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

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

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

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at (203) 479-4854, email us at catering@newhaven.edu or visit our website: Newhaven.sodexomyway.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. Eco-friendly serviceware is included; china is also available upon request. Freshly Brewed Starbucks Coffee (8 fluid oz. | 0 cal), Starbucks Decaffeinated Coffee (8 fluid oz. | 0 cal) and Bigelow Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Bigelow Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 10 or more.

**CONTINENTAL**

$8.75 per guest

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

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

Cream Cheese, Butter and Assorted Jellies

- Chilled Carafes of Orange Juice  (8 oz. | 140 cal)
- Chilled Carafes of Cranberry Juice  (8 oz. | 210 cal)

**BREAKFAST BUFFET**

$13.75 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 Bagels  (1 bagel | 200 - 280 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 Link Sausage  (2 links | 70 cal)

**CHOOSE ONE:**
- Scrambled Eggs  (4 oz. | 190 cal)
- Scrambled Egg Whites  (4 oz. | 60 cal)
- Grilled Zucchini, Bacon and Swiss Frittata  (1 wedge | 250 cal)
- Broccoli Cheddar Quiche  (1 wedge | 330 cal)

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

$2.00 per guest

- Chilled Carafes of Orange Juice  (8 oz. | 140 cal)
- Chilled Carafes of Cranberry Juice  (8 oz. | 210 cal)
A FRESH NEW START

HEALTHY START
$10.55 per guest

Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)
Non-Fat Greek Yogurt Parfaits Made with Fresh Berries and Low-Fat Granola (1 each | 200 - 360 cal)
Multi-Grain Bars and Granola Bars (1 each | 90 - 160 cal)
Whole Wheat Bagels (1 bagel | 290 cal)
Chilled Carafes of Orange Juice (8 oz. | 140 cal)
Chilled Carafes of Cranberry Juice (8 oz. | 210 cal)

OMELET STATION
$6.30 per guest

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 10 or more.

Egg Whites (4 oz. | 60 cal)
Bacon (2 tbsp. | 50 cal)
Turkey Sausage (2 tbsp. | 15 cal)
Feta Cheese (1 oz. | 70 cal)
Seasonal Garden Vegetables (varies by season)
Scallions (1 oz. | 10 cal)
Ham (2 tbsp. | 20 cal)
Pork Sausage Links (2 tbsp. | 15 cal)
Shredded Cheddar (1 oz. | 110 cal)
Diced Tomatoes (1 oz. | 5 cal)
Sweet Peppers (3 oz. | 20 cal)

All will be prepared by one of our talented culinarians.

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

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

FROM THE BAKERY per dozen

ASSORTED FRESHLY HOUSE-BAKED MUFFINS $25.20 per dozen
Lemon Poppy Seed  
Blueberry  
Banana Walnut  
Honey Bran  

ASSORTED BREAKFAST BREADS & COFFEE CAKES $18.60 per dozen
Banana Nut Bread  
Blueberry Sour Cream Coffee Cake  
Double Lemon Poppy Seed Coffee Cake  
Chocolate Espresso Coffee Crumble  

ASSORTED DANISH $25.20 per dozen

ASSORTED BAGELS with Whipped Cream Cheese and Jellies $25.20 per dozen

HOUSE-BAKED COUNTRY BISCUITS with Whipped Butter, Honey and Jellies $18.60 per dozen

ASSORTED DOUGHNUTS $25.20 per dozen

ASSORTED MINI SCONES $25.20 per dozen

CINNAMON ROLLS $25.20 per dozen

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT
$1.55 each

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA
$2.40 each

SEASONAL SLICED FRESH FRUIT $4.00 per tray
Small 15-25  $40.00 per tray
Medium 25-50 $60.00 per tray
Large 50-75 $80.00 per tray
FIRST THINGS FIRST

BREAKFAST SANDWICH $4.75 each
Choice of One:
*Bagels V* (1 each | 280 cal)
*Croissants V* (1 each | 280 - 310 cal)

Choice of One:
*Scrambled Eggs V* (4 oz. | 190 cal)
*Scrambled Eggs and Cheese V* (4 oz. | 240 cal)

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

BREAKFAST TACO $4.75 each
Choice of One:
*Flour Tortilla V* (1 each | 210 cal)

Choice of One:
*Scrambled Eggs V* (4 oz. | 190 cal)

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

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

Scrambled Eggs and Cheese V (4 oz. | 240 cal)
*Pico de Gallo V* (2 oz. | 15 cal)

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FIRST THINGS FIRST
A LA CARTE SELECTIONS

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

HOME FRIES WITH CARAMELIZED ONIONS $2.65 per guest
(4 oz. | 150 cal)

ROASTED SWEET POTATOES $2.65 per guest
(4 oz. | 170 cal)

HARD BOILED EGGS $.60 per guest
(1 each | 70 cal)

INDIVIDUAL BISCUIT QUICHES $10.00 per guest
Quiche Lorraine
(1 each | 370 cal)
Garden Vegetable Quiche
(1 each | 330 cal)
Broccoli Cheddar Quiche
(1 each | 310 cal)

