 oz.   120 cal)
Tiramisu	(1 slice   490 cal)
Cannoli	(1 cannoli   320 cal)
Assorted Canned Pepsi Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea	

# BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. Build Your Own Buffet by selecting - One Salad, Two Entrées, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for \$1.00 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 Three 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

Chicken Marsala  \$22.49 per guest (1 entrée | 280 cal)

Fried Chicken Breast Parmesan \$21.19 per guest (1 entrée | 470 cal)

Apricot Glazed Roasted Turkey \$22.49 per guest (1 entrée | 140 cal)

### BEEF

Braised Beef Sicilian \$22.49 per guest (1 entrée | 310 cal)

Caramelized Onion Meatloaf \$22.49 per guest (1 entrée | 210 cal)

Beef Stroganoff \$22.49 per guest (1 entrée | 410 cal)

### PORK

Asian Marinated Pork Loin with Honey and Soy Glaze \$22.49 per guest (1 entrée | 220 cal)

Roast Pork Loin with Mustard Herb Crust \$22.49 per guest (1 entrée | 300 cal)

### SEAFOOD

Broiled Salmon with Dill Butter \$27.49 per guest (1 entrée | 270 cal)

Barbecued Shrimp with Bacon-Cheddar Grits \$48.69 per guest (1 entrée | 560 cal)

Citrus Baked Tilapia \$22.49 per guest (1 entrée | 180 cal)

### VEGETARIAN

Vegetarian Lasagna  \$22.49 per guest (1 entrée | 290 cal)

Marinated Portobellos with Quinoa Pilaf  \$22.49 per guest (1 entrée | 170 cal)

Stuffed Peppers with Herbed Tomato Sauce  \$19.99 per guest (1 entrée | 210 cal)

CUSTOMIZED  
CREATIONS



## SIDES

### CHOOSE ONE (4 oz. serving):

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

### CHOOSE ONE (4 oz. serving):

Balsamic Herb Roasted Vegetables <b>VG</b>	(4 oz.   110 cal)
Lemon Garlic Broccoli <b>V</b>	(4 oz.   60 cal)
Sautéed Zucchini <b>VG V</b>	(1 each   50 cal)
Glazed Carrots <b>VG V</b>	(4 oz.   120 cal)
Fresh Green Beans <b>V</b>	(4 oz.   40 cal)
Variety of Seasonal Vegetables <b>V</b>	(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 Pies	(1 slice   350-520 cal)
Assorted Cookies and Brownies	(1 serving   160-510 cal)
Tropical Rice Pudding	(1 serving   770 cal)

## BEVERAGES

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

### CHOOSE TWO:

Iced Water Station
Lemonade
Freshly Brewed Iced Tea
Assorted Canned Pepsi Soft Drinks, Regular and Diet

# HOT HORS D'OEUVRES

## FROM PLATTERS TO PASSED

High quality plastic serveware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 1 dozen.

### CHICKEN

Chipotle Maple Bacon-Wrapped Chicken <i>\$24.99 per dozen</i>	(1 each   50 cal)
Coconut Chicken with Orange Dipping Sauce <i>\$22.49 per dozen</i>	(1 each   60 cal)
Guajillo Glazed Chicken Wings <i>\$22.49 per dozen</i>	(1 each   140 cal)
Greek Chicken Skewers <i>\$39.99 per dozen</i>	(1 each   90 cal)
Peri Peri Chicken Skewers <i>\$24.39 per dozen</i>	(1 each   130 cal)
Blackened Chicken Sliders <i>\$39.99 per dozen</i>	(1 each   140 cal)

### PORK

Sausage-Stuffed Mushrooms <i>\$42.99 per dozen</i>	(1 each   20 cal)
Pork Pot Stickers with Garlic Soy Sauce <i>\$22.49 per dozen</i>	(1 each + 3 oz. sauce   50 cal)
Sausage Bites with Dijon Mustard <i>\$22.49 per dozen</i>	(1 each   300 cal)
Ham and Cheese Pinwheels <i>\$18.69 per dozen</i>	(1 each   50 cal)
Mini Ham Biscuits with Mustard Sauce <i>\$18.69 per dozen</i>	(1 each   150 cal)

