

# FLAVOURS

TASTE : SUCCESS



UNIVERSITY OF  
MAINE




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

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at 207-581-4718, email us at [um.catering@maine.edu](mailto:um.catering@maine.edu) or visit our website: [umaine.catertrax.com](http://umaine.catertrax.com).

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

 = Mindful  = Vegetarian  = Vegan  = Plant Based

We can also accommodate Gluten Free requests.



## BREAKFAST: MORNING BUFFETS

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

### CLASSIC CONTINENTAL BREAKFAST

12 guest minimum | \$9.99 per guest

Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.

#### INCLUDES:


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

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

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

#### CHOICE OF TWO:

Muffins  (each | 160-230 cal)

Croissants  (each | 200 cal)

Coffee Cakes  (each | 110-430 cal)

Mini Scones  (each | 190-200 cal)

Breakfast Breads  (each | 250 cal)

Butter and Assorted Jam

### PLANT POWERED CONTINENTAL BREAKFAST

20 guest minimum | \$14.99 per guest

Seasonal fresh fruit, avocado toast, farmer's market breakfast bowl, breakfast salad, coffee and hot tea.

#### INCLUDES:

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

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

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

Avocado, Hummus & Tomato Toast  (each | 210 cal)

Toasted Italian bread topped with hummus, avocado, cherry tomatoes and red pepper flakes

Farmer's Market Breakfast Bowl  (each | 320 cal)

Hash browns, quinoa, scrambled tofu, kale, avocado and green onions

Grape Tomato Salad  (each | 150 cal)

Fresh grape tomatoes tossed with shallots, garlic, dill and extra virgin olive oil

### HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$12.99 per guest

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

#### INCLUDES:

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

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

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

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

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Granola Bars  (each | 90 cal)

Classic Oatmeal  (8 oz. | 170 cal)

#### Served with:

2% Milk  (1 tbsp. | 10 cal)

Unsweetened Almond Milk  (1 tbsp. | 0 cal)

Cinnamon Brown Sugar Topping  (1 tsp. | 15 cal)

Sweetened Dried Cranberries  (1 tbsp. | 30 cal)

Pecan Pieces  (1 tbsp. | 50 cal)

Fresh Whole Strawberries  (1 tbsp. | 5 cal)

Fresh Blueberries  (1 tbsp. | 5 cal)

### BREAKFAST BUFFET

20 guest minimum | \$12.99 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish. Includes coffee, hot tea and condiments.

#### INCLUDES:

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

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

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

#### CHOICE OF TWO:

Mini Butter Croissant  (each | 80 cal)

Mini Danish  (each | 130-170 cal)

Mini Scones  (each | 190-200 cal)

Muffins  (each | 160-230 cal)

Southern Style Biscuits  (each | 170 cal)


#### CHOICE OF ONE:

Home Fried Potatoes  (1/2 cup | 90 cal)

Hash Browned Potato  (1/2 cup | 90 cal)

Root Vegetable Hash  (1/2 cup | 80 cal)

Golden Beet Hash  (1/2 cup | 100 cal)

Hash Browned Potatoes with Onion & Thyme  (1/2 cup | 170 cal)

#### CHOICE OF TWO:

Bacon Slices (1 slice | 35 cal)

Sausage Links (1 link | 110 cal)

Turkey Sausage Link (1 link | 45 cal)

#### CHOICE OF ONE:

Seasoned Scrambled Egg Whites  (1/2 cup | 90 cal)

Seasoned Scrambled Eggs  (1/2 cup | 180 cal)

Cholesterol Free Scrambled Eggs  (1/2 cup | 120 cal)

Scrambled Tofu  (1/2 cup | 130 cal)

### BAGEL CONTINENTAL BREAKFAST

12 guest minimum | \$9.99 per guest

Seasonal fresh fruit with choice of bagel flavors. Includes condiments, coffee and hot tea service.

#### INCLUDES:

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

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

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




#### CHOICE OF THREE BAGELS:

Plain Bagel  (4 oz. | 290 cal)

Sesame Bagel  (4 oz. | 300 cal)

Cinnamon Raisin Bagel  (4 oz. | 290 cal)

Whole Wheat Bagel  (each | 280 cal)

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

## BREAKFAST: BOXES



Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items.

### BAKERY BREAKFAST BOX

12 guest minimum | \$8.99 per guest

Each box includes selection of bakery items, granola bar and choice of yogurt or cage-free hard-boiled egg.

#### INCLUDES:

Mixed Fruit Cup   (1 cup | 35 cal)  
A mixture of cantaloupe, honeydew melon, pineapple and red grapes

#### CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant  (each | 80 cal)  
Mini Chocolate Croissant  (each | 100 cal)  
Classic Blueberry Muffin  (each | 170 cal)

#### CHOICE OF ONE GRANOLA BAR:

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

#### CHOICE OF ONE:



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

### BREAKFAST YOGURT PARFAIT BOX

12 guest minimum | \$10.09 per guest

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

#### INCLUDES:

Mixed Fruit Cup   (1 cup | 35 cal)  
A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)  
Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

#### CHOICE OF ONE:

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

### ADD ON BEVERAGES

Bottled Water  \$2.19 each (20 oz. | 0 cal)  
Orange Juice   \$2.79 each (12 oz. | 150 cal)  
Apple Juice   \$2.79 each (12 oz. | 160 cal)



## BREAKFAST: A LA CARTE

Upgrade your breakfast with la carte selections.

### BREAKFAST BAKERY

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

- Muffins ■ \$16.99 per dozen
- Mini Danish ■ \$19.49 per dozen
- Mini Croissants ■ \$16.99 per dozen
- Mini Scones ■ \$16.99 per dozen
- Breakfast Breads ■ \$14.99 per dozen
- Glazed Cinnamon Roll ■ \$19.49 per dozen
- Coffee Cakes ■ \$16.99 per dozen

### YOGURT ■ \$2.09 each

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

- (1 each | 160-230 cal)
- (1 each | 130-170 cal)
- (1 each | 80-100 cal)
- (1 each | 190-200 cal)
- (1 each | 250 cal)
- (1 each | 130 cal)
- (1 each | 110-450 cal)

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

### BREAKFAST PROTEINS

12 guest minimum | \$2.19 per guest

- Bacon Slices (1 slice | 35 cal)
- Sausage Link (1 link | 110 cal)
- Turkey Sausage Link (1 link | 45 cal)
- Canadian Bacon Slices ■ (1 slice | 25 cal)
- Vegetarian Sausage Patty ■ (1 patty | 70 cal)

### SEASONAL MINI GREEK

#### YOGURT PARFAITS

12 guest minimum | \$3.39 each

- Banana, Nutella, & Granola Yogurt Parfait ■ (1 mini parfait | 100 cal)
- Tropical Fruit & Granola Yogurt Parfait ■ (1 mini parfait | 70 cal)
- Blueberry, Lemon & Granola Yogurt Parfait ■ (1 mini parfait | 60 cal)

### EGG DISHES

20 guest minimum

- Cage-Free Hard-Boiled Eggs ■ (each | 80 cal)  
\$12.99 per dozen
- Kale, Bacon and Ricotta Frittata (serving | 310 cal)  
\$2.99 per guest
- Scrambled Tofu ■ (serving | 130 cal)  
\$2.99 per guest
- Seasoned Scrambled Egg Whites ■ (serving | 90 cal)  
\$2.99 per guest
- Cage-Free Scrambled Eggs with Cheddar ■ (serving | 240 cal)  
\$2.99 per guest
- Grilled Zucchini, Bacon, Swiss Frittata (serving | 290 cal)  
\$4.99 per guest
- Hash Brown, Mushroom and Spinach Quiche ■ (serving | 210 cal)  
\$4.99 per guest

### BAGELS & SCHMEARS

20 guest minimum | \$3.29 per guest

Select two bagel flavors along with your choice of chef-prepared schmears.