BREAD PUDDINGS $10.00 per guest
Bacon and Cheddar
(1 square | 560 cal)
Asparagus, Feta and Egg White Frittata
(1 square | 250 cal)
Ham, Mushroom and Swiss
(1 square | 400 cal)

WHEAT BERRY PECAN CRUNCH FRENCH TOAST $2.10 per guest
(3 halves | 380 cal)

OATMEAL BAR $2.10 per guest
Steel Cut Oatmeal
(8 oz. | 170 cal)

Served with a Choice Of Seven:
Blueberries (2 oz. | 30 cal)
Strawberries (2 oz. | 15 cal)
Ground Cinnamon (1 oz. | 0 cal)
Dark or Light Brown Sugar (1 oz. | 110 cal)
Raisins (1 oz. | 80 cal)
Dried Cranberries (1 oz. | 90 cal)
Honey (1 oz. | 90 cal)

Choice of Milk:
Whole (3 oz. | 60 cal)

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REFRESH AND REJUVENATE
COFFEE AND TEA SERVICE
$2.10 per guest

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

HOT BEVERAGES
16 servings per gallon

Freshly Brewed Starbucks Coffee and Decaffeinated Coffee (8 oz | 0 cal)
$2.10 per guest

Freshly Brewed Flavoured Starbucks Coffee and Decaffeinated Coffee (8 oz | 0 cal)
$2.10 per guest

Bigelow Herbal and Non Herbal Teas to include Decaffeinated Bigelow Tea with Hot Water (8 oz | 0 cal)
$2.10 per guest

Hot Chocolate $2.10 per packet (8 oz | 200 cal)

Seasonal Hot or Cold Apple Cider $9.00 per guest (8 oz | 110 cal)

COLD BEVERAGES
16 servings per gallon; 8 servings per half gallon

Orange Juice $1.85 per guest (8 oz | 140 cal)

Cranberry Juice $1.85 per guest (8 oz | 210 cal)

Apple Juice $1.85 per guest (8 oz | 90 cal)

Iced Water Service with Fresh Quartered Oranges, Lemons and Limes $1.85 per guest (8 oz | 0 - 60 cal)

Lemonade $1.85 per guest (8 oz | 130 cal)

Freshly Brewed Iced Sweet Tea $1.85 per guest (8 oz | 20 cal)

Strawberry Lemonade $1.85 per guest (8 oz | 100 cal)

Bottled Water $1.60 per guest (12 oz | 0 cal)

Assorted Canned Pepsi Soft Drinks, Regular and Diet $1.60 per guest (12 oz | 0 - 180 cal)

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

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PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll (1 roll | 100 cal) and Butter, Pita Wedges (2 oz. | 190 cal) or Toasted Flatbread (1/2 flatbread | 70 cal), Brownie (1 each | 170 - 180 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Bottled Water (20 oz. | 0 cal). Eco-friendly serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 10 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)
$8.45 per guest
Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
Add Grilled Breast of Chicken  $2.00 per guest
Add Grilled Shrimp  $2.00 per guest

GREEK SALAD  (1 salad | 190 cal)
$10.60 per guest
Classic Greek Salad of Firm Tomatoes, Cucumbers, Red Onion, Kalamata Olives and Feta Drizzled with a Light Vinaigrette

COBB SALAD (1 salad | 770 cal)
$10.60 per guest
Mounds of Smoked Turkey, Avocado, Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

GARDEN SALAD  (1 salad | 280 cal)
$7.40 per guest
Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins and Almonds on a Bed of Tossed Greens with a Choice of Dressing

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MOVABLE FEAST
PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips (1 bag | 130-220 cal) and a choice of one: Fresh Fruit Salad (3 oz. | 25 cal), Potato Salad (4 oz. | 45 cal), Cole Slaw (3 oz. | 90 cal), Orzo and Pepper Salad (3 oz. | 170 cal), Brownie (1 each | 170 - 180 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz. | 0-180 cal), or Bottled Water (20 oz. | 0 cal). Eco-friendly serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 10 guest minimum per menu selection.

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)
$11.65 per guest
Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef’s Hot Pepper Mayonnaise

TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)
$11.65 per guest
Classic Oven Roasted Turkey, Sharp Cheddar, Green Leaf Lettuce and Tomato Slice on a Hearty Kaiser Roll

TUSCAN GRILLED CHICKEN SANDWICH (1 sandwich | 530 cal)
$11.65 per guest
Balsamic Coated Chicken, Grilled, Paired with Fat-Free Hummus, Bistro Sauce, Roasted Onions and Peppers on a Multigrain Roll

ROAST BEEF AND CHEDDAR (1 sandwich | 500 cal)
$11.65 per guest
Medium Rare Roast Beef and Mild Cheddar, Leaf Lettuce and Tomato on a Ciabatta Topped with a Tangy Horseradish Cream Spread

THE LIGHTER CHICKEN CAESAR WRAP (1 sandwich | 350 cal)
$11.65 per guest
Grilled Chicken Breast, Romaine, Whole Wheat Croutons, Parmesan and Low-Fat Caesar Dressing in a Tortilla