### SEAFOOD

Mini Crab Cakes with Cajun Rémooulade Sauce <i>\$52.49 per dozen</i>	(1 each   70 cal)
Bacon Wrapped Scallops with BBQ Sauce <i>\$57.49 per dozen</i>	(1 each   45 cal)
Grilled Sugar Cane Shrimp & Scallop Skewers <i>\$81.19 per dozen</i>	(1 each   150 cal)
Crab and Risotto Balls <i>\$28.39 per dozen</i>	(1 each   80 cal)



## SAVORY SELECTIONS

### BEEF

Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour <i>\$18.69 per dozen</i>	(1 each + 3 oz. sauce   45-130 cal)
Ground Beef Samosas <i>\$57.49 per dozen</i>	(1 each   170 cal)
Mini Reuben Sandwiches <i>\$24.99 per dozen</i>	(1 each   150 cal)
Beef Short Ribs in a Potato Cup <i>\$20.89 per dozen</i>	(1 each   140 cal)
Chimichurri Beef Skewer <i>\$39.99 per dozen</i>	(1 each   110 cal)

### VEGETARIAN

Spanakopita <i>\$24.99 per dozen</i>	(1 each   45 cal)
Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce <i>\$27.49 per dozen</i>	(1 each + 3 oz. sauce   120-150 cal)
Onion and Smoked Gouda Quesadilla <i>\$24.99 per dozen</i>	(1 each + sauce   350 cal)
Mini Grilled Cheese and Tomato Soup <i>\$22.49 per dozen</i>	(1 sandwich + 6 oz. soup   700 cal)
Tomato, Vidalia Onion and Goat Cheese Tart <i>\$18.69 per dozen</i>	(1 each   100 cal)



MAGNIFICENT  
MORSELS



# COLD HORS D'OEUVRES

High quality plastic serveware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 1 dozen.

Assorted Finger Sandwiches <i>\$18.69 per dozen</i>	(1 each   40 cal)
<b>CHOOSE THREE:</b> Ham Salad, Chicken Salad, Tuna Salad and Egg Salad on White, Wheat or Mini Croissant	
Shrimp Cocktail with Cajun Rémolade and Cocktail Sauce <i>\$31.19 per dozen</i>	(shrimp + sauce   150 cal)
Roasted Garlic Hummus and Smoked Salmon Bruschetta <i>\$57.49 per dozen</i>	(1 each   110 cal)
Sun-Dried Tomato and Gorgonzola Bruschetta <i>\$18.69 per dozen</i>	(1 slice   100 cal)
Fruity Feta Bruschetta <i>\$18.69 per dozen</i>	(1 slice   100 cal)
Goat Cheese and Honey Phyllo Cups <i>\$24.99 per dozen</i>	(1 each   100 cal)
Fresh Mozzarella and Shrimp Skewers <i>\$44.99 per dozen</i>	(1 each   230 cal)
Mini Curried Chicken Tart <i>\$32.49 per dozen</i>	(1 each   140 cal)
Crostini with Spicy Mango Shrimp Salsa <i>\$22.49 per dozen</i>	(1 each   70 cal)
Cucumber Rounds with Feta and Tomatoes <i>\$18.69 per dozen</i>	(1 each   30 cal)
Pistachio Grapes with Orange Cream Cheese <i>\$18.69 per dozen</i>	(1 each   20 cal)
Miso Crab Salad on Cucumber <i>\$37.49 per dozen</i>	(1 each   50 cal)
White Bean Crostini <i>\$18.69 per dozen</i>	(1 slice   120 cal)



DELECTABLE  
DELIGHTS

# GOURMET DIPS AND MORE

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

## HOT DIPS

Sold per guest

Warm Parmesan Artichoke Dip with Bagel or Pita Chips **\$3.17 per guest**

(1 oz. + 2 oz. chips | 250 cal)

Spinach and Crab Dip with Baguette Rounds **\$5.28 per guest**

(1 oz. + 1 chip | 120 cal)

## COLD DIPS

Sold per guest

Shrimp Dip with Pita Chips

(1 oz. + 2 oz. chips | 270 cal)

**\$3.17 per guest**

Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso (2 oz. | 60 cal) accompanied by Tortilla Chips (2 oz. | 260 cal)

