

BREAKFAST

All items are made in a facility that uses wheat, milk, egg, soy, peanuts, tree nuts, fish and shellfish. Due to the nature of buffet service, items are at a high risk for cross contact. If you have further questions or concerns please speak with a Dining Supervisor.

BREAKFAST										
Please note that all baked goods are made in a facility that contains wheat, eggs, milk, soy, tree nuts, and peanuts										
Classic Continental Breakfast	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Muffins										
Blueberry	240	6	2.5	0	290	41	1	20	4	Wheat, Milk, Egg, Soy
Mindful Blueberry	170	1	0	0	310	37	0	20	2	Wheat, Milk, Egg, Soy
Mindful Mixed Berry	160	1	0	0	290	35	0	20	2	Wheat, Milk, Egg, Soy
Mindful Lemon Poppy Seed	170	2	0	0	320	38	21	0	2	Wheat, Milk, Egg, Soy
Mindful Cran Orange	150	2	0	0	280	34	1	19	2	Wheat, Milk, Egg, Soy
Morning Glory	120	2	1	0	210	24	2	12	4	Wheat, Milk, Egg, Soy
Scones/Breads										
Raspberry White Chocolate	470	20	10	0	320	66	1	38	5	Wheat, Milk, Egg
Blueberry	440	19	9	0	310	62	1	34	5	Wheat, Milk, Egg
Apple Cinnamon	440	19	9	0	300	63	0	37	4	Wheat, Milk, Egg
Banana Bread	180	5	3	0	140	32	2	16	2	Wheat, Milk, Egg, Soy
Zucchini Bread	260	10	0	0	230	34	0	18	4	Wheat, Milk, Egg, Soy
Apple Streusel Bread	200	8	0	0	120	30	0	16	2	Wheat, Milk, Egg, Soy
Blueberry Streusel Bread	200	6	2	0	230	34	0	18	4	Wheat, Milk, Egg, Soy
Citrus Cranberry Bread	240	7	0	0	120	42	2	24	2	Wheat, Milk, Egg, Soy
Lemon Poppy Seed Bread	280	10	6	0	280	44	2	18	6	Wheat, Milk, Egg, Soy
Pumpkin Bread	160	1	0	0	230	38	1	24	2	Wheat, Milk, Egg, Soy
Wheat Bagel	260	2	0	0	590	53	3	2	10	Wheat, Soy
Plain Bagel	270	2	1	0	480	56	1	4	10	Wheat, Soy
Everything Bagel	310	3	0	0	820	59	3	4	11	Wheat, Soy
Sesame Bagel	310	4	0	0	530	57	3	4	11	Wheat, Soy
Cinnamon Raisin Bagel	290	2	1	0	440	58	2	10	10	Wheat, Soy

Pastries										
Petit Croissants	80	5	3	0	125	9	0	1	2	Wheat, Milk, Egg, Soy
Raspberry Danish	140	6	2	0	210	20	0	11	2	Wheat, Milk, Egg, Soy, Tree Nuts
Blueberry Danish	140	6	2	0	210	20	0	11	2	Wheat, Milk, Egg, Soy, Tree Nuts
Cinnamon Sugar Donut	320	12	4.5	0	280	51	1	26	5	Wheat, Milk, Egg, Soy
Plain Donut	220	12	4.5	0	280	25	0	2	5	Wheat, Milk, Egg, Soy
Fresh Fruit Salad (1 cup)	90	0	0	0	30	24	4	20	0	None
Healthy Start	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Fresh Fruit Salad (1 cup)	90	0	0	0	30	24	4	20	0	None
Low fat Yogurt (1 cup)	210	3	2	0	160	34	0	34	12	Milk
G. O. Granola (1/4 cup)	140	8	1	0	0	15	3	4	5	(may) Gluten, nuts
Bagels (1 each)	270	1.5	0.5	0	480	56	1	4	10	Wheat, Soy
Omelet Station	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Omelets	240	16	6	0	510	3	1	1	19	Egg, Milk
Hot Breakfast Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Breakfast Potatoes (1/2 cup)	100	1.5	0	0	170	21	2	2	2	None
Broccoli & Cheddar Quiche	260	17	8	0	420	18	1	4	11	Wheat, Egg, Milk, Soy
Fluffy Scrambled Eggs (1/2)	180	13	4.5	0	180	0	0	0	13	Egg, Milk, Soy
Apple Quinoa Pancakes (2)	340	9	7	0	260	63	2	38	4	Wheat, Egg, Milk
Scrambled Tofu (4 oz)	100	6	0	0	270	6	0	0	10	Soy
Scrambled Eggs w/ cheese	240	18	8	0	290	1	0	1	19	Egg, Milk
Roasted Tomato Frittata	120	3	0.5	0	340	6	1	3	16	Egg, Milk
Kale & Bacon Frittata (4 oz)	230	15	6	0	640	6	1	0	18	Egg, Milk
Corned Beef Hash (1/2 cup)	220	14	4	0	840	14	1	0	9	Soy, Milk
Root Vegetable Hash (1/2)	100	2	0	0	200	21	2	2	2	None
Country Ham (3 oz)	100	1	0	0	350	2	0	2	8	None
Artisan French Toast (1 slice)	100	1.5	0.5	0	170	16	0	2	4	Wheat, Milk, Egg
Crispy Bacon (2 slices)	60	5	2	0	190	0	0	0	3	None
Pork Sausage Links	190	18	7	0	380	0	0	0	8	None