HUMMUS, AVOCADO AND ROASTED VEGETABLE WRAP (1 sandwich | 340 cal)
$11.65 per guest
Balsamic Roasted Eggplant, Zucchini, Red Peppers and Onions Finished with Lettuce, Avocado and Hummus Spread on a Tortilla

PORTOBELLO RUSTICO (1 sandwich | 430 cal)
$11.65 per guest
Roasted Balsamic Portobello Mushroom, Fresh Mozzarella and Basil, Roasted Tomato Salsa and Baby Spinach on a Multigrain Roll

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**SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST** (1 plate | 680 cal)
$20.60 per guest
Panko-Encrusted Chicken Breast Served with a Sautéed Garlic Cream Sauce and Sun-Dried Tomato Strips

**LEMON BASIL CHICKEN** (1 plate | 160 cal)
$20.60 per guest
Chicken Breast Marinated in Basil, Fresh Squeezed Lemon Juice, Seasoned with a Salt-Free Lemon Pepper Blend and Grilled

**TRADITIONAL CHICKEN PICCATA** (1 plate | 380 cal)
$20.60 per guest
Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

**ROASTED CHICKEN FLORENTINE** (1 plate | 410 cal)
$20.60 per guest
Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

**BEEF AND PORK**

**BRAISED SHORT RIBS** (1 plate | 390 cal)
$25.45 per guest
Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks and a Splash of Orange Juice Braised to Perfection

**FLANK STEAK ROULADE** (1 plate | 540 cal)
$23.35 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)
$24.45 per guest
Beef Tenderloin Roulades Brimming with Baby Spinach, Red Peppers and Tangy Asiago Cheese, Slow Roasted, Served Au Jus

**PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS** (1 plate | 530 cal)
$20.60 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)
$20.60 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

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**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 Starbucks Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal), Herbal and Non-Herbal Bigelow Teas (8 oz. | 0 cal) with Hot Water and Freshly Brewed Iced Tea (8 oz.| 0 cal). China service is also available. Services include delivery, linen-draped service tables, set up and clean up.

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AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

COMBINATION PLATE

BEEF AND SALMON FILETS (1 plate | 340 cal)
$26.80 per guest
Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

SEAFOOD

BLACKENED COD WITH SALSA VERDE (1 plate | 280 cal)
$25.45 per guest
Blackened Cod Drizzled with Green Tomatillo Sauce, Paired with a Colorful Watercress Salad and Fresh Cilantro

CITRUS SALMON, COUSCOUS & GREEN BEANS (1 plate | 120 cal)
$23.35 per guest
Citrus and Herb Crusted Salmon Served with Couscous Primavera and Lemon Garlic Green Beans

PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)
$22.50 per guest
Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter

GARLIC SHRIMP SKEWERS (1 plate | 350 cal)
$23.35 per guest
Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

VEGETARIAN

PORTOBELLO MUSHROOM NAPOLEON (1 plate | 170 cal)
$19.10 per guest
Layers of Portobello, Soft Mozzarella, Zucchini, Spinach and Red and Yellow Peppers Sitting on a Swirl of Roasted Tomato Coulis

VEGETARIAN PAELLA WITH EDAMAME (1 plate | 250 cal)
$19.10 per guest
Saffron Rice Baked with Tomatoes, Carrots, Edamame and Black Olives

VEGETABLE WHOLE WHEAT PASTA PRIMAVERA (1 plate | 340 cal)
$17.50 per guest
Al Dente Whole Wheat Pasta Tossed with Sautéed Zucchini, Broccolini, Heirloom Tomatoes and Onions in a Creamy Béchamel

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SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette •
Iceberg Wedge with Maytag Bleu Cheese •
Caesar Salad with Anchovies and Homemade Croutons •
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing •
Fresh Mozzarella and Tomato Stack with Fresh Basil •
Greek Salad with Feta Cheese and Balsamic Vinaigrette •
Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze

SIDES

Choice of One:
Fresh Green Beans •
Grilled Balsamic Zucchini •
Sautéed Fennel and Brussels Sprouts •
Roasted Root Vegetables •
Roasted Fresh Seasonal Asparagus •
Fresh Spinach and Garlic Sauté •
Chef’s Choice of Seasonal Vegetable

Choice of One:
Caramelized Onion Mashed Yukon Potatoes •
Mashed Sweet Potatoes •
Oven-Herbed Roasted Red Potatoes •
Oven-Roasted Sweet Potatoes •
Lemon Rice •
Israeli Couscous •
Basil Orzo •

ENTRÉE ACCOMPANIMENTS
IN GOOD COMPANY

DESSERTS
New York Cheesecake with Seasonal Fresh Berries (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)

ADDITIONAL OPTIONS:
Apple Caramel Bread Pudding $2.00 per guest (1 each | 210 cal)
Designer Key Lime Pie $2.00 per guest (1 slice | 1000 cal)
Chocolate Almond Ganache Cake $2.00 per guest (1 slice | 360 cal)

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BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal) are included. Services include delivery, linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; china is also available, upon request. Add Soup du Jour with Crackers $2.00 per guest. These menus are available for groups of 10 or more. Waited service is available upon request.