#### CHOICE OF TWO BAGELS:

- Plain Bagel ■ (each | 290 cal)
- Sesame Bagel ■ (each | 300 cal)
- Cinnamon Raisin Bagel ■ (each | 290 cal)

#### INCLUDED:

- Cream Cheese ■ (2 tbsp. | 70 cal)

#### CHOICE OF TWO SPECIALTY

##### SCHMEAR CHEESES:

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

### HOT BREAKFAST SANDWICHES

20 guest minimum

\$4.99 each with meat | \$3.99 each without meat

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

## BREAKS: MORNING BREAKS



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

### OATMEAL BAR 12 guest minimum | \$6.99 per guest Warm oatmeal served with a variety of toppings and milk.

#### INCLUDES:

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

#### CHOICE OF SIX:

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

#### CHOICE OF TWO:

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

### GREEK YOGURT BAR 12 guest minimum | \$7.99 per guest

Includes choice of yogurts and fruits with granola, raisins, cranberries, almonds, pumpkin seeds and walnuts.

#### CHOICE OF TWO YOGURTS:

Chobani Nonfat Blueberry Greek Yogurt	(4 oz.   90 cal)
Chobani Nonfat Strawberry Greek Yogurt	(4 oz.   90 cal)
Chobani Nonfat Vanilla Greek Yogurt	(4 oz.   80 cal)
Chobani Nonfat Plain Greek Yogurt	(4 oz.   60 cal)

#### CHOICE OF TWO FRESH BERRIES:

Fresh Whole Strawberries	(1 tbsp.   5 cal)
Fresh Blueberries	(1 tbsp.   5 cal)
Fresh Red Raspberries	(1 tbsp.   5 cal)

#### INCLUDED TOPPINGS:

Low-Fat Granola	(1 tbsp.   25 cal)
Seedless Raisins	(1 tbsp.   25 cal)
Sweetened Dried Cranberries	(1 tbsp.   30 cal)
Toasted Almonds	(1 tbsp.   40 cal)
Pumpkin Seeds (Pepitas)	(1 tbsp.   60 cal)
Walnut Pieces	(1 tbsp.   50 cal)

### BREAD PUDDINGS 12 guest minimum | \$4.99 each

Sweet & savory bread puddings and stratas.

Biscuit, Sausage & Cheddar Bread Pudding	(each   370 cal)
Ham, Rosemary & Gruyere Bread Pudding	(each   290 cal)
Maple, Pecan, Brown Butter Bread Pudding	(each 400 cal)
Strawberry Brioche Bread Pudding	(each   150 cal)

#### ADDITIONAL SELECTIONS:

Banana, Nutella Croissant Bread Pudding	(each   350 cal)
Maple, Cinnamon, Chocolate Bread Pudding	(each   350 cal)

### BREAKFAST STRATAS

12 guest minimum | \$4.99 each

Sweet & savory bread puddings and stratas.

Bacon & Cheddar Breakfast Strata	(1 square   490 cal)
Ham, Mushroom & Swiss Breakfast Strata	(1 square   350 cal)
Garden Veggie Egg Lite Breakfast Strata	(1 square   200 cal)

### POWER BITES & BLISS BALLS

12 guest minimum | \$3.69 each

Cherry Pie Power Bites	(4 bites   210 cal)
Coconut Date Power Bites	(4 bites   250 cal)
Lemon Poppy Seed Power Bites	(4 bites   240 cal)
PB&C Power Bites	(4 bites   240 cal)
Cranberry Pistachio Power Bites	(4 bites   240 cal)
Cashew & Coconut Bliss Ball	(4 bites   90 cal)
Chocolate, Date & Pistachio Bliss Ball	(4 bites   300 cal)

## BREAKS: AFTERNOON BREAKS





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

### DIPS AND CHIPS

20 guest minimum | \$5.99 per guest

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

#### INCLUDES:

Crudité Platter   (3 oz. | 20 cal)

#### CHOICE OF THREE CHIPS:

House-made Tortilla Chips   (12 chips | 90 cal)

Sea Salt Dusted Deli Chips   (2 oz. | 90 cal)

BBQ Dusted Deli Chips   (2 oz. | 90 cal)



Ranch Dusted Deli Chips  (2 oz. | 100 cal)



Chipotle Dusted Deli Chips  (2 oz. | 90 cal)

#### CHOICE OF THREE DIPS

Dijon Ranch Dip  (2 tbsp. | 190 cal)

Onion Cheese Dip (2 tbsp. | 70 cal)

Roasted Red Pepper Hummus   (2 tbsp. | 60 cal)

Baba Ghanoush   (2 tbsp. | 30 cal)

### SNACK PACK

20 guest minimum | \$8.99 per guest

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


#### CHOICE OF TWO:

Apple   (each | 90 cal)


Banana   (each | 140 cal)

Orange   (each | 70 cal)

#### CHOICE OF FOUR:


Almonds   (1.5 oz. | 250 cal)

Rold Gold Tiny Twist Pretzels   (1 oz. | 110 cal)

Potato Chips   (1.5 oz. | 240 cal)

Cheeze-It Original  (1.5 oz. | 220 cal)

Grandma's Big Chocolate

Chip Cookies  (2.5 oz. | 340 cal)

#### CHOICE OF TWO:

Granola Bar   (1 bar | 90 cal)

Peanut Butter Granola Bar   (1 bar | 100 cal)

Oats & Honey Granola Bar   (1 bar | 90 cal)

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

## BREAKS: A LA CARTE



Perfect as an add on to an afternoon break package. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

### TOP YOUR OWN POPCORN STATION



20 guest minimum | \$3.39 per guest

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

#### INCLUDES:

Popcorn  (2 cups | 70 cal)  
Olive Oil  (1 tsp. | 40 cal)

#### CHOICE OF FOUR:






Smoked Paprika  (1/8 tsp. | 0 cal)  
Cajun Seasoning  (1/8 tsp. | 0 cal)  
Caribbean Jerk Seasoning  (1/8 tsp. | 0 cal)  
Creamy Buttermilk & Herb Dressing Mix  (1/8 tsp. | 0 cal)  
Lawry's Spicy Buffalo Wing Seasoning  (1/8 tsp. | 0 cal)  
Cheddar Cheese Sauce Mix  (1/8 tsp. | 0 cal)  
Grated Parmesan Cheese  (1/8 tsp. | 0 cal)  
Cinnamon & Powdered Sugar Topping  (1/8 tsp. | 0 cal)

### ROASTED FINGERLING POTATO BAR

20 guest minimum | \$6.99 per guest

Roasted fingerling potatoes dressed in your choice of ingredients such as butter, bacon bits and sour cream.

#### INCLUDES:

Roasted Fingerling Potatoes  (4 oz. | 140 cal)  
Fresh Broccoli Florets  (2 tbsp. | 0 cal)  
Fresh Green Onions  (1 tbsp. | 0 cal)  
Grilled Corn Salsa  (1 tbsp. | 10 cal)  
Sour Cream  (1 tbsp. | 30 cal)  
Shredded Cheddar Cheese  (1 tbsp. | 60 cal)  
Real Bacon Bits (1 tbsp. | 50 cal)  
Butter  (1 tbsp. | 100 cal)  
Pico De Gallo  (1 tbsp. | 5 cal)  
Creamy Cheddar Cheese Sauce  (1 tbsp. | 25 cal)



Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery & set up. Each option features a curated selection of the most popular salads or sandwich items.

## SIGNATURE SANDWICH LUNCH BOX 12 guest minimum | \$16.99 per guest

Includes choice of sandwiches or wraps, apple 🍏🌱, baked or regular potato chips 🍟🌱 (1 bag | 140-220 cal), dessert (126-230) and beverage (0-250 cal).