Pork Sausage Patties	180	17	6	0	290	0	0	0	6	None
Vegetable Sausage Patties	70	3	0	0	260	3	1	0	9	Wheat, Egg, Milk, Soy
Hot Oatmeal (1 cup)	150	3	0	0	200	28	4	0	6	May contain gluten
Fresh Fruit Salad (1 cup)	90	0	0	0	30	24	4	20	0	None
Breakfast Condiments	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Low Fat Cr. Cheese (2 Tbsp)	60	5	1	0	108	2	0	1	1	Milk
Jam (1 Tbsp)	55	0	0	0	0	14	0	14	0	None
Butter (1 Tbsp)	80	9	3	0	45	0	0	0	0	Milk
Peanut Butter (2 Tbsp)	190	16	3	0	135	7	2	5	7	Peanuts
BEVERAGES	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Regular Coffee & Decaf	0	0	0	0	0	0	0	0	0	None
Hot Tea	0	0	0	0	0	0	0	0	0	None
Orange Juice (8 oz)	110	0	0	0	30	26	0	26	2	None
Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0	0	None
Lemonade	120	0	0	0	10	30	0	26	0	None
Iced Water	0	0	0	0	0	0	0	0	0	None
Infused Water	0	0	0	0	0	0	0	0	0	None
Coffee Service	0	0	0	0	0	0	0	0	0	None
Citrus Punch (8 oz)	120	0	0	0	10	30	0	26	0	None
Cranberry Spritzer (8 oz)	110	0	0	0	0	29	0	25	0	None
White Grape Sparkling Punch	100	0	0	0	0	26	0	23	0	None
Apple Cider (8 oz)	120	0	0	0	0	29	0	26	0	None

LUNCH

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Plated Salad Lunches	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Classic Caesar	330	29	6.5	0	300	10	3	2	6	Wheat, Milk, Eggs, Soy, Fish
Chicken Caesar Salad	430	30	7	0	390	10	3	2	27	Wheat, Milk, Eggs, Soy, Fish
Antipasto Chopped Salad	540	43	11	0	2020	21	6	8	22	Milk, Soy
Pecan, Apple, Parmesan & Arugula Salad	380	15	2.5	0	540	60	7	34	7	Wheat, Milk, Soy, Tree Nuts
Health Nut Salad	230	12	2	0	135	26	6	15	7	Milk, Eggs, Soy, Tree Nuts
Roasted Root Vegetable Salad	340	10	1.5	0	410	59	10	38	9	None
Classic Garden Salad	80	2	0	0	140	14	5	7	3	None
Add Chicken	110	3	0.5	0	115	1	0	0	19	None
Add Tofu	110	6	0	0	75	2	1	0	10	Soy
Add Salmon	200	13	3	0	90	0	0	0	18	Fish
Baker's Harvest Artisan Rolls	110	1.5	0	0	170	22	5	1	4	Wheat
LUNCH BUFFETS										
Artisan Sandwich Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Turkey BLT Croissant	440	25	12	0	1220	31	2	7	24	Wheat, Milk, Eggs, Soy
Roast Beef and Swiss Wrap	500	15	11	0	1070	37	2	4	54	Wheat, Milk, Eggs, Soy
Fresh Veggie and Edamame Hummus Wrap	340	13	3.5	0	700	47	6	4	9	Wheat, Soy, Sesame
Ham & Swiss Croissant	490	25	14	1.5	1000	42	2	10	26	Wheat, Milk, Eggs, Soy
Turkey & Sharp Cheddar	460	23	9	0	1200	35	0	4	26	Wheat, Milk, Eggs, Soy
Honey BBQ Chicken	490	12	2	0	580	64	1	12	31	Wheat, Milk, Eggs, Soy
Spicy Italian Baguette	560	29	11	0	1300	48	2	2	28	Wheat, Milk, Eggs, Soy
Tabouleh Hummus Wrap	560	12	2	0	640	89	12	10	17	Wheat, Milk, Soy
Tahini Ginger Crunch Wrap	330	14	2	0	470	44	7	8	11	Wheat, Soy, Sesame