SIGNATURE SALADS
$13.75 per guest

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

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

CHOOSE ONE SALAD:

- Classique Niçoise Salad (1 salad | 200 cal)
- Napa Valley Chicken Salad (1 salad | 290 cal)
- Grilled Chicken Tabbouleh Salad (1 salad | 240 cal)
- Greek Salad (1 salad | 190 cal)
- Cobb Salad (1 salad | 770 cal)
- Italian House Wedge Salad (1 salad | 180 cal)
- Caesar Salad (1 salad | 490 cal)
  - with Grilled Chicken (3 oz. | 110 cal)
  - with Shrimp (4 shrimp | 110 cal)
  - with Salmon (1 filet | 250 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)

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HANDCRAFTED SANDWICHES

$9.50 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.

CHOOSE THREE HANDCRAFTED SANDWICHES:

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

CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette (1 salad | 110 cal)
Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
Apple Fennel Slaw (4 oz. | 90 cal)
Minted Cucumber Salad (4 oz. | 20 cal)
Orzo and Pepper Salad (4 oz. | 170 cal)
Artichoke Hearts with Italian Parsley (4 oz. | 60 cal)
Farmhouse Potato Salad (4 oz. | 220 cal)
Seasonal Crudité with Hummus (2 oz. | 15 cal)
Ranch Dip (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. Eco-friendly serviceware is included; china is also available, upon request. These menus are available for groups of 10 or more. Waited Service is available upon request.

### DELI BUFFET

$12.70 per guest

**Choice of Two Salads:**
- Creamy Cole Slaw with Apples (4 oz. | 100 cal)
- Potato Salad (4 oz. | 190 cal)
- Balsamic Vinaigrette (2 oz. | 90 cal)
- Assorted Breads and Rolls (2 slices | 140-200 cal)
- Sliced Roasted Turkey (3 oz. | 90 cal)
- Buffet Ham (3 oz. | 90 cal)
- Salami (3 oz. | 200 cal)
- Sliced Swiss Cheese (1 slice | 50 cal)
- American Cheese (1 slice | 50 cal)
- Leaf Lettuce (1 slice | 0 cal)
- Sliced Onions (2 rings | 0 cal)
- Mayonnaise

**Salads:**
- Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
- Market Salad with Homemade Croutons (1 salad | 110 cal)
- Low-Fat Ranch Dressing (2 oz. | 110 cal)
- Multigrain Sandwich Wrap (1 wrap | 180 cal)
- Low-Sodium Turkey (3 oz. | 90 cal)
- Roast Beef (3 oz. | 140 cal)
- Provolone Cheese (1 slice | 70 cal)
- Sliced Tomato (1 slice | 0 cal)
- Dill Pickles (1 spear | 5 cal)

**Breads:**
- Assorted Breads (2 slices | 140-200 cal)
- Multigrain Sandwich Wrap (1 wrap | 180 cal)
- Assorted Cookies (1 cookie | 160-180 cal)
- Brownies (1 brownie | 190-510 cal)

**Assorted:***
- Assorted Individual Bags of Chips (1 bag | 130-320 cal)
- Bars (1 bar | 310 cal)

** Beverages:**
- Freshly Brewed Iced Tea (8 oz. | 0 cal)

*Add Soup du Jour with Crackers (1 package | 25 cal)

### OLD FASHIONED BBQ

$22.30 per guest

**Salads:**
- 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)
- Ranch Style Baked Beans (4 oz. | 160 cal)
- Barbecued Beef Brisket (1 quarter | 290 cal)
- Assorted Cookies (1 cookie | 310 cal)
- Brownies (1 brownie | 200 cal)

**Breads:**
- Freshly Brewed Iced Tea (8 oz. | 0 cal) and Lemonade (8 oz. | 70 cal)

*Add a chef for BBQs held outside; weather permitting $40.00 per hour*
BACKYARD COOK OUT
$15.90 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 Hot Dogs (1 sandwich | 320 cal)
Grilled Hamburgers (1 sandwich | 330 cal)
Veggie Burgers (1 sandwich | 320 cal)
Sliced Tomato (1 slice | 5 cal)
Dill Pickles (5 chips | 0 cal)
Relish (1 tbsp. | 20 cal)
Onions (2 rings | 0 cal)
Leaf Lettuce (1 slice | 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 (12 oz. | 0-180 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal)

*Add a chef for BBQs held outside; weather permitting $40.00 per hour

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FESTIVE FLAIR
# SPECIALTY BUFFETS

## BARBECUE NATION
$24.50 per guest

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal Fresh Fruit Salad</td>
<td>4 oz.</td>
<td>45 cal</td>
</tr>
<tr>
<td>Apple Fennel Slaw</td>
<td>4 oz.</td>
<td>90 cal</td>
</tr>
<tr>
<td>Farmhouse Potato Salad</td>
<td>4 oz.</td>
<td>220 cal</td>
</tr>
<tr>
<td>Cornbread and Butter</td>
<td>1 cut</td>
<td>210 cal</td>
</tr>
<tr>
<td>Root Beer Baked Beans</td>
<td>4 oz.</td>
<td>130 cal</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>1 cut</td>
<td>400 cal</td>
</tr>
</tbody>
</table>