**\$2.29 per guest**

## COLD DISPLAYS

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

Fresh Farm Crudités with Ranch Dip  

(2 oz. + 2 oz. dressing | 15-190 cal)

**\$49.99 Small/ \$99.99 Medium/ \$137.49 Large**

Seasonal Cubed Fresh Fruit 

(4 oz. | 50 cal)

**\$63.69 Small/\$124.69 Medium/\$262.49 Large**

Domestic Cheeses with Crackers 

(2 oz. + 6 crackers | 340 cal)

**\$62.49 Small/\$124.99 Medium/\$262.49 Large**

Artisan Cheeses with Crackers and Baguette Rounds 

(2 oz. + 6 crackers | 280 cal)

**\$99.99 Small/\$199.99 Medium/\$299.99 Large**

Antipasto Platter with Crackers and Baguette Rounds

(1 serving + 1 cracker | 390 cal)

**\$124.99 Small/\$249.99 Medium/\$374.99 Large**

California Rolls with Soy Sauce and Wasabi

(2 slices | 70 cal)

**\$121.19 Small/\$237.49 Medium/\$349.99 Large**

## SAVORY CHEESECAKES

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

(1 cracker | 25-70 cal)

Roasted Vegetable Cheesecake **\$64.99 each**

(1 slice | 360 cal)

Savory Pesto and Sun-Dried Tomato Torte **\$199.99 each**

(1 slice | 310 cal)

## WINGS AND THINGS BAR

**\$14.99 per guest**

**CHOOSE TWO WING STYLES (6 wing serving):**

Buffalo

(510 cal)

BBQ

(630 cal)

Honey

(530 cal)

Boneless

(710 cal)

Cajun Style

(570 cal)

Celery and Carrot Sticks

(6 sticks, 3 each | 15 cal)

Bleu Cheese

(2 oz. | 280 cal)

Ranch Dressing

(2 oz. | 190 cal)

Steak Fries

(4 oz. | 270 cal)



CHEF'S  
FARE

# SPECIALTY AND CARVING STATIONS

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

## MAC AND CHEESE SMALL PLATE

\$8.19 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).

## FAJITA SMALL PLATE STATION

\$12.49 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.

## 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)

\$8.59 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)

\$19.99 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)

\$13.69 per guest

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

\$6.89 per guest

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

\$11.19 per guest

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

\$7.49 per guest



GRAND  
FINALE

# SWEET AND SALTY

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

## ASSORTED HOME-STYLE COOKIES (2 cookies per serving) \$19.49 per dozen

Peanut Butter	(350 cal)	Chocolate Chip	(360 cal)
Sugar	(330 cal)	Oatmeal Raisin	(310 cal)
White Chocolate Macadamia Nut	(340 cal)	Double Chocolate Chip with White Chips	(330 cal)

## BROWNIES (1 cut per serving) \$19.49 per dozen

Cream Cheese	(220 cal)	Blondie	(220 cal)
Plain	(200 cal)	Fudge	(350 cal)
Frosted	(350 cal)	M&M's®	(510 cal)

## GOURMET DESSERT BARS (1 cut per serving) \$25.99 per dozen

Luscious Lemon Bar	(70 cal)	Ooey Goey Pumpkin Square	(100 cal)
Raspberry Almond Bar	(190 cal)	Goey Chocolate Peanut Butter Bar	(290 cal)
Cran Scotch Bar	(260 cal)	Chocolate Chess Bar	(260 cal)

## MULTI-GRAIN BARS AND GRANOLA BARS

(1 bar | 90-160 cal)

\$2.39 per item

## INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

(1 bag | 110-230 cal)

\$1.59 per item

## ASSORTED POPCORN \$4.89 per guest

(1 bag | 120 cal)

## MIXED NUTS WITHOUT PEANUTS \$14.29 per pound

(1 oz. | 170 cal)

## CHEX MIX \$6.50 per pound

(1 oz. | 120 cal)

## DECORATED SHEET CAKES

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

Full Sheet \$90.00 each Half Sheet \$45.00 each Quarter Sheet \$22.59 each Cupcakes \$2.00 each

## CHEESECAKE STATION \$9.99 per guest

N.Y. Style Cheesecake (1 slice | 450 cal) Topped with Your Choice of Fresh Strawberries (2 oz. | 15 cal), Caramelized Apples (2 oz. | 140 cal), Fresh Blueberries (2 oz. | 30 cal) Peppermint Crunch (1 oz. | 120 cal) and Your Favorite Sauces (2 oz. | 140-200 cal)