Whole Fruit	80	0	0	0	30	16	2	8	1	None
Kettle Cooked Chips	150	8	1	0	110	17	1	0	2	None
Potato Salad (3 ounces)	70	0	0	0	65	15	1	1	2	Soy, Egg
Pasta Salad (3 ounces)	110	2.5	1	0	160	18	1	2	4	Wheat, Milk, Soy
Coleslaw (3 ounces)	10	0	0	0	30	2	1	1	0	Egg, Soy
Mesclun Green Salad	30	0	0	0	45	6	2	2	1	None
Balsamic Dressing (2 Tbsp)	140	14	2.5	0	240	2	0	0	0	None
Ranch Dressing (2 Tbsp)	170	18	3	0	160	0	0	0	0	Milk, Egg, Soy
African Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
African Herb Salad (1.5 cups)	40	0	0	0	20	8	3	1	2	None
Tahini Honey Dressing (1 Tbsp)	60	6	1	0	25	1	0	0	0	Sesame
West African Marinated Chicken (6 oz)	180	7	1.5	0	90	1	0	1	26	None
Moroccan Beef (6 oz)	400	26	6	0	420	4	0	0	35	None
African Vegetable Peanut Curry (6 oz)	230	3	0.5	0	100	51	6	39	5	Peanuts, Soy
North African Cauliflower & Carrot Salad (3 oz)	210	18	2	0	60	12	4	5	1	None
Geelry's South African Rice (3 oz)	130	2	0	0	220	25	0	4	2	None
Harvest Baked Artisan Rolls	110	1.5	0	0	170	22	5	1	4	Wheat
Pickled Mango (3 oz)	105	1.5	0	0	150	24	2	21	0	None
Pita (1 each)	220	15	2	0	230	20	0	0	3	Wheat
Thai Style Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Marinated Sliced Chicken breast	180	3	1	0	165	9	0	9	26	Soy
Marinated Tofu	125	4	0.5	0	550	10	1	10	10	Soy
Peanut Sauce (2 Tbsp)	60	5	0.5	0	200	4	0	3	2	Soy, Peanuts, Sesame
Thai Cucumber Salad	25	0	0	0	200	5	1	4	1	Wheat, Soy
Rice Noodle Salad	90	2	0	0	334	16	0	4	1	Wheat, Soy, Sesame
Mesclun Greens (2 cups)	25	0	0	0	30	4	1	0	3	None
Harvest Baked Artisan Rolls	110	1.5	0	0	170	22	5	1	4	Wheat

Butter (1 Tbsp)	80	9	3	0	45	0	0	0	0	Butter
Thai Dressing (2 Tbsp)	60	5	0.5	0	200	4	0	3	2	Wheat, Soy, Peanuts, Shellfish, Sesame
Greek Style Buffet										
Greek Rubbed Flank Steak(3 oz)	200	11	4	0	65	0	0	0	24	None
Grilled Chicken (3 oz)	110	3	0.5	0	115	1	0	0	19	None
Housemade Falafel (3 each)	210	12	0	0	900	21	6	0	6	Wheat, Soy, Milk
Aromatic Rice (3 oz)	130	2.5	1	0	160	23	1	2	2	None
Harissa Sauce (2 Tbsp)	45	4	0.5	0	35	3	0	0	0	None
Tzatziki Sauce (1 Tbsp)	15	0	0	0	5	2	0	1	2	Milk
Feta Cheese (1 oz)	80	6	4	0	320	1	0	0	6	Milk
Pita (1 each)	220	15	2	0	230	20	0	0	3	Wheat, Milk
Kalamata Olives (6 each)	35	3.5	0	0	130	0	0	0	0	None
Mexican Style Soft Tortilla										
	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Marinated chicken (3 oz)	130	2.5	0	0	75	0	0	0	21	None
Ground Beef (3 oz)	125	2	0	0	75	0	0	0	23	None
Pulled Pork (3 oz)	170	14	4.5	0	65	2	0	0	21	Soy
Marinated Tofu (3 oz)	110	6	0	0	75	2	1	0	10	Soy
Romaine Salad	10	0	0	0	5	2	1	0	0	None
Flour Tortillas (2 each)	180	4	2	0	440	30	0	0	6	Wheat
Corn Tortillas (2 each)	110	1	0	0	20	23	3	2	2	None
Roast Corn & Black Bean Salad	120	6	0.5	0	210	14	4	1	4	None
Jicama and Cabbage Salad	10	0	0	0	0	2	1	0	0	None
Roasted Salsa	45	4	0.5	0	140	3	0	1	0	None
Shredded Cheddar (1/4 cup)	110	9	5	0	120	1	0	0	7	Milk
Sour Cream (2 Tbsp)	50	4	2	0	10	1	0	0	0	Milk
Salsa (2 Tbsp)	20	0	0	0	130	4	0	0	1	None
Cumin Vinaigrette (2 Tbsp)	190	21	3	0	100	0	0	0	0	None