**Choice of Two Entrées:**
- Kansas City BBQ Beef (3 oz. | 190 cal)
- Grilled Salmon with Mango Salsa (1 filet | 230 cal)
- Apricot Glazed Turkey (4 oz. | 140 cal)
- Baked Barbecue Chicken (1 quarter | 290 cal)
- Hot Apple Crisp (1 serving | 150 cal)
- Peach Cobbler (1 serving | 170 cal)
- Assorted Cookies (1 cookie | 150-180 cal)

**Add Tortilla Chips (2 oz. | 140-260 cal) with Guacamole (2 oz. | 80 cal), Salsa (2 oz. | 10-130 cal) and Jalapeños (1 tbsp. | 0 cal)**

$2.00 per guest

## LITTLE ITALY
$13.75 per guest

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar Salad with Homemade Croutons</td>
<td>1 salad</td>
<td>460 cal</td>
</tr>
<tr>
<td>Assorted Rolls and Butter</td>
<td>1 roll</td>
<td>90 cal</td>
</tr>
<tr>
<td>Sautéed Fresh Zucchini</td>
<td>4 oz.</td>
<td>50 cal</td>
</tr>
<tr>
<td>Pasta Bar with Spaghetti (4 oz.</td>
<td>200 cal) and Penne Pasta (4 oz.</td>
<td>200 cal)</td>
</tr>
<tr>
<td>Marinara Sauce (2 oz.</td>
<td>20 cal) and Pesto Cream Sauce (2 oz.</td>
<td>150 cal)</td>
</tr>
<tr>
<td>Home-Style Meatballs in Marinara Sauce</td>
<td>(2 meatballs + 1 oz. sauce</td>
<td>190 cal)</td>
</tr>
<tr>
<td>Traditional Chicken Cacciatore</td>
<td>(1 quarter</td>
<td>400 cal)</td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td>(1 oz.</td>
<td>120 cal)</td>
</tr>
<tr>
<td>Cannoli</td>
<td>(1 cannoli</td>
<td>320 cal)</td>
</tr>
<tr>
<td>Tiramisu</td>
<td>(1 slice</td>
<td>490 cal)</td>
</tr>
</tbody>
</table>

**Add Tortilla Chips (2 oz. | 140-260 cal) with Guacamole (2 oz. | 80 cal), Salsa (2 oz. | 10-130 cal) and Jalapeños (1 tbsp. | 0 cal)**

$2.00 per guest

## ASIAN FUSION
$15.90 per guest

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Salad</td>
<td>4 oz.</td>
<td>120 cal</td>
</tr>
<tr>
<td>Garlic Lemon Ginger Broccoli</td>
<td>4 oz.</td>
<td>45 cal</td>
</tr>
<tr>
<td>Vegetable Lo Mein</td>
<td>4 oz.</td>
<td>130 cal</td>
</tr>
<tr>
<td>Sticky Rice</td>
<td>4 oz.</td>
<td>210 cal</td>
</tr>
<tr>
<td>Cilantro Breast of Chicken</td>
<td>(1 breast</td>
<td>110 cal)</td>
</tr>
<tr>
<td>Fortune Cookies</td>
<td>(1 cookie</td>
<td>35 cal)</td>
</tr>
</tbody>
</table>

**Add Tortilla Chips (2 oz. | 140-260 cal) with Guacamole (2 oz. | 80 cal), Salsa (2 oz. | 10-130 cal) and Jalapeños (1 tbsp. | 0 cal)**

$2.00 per guest

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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; both eco-friendly serviceware and china are 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 $3.00 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 Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing
(1 salad | 110-370 cal)

- Greek Salad (1 salad | 190 cal)
- Caesar Salad (1 salad | 460 cal)

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

ENTRÉES

**POULTRY**
- Chicken Marsala $21.25 per guest (1 entrée | 280 cal)
- Lemon Parmesan Chicken with White Wine Chive Sauce $21.25 per guest (1 entrée | 530 cal)
- Apricot Glazed Roasted Turkey $21.25 per guest (1 entrée | 140 cal)

**BEEF**
- Caramelized Onion Meatloaf $21.25 per guest (1 entrée | 210 cal)
- Beef Stroganoff $21.25 per guest (1 entrée | 410 cal)
- Braised Beef Sicilian $21.25 per guest (1 entrée | 310 cal)

**PORK**
- Asian Marinated Pork Loin with Honey and Soy Glaze $21.25 per guest (1 entrée | 220 cal)
- Roast Pork Loin with Mustard Herb Crust $21.25 per guest (1 entrée | 300 cal)

**SEAFOOD**
- Broiled Salmon with Dill Butter $21.25 per guest (1 entrée | 270 cal)
- Citrus Baked Tilapia $21.25 per guest (1 entrée | 180 cal)
- Garlic Shrimp Skewers $21.25 per guest (1 entrée | 440 cal)

**VEGETARIAN**
- Vegetarian Lasagna $21.25 per guest (1 entrée | 290 cal)
- Stuffed Peppers with Herbed Tomato Sauce $21.25 per guest (1 entrée | 210 cal)
- Marinated Portobellos with Quinoa Pilaf $21.25 per guest (1 entrée | 170 cal)