### SELECT UP TO THREE:

#### HAM & GRUYERE ON SOURDOUGH (each | 620 cal)

Smoked ham with gruyere cheese, lettuce, tomato and Dijonnaise on sourdough bread

#### SZECHUAN SALMON WRAP 🌱 (each | 400 cal)

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

#### MEDITERRANEAN BAGUETTE 🌱 (each | 360 cal)

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

#### CITRUS FLANK STEAK & CHIMICHURRI SANDWICH

(each | 660 cal)

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

#### TUSCAN PORK SANDWICH (each | 730 cal)

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

### CHOICE OF ONE:

Chocolate Brownie 🍫 (each | 60 cal)

Two Cookies 🍪 (2 cookies | 310-330 cal)

Blondie Bar 🍪 (each | 60 cal)

Rice Krispies Bar (each | 280 cal)

### CHOICE OF ONE:

Bottled Water (each | 0 cal)

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

### UPGRADE TO A SIGNATURE SIDE:

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

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

Country-Style Potato Salad 🍟 \$2.29 per guest (1/2 cup | 180 cal)

Carolina Slaw 🌱🍟 \$2.29 per guest (1/2 cup | 30 cal)

Traditional Side Garden Salad with

Choice of Newman's Own Dressing 🌱🌱 \$2.29 per guest (1/2 cup | 20 cal)

Traditional Caesar Side Salad with

Choice of Newman's Own Dressing 🌱🍟 \$2.29 per guest (1/2 cup | 90 cal)

#### PROSCIUTTO & MANCHEGO CHEESE SANDWICH

(each | 680 cal)

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

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

(each | 630 cal)

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

#### ROAST BEEF, GRUYERE & ARUGULA SANDWICH

(each | 600 cal)

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

## BOXED MEALS



## CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$14.99 per guest

The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips 🍟🌱 (1 bag | 140-220 cal), an apple 🍏🌱 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal).

### SELECT UP TO THREE:

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

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

#### CLASSIC TURKEY CLUB (each | 550 cal)

Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread

#### GRILLED CHICKEN CAESAR WRAP (each | 560 cal)

Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

#### TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH

(each | 550 cal)

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

#### CURRIED CHICKEN SALAD & ALMOND SANDWICH

(each | 510 cal)

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

#### FALAFEL, TZATZIKI & HUMMUS WRAP 🌱 (each | 540 cal)

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

#### BEEF, CHEDDAR & SLAW SANDWICH (each | 540 cal)

Roast beef and cheddar cheese with horseradish and coleslaw on sourdough bread

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

(each | 520 cal)

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

#### TANDOORI CAULIFLOWER AND PEPPER WRAP 🌱🌱

(each | 300 cal)

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

#### HUMMUS WRAP WITH ZUCCHINI & DUKKAH 🌱

(each | 330 cal)

Non GMO tortilla with grilled zucchini, hummus, red pepper, baby spinach, red onion and dukkah seasoning

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

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

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

Bacon, lettuce, tomato and mayonnaise on sourdough bread

#### LEMON BASIL ROASTED VEGETABLE SANDWICH 🌱

(each | 580 cal)

Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

## BOXED MEALS, continued



### SIGNATURE SALAD LUNCH BOX 12 guest minimum | \$14.99 per guest

The Signature Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 110 cal), an apple 🍏 (1 piece | 80 cal), dessert (126-230) and drink (0-250 cal). Includes condiments.

#### CHOICE OF THREE:

**CAESAR SALAD WITH GRILLED STEAK** (each | 710 cal)

*+\$2.29 per guest*

Romaine lettuce topped with grilled steak, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED SHRIMP** (each | 650 cal)

Romaine lettuce topped with grilled shrimp, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD WITH GRILLED STEAK** (each | 240 cal)

*+\$2.29 per guest*

Romaine lettuce and spring mix topped with grilled steak, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH GRILLED SHRIMP** (each | 190 cal)

Romaine lettuce and spring mix topped with grilled shrimp, grape tomatoes, cucumbers and shredded carrots

**ASIAN RICE NOODLE SALAD** 🌱 (each | 450 cal)

Rice noodles tossed with carrots, red peppers & green onions with sesame oil & soy sauce

**BLT SALAD** (each | 290 cal)

Iceberg lettuce topped with crispy bacon & grape tomatoes, served with green goddess dressing

### CLASSIC SALAD LUNCH BOXES 12 guest minimum | \$12.99 per guest

The Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), an apple 🍏 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal). Includes condiments.

#### CHOICE OF THREE:

**CAESAR SALAD** (each | 510 cal)

Romaine lettuce topped with homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED CHICKEN** (each | 670 cal)

*+\$2.29 per guest*

Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH PORTOBELLO** (each | 660 cal)

*+\$1.99 per guest*

Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD** 🌱 (each | 35 cal)

Romaine lettuce and spring mix topped with grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH GRILLED CHICKEN** 🍗 (each | 200 cal)

*+\$2.29 per guest*

Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH PORTOBELLO** 🍄 (each | 190 cal)

*+\$1.99 per guest*

Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers and shredded carrots

**GREEK SALAD** (each | 100 cal)

*+\$2.29 per guest*

Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers, shredded carrots and feta cheese

**MANDARIN ORANGE SPINACH SALAD** 🍊 (each | 150 cal)

Spinach, romaine and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas

**MINDFUL QUINOA SALAD** 🌱 (each 190 cal)

Quinoa with tomato, red pepper, hominy, cilantro and sherry vinaigrette over mixed greens





# BUFFETS: COLD BUFFETS

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

## JR. EXECUTIVE BUFFET

20 guest minimum | \$17.99 per guest

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

### INCLUDES:

Seasonal Sliced Fresh Fruit (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

.

### CHOICE OF THREE:

Classic Turkey Club Slider (each | 270 cal)  
Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)  
Curried Chicken, Apple & Almond Slider (each | 210 cal)  
Grilled Chicken Caesar Wrap (each | 280 cal)  
Grilled Chicken & Gruyere Slider (each | 260 cal)  
Bacon, Lettuce & Tomato Slider (each | 250 cal)  
Smoked Ham, Brie & Apple Slider (each | 300 cal)  
Ham & Gruyere Slider (each | 270 cal)  
Lemon Basil Roasted Vegetable Slider (each | 290 cal)  
Tandoori Cauliflower & Pepper Wrap (each | 150 cal)  
Hummus Wrap with Zucchini & Dukkah (each | 170 cal)

### UPGRADE YOUR SANDWICH:

\$1.79 per guest  
Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)  
Lemon Chive Shrimp Salad Slider (each | 190 cal)  
Italian Tuna & Provolone (each | 270 cal)  
Beef, Cheddar & Slaw Slider (each | 290 cal)

### CHOICE OF ONE SALAD:

Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad (1 cup | 10 cal)  
Greek Salad (1 cup | 20 cal)

### CHOICE OF TWO DESSERTS:

Rice Krispie Bar (each | 70 cal)  
Two Cookies (2 cookies | 150-160 cal)  
Chocolate Brownie (each | 60 cal)  
Blondie Bar (each | 60 cal)  
Lemon Bar (1 piece | 80 cal)

### CHOICE OF TWO BEVERAGES:

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

## EXECUTIVE BUFFET

20 guest minimum | \$19.99 per guest

Our Executive Buffet includes choice of mini sandwiches, side salad, seasonal fresh fruit tray, bean and grain bean salad, ambient vegetable platter, condiments and selection of cold beverages. Includes condiments.

### INCLUDES:

Seasonal Sliced Fresh Fruit (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

.

### CHOICE OF THREE:

Classic Turkey Club Slider (each | 270 cal)  
Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)  
Curried Chicken, Apple & Almond Slider (each | 210 cal)  
Grilled Chicken Caesar Wrap (each | 280 cal)  
Grilled Chicken & Gruyere Slider (each | 260 cal)  
Bacon, Lettuce & Tomato Slider (each | 250 cal)  
Smoked Ham, Brie & Apple Slider (each | 300 cal)  
Lemon Basil Roasted Vegetable Slider (each | 280 cal)  
Tandoori Cauliflower & Pepper Wrap (each | 150 cal)  
Hummus Wrap with Zucchini & Dukkah (each | 170 cal)

### UPGRADE YOUR SANDWICH:

\$1.79 per guest  
Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)  
Roast Beef, Gruyere & Arugula Slider (each | 230 cal)  
Beef, Cheddar & Slaw Slider (each | 290 cal)  
Italian Tuna & Provolone (each | 270 cal)

### CHOICE OF ONE SALAD:

Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad (1 cup | 10 cal)  
Greek Salad (1 cup | 20 cal)  
Asian Rice Noodle Salad (1 cup | 220 cal)  
Mandarin Orange Spinach Salad (1 cup | 70 cal)

## BUFFET ADD ONS

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

### MAC & CHEESE \$5.39 per guest

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

### PROTEIN BOWLS \$8.59 per guest

Super Food Grain Bowl (1 bowl | 120 cal)  
Indian Grain Bowl (1 bowl | 400 cal)  
Green Grain Bowl (1 bowl | 700 cal)  
Summer Grain Bowl (1 bowl | 740 cal)  
Avocado Grain Bowl (1 bowl | 260 cal)