Salad Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Mesclun Greens (2 cups)	25	0	0	0	30	4	1	0	3	None
Cucumber (1/4 cup)	4	0	0	0	0	1	0	0	0	None
Shredded Carrots (1/4 cup)	10	0	0	0	20	3	1	0	0	None
Cherry Tomatoes (5 each)	10	0	0	0	40	2	1	2	0	None
Swiss Cheese (1 oz)	100	8	5	0	160	0	0	0	7	Milk
Provolone Cheese (1 oz)	100	8	5	0	250	0	0	0	7	Milk
Balsamic Dressing (2 Tbsp)	140	14	2.5	0	240	2	0	0	0	None
Ranch Dressing (2 Tbsp)	170	18	3	0	160	0	0	0	0	Milk, Egg, Soy
Sliced Chicken Breast (3 oz)	100	4.5	1	0	190	0	0	0	14	Soy
Julienne Turkey (3 oz)	75	2	1	0	675	1	0	0	14	None
Julienne Ham (3 oz)	85	2	1	0	850	2	0	0	14	None
Chicken Salad (3 oz)	120	7	1	0	300	4	0	1	10	Egg, Soy
Marinated Tofu (3 oz)	70	3.5	0.5	0	75	4	0	2	7	Soy
Cucumber Quinoa Salad (1/2 cup)	190	6	0	0	135	30	2	8	5	None
Harvest Baked Artisan Rolls	110	1.5	0	0	170	22	5	1	4	Wheat
Butter (1 Tbsp)	80	9	3	0	45	0	0	0	0	Milk
BBQ Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Hamburgers (1 each)	290	23	9	0	20	0	0	0	20	None
McKenzie Hot Dogs (1 each)	160	14	5	0	490	2	0	0	7	None
Veggie Burgers (1 each)	110	3	0	0	490	16	4	0	5	Wheat, Milk, Egg, Soy
Pasta Salad (3 oz)	110	2.5	1	0	160	18	1	2	4	Wheat, Milk, Soy
Hamburger Buns (1 each)	160	1.5	0	0	300	29	1	2	6	Wheat
Hot Dog buns (1 each)	140	2	0.5	0	270	25	1	2	4	Wheat
Lettuce, Tomato, Onions	5	0	0	0	0	1	0	0	0	None
Cabot Cheddar Cheese (1 slice)	110	9	5	0	120	1	0	0	7	Milk
Pickles (2 Tbsp)	15	0	0	0	130	3	0	1	0	None
Kettle Cooked Potato Chips	150	8	1	0	110	17	1	0	2	None

Chili Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Mesclun Green Salad	30	0	0	0	45	6	2	2	1	None
Balsamic Dressing (2 Tbsp)	140	14	2.5	0	240	2	0	0	0	None
Ranch Dressing (2 Tbsp)	170	18	3	0	160	0	0	0	0	Milk, Egg, Soy
Vegetable Chili (1 1/3 cup)	160	5	0	0	630	25	8	10	7	Soy
Beef Chili (1 1/3 cup)	350	14	5	0	500	26	10	3	30	Soy
Cornbread	90	3.5	2	0	290	14	0	1	2	Wheat, Milk, Egg, Soy
Sour Cream (2 Tbsp)	50	4	2	0	10	1	0	0	0	Milk
Cheddar Cheese (1/4 cup)	110	9	5	0	120	1	0	0	7	Milk
Onions (1 Tbsp)	0	0	0	0	0	0	0	0	0	None
Butter (1 Tbsp)	80	9	3	0	45	0	0	0	0	Milk
Mediterranean Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Mesclun Green Salad	30	0	0	0	45	6	2	2	1	None
Balsamic Dressing (2 Tbsp)	140	14	2.5	0	240	2	0	0	0	None
Ranch Dressing (2 Tbsp)	170	18	3	0	160	0	0	0	0	Milk, Egg, Soy
Sauteed Squash and Peppers	80	2	1	0	120	6	2	2	1	None
Penne Pasta (2 cups)	360	3	0	0	0	78	5	4	16	Wheat
Marinara Sauce (1/3 cup)	20	0	0	0	80	4	1	2	0	None
Bolognese (1/3 cup)	35	2	0.5	0	125	2	0	1	2	None- contains wine
Baguette (3 pieces)	120	3	0	0	250	24	0	0	0	Wheat
Butter (1 Tbsp)	80	9	3	0	45	0	0	0	0	Milk
Shredded Parm (2 Tbsp)	40	3	2	0	180	0	0	0	3	Milk
Indian Vegetarian Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Eggplant Pahi (1/2 cup)	120	4	0	0	80	17	3	6	2	None
Marmalade Chicken (3 oz)	240	3	0.5	0	320	29	0	26	24	None
Green Curry Salmon (3 oz)	170	9	6	0	870	10	0	6	19	Soy, Fish, Tree Nuts
Turmeric Rice (1/2 cup)	130	2.5	1	0	160	23	1	2	2	None
Spinach Salad (1 cup)	120	2	0	0	135	15	2	2	2	Sesame
Cumin Vinaigrette	190	21	3	0	100	0	0	0	0	Sesame
Beet & Herb Salad (1/2 cup)	160	10	0	0	120	15	2	4	2	Tree Nuts, Sesame
Naan Bread	180	4.5	1	0	470	30	1	2	6	Wheat, Eggs, Milk