CUSTOMIZED CREATIONS
SIDES

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

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

DESSERTS

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

BEVERAGES

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

**CHOOSE TWO:**
- Assorted Canned Pepsi Soft Drinks, Regular and Diet  
  (12 oz. | 0-180 cal)
- Iced Water Station  
  (8 oz. | 0 cal)
- Lemonade  
  (8 oz. | 70 cal)
- Freshly Brewed Iced Tea  
  (8 oz. | 0 cal)

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HOT HORS D’OEUVRES

FROM PLATTERS TO PASSED

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

CHICKEN

Blackened Chicken Sliders
$24.00 per dozen
(1 each | 140 cal)

Chipotle Maple Bacon-Wrapped Chicken
$24.00 per dozen
(1 each | 50 cal)

Ginger Chicken Satay with Coconut Peanut Sauce
$20.00 per dozen
(1 each + 1 oz. sauce | 110 cal)

Coconut Chicken with Orange Dipping Sauce
$20.00 per dozen
(1 each | 60 cal)

PORK

Pork Pot Stickers with Garlic Soy Sauce
$14.75 per dozen
(1 each + 3 oz. sauce | 50 cal)

Mini Ham Biscuits with Mustard Sauce
$14.75 per dozen
(1 each | 150 cal)

Sausage-Stuffed Mushrooms
$15.95 per dozen
(1 each | 20 cal)

SEAFOOD

Mini Crab Cakes with Cajun Rémoulade Sauce
$22.25 per dozen
(1 each | 70 cal)

Grilled Sugar Cane Shrimp & Scallop Skewers
$22.25 per dozen
(1 each | 150 cal)

Bacon Wrapped Scallops with BBQ Sauce
$25.00 per dozen
(1 each | 45 cal)
SAVORY SELECTIONS

BEEF
Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour
$13.00 per dozen
Mini Reuben Sandwiches
$18.25 per dozen
Petite Beef Wellington
$23.00 per dozen
Beef Satay with Sweet & Spicy Sauce
$23.00 per dozen

VEGETARIAN
Mini Vegetable Samosas
$18.00 per dozen
Tomato, Vidalia Onion and Goat Cheese Tart
$18.00 per dozen
Spanakopita
$18.00 per dozen
Mini Greek Pizzas
$18.00 per dozen
Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce
$18.00 per dozen

(1 each + 3 oz. sauce | 45-130 cal)
(1 each | 150 cal)
(1 each | 70 cal)
(1 each + sauce | 110 cal)
(1 each | 90 cal)
(1 each | 100 cal)
(1 each | 45 cal)
(1 each | 80 cal)
(1 each + 3 oz. sauce | 120-150 cal)

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MAGNIFICENT MORSELS
COLD HORS D'OEUVRES

Eco-friendly serviceware is included; both eco-friendly serviceware and china are 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
$20.00 per dozen
CHOOSE THREE:
Ham Salad, Chicken Salad, Tuna Salad and Egg Salad on White, Wheat or Silver Dollar Rolls

Shrimp Cocktail with Cajun Rémoulade and Cocktail Sauce
$22.50 per dozen
(1 each | 150 cal)

Cucumber Rounds with Feta and Tomatoes
$21.00 per dozen
(1 each | 30 cal)

White Bean Crostini
$16.25 per dozen
(1 slice | 120 cal)

Smoked Salmon Roulade
$21.00 per dozen
(1 each | 70 cal)

Charred Peaches Wrapped in Prosciutto
$18.25 per dozen
(1 each | 60 cal)

Sun-Dried Tomato and Gorgonzola Bruschetta
$18.25 per dozen
(1 slice | 100 cal)

Goat Cheese and Honey Phyllo Cups
$18.25 per dozen
(1 each | 100 cal)

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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 $3.05 per guest
(1 oz. + 2 oz. chips | 250 cal)
Spinach and Crab Dip with Baguette Rounds $3.75 per guest
(1 oz. + 1 chip | 120 cal)

COLD DIPS
Sold per guest
Tzatziki Cucumber Yogurt Dip (1 tbsp. | 5 cal), Hummus (1 oz. | 50 cal) or Baba Ghanoush (1 oz. | 15 cal) with Pita Chips
(2 oz. | 190 cal)
$2.65 per guest
Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1 oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso
(2 oz. | 60 cal) accompanied by House-Fried Corn Tortilla Chips (2 oz. | 240 cal)
$3.15 per guest

COLD DISPLAYS
Small (15-25, Medium (25-50) and Large (50-75)
Fresh Farm Crudités with Ranch Dip $40.00 Small/$60.00 Medium/$80.00 Large
Seasonal Cubed Fresh Fruit $55.00 Small/$75.00 Medium/$95.00 Large
Domestic Cheeses with Crackers and Baguette Rounds $60.00 Small/$80.00 Medium/$100.00 Large
Artisan Cheeses with Crackers and Baguette Rounds $65.00 Small/$85.00 Medium/$105.00 Large
Antipasto Platter with Crackers and Baguette Rounds $60.00 Small/$80.00 Medium/$100.00 Large
Vegetarian Antipasto Platter with Crackers and Baguette Rounds $45.00 Small/$65.00 Medium/$85.00 Large
California Rolls with Soy Sauce and Wasabi $65.00 Small/$85.00 Medium/$105.00 Large