### ADD A PROTEIN TO YOUR SALAD:

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

### CHOICE OF ONE BEAN AND GRAIN SALAD:

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

### CHOICE OF ONE VEGETABLE:

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

### CHOICE OF TWO DESSERTS:

Rice Krispie Bar (each | 70 cal)  
Two Cookies (2 cookies | 150-160 cal)  
Fabulous Chocolate Chunk Brownie (each | 60 cal)  
Blondie Bar (each | 60 cal)  
Lemon Bar (1 piece | 80 cal)

### CHOICE OF TWO BEVERAGES:

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

### SOUP AND CRACKERS \$4.29 per guest

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

## HOT BUFFET

30 guest minimum | \$25.99 per guest

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

### INCLUDES:

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

### CHOICE OF TWO ENTRÉES:

#### POULTRY

Coq au vin (1 thigh + sauce | 280 cal)  
 Calabrian Chile Roasted Chicken (1 breast | 380 cal)  
 Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)  
 Piri Piri Chicken (4 oz. | 250 cal)

#### VEGETARIAN & VEGAN

Roasted Root Vegetable Tagine 🌱🥬 (1/2 cup | 90 cal)  
 Almond Butter, Spelt & Mushroom Risotto 🌱🌱 (1 bowl | 260 cal)  
 Cauliflower Rice Stir Fry 🌱 (1/2 cup | 50 cal)  
 Crabless Crab Cake 🌱 (1 cake | 350)

#### PORK

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

### BEEF +\$6.00 per guest

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

### SEAFOOD +\$6.00 per guest

Charleston Crab Cakes (1 cake | 250 cal)  
 Citrus & Herb Crusted Wild Salmon (1 fillet | 170 cal)  
 Shrimp & Grits (1 entrée | 590 cal)

### CHOICE OF ONE SIDE:

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

### CHOICE OF ONE SALAD:

Herbed Salad Greens 🌱🥬 (1 cup | 10 cal)  
 Classic Caesar Salad (1 cup | 180 cal)  
 Garden Salad 🌱🥔 (1 cup | 10 cal)  
 Greek Salad 🍷🌱 (1 cup | 20 cal)

### CHOICE OF ONE VEGETABLE:

Grilled Zucchini with Coriander 🌱🥔 (4 oz. | 20 cal)  
 Simply Sautéed Kale 🌱🥔 (1/2 cup | 60 cal)  
 Grilled Broccolini 🌱🥔 (4 oz. | 110 cal)  
 Charred Tri Color Baby Carrots 🍷🥔 (1/2 cup | 70 cal)  
 Grilled Fresh Asparagus 🌱🥔 (5 spears | 20 cal)  
 Braised Collard Greens 🍷🥔 (1/2 cup | 90 cal)  
 Charred Brussels Sprouts 🍷🥔 (1/2 cup | 25 cal)  
 Sautéed Green Beans 🍷 (4 oz. | 60 cal)  
 Sesame Bok Choy 🍷 (1/2 cup | 40 cal)  
 Roasted Sweet and Spicy Root Vegetables 🍷 (4 oz. | 200 cal)  
 Grilled Ratatouille 🍷🥔 (1/2 cup | 80 cal)  
 Roasted Beet and Radishes 🍷🥔 (1/2 cup | 70 cal)  
 Charred Broccoli Rabe 🌱 (4 oz. | 80 cal)

### CHOICE OF TWO DESSERTS:

Seasonal Sliced Fresh Fruit Platter 🌱🍓 (3 oz. | 35 cal)  
 Pecan Pie (1 slice | 540 cal)  
 Chocolate Cream Pie 🍷 (1 slice | 300 cal)  
 Double Chocolate Layer Cake (1 slice | 410 cal)  
 Devil's Food Cake 🍷 (1 piece | 70 cal)  
 Carrot Cupcake 🍷 (1 cupcake | 260 cal)  
 Strawberry Brioche Bread Pudding 🍷 (1 pudding | 150 cal)  
 Red Velvet Cake 🍷 (1 piece | 90 cal)  
 Yogurt Honey Mousse with Berries Tartlet (1 canape | 60 cal)  
 Pumpkin Pie Tartlet 🍷 (1 canape | 170 cal)  
 Belgian Style Chocolate Cupcake 🍷 (1 cupcake | 250 cal)  
 Maple, Cinnamon, Chocolate Bread Pudding 🍷 (1 pudding | 360 cal)

### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🌱🥤 (8 oz. | 0 cal)  
 Lemonade 🍷🥤 (8 oz. | 70 cal)  
 Orange Infused Water 🌱🥤 (8 oz. | 0 cal)  
 Cucumber Mint Infused Water 🌱🥤 (8 oz. | 0 cal)

## BUFFETS: HOT BUFFETS

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



## BUFFET ADD ONS

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

### BEAN AND GRAIN SALAD:

\$1.99 per guest

Quinoa Cucumber Salad 🌱🥔 (1/2 cup | 190 cal)  
 Lemony Chickpea Salad 🌱🥔 (1/2 cup | 100 cal)  
 Chickpea Chaat Salad 🌱🥔 (1/2 cup | 60 cal)  
 Black Bean, Corn & Jicama Salad 🌱🥔 (1/2 cup | cal 90)

### AMBIENT VEGETABLES:

\$2.29 per guest

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

### ADDITIONAL ENTREE (per guest attendance)

Poultry Entree \$6.49 per guest  
 Vegetarian Entree \$6.49 per guest  
 Pork Entree \$6.49 per guest  
 Beef/Lamb Entree \$10.79 per guest  
 Seafood Entree \$10.79 per guest

# BUFFET TRADITIONS

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

30 guest minimum | \$21.99 per guest

## INCLUDES:

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

## CHOICE OF ONE ENTRÉE:

### POULTRY

Kansas City BBQ Chicken Quarter (each | 430 cal)  
 Rotisserie Style Chicken with Gravy (each | 600 cal)  
 Teriyaki Chicken Breast (each | 180 cal)

### BEEF

Beef Meatloaf (4 oz. | 280 cal)  
 Braised Pot Roast (4 oz. | 450 cal)  
 Homestyle Meat Lasagna (each | 350 cal)

### PORK

Baked Ziti with Italian Sausage (entrée | 650 cal)  
 Chicken & Andouille Sausage Gumbo (4 oz. | 170 cal)  
 Herb Roasted Pork Loin w/ Pan Gravy (serving | 310 cal)

### SEAFOOD

Grilled Salmon (1 fillet | 180 cal)  
 Flounder Piccata (1 entrée | 250 cal)  
 Crispy Baked Catfish (1 fillet | 220 cal)

### VEGETARIAN/VEGAN

Vegetarian Lentil Shepherd's Pie (serving | 310 cal)  
 Eggplant Parmesan (serving | 280 cal)  
 Spelt & Almond-Stuffed Red Bell Pepper (half pepper | 380 cal)

Add an additional entree for \$4.00 per guest.

## CHOICE OF ONE VEGETABLE:

Sliced Roasted Carrots (4 oz. | 70 cal)  
 Sautéed Broccoli & Garlic (4 oz. | 45 cal)  
 Roasted Cauliflower (4 oz. | 70 cal)  
 Oven Roasted Butternut Squash (4 oz. | 70 cal)  
 Grilled Balsamic Zucchini (4 oz. | 25 cal)  
 Charred Brussels Sprouts (4 oz. | 25 cal)  
 Roasted Garlic Green Beans (4 oz. | 60 cal)

## CHOICE OF ONE SIDE:

Roasted Rosemary Red Bliss Potatoes (4 oz. | 120 cal)  
 Garlic Mashed Potatoes (4 oz. | 170 cal)  
 Macaroni & Cheese (4 oz. | 140 cal)  
 Au Gratin Potato (4 oz. | 200 cal)  
 Grits with Cheese (4 oz. | 200 cal)  
 Steamed Brown Rice (4 oz. | 100 cal)  
 Whipped Sweet Potatoes (4 oz. | 150 cal)  
 Wild Rice Pilaf (4 oz. | 170 cal)  
 Roasted Greek Fries (4 oz. | 110 cal)

## CHOICE OF ONE SALAD:

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

## CHOICE OF ONE COLD SIDE:

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

## CHOICE OF TWO DESSERTS:

Dutch Apple Pie (1 slice | 430 cal)  
 Pecan Pie (1 slice | 540 cal)  
 Chocolate Cream Pie (1 slice | 300 cal)  
 Lemon Meringue Pie (1 slice | 340 cal)  
 Double Chocolate Layer Cake (1 slice | 410 cal)  
 Carrot Cupcake (1 cupcake | 260 cal)  
 Maple, Cinnamon, Chocolate Bread Pudding (1 pudding | 360 cal)

## CHOICE OF TWO BEVERAGES:






Brewed Iced Tea (8 oz. | 0 cal)  
 Lemonade (8 oz. | 15 cal)  
 Orange Infused Water (8 oz. | 0 cal)  
 Cucumber Mint Infused Water (8 oz. | 0 cal)  
 Honeydew Cucumber Mint Infused Water (8 oz. | 0 cal)

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



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








**CHOICE OF TWO BEVERAGES:**

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

**SOUTHERN BBQ**

30 guest minimum | \$21.99 per guest










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

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

**TEX MEX**

30 guest minimum | \$21.99 per guest

Tex Mex tacos with sides, dessert and condiments.