Asian Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Marinated Five Spice Chicken Thighs (3 oz)	160	7	1.5	0	230	0	0	0	21	Soy
Asian Marinated Roast Pork Loin (3 oz)	220	13	4.5	0	420	2	0	2	23	Wheat, Soy
Asian Seared Salmon (3 oz)	180	10	2	0	540	10	0	4	12	Soy, Wheat, Fish
Crispy Asian Tofu (3 oz)	120	9	1	0	55	3	0	0	7	Soy
Vegetable Fried Rice	130	4.5	0	0	620	18	2	2	3	Soy
Sauteed Vegetables	30	0	0	0	45	6	2	2	2	None
Mae Ploy Sauce (2 Tbsp)	60	0	0	0	0	20	0	20	0	None
Plated Hot Lunches/Build-Your-	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Mixed Green Salad	30	0	0	0	45	6	2	2	1	Milk
Caesar Salad	180	13	3	0	500	13	2	2	6	Wheat, Milk, Egg, Soy,
Greek Salad	150	10	4.5	0	550	12	5	5	7	Milk
Grape Tomato & Fresh Mozzarella	120	9	5	0	80	4	0	2	7	Milk
Blackened Chicken with Grilled Pineapple Salsa (4 oz)	130	5	2.5	0	530	5	0	0	19	None
Cider Grilled Chicken with Vermont Apple Chutney (4 oz)	190	4	0.5	0	50	18	1	16	18	None
Herb Grilled Chicken with Chimichurri (4 oz)	200	12	2	0	335	2	0	0	19	None
Grilled Hanger Steak with Roasted Tomato Vinaigrette (4 oz)	340	27	8	0	560	4	0	2	20	None
BBQ Braised Brisket (4 oz)	350	24	10	0	930	12	0	8	20	None
Roasted Pork Loin with Chipotle Mango Glaze (4 oz)	480	27	6	0	750	33	0	30	25	Wheat, Soy
Napa Valley Glazed Salmon (4 oz)	220	12	2.5	0	115	9	0	9	18	Fish
Grilled Salmon with Thai Basil	230	15	3	0	880	4	0	2	19	Shellfish, Wheat, Soy
Vegan Paella (1 cup)	230	5	0	0	230	43	4	3	6	None
Jasmine Rice Cakes with Asian	240	16	1.5	0	330	23	1	2	3	Wheat, Soy, Sesame

Sides (1/2 cup each)	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Basmati Rice	140	2.5	0	0	60	27	0	0	2	None
Cajun Brown Rice Pilaf	90	2	0	0	105	19	1	0	3	None
Fiesta Rice	130	4	.5	0	430	21	2	2	2	None
Cranberry Almond Basmati Rice	220	5	0.5	0	300	39	2	5	4	Tree Nuts
Aromatic Lentils	100	0	0	0	50	17	6	2	7	None
Oven Roasted Red Potatoes	130	3	0	0	125	24	2	1	2	None
Country Mashed Potato	180	12	7	0	470	18	1	2	2	Milk
Braised Kale	70	4	0	0	580	9	2	2	2	None
Sauteed Rainbow Chard	60	5	0.5	0	380	5	2	1	2	None
Roasted Root Vegetables	120	4	0	0	80	17	3	6	2	None
Roasted Ratatouille	50	2.5	0	0	270	7	1	4	1	None
Plated Desserts										
	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Assorted Bars	340	20	11	0	140	35	0	25	4	Wheat, Milk, Eggs, Soy,
Carrot Cake (1 piece)	450	23	7	0	440	56	2	38	5	Wheat, Milk, Eggs, Soy
Cheesecake (1 piece)	520	30	16	0	420	53	0	38	9	Wheat, Milk, Eggs
Chocolate Bundt Cake (1 piece)	280	13	5	0	310	38	2	24	3	Wheat, Milk, Eggs, Soy
Fresh Cut Fruits (1 cup)	100	0	0	0	0	18	2	15	0	None
Lemon Pound Cake (1 piece)	410	18	10	0	190	57	0	37	5	Wheat, Milk, Eggs, Soy
Apple Crisp (1 serving)	150	1.5	0.5	0	10	34	2	23	0	Wheat, Milk, Soy
BEVERAGES										
	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0	0	None
Lemonade (8 oz)	120	0	0	0	10	30	0	26	0	None
Coffee Service	0	0	0	0	0	0	0	0	0	None
Citrus Punch (8 oz)	120	0	0	0	10	30	0	26	0	None
Cranberry Spritzer (8 oz)	110	0	0	0	0	29	0	25	0	None
White Grape Sparkling Punch	100	0	0	0	0	26	0	23	0	None
Apple Cider (8 oz)	120	0	0	0	0	29	0	26	0	None

DINNER

All items are made in a facility that uses wheat, milk, egg, soy, peanuts, tree nuts, fish and shellfish. Due to the nature of buffet service, items are at a high risk for cross contact. If you have further questions or concerns please speak with a Dining Supervisor.