## ICE CREAM SUNDAE BAR \$9.69 per guest

15 guest minimum

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

Chocolate	(1 scoop   90 cal)
Vanilla	(1 scoop   90 cal)
Strawberry	(1 scoop   80 cal)
Mint Chocolate Chip	(1 scoop   100 cal)

### Choice of Two Sauces:

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

**Choice of Three Toppings:** Sprinkles (130 cal), Cookie Crumbs (130 cal), Crushed Peanuts (170 cal), Heath Bar™ Pieces (150 cal), M&M's® (140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180-200 cal) are included.



PLAN FOR  
SUCCESS



# PLANNING YOUR EVENT

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

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

## HOW TO CONTACT FLAVOURS BY SODEXO

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

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

**Visit Our Office:** You may visit us in person at Ritchie Market Place. Our office hours are Monday through Friday, 8:00 a.m.-4:00 p.m. Please be aware that we are closed on some holidays.

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

**Give us a Call:** You may speak with an event planning specialist by calling 517-265-5161 ext. 4126.

**Send us an Email:** You may email us at [pdumont@adrian.edu](mailto:pdumont@adrian.edu) or [patricia.dumont@sodexo.com](mailto:patricia.dumont@sodexo.com).

## EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. For your on campus event, you will need to officially "reserve" the space in order for us to be permitted to serve you in this location. To reserve a room for an event, please contact the Office of Conferences at 517-265-5161 ext. 3156.

## EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact the Conferencing Department to make these arrangements.

## EVENT CONFIRMATIONS & GUARANTEES

No less than 8 days from the scheduled catered event, you must confirm your catering order. You will also be asked to provide us with a "final" number of guests that will attend your event; the "estimated" number will be used if you don't know the "final" number. This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including time, date, location, menu selections, number of attendees, professional services, equipment, and staffing. If you do not provide us with a final number, we use the estimated number.

## EVENT CHANGES AND CANCELLATIONS

No less than 8 days from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees) or if your event needs to be canceled. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for expenses already incurred by the Catering Office.

## EVENT PAYMENT

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

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

- A deposit of \$500.00 may be required two weeks prior to your scheduled event with the balance due on the day of the event.
- Sales tax of 6% will be added to your bill.

**If you are a tax-exempt organization:**

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



PLAN FOR  
SUCCESS

## DELIVERY FEES

There is no delivery fee for catering services held on Adrian College Campus. Deliveries off campus will be subject to a dollar amount or 10% delivery fee, whichever is greater, and not to exceed \$200.00.

## SERVICE STAFF AND ATTENDANTS

To ensure that your event is a success, catering staff will be provided for all served meals and some buffets, upon request. Continental breakfasts, breaks, and receptions are priced for self-service.

### THE CHARGE FOR EACH STAFF MEMBER IS:

Attendants/Waitstaff \$18.00 per hour (minimum 4 hours)

Station Chefs \$20.00 per hour (minimum 4 hours)

Bartenders \$18.00 per hour (minimum 4 hours)

## CATERING EQUIPMENT

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

## CHINA CHARGES

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

Full Meal or Reception Service and Silverware \$3.00 per guest

Coffee or Beverage China Service \$1.50 per guest

Full Bar Glass Service \$1.50 per guest

## FLORAL CHARGES

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

## LINENS

We provide linens 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 \$3.50 for each standard tablecloth. Over lay tablecloths that are 90 x 156 for 8-foot or 90 x 132 for 6-foot tables are available at \$8.00 per cloth. The same applies to registration tables, name tags, head tables, and any additional table that will not be directly used for setup. We can also provide napkins to meet your color scheme for \$0.50 each. Specialty linens are available upon request for an additional charge.

## FOOD REMOVAL POLICY

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

## ALCOHOL POLICY

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

## ALCOHOL SERVICE

Pricing for our full bar setup at a dinner or reception can be found in our separate Alcohol Packages upon request. 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 glasses will apply. We recommend at least one bartender for every 75-100 guests for bar service.

# NOTES

# NOTES



FLAVOURS

by *sodexo*\*