- 6" Pressed Flour Tortillas  (2 tortillas | 180 cal)
- 6" White Corn Table Tortillas   (2 tortillas | 110 cal)
- Beef Taco Meat (3 oz. | 160 cal)
- Cumin Grilled Chicken  (3 oz. | 150 cal)
- Spanish Rice  (1/4 cup | 90 cal)
- Tex Mex Veggies   (1/2 cup | 80 cal)
- Shredded Lettuce  (1/4 cup | 0 cal)
- Fresh White Onions   (1 tbsp. | 15 cal)
- Pico De Gallo  (2 tbsp. | 5 cal)
- Sour Cream  (2 tbsp. | 60 cal)
- Shredded Cheddar Cheese  (2 tbsp. | 60 cal)
- Western Style Guacamole  (2 tbsp. | 50 cal)
- Sliced Jalapeno Peppers  (2 tbsp. | 0 cal)
- Mexican Chocolate Chile Cookie  (2 cookies | 220 cal)








**BUFFETS:  
THEMED  
BUFFETS**



**PLANT-BASED MEXICAN**

30 guest minimum | \$21.99 per guest










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

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

**SOUTHERN ITALIAN**

30 guest minimum | \$21.99 per guest

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

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

**ASIAN**

30 guest minimum | \$24.99 per guest






Selection of Asian sides, entrée, dessert, condiments and beverages.

- Sweet & Sour Chicken (8 oz. | 470 cal)
- Cantonese Stir-Fry with Snow Peas  (8 oz. | 110 cal)
- Jasmine Steamed Rice  (1/2 cup | 100 cal)
- Tangy Asian Slaw  (1/2 cup | 250 cal)
- Sesame Ginger Green Beans   (1/2 cup | 70 cal)
- Vegetable Egg Roll  (1 egg roll | 180 cal)
- Soy Sauce  (2 tbsp. | 20 cal)
- Sweet Thai Chili Sauce  (2 tbsp. | 80 cal)
- Chinese Hot Mustard  (2 tsp. | 15 cal)
- Mango Mint Mousse Sweet Shot  (each | 220 cal)

**FARMER'S MARKET**

30 guest minimum | \$20.49 per guest

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

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

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## PLATED MEALS



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

### INCLUDES

Assorted House Baked Dinner Rolls with Butter 🍞

(1 roll | 150 cal)

Coffee & Hot Tea Service ☕🍵

(12 oz. | 0-5 cal)

### CHOICE OF

Brewed Iced Tea 🍷🍹

(8 oz. | 0 cal)

Sweet Tea 🍷🍹

(8 oz. | 15 cal)

### CHOICE OF ONE SOUP OR SALAD:

#### SOUP

Amaranth & Chickpea Soup with Pesto 🍷🍹

(6 oz. | 300 cal)

Tuscan Chickpea & Tomato Stew 🍷🍹

(6 oz. | 70 cal)

Curry Cauliflower Soup 🍷🍹

(6 oz. | 45 cal)

New England Clam Chowder

(6 oz. | 170 cal)

Chicken Posole

(6 oz. | 130 cal)

Spanish Chorizo & White Bean Soup

(6 oz. | 120 cal)

#### SALAD SERVED WITH A CHOICE OF DRESSING

Traditional Caesar Salad

(1 salad | 350 cal)

Traditional Garden Salad 🍷🍹

(1 salad | 25 cal)

Romaine Wedge Salad 🍷

(1 salad | 270 cal)

Green Goddess BLT Salad

(1 salad | 150 cal)

Mixed Italian Salad 🍷🍹

(1 salad | 300 cal)

Baby Kale Salad 🍷🍹

(1 cup | 70 cal)

Carrot, Orange & Mint Salad 🍷

(1 salad | 340 cal)

Kale Caesar with Cage-Free Egg

(1 salad | 400 cal)

Orange, Strawberry & Pecan Salad

(1 salad | 410 cal)

Arugula, Plum & Blue Cheese Salad 🍷

(1 salad | 350 cal)

#### CHOICE OF ONE DESSERT:

Crème Brûlée 🍷

(1 slice | 590 cal)

Crema Catalan Brûlée 🍷

(1 slice | 610 cal)

Tiramisu 🍷

(1 slice | 540 cal)

Fresh Fruit Tart 🍷

(1 slice | 280 cal)

Tropical Mojito Fruit Salad 🍷

(1 serving | 70 cal)

Mango & Passion Fruit Fool Parfait 🍷🍹

(1 mini parfait | 110 cal)

Toasted Angel Food Cake with Strawberries 🍷🍹

(1 dessert cup | 350 cal)

Molten Choc Cake with Bittersweet Ganache 🍷

(1 cake | 630 cal)

Blackberry Clafoutis 🍷

(1 skillet | 390 cal)

Strawberry Rhubarb Cobbler 🍷

(1 cobbler | 390 cal)

## PLATED MEALS, continued



### POULTRY

- CLASSIC ROASTED TURKEY BREAST** 🍗 \$22.99 per guest (1 entrée | 120 cal)  
Lean and juicy breast of turkey, roasted with garlic, pepper and salt and topped with Creamy Mushroom Sauce, served with sautéed haricot verts and smashed sweet potatoes.
- CALABRIAN CHILE ROASTED CHICKEN** \$27.99 per guest (1 entrée | 380 cal)  
Roasted chicken breast with grilled lemon and Calabrian chile vinaigrette served with charred broccoli rabe and creamy polenta seasoned with garlic and parmesan
- HOISIN GLAZED CHICKEN** \$27.99 per guest (1 entrée | 370 cal)  
Seared airline chicken breast coated with a spicy hoisin and soy sauce, ginger glaze
- LEBANESE AIRLINE CHICKEN BREAST** \$27.99 per guest (1 entrée | 270 cal)  
Grilled airline chicken breast marinated with lemon, olive oil and garlic
- BUTTERMILK FRIED CHICKEN THIGH** \$22.99 per guest (1 entrée | 610 cal)  
Smoked paprika and ancho chili buttermilk fried chicken thigh served with braised kale and whipped sweet potatoes
- ADOBO ROASTED TURKEY BREAST** 🍗 \$22.99 per guest (1 entrée | 90 cal)  
Oven roasted turkey breast basted with chipotle garlic honey cider rub served with grilled zucchini with coriander, saffron rice pilaf

### PORK

- HONEY & FIVE SPICE PORK LOIN** \$22.99 per guest (1 entrée | 280 cal)  
Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder served with sesame shiitake bok choy and jasmine steamed rice
- APPLE CIDER GLAZED PORK TENDERLOIN** 🍷 \$28.99 per guest (1 entrée | 220 cal)  
Rosemary, orange and ginger pork tenderloin poached in apple cider broth served with charred Brussels sprouts and smashed sweet potatoes
- COFFEE CRUSTED PORK LOIN** \$28.99 per guest (1 entrée | 290 cal)  
Coffee crusted pork tenderloin served with grilled broccolini and whipped sweet potatoes. Served with choice of sauce.
- CITRUS SOY PORK BELLY** \$28.99 per guest (1 entrée | 560 cal)  
Sake & soy sauce braised pork belly baked with a citrus soy glaze
- PANKO CRUSTED PORK CHOP** \$22.99 per guest (1 entrée | 420 cal)  
Crispy golden brown pork medallion coated with crunchy Japanese breadcrumbs
- BAKED HERBED PORK CHOP** \$22.99 per guest (1 entrée | 150 cal)  
Pork chop basted and seasoned with a savory herb vegetable glaze