Plated Hot Dinners/ Build-Your-Own	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Mesclun Green Salad	30	0	0	0	45	6	2	2	1	None
Balsamic Dressing (2 Tbsp)	140	14	2.5	0	240	2	0	0	0	None
Ranch Dressing (2 Tbsp)	170	18	3	0	160	0	0	0	0	Milk, Egg, Soy
Caesar Salad	180	13	3	0	500	13	2	2	6	Milk, Egg, Soy, Wheat, Fish
Blackened Chicken w Grilled Pineapple Salsa (7 oz)	180	7	4	0	740	7	0	0	27	None
Cider Grilled Chicken w/ VT Apple Chutney (7 oz)	270	6	1	0	210	25	1	22	25	None
Herb Grilled Chicken with Chimichurri (7 oz)	280	17	3	0	470	3	0	0	27	None
Grilled Hanger Steak w/Roasted Tomato Vinaigrette (7 oz)	480	38	11	0	790	5	0	3	28	None
BBQ Braised Brisket (7 oz)	600	40	17	0	1580	30	0	13	34	None
Honey Roasted Pork Loin with Roasted Vermont Apples (7 oz)	530	28	8	0	230	26	3	14	43	None
Roasted Pork Loin with Chipotle Mango Glaze (7 oz)	670	38	8	0	1000	46	0	42	35	Wheat, Soy
Napa Valley Glazed Salmon (7 oz)	310	17	4	0	160	13	0	13	25	Fish
Grilled Salmon with Thai Basil Sauce (7 oz)	350	23	5	0	1320	7	0	3	29	Shellfish, Wheat, Soy
Crispy Parmesan Cod with Roast Tomato Sauce (7 oz)	200	4	1	0	380	11	0	2	29	Milk, Soy, Fish
Vegan Paella (1.5 cup)	320	7	0	0	320	60	6	4	9	None
Jasmine Rice Cakes with Asian Vegetables (3 each)	340	22	3	0	460	32	2	3	4	Wheat, Soy, Sesame
Eggplant Rolatini (3 each) (65168)	380	21	4	0	1930	43	13	18	11	Milk

Sides (1/2 cup each)	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Basmati Rice	140	2.5	0	0	60	27	0	0	2	None
Cajun Brown Rice Pilaf	150	2.5	0	0	105	29	1	0	3	None
Fiesta Rice	130	4	.5	0	430	21	2	2	2	None
Cranberry Almond Basmati Rice	220	5	0.5	0	300	39	2	5	4	Tree Nuts
Aromatic Lentils	100	0	0	0	50	17	6	2	7	None
Oven Roasted Red Potatoes	130	3	0	0	125	24	2	1	2	None
Country Mashed Potato	180	12	7	0	470	18	1	2	2	Milk
Braised Kale	70	4	0	0	580	9	2	2	2	None
Sauteed Rainbow Chard	60	5	0.5	0	380	5	2	1	2	None
Roasted Root Vegetables	120	4	0	0	80	17	3	6	2	None
Roasted Ratatouille	50	2.5	0	0	270	7	1	4	1	None
Themed Dinner Buffets										
Indian Vegetarian Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Eggplant Pahi (1/2 cup)	120	4	0	0	80	17	3	6	2	None
Marmalade Chicken (3 oz)	240	3	0.5	0	320	29	0	26	24	None
Green Curry Salmon (3 oz)	170	9	6	0	870	10	0	6	19	Soy, Fish, Tree Nuts
Turmeric Rice (1/2 cup)	130	2.5	1	0	160	23	1	2	2	None
Spinach Salad (1 cup)	120	2	0	0	135	15	2	2	2	Sesame
Cumin Vinaigrette	190	21	3	0	100	0	0	0	0	Sesame
Beet & Herb Salad (1/2 cup)	160	10	0	0	120	15	2	4	2	Tree Nuts, Sesame
Naan Bread	180	4.5	1	0	470	30	1	2	6	Wheat, Eggs, Milk
Moroccan Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
African Herb Salad (1.5 cups)	40	0	0	0	20	8	3	1	2	None
Tahini Honey Dressing (1 Tbsp)	60	6	1	0	25	1	0	0	0	Sesame
West African Marinated Chicken (6 oz)	180	7	1.5	0	90	1	0	1	26	None
Moroccan Beef (6 oz)	400	26	6	0	420	4	0	0	35	None
Moroccan Lamb Stew (3 oz)	200	13	3	0	210	2	0	0	17	None