SAVORY CHEESECAKES
Please order by the Cheesecake and Torte. Served with Crackers and Baguette Rounds.
Roasted Vegetable Cheesecake (serves 15-20 guests) $51.60 each
(1 slice | 360 cal)
Savory Pesto and Sun-Dried Tomato Torte (serves 50-75 guests) $85.55 each
(1 slice | 310 cal)

HEALTHY SNACK BAR
$3.45 per guest
CHOOSE TWO HEALTHY SNACKS:
Popcorn with Assorted Seasonings
(3 oz. | 350 cal)
Assorted Granola Bars
(1 bar | 90-160 cal)
Celery and Carrot Sticks
(6 sticks, 3 each | 15 cal)

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CHEF’S FARE
SPECIALTY AND CARVING STATIONS

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

SLIDER STATION
$8.75 per guest

CHOOSE THREE:
Cheeseburger (1 sandwich | 180 cal), Crab Cake (1 sandwich | 70 cal), Buffalo Chicken (1 sandwich | 290 cal)

Served with Pickles (1 chip | 0 cal), Chipotle Mayonnaise (1 tbsp. | 40 cal), Ketchup (1 tbsp. | 15 cal), Lettuce (1 leaf | 0 cal), Tomato (1 slice | 0 cal), Relish (1 tbsp. | 20 cal), Grainy Mustard (1 tbsp. | 20 cal), Honey Mustard (2 oz. | 310 cal) and Potato Chips (2 oz. | 110 cal) with Ranch Dip (1 oz. | 50-90 cal).

MASHED POTATO BAR
$6.15 per guest

Yukon Gold (4 oz. | 120 cal) and Sweet Potatoes (4 oz. | 210 cal) Served with Whipped Margarine and Sour Cream.

CHOOSE FIVE:
Chopped Scallions (1 tbsp. | 0 cal) Crumbled Bacon (1 oz. | 160-170 cal), Shredded Cheddar Cheese (1 oz. | 110 cal), Country Brown Gravy (1 oz. | 10 cal), Caramelized Onions (1 oz. | 30 cal), Fried Onion Crisps (1 oz. | 50 cal), Grated Parmesan Cheese (1 oz. | 120 cal), Crumbled Gorgonzola Cheese (1 oz. | 100 cal), Toasted Pecans (1 oz. | 200 cal) or Horseradish Sauce (1 tbsp. | 20 cal).

CARVING STATIONS

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

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp. | 180 cal)
$8.30 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)
$11.50 per guest

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)
$8.30 per guest

Roast Beef (3 oz. | 140 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 25 cal)
$9.25 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)
$8.30 per guest
**SWEET AND SALTY**