### BEEF/LAMB

- LIME MARINATED FLANK STEAK** \$28.99 per guest (1 entrée | 250 cal)  
Char-grilled flank steak marinated in lime juice, garlic and fresh cilantro served with coconut jasmine rice and grilled corn succotash
- DIJON HERB ROASTED LEG OF LAMB** \$35.99 per guest (1 entrée | 260 cal)  
Boneless leg of lamb roasted with Dijon Mustard, garlic, oregano, rosemary and mint served with Provençal roasted vegetables and parsnip whipped potatoes
- BRAISED BEEF SHORT RIBS** \$35.99 per guest (1 entrée | 330 cal)  
Boneless beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection served with braised kale and roasted sweet and spicy root vegetables
- PEPPERY BEEF TENDERLOIN** \$42.99 per guest (1 entrée | 330 cal)  
Beef tenderloin oven roasted with a coating of cracked black pepper

### SEAFOOD

- PAN-SEARED FRESH SCALLOPS** Market Price (1 entrée | 130 cal)  
Fresh scallops, extra virgin olive oil, kosher salt and black pepper served with sautéed spinach and creamy cauliflower puree
- SIMPLY GRILLED SALMON** \$31.99 per guest (1 entrée | 270 cal)  
Fresh salmon grilled with only extra virgin olive oil, kosher salt and black pepper served with sesame lemongrass jasmine rice and shitake bok choy
- PARMESAN PANKO CRUSTED TILAPIA** \$27.99 per guest (1 entrée | 170 cal)  
Tilapia baked with a parmesan and chili powder panko breadcrumb topping served with sautéed kale and oven-roasted Greek fries
- GRILLED MAHI MAHI** 🍷 \$34.99 per guest (1 entrée | 100 cal)  
Grilled mahi mahi seasoned with kosher salt, black pepper and parsley

### VEGETARIAN/VEGAN

- PENNE PASTA WITH ASPARAGUS & FONTINA** 🍷 \$22.99 per guest (1 entrée | 630 cal)  
Penne pasta with asparagus, fresh basil and oregano in a fontina cheese cream sauce
- BUTTERNUT SQUASH QUINOA CAKES WITH MORNAY** 🌱 \$22.99 per guest (1 entrée | 490 cal)  
Quinoa cake made with butternut squash, ground flaxseed, kale, gluten free flour & sage served with mornay sauce and grilled fresh asparagus
- ALMOND BUTTER, SPELT & MUSHROOM RISOTTO** 🌱🍷 \$22.99 per guest (1 entrée | 260 cal)  
Wild mushrooms, creamy almond butter and spelt risotto
- GINGER MISO TOFU** 🌱 \$22.99 per guest (1 entrée | 310 cal)  
Tofu seared with ginger, miso, mirin, green onions and red chile served with sesame lemongrass jasmine rice and grilled broccolini.
- CAULIFLOWER MANCHURIAN** 🍷 \$22.99 per guest (1 entrée | 270 cal)  
Crispy fried cauliflower, Sautéed in hot and spicy sauce
- CRABLESS CRAB CAKE** 🍷 \$22.99 per guest (1 entrée | 350 cal)  
Hearts of palm, red pepper, onion, eggless mayo, vegan Worcestershire, Old Bay and Tabasco



# PLATTERS, DESSERTS & SNACKS

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

## PLATTERS

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

12 guest minimum | \$5.39 per guest

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

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

\$5.39 per guest

A rainbow of crunchy fresh vegetables served with dip

### FRUIT & CHEESE PLATTER

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

12 guest minimum | \$6.59 per guest

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

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

20 guest minimum | \$8.69 per guest

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

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

20 guest minimum | \$6.59 per guest

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

### MEZZE (1 serving | 0-40 cal)

20 guest minimum | \$6.99 per guest

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

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

20 guest minimum | \$12.39 per guest

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







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

20 guest minimum | \$6.59 per guest



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

## DESSERTS




### COOKIES \$13.99 per dozen

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

### PETITE BROWNIES AND BARS

Blondie Bar 	\$9.99 per dozen	(1 piece   60 cal)
Chocolate Brownie Bar 	\$17.99 per dozen	(1 piece   60 cal)
Rice Krispie Bar	\$17.99 per dozen	(1 piece   70 cal)
Lemon Bar 	\$17.99 per dozen	(1 piece   80 cal)
Totally Oreo Brownie	\$17.99 per dozen	(1 piece   110 cal)

### CUPCAKES \$22.99 per dozen

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

## SNACKS

### TRAIL MIX

\$16.99 per pound (1 oz. | 150 cal)

### MIXED NUTS

\$19.99 per pound (1 oz. | 170 cal)




### CANDIED CINNAMON PECANS

\$16.99 per pound (1 oz. | 160 cal)

### SPICED WALNUTS

\$16.99 per pound (1 oz. | 170 cal)

### GRANOLA BARS \$19.99 per dozen

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

### PETIT FOUR

3 dozen minimum

Petit Fours \$27.99 per dozen	(1 petit four   110 cal)
Almond Cookies  \$11.99 per dozen	(1 cookie   200 cal)

### SHEET CAKE

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

\$44.99 per single layer, half sheet	(serves 32 guests)
\$79.99 per single layer, whole sheet cake	(serves 64 guests)





### Choice of One Cake:

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





### Choice of One Icing:

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

### FRUIT 12 guest minimum

Mixed Fruit Cup 	\$3.29 per guest	(each   35 cal)
Seasonal Sliced Fresh Fruit Platter 	\$3.29 per guest	(3 oz.   35 cal)
Apples 	\$1.69 each	(each   90 cal)
Bananas 	\$1.69 each	(each   140 cal)
Orange 	\$1.69 each	(each   70 cal)

### CHIPS & PRETZELS \$20.29 per dozen

Assorted Bagged Chips 	(1 bag   190-230 cal)
Rold Gold Tiny Twist Pretzels 	(1 bag   110 cal)
Baked Potato Chips 	(1 bag   140 cal)
Assorted Sunchips 	(1 bag   210 cal)



## CHEF ATTENDED CARVING STATIONS



Chef Attended stations give your guests something extra special to enjoy at your event. These stations require an attendant; our team will reach out to you to discuss. Carving Stations are prepared for a minimum of 30 guests.

### THE CARVERY: BEEF CARVING STATION

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

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

#### Choice of One Beef Selection:

Beef Tenderloin with Herb Crust	(3 oz.   240 cal)	Market Price
Roasted Strip Loin	(3 oz.   220 cal)	Market Price

### THE CARVERY: PORK CARVING STATION Market Price

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

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

### THE CARVERY: TURKEY CARVING STATION Market Price

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

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



A selection of hors d'oeuvres by the dozen. Mix and match to create the perfect event. Paired with chef-selected sauce where appropriate. Pricing is based on a minimum of 3 dozen per selection.