Asian Buffet	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Marinated Five Spice Chicken Thighs (3 oz)	160	7	1.5	0	230	0	0	0	21	Soy
Asian Marinated Roast Pork Loin (3 oz)	220	13	4.5	0	420	2	0	2	23	Wheat, Soy
Asian Seared Salmon (3 oz)	180	10	2	0	540	10	0	4	12	Soy, Wheat, Fish
Crispy Asian Tofu (3 oz)	120	9	1	0	55	3	0	0	7	Soy
Vegetable Fried Rice	130	4.5	0	0	620	18	2	2	3	Soy
Sauteed Vegetables	30	0	0	0	45	6	2	2	2	None
Mae Ploy Sauce (2 Tbsp)	60	0	0	0	0	20	0	20	0	None
Dinner Desserts	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen
Carrot Cake	450	23	7	0	440	56	2	38	5	Wheat, Milk, Eggs, Soy
Lemon Pound Cake w/ Berries	410	18	10	0	190	57	0	37	5	Wheat, Milk, Eggs, Soy
Cheesecake	520	30	16	0	420	53	0	38	9	Wheat, Milk, Eggs, Soy
Chocolate Layer Cake	280	13	5	0	310	38	2	24	3	Wheat, Milk, Eggs, Soy
Fresh Cut Fruits	100	0	0	0	0	25	2	23	0	None
Apple Crisp	150	1.5	.5	0	10	34	2	23	0	Wheat, Milk, Soy
Fruit Sorbet	110	0	0	0	10	29	0	19	0	None
Beverages	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0	0	None
Lemonade	120	0	0	0	10	30	0	26	0	None
Iced Water	0	0	0	0	0	0	0	0	0	None
Infused Water	0	0	0	0	0	0	0	0	0	None
Coffee Service	0	0	0	0	0	0	0	0	0	None
Citrus Punch (8 oz)	120	0	0	0	10	30	0	26	0	None
Cranberry Spritzer (8 oz)	110	0	0	0	0	29	0	25	0	None
White Grape Sparkling Punch (8oz)	100	0	0	0	0	26	0	23	0	None
Apple Cider (8 oz)	120	0	0	0	0	29	0	26	0	None

APPS/DESSERT

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APPETIZERS										
Dips, Displays, and Boards	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Creamy Spinach Dip										Milk, Wheat
Hummus Display w Pita Chips (2 Tbsp dip w/ chips)	160	4	0	0	160	21	0	0	2	Wheat, Soy, Sesame
Vegetable Crudite	20	0	0	0	5	2	1	0	0	None
Garlic Herb Aioli (2 Tbsp)	100	9	1	0	50	0	0	0	0	Egg, Soy
Hummus/Red Pepper Hummus (2 Tbsp)	50	4	0	0	135	4	0	0	1	Soy, Sesame
Roasted Garlic Spread (2 Tbsp)	60	5	2.5	0	170	2	0	0	3	Milk
White Bean Spread (2 Tbsp)	60	6	0	0	70	2	0	0	0	None
Sundried Tomato Tapenade	60	5	0	0	85	3	1	0	0	None
Farmer's Market Vegetable Platter (w/ dijon ranch)	110	10	1.5	0	90	0	0	0	0	Milk, Egg, Soy
Seasonal Fresh Fruit Display (1/2 cup)	50	0	0	0	15	10	1	8	1	None
Tortilla Chips, Salsa, Guacamole (2 oz)	140	12	2	0	130	8	0	0	1	None
Antipasto Display (2oz)	200	16	14	0	600	0	0	0	14	Milk, Wheat, Soy
Vegetarian Antipasto (2 oz)	150	12	4	0	420	7	2	4	10	Milk, Wheat, Soy
Domestic Cheese Board with crackers (2 Pieces)	300	20	10	0	380	20	0	0	14	Milk, Wheat, Soy

VT Artisan Cheese Board w/ crackers (2 pieces)	300	20	10	0	380	20	0	0	14	Milk, Wheat, Soy
Vermont Artisan Charcuterie Board w/ crackers (2 pieces)	300	20	10	0	380	20	0	0	14	Milk, Wheat, Soy
Hot Hors D'oeuvres	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Coconut Chicken with Sweet and Sour Sauce	40	1	.5	0	68	4	0	1	3.5	Wheat, Soy, Tree Nuts
Chicken Empanada wih Chipotle Dipping Sauce	80	3	1	0	85	8	0	0	2	Wheat, Milk, Soy, Egg
Edamame Potstickers with Ginger Tamari Sauce	60	2	0	0	100	8	.5	1	2	Wheat, Sesame, Soy
Vegetable Spring Rolls with Sweet Chili Sauce	60	1	0	0	150	11	0	0	2	Wheat, Sesame, Soy
Breaded Parmesan Artichoke Heart w/ Goat Cheese	50	2	1	0	180	5	.5	.5	2	Wheat, Milk, Soy
Spanakopita	70	5	1.5	0	130	5	0	0	1	Wheat, Milk, Soy
Mini Crab Cakes	40	0	0	0	120	4	0	0	2	Fish, Shellfish, Eggs, Wheat, Soy
Bacon Wrapped Scallops	30	2	1	0	110	0	0	0	3	Shellfish
Buffalo Cauliflower Bites (3 pieces)	70	3	0	0	120	5	1	2	1	Wheat, Milk
Cold Hors D'oeuvres	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Tarragon Chicken Salad Cups	40	2	0	0	80	5	0	1	3	Wheat, Egg, Soy
Goat Cheese & Honey Phyllo Cups	100	7	2	0	40	5	0	2	3	Wheat, Milk, Egg, Soy,
Shrimp Cocktail	30	0	0	0	50	1	0	0	5	Shellfish
Chipotle Beef Avocado Canapé (2 Pieces)	200	19	6	0	490	5	1	2	4	Soy