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

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Serving Information</th>
<th>Price Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSORTED HOME-STYLE COOKIES</strong> (1 cookie per serving)</td>
<td>$25.20 per dozen</td>
<td></td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>(180 cal)</td>
<td></td>
</tr>
<tr>
<td>Oatmeal Raisin</td>
<td>(160 cal)</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>(170 cal)</td>
<td></td>
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<tr>
<td><strong>BROWNIES</strong> (1 cut per serving)</td>
<td>$25.20 per dozen</td>
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</tr>
<tr>
<td>Blondie</td>
<td>(220 cal)</td>
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<tr>
<td>M&amp;M's®</td>
<td>(510 cal)</td>
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<tr>
<td><strong>GOURMET DESSERT BARS</strong> (1 cut per serving)</td>
<td>$35.40 per dozen</td>
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<tr>
<td>Luscious Lemon Bar</td>
<td>(70 cal)</td>
<td></td>
</tr>
<tr>
<td>Chocolate Chess Bar</td>
<td>(260 cal)</td>
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</tr>
<tr>
<td>Cran Scotch Bar</td>
<td>(260 cal)</td>
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</tr>
<tr>
<td><strong>ASSORTED MINI PETIT FOURS AND PASTRIES</strong></td>
<td>$3.50 per guest</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(1 each</td>
<td>140 cal)</td>
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<tr>
<td><strong>ASSORTED MINI CANDY BARS</strong></td>
<td>$1.55 per guest</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(3 pieces</td>
<td>130 cal)</td>
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<tr>
<td><strong>MULTI-GRAIN BARS AND GRANOLA BARS</strong></td>
<td>$1.60 per item</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(1 bar</td>
<td>90-160 cal)</td>
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<tr>
<td><strong>INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS</strong></td>
<td>$1.35 per item</td>
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<tr>
<td></td>
<td>(1 bag</td>
<td>110-230 cal)</td>
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<tr>
<td><strong>ASSORTED POPCORN</strong></td>
<td>$1.60 per guest</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(1 bag</td>
<td>120 cal)</td>
</tr>
<tr>
<td><strong>MIXED NUTS WITHOUT PEANUTS</strong></td>
<td>$2.10 per pound</td>
<td></td>
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<tr>
<td></td>
<td>(1 oz.</td>
<td>170 cal)</td>
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<tr>
<td><strong>TRAIL MIX</strong></td>
<td>$3.75 per pound</td>
<td></td>
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<tr>
<td></td>
<td>(1 oz.</td>
<td>150 cal)</td>
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<tr>
<td><strong>DESSERT STATION</strong></td>
<td>$3.75 per guest</td>
<td></td>
</tr>
<tr>
<td>Choice of Four (1 each per serving):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Cupcakes</td>
<td>(160-340 cal)</td>
<td></td>
</tr>
<tr>
<td>Mini Red Velvet Whoopie Pies</td>
<td>(390 cal)</td>
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<tr>
<td>Assorted Mini Cookies</td>
<td>(400 cal)</td>
<td></td>
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<tr>
<td>Gourmet Bars</td>
<td>(140-280 cal)</td>
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</tr>
<tr>
<td>or Seasonal Sliced Fresh Fruit</td>
<td>(2 oz.</td>
<td>25 cal)</td>
</tr>
<tr>
<td><strong>ICE CREAM SUNDAE BAR</strong></td>
<td>$3.45 per guest</td>
<td></td>
</tr>
<tr>
<td>10 guest minimum</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Choice of Ice Cream Flavours (One per 45 guests):</strong></td>
<td>(1 scoop</td>
<td>90 cal)</td>
</tr>
<tr>
<td>Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vanilla</td>
<td>(1 scoop</td>
<td>90 cal)</td>
</tr>
<tr>
<td>Strawberry</td>
<td>(1 scoop</td>
<td>80 cal)</td>
</tr>
<tr>
<td><strong>Choice of Three Sauces:</strong></td>
<td>(2 oz.</td>
<td>200 cal)</td>
</tr>
<tr>
<td>Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry</td>
<td>(2 oz.</td>
<td>140 cal)</td>
</tr>
<tr>
<td>Butterscotch</td>
<td>(2 oz.</td>
<td>140 cal)</td>
</tr>
<tr>
<td><strong>Choice of Four Toppings:</strong></td>
<td>Sprinkles (130 cal), Cookie Crumbs (130 cal), Heath Bar™ Pieces (150 cal), M&amp;M's® (140 cal). Maraschino Cherries (4 halves</td>
<td>30 cal) and Whipped Topping (2 oz.</td>
</tr>
</tbody>
</table>

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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 Bartels Hall. Our office hours are Monday through Friday, 8:00am - 4:30pm. 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 Newhaven.sodexomyway.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 (203) 479-4854.

Send us an Email: You may email us at catering@newhaven.edu.

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. To reserve a room for an event, please go through the EMS website.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. These items would be reserved through EMS website.

EVENT CONFIRMATIONS & GUARANTEES

You must sign a Banquet Event Order no less than seven (7) business days from the scheduled catered event. 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.

EVENT CHANGES AND CANCELLATIONS

All cancellations and final charges must take place at least (3) three business days before your function. If you do not contact us within the three (3) business days allowed, we will prepare for the estimated number and charge accordingly. If you cancel or change an event after this deadline, some of the expenses already incurred cannot be absorbed and will have to be billed.

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, department accounts and foundation accounts.

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

- A deposit of 75% is required two weeks prior to your scheduled event with the balance due on the day of the event.
- An administrative fee of 18% will be added to your bill.
- Sales tax of 6.35% 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 within the campus.

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

THE CHARGE FOR EACH STAFF MEMBER IS:
- Attendants/Waitstaff $32.50 per hour (minimum 5 hours)
- Station Chefs $40.00 per hour (minimum 5 hours)
- Bartenders $35.00 per hour (minimum 5 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
Our Catering Department provides high quality plastic products or an eco-friendly service ware unless otherwise requested or noted. We offer china service for any event at an additional charge, this cost would depend on the equipment needed to execute your event and the final guest count.

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

LINENS AND SKIRTING
We will provide linens for food and beverage tables at no charge. If you would like linen to be placed on guests tables for receptions, breaks, meeting tables and boxed lunches, there will be a $4.50 fee for each tablecloth. Skirting can be done on any table that does not exceed one inch thickness. We can also provide napkins to meet your color scheme for $0.40 each. Specialty linens are available upon request for an additional charge.

FOOD REMOVAL POLICY
Due to health regulations, it is the policy of Sodexo at University of New Haven 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 purchased from Catering Services must be served by the bartenders from those locations. All of these events must have a non-alcoholic beverage, other than water, served and available for the duration of the event. Food must be served and arranged for by Catering Services at any event where alcohol is being served. Guests are not allowed to bring additional alcohol to any event nor are they allowed to bring alcohol into a licensed facility for the purpose of consumption. If alcoholic beverages are being donated for an event, only qualified Catering Service bartenders will be allowed to serve the beverages. A corkage fee of $10.00 per bottle will apply.

ALCOHOL SERVICE
A full bar setup (if liquor is planned) at a dinner or reception is $3.50 per guest. 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 Beer and Wine service.
FLAVOURS
by sodexo