## POULTRY

- SANTA FE CHICKEN EGG ROLL**  
\$26.29 per dozen (1/2 egg roll | 100 cal)
- LEMONGRASS CHICKEN POTSTICKER**  
\$19.69 per dozen (1 each | 50 cal)
- COCONUT CHICKEN SATAY**  
\$24.99 per dozen (each | 30 cal)
- CHICKEN DIABLO EMPANADAS**  
\$24.99 per dozen (1 each | 90 cal)
- GREEK TURKEY MEATBALL**  
\$19.69 per dozen (1 canape | 50 cal)

## PORK

- BACON WRAPPED DATE**  
\$21.79 per dozen (each | 45 cal)
- BACON, FIG & SMOKED GOUDA TARTLET**  
\$19.69 per dozen (each | 60 cal)
- SERRANO HAM & MANCHEGO CHEESE CROQUETTE**  
\$19.69 per dozen (each | 80 cal)
- BBQ PORK SLIDER**  
\$26.29 per dozen (each | 200 cal)
- PROSCIUTTO WRAPPED ASPARAGUS**  
\$26.29 per dozen (1 canape | 50 cal)
- ASIAN STYLE PORK MEATBALL**  
\$16.39 per dozen (1 canape | 45 cal)

## BEEF

- CENTER CUT FILET OF BEEF CANAPE**  
\$24.99 per dozen (1 canape | 50 cal)
- ASIAN BEEF SATAY**  
\$21.79 per dozen (1 satay | 45 cal)
- CHEESEBURGER SLIDERS**  
\$26.29 per dozen (each | 190 cal)
- BURGER SLIDER**  
\$26.29 per dozen (each | 180 cal)
- BARBEQUE MEATBALLS**  
\$16.39 per dozen (1 meatball + sauce | 70 cal)
- CHURRASCO BEEF SATAY**  
\$24.99 per dozen (each | 50 cal)





## SEAFOOD

- CRISPY COCONUT SHRIMP**  
\$24.99 per dozen (each | 80 cal)
- GOCHUJANG TEMPURA SHRIMP**  
\$21.79 per dozen (each | 60 cal)
- MINI TUNA TACO**  
\$26.29 per dozen (each | 50 cal)
- CRAB, ARTICHOKE & SPINACH TARTLET**  
\$21.79 per dozen (each | 50 cal)
- FRIED LOBSTER MAC & CHEESE**  
\$24.99 per dozen (each | 70 cal)

# HORS D'OEUVRES: A LA CARTE




## VEGETARIAN/VEGAN





- SICILIAN ARANCINI**  (each | 90 cal)  
\$21.79 per dozen
- VEGETABLE EGG ROLL** (1/2 egg roll | 180 cal)  
\$21.79 per dozen
- TOMATO, VIDALIA ONION & GOAT CHEESE TART**   (1 tart | 100 cal)  
\$29.69 per dozen
- FRIED RAVIOLI**  (1 ravioli | 90 cal)  
\$19.69 per dozen
- ALOO TIKKI WITH PEAS** (each | 160)



## PREMIUM SELECTIONS

- JUMBO LUMP CRAB CAKE**  
\$39.29 per dozen (each | 70 cal)
- MINI BEEF WELLINGTON**  
\$60.19 per dozen (each | 70 cal)
- SEAFOOD STUFFED MUSHROOM CAPS** (each | 70 cal)  
\$39.99 per dozen
-  (each | 15 cal)

## COLD HORS D'OEUVRES

- COOL SALMON CANAPES** (1 canapé | 60 cal)  
\$21.79 per dozen
- CURRIED CHICKEN & GOLDEN RAISIN TARTLETS** (1 phyllo cup | 140 cal)  
\$26.29 per dozen
- CUCUMBER ROUNDS WITH FETA & TOMATO**  (1 piece | 40 cal)  
\$21.79 per dozen
- CARAMELIZED ONION & WHITE BEAN CROSTINI**  (1 slice | 120 cal)  
\$19.69 per dozen
- GOAT CHEESE & HONEY PHYLLO CUPS**  (1 phyllo cup | 90 cal)  
\$24.99 per dozen
- SHRIMP COCKTAIL WITH CAJUN REMOULADE** (shrimp + sauce | 190 cal)  
\$24.99 per dozen
- BLACK CURRANT & BRIE CROSTINI**  (1 slice | 90 cal)  
\$19.69 per dozen



## HORS D'OEUVRES: PACKAGES



### THE MEDITERRANEAN

12 guest minimum | \$5.99 per guest

Select three Hors D'oeuvres from an Mediterranean-inspired menu & finished with a Fire Roasted Tomato Sauce 🍅 (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Fried Ravioli 🍝	(1 ravioli   90 cal)
Beef Short Rib Panini	(1 canape   70 cal)
Bacon Fig & Smoked Gouda Tartlet	(1 canape   60 cal)
Greek Turkey Meatball	(1 canape   50 cal)
Spicy Lamb Meatball	(1 canape   70 cal)
Sicilian Arancini 🍷	(1 canape   90 cal)

### THE ASIA PACIFIC

12 guest minimum | \$5.99 per guest

Select three Hors D'oeuvres from an Asian-inspired menu and finished with a Ginger Soy Dressing 🍷 (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Gochujang Tempura Shrimp	(1 canape   60 cal)
Asian Style Pork Meatball	(1 canape   45 cal)
Edamame Pot sticker 🍲	(1 pot sticker   50 cal)
Coconut Chicken Satay	(1 canape   30 cal)
Lemongrass Turkey Lollipop	(1 canape   50 cal)
Asian Beef Satay Canape	(1 canape   45 cal)

### THE AMERICANA

12 guest minimum | \$5.99 per guest

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

#### CHOICE OF THREE:

Cheeseburger Sliders	(1 slider   190 cal)
Santa Fe Chicken Egg Roll	(1/2 egg roll   100 cal)
Pastrami on Rye Panini	(1 canape   50 cal)
Mini Chicken Corndog	(1 corndog   45 cal)
Battered Macaroni & Cheese Bites	(1 bite   110 cal)
Barbeque Meatballs	(1 meatball + sauce   70 cal)

### PLANT POWERED

12 guest minimum | \$5.99 per guest

Select three Hors D'oeuvres from a vegetarian menu paired with Chipotle Lime Ranch Dressing 🍷 (1 tsp. | 15 cal) and Ponzu Dipping Sauce 🍷 (1 tsp. | 5 cal).

#### CHOICE OF THREE:

Crispy Breaded Avocado Slices 🍷	(1 slice   80 cal)
Edamame Pot sticker 🍲	(1 each   50 cal)
Vegetable Egg Roll 🍷	(1/2 egg roll   90 cal)
Crispy Falafels 🍷	(1 falafel   60 cal)
Steamed Edamame Dumpling 🍲	(1 dumpling   45 cal)
Tomato, Vidalia Onion & Goat Cheese Tart 🍷	(1 each   100 cal)

# BEVERAGES



## HOT BEVERAGES - PER GALLON




Served with appropriate condiments.

Coffee and Hot Tea Service 	(12 oz.   0-5 cal)
\$3.59 per guest	
Brewed Regular Coffee 	(12 oz.   0-5 cal)
\$19.99 per gallon	
Brewed Decaffeinated Coffee 	(12 oz.   0-5 cal)
\$19.99 per gallon	
Tea Bags with Hot Water 	(12 oz.   0-5 cal)
\$19.99 per gallon	
Hot Cocoa Mix with Hot Water	(1 pack   80 cal)
\$19.99 per gallon	




## JUICE

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




## PUNCH

Orange Blossom Punch 	(8 oz.   170 cal)
\$19.99 per gallon	
White Sparkling Punch 	(8 oz.   100 cal)
\$19.99 per gallon	
Sangria Punch 	(8 oz.   120 cal)
\$19.99 per gallon	

## TEA & LEMONADE

Brewed Iced Tea 	(8 oz.   0 cal)
\$19.99 per gallon	
Country Time Lemonade 	(8 oz.   5 cal)
\$19.99 per gallon	
Strawberry Lemonade 	(8 oz.   90 cal)
\$22.99 per gallon	

## WATER STATION

Ice Water with Lemons, Limes & Oranges 	(8 oz.   0 cal)
\$9.99 per gallon	
Orange Infused Water 	(8 oz.   0 cal)
\$9.99 per gallon	
Cucumber Mint Infused Water 	(8 oz.   0 cal)
\$9.99 per gallon	

## INDIVIDUAL BEVERAGES

Assorted Juice	(each   80-170 cal)
\$2.79 each	
Bottled Water	(each   0 cal)
\$2.19 each	
Sparkling Water	(each   0 cal)
\$2.79 each	
Assorted Canned Soda, Regular and Diet	(each   5-160 cal)
\$1.79 each	

## PLANNING YOUR EVENT



Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. Use this information 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 are happy to answer your questions and assist you in planning every detail. We look forward to serving you!

### HOW TO CONTACT US

When you have a catered event in mind, please contact us as soon as possible. Even if you are not sure of all details such as exact date, location and number of guests, planning early ensures a smooth process.

**Event Spaces:** Please reserve your event space prior to scheduling catering. The conference and events office portal reserves space on campus.