Corn Blini with Smoked Salmon and Chive Cream Cheese (2 Pieces)	110	5	2	0	370	11	0	2	5	Milk, Eggs, Fish
White Bean Crostini with Rosemary Garlic and Balsamic Syrup (2 Pieces)	120	8	4	0	80	10	0	0	2	Wheat, Milk
Sweet and Salty	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Ice Cream Sundae Bar	160	8	5	0	40	21	0	19	3	Milk, Soy
Chocolate Ice Cream (1/2 cup)	100	3	2	0	30	17	0	11	1	Milk
Vanilla Ice Cream (1/2 cup)	130	6	4	0	120	18	0	15	0	Milk, Soy
Butterscotch (2 Tbsp)	110	0	0	0	0	27	0	23	0	None
Strawberry Sauce (2 Tbsp)	130	4.5	1.5	0	50	22	0	18	2	Milk, Soy
Hot Fudge (2 Tbsp)	20	1	0	0	0	3	0	2	0	Soy, Milk
Sprinkles (1 tsp)	80	3	1	0	0	13	0	11	0	Milk, Soy
M&M's (1 Tbsp)	25	1	0	0	0	2	0	1	0	Milk
Whipped Topping (2 Tbsp)	10	0	0	0	0	2	0	0	0	None
Cherries (1 each)										
	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Desserts	230	12	4.5	0	220	29	1	22	2	Wheat, Milk, Soy, Egg
Chocolate Cake (1 slice)	230	12	4.5	0	180	30	1	23	2	Wheat, Milk, Soy, Egg
Vanilla Cake (1 slice)	100	4	1	0	85	15	0	12	1	Wheat, Milk, Soy, Egg
Mini Cupcakes (1 each)	260	13	4	0	160	33	1	26	2	Wheat, Milk, Soy, Egg
Carrot Cake (1 slice)	140	9	5	0	25	16	0	14	1	Wheat, Milk, Soy, Egg, Peanuts, Tree Nuts
Mini Petit Four & Mini Pastries (2 each)	410	18	10	0	190	57	0	37	5	Wheat, Milk, Soy, Egg
Lemon Pound Cake	120	6	2.5	0	105	18	0	10	1	Wheat, Milk, Soy, Egg
Sugar Cookie	130	6	3	0	95	17	0	10	1	Wheat, Milk, Soy, Egg
Chocolate Chip Cookie	120	5	2.5	0	120	17	1	9	2	Wheat, Milk, Soy, Egg
Oatmeal Raisin Cookie	130	4.5	0.5	0	80	21	1	14	1	Wheat, Milk, Soy, Egg

Brownies	170	9	4	0	125	24	2	14	2	Wheat, Milk, Soy, Egg
Cookie Love Cookies (Choc Chip)	160	7	2.5	0	140	24	0	12	3	Wheat, Milk, Egg
Cookie Love Cookies (Oatmeal Cranberry)	340	14	3	0	400	51	2	37	4	Wheat, Milk, Soy, Egg
Chocolate Cupcake	390	20	7	0	330	50	0	37	3	Wheat, Milk, Soy, Egg
Vanilla Cupcake	390	20	7	0	330	50	0	37	3	Wheat, Milk, Soy, Egg
Apple Spice Cupcake	390	20	7	0	330	50	0	37	3	Wheat, Milk, Soy, Egg
Lemon Cupcake	100	7	6	0	60	10	2	7	2	Milk, Tree Nuts
Macaroon	120	4.5	1	0	35	20	1	12	1	Wheat, Soy
Vegan Chocolate Chip Cookie	180	9	5	0	60	25	0	20	2	Wheat, Milk, Egg
VT Beancrafters Vegan Cocoa Cookies (1 each)	80	2	.5	0	80	15	2	9	2	Soy
Lemon Squares (1 each)	80	0	0	0	30	16	2	8	1	
Whole Fruit (1 each)	120	3	.5	0	110	24	1	12	2	Wheat, Soy, Milk
Granola Bar (1 each)	190	7	1	0	180	29	2	11	3	Wheat, Soy, Milk
Multi-Grain Bars (1 each)	100	2	1	0	160	20	2	0	1	Milk
Popcorn	190	11	2.5	0	230	19	0	1	4	Milk
Potato Chips with Dip (20 chips, 2 Tbsp dip)	80	1	0	0	120	16	2	1	2	None
	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
BEVERAGES	0	0	0	0	0	0	0	0	0	None
Fresh Brewed Iced Tea	120	0	0	0	10	30	0	26	0	None
Lemonade	0	0	0	0	0	0	0	0	0	None
Iced Water	0	0	0	0	0	0	0	0	0	None
Infused Water	0	0	0	0	0	0	0	0	0	None
Coffee Service	120	0	0	0	10	30	0	26	0	None
Citrus Punch (8 oz)	110	0	0	0	0	29	0	25	0	None
Cranberry Spritzer (8 oz)	100	0	0	0	0	26	0	23	0	None
White Grape Sparkling Punch (8oz)	120	0	0	0	0	29	0	26	0	None
Apple Cider (8 oz)	200	3.5	2	0	320	39	1	35	3	Milk, Soy