**Contact:**  
Email Address: [um.catering@maine.edu](mailto:um.catering@maine.edu)

**Seating, Facilities, Audio Visual:** Please reserve tables, chairs, trash receptacles and audio visual needed for your event.

**Flavours Catering:** It's easy to get in touch with Flavours about your catering needs.

**Place an online order:** Our CaterTrax site is the most expeditious method to place routine catering orders. Confirmations are documented and provide you easy online access to track, budget and plan.  
[umaine.catertrax.com](http://umaine.catertrax.com)

**Send us an Email:** You may email us at  
[um.catering@maine.edu](mailto:um.catering@maine.edu)

**Schedule a Consultation:** An event consultation is recommended for complex events or events with complex logistics. Contact our office to schedule a consultation or site visit.

### MENU PLANNING AND PRICING

Our menus feature offerings to meet a wide range of preferences and dietary needs including Sodexo's healthy, award-winning Mindful menus. Please advise the catering coordinator of all dietary restrictions that require accommodation.

**Note:** *Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary issues while maintaining seamless service.*

List pricing includes eco-friendly serviceware; a quote can be provided for alternate serviceware. Prices are subject to change based on meeting guest minimums and product availability. Prices reflect services available during normal business days in accordance with the university calendar. Please contact the catering office for pricing for events held on campus holidays and breaks.

We are proud of our stewardship in providing fresh sustainable offerings and purchasing seasonal regionally sourced ingredients whenever possible. Please discuss your menu preferences with our event specialists; a quote will be provided upon request for a chef-designed menu focusing on local, seasonal ingredients.

Menu prices reflect the current rate and may be subject to change. Guaranteed prices for both service and menu items can be quoted 30 days in advance of the event. Exceptions to the 30-day quote are for those items based upon the day's market price.

Prices for food service include the meal itself and any standard services provided for the event. Add 8% sales tax to the price unless the ordering organization is tax exempt. A tax-exempt certificate must be provided prior to the actual meal.

### CONFIRMATIONS, REVISIONS & CANCELLATIONS

**Confirmations:** A catering confirmation is provided upon placing an order. Please review the confirmation for accuracy including the date, times, menu selections, guest attendance and additional details. An archive of all catering orders is available within your CaterTrax customer account. Use the customer account to track and duplicate orders, request changes and budgeting.

**Revisions:** Please request an on-line revision or contact us immediately to update needed information. Final revisions are due 5 days prior to the event.

**Cancellations:** Cancellations are due a minimum of 96 business hours prior to the event. Cancellation of custom items may be billed should the expense be incurred.

**Weather Cancellations:** Please be in touch if a weather event may impact a planned event. If the University closes or delays due to inclement weather, please communicate with catering as to whether your event will take place or not. Weather impacted cancellation of custom items may be billed for expenses incurred.

### GUEST COUNTS & GUARANTEES

A guest attendance estimate is provided upon booking an event. The guaranteed or final guest count is due 72-business hours prior to the event. If no guarantee or final guest count is provided, your estimated attendance becomes your guarantee. Final billing is based on your guarantee or actual guest attendance, whichever is greater.

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

UMaine Catering will make every effort to accommodate last-minute requests. Events planned with less than five business days' notice require special consideration. A surcharge of 15% may be added to the approved request.

### EVENT PAYMENT

Account numbers need to be provided at the time of the ordering for all internal billing. If an organization does not have an account number, it will be assumed that they will be billed as an outside organization. The 8% tax will be assessed without a copy of the tax-exempt certificate.

## DELIVERY FEES

Standard deliveries and pickups are made at your convenience. Please reserve spaces at least 30 minutes (before and after) guest arrival and departure for delivery and pick up and plan a minimum of 2 hours (before and after) for attended receptions and meals. Please arrange for building and room availability for deliveries and pickups to include access to special access locations. There is no delivery fee for catering services held within the UMaine Campus.

For non-University meal functions that take place off campus, a surcharge will be applied. Rates vary depending on the facility and the function. Rental of tables and chairs are the clients responsibility.

## SERVICE STAFF

Catering staff will be provided for all served meals and added to the event order. One server per twenty guests is the standard for staffing for served meals. Additional servers are available for an additional fee. Continental breakfasts, breaks, buffets and receptions are priced for self-service; servers may be added for an additional fee. The addition of china and glassware may require the addition of service staff; a quote will be provided.

**The charge for each staff member for a one or two-hour function is:**

Attendants/Waitstaff	\$100.00 per waitstaff (minimum 4 hours); \$25.00 per each additional hour per waitstaff
Station Chefs	\$140.00 per chef (minimum 4 hours); \$35.00 per each additional hour per waitstaff
Bartenders	\$200.00 per bartender (minimum 4 hours); \$30.00 per each additional hour per bartender
Expedited Orders	Expedited Orders often incur additional labor and overtime of our staff. This labor (if applicable) will be outlined within the event order.

## CATERING EQUIPMENT

We offer a full range of catering equipment to provide a professional image while serving your event. A quote for rental equipment can be provided for any service items not available through our department. All event equipment must be picked up at the conclusion of your event. Replacement fees will be applied for any damaged or missing equipment upon event pick up.

## CHINA SERVICEWARE

We provide eco-friendly serviceware/high-quality plastic serviceware unless otherwise requested for all catering deliveries on campus.

China service may be added at the below rates. The addition of china and glassware may require the addition of service staff; a quote will be provided.

Full Meal China, Glassware and Silverware	\$2.63 per guest
Coffee or Beverage China Service	\$2.10 per guest
Full Bar Glass Service	\$2.10 per guest
Reception China and Silverware	\$2.63 per guest

China charges for events at Wells conference center and Buchanan Alumni house will be waived. Catering reserves the right to add additional staff depending on the size of the event and will provide an estimate for the additional cost.

## LINENS

Our signature service includes complimentary linens for all food service tables. Complimentary house linens for guest seating tables accompany all plated breakfasts, lunches and dinners. Additional house linens can be rented; rental rates are provided. We are happy to accommodate your décor theme with two week's notice; please indicate linen color preferences when booking your event. Specialty linens and fabric swatches can be provided from our catering sales specialists. Request a quote for an event linen plan to enhance the event space.

### House Linens:

85 x 85" Tablecloth	\$7.00 per linen for 2 days
52x 114" Tablecloth	\$7.00 per linen for 2 days
120" round Tablecloth	\$10.00 per linen for 2 days
90 x 156" (fits 8' banquet to floor)	\$20.00 per linen for 2 days
Napkin	\$0.50 per napkin for 2 days

**Specialty Linens:** Quoted upon request

## BAR SERVICES

Bars are provided following university/college policies and state law.

All alcoholic beverages must be provided and served by Flavours ServeSafe and TIPS trained personnel and consumed in designated areas. Guest proof of age will be required. Flavours reserves the right to refuse service of alcoholic beverages to any person. Shots or pitchers of alcohol are not available for events hosted on campus.

Responsible hosting requires the addition of non-alcoholic beverages and food provided by Flavours catering for the duration of alcohol service. Bar service ceases 30 minutes prior to the end of the event.

Bar Service Packages are available within the catering menu.

UMaine catering, under the Maine State law, cannot serve alcoholic beverages without a valid liquor license. Generally, UMaine Catering will serve events on campus with a liquor license; arrangements should be made 7 days prior to the event for this service. A fee of \$42.00 will be applied to the catering order for the liquor license. Note: Student groups must have prior approval through the Alcohol and Drug education Programs Office prior to serving alcohol at events.

A fee of \$200.00 per bartender will be applied to both Cash and Open Bar service. If the sales from the bar service reaches \$200.00 per bartender, the bartender fee will be waived. In the event that the sales do not reach \$200 per bartender, the event will be billed the difference.

## GUEST ACCOMMODATION

Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary requests while maintaining seamless service. Dietary restrictions are requested a minimum of one (1) week in advance. Questions about dietary accommodations should be directed to the catering coordinator, manager or chef in advance of the event.

Please advise of any guests requiring mobility accommodation for proper set up for safety and comfort.

## FLOWERS AND DECOR

We are happy to recommend floral and décor services by our local vendor partnerships or provide you with a quote based on your décor preferences.

We look forward to collaborating with you to create a memorable event and welcome your guests.

# FLAVOURS

TASTE : SUCCESS

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