



FUEL : PERFORMANCE

elements

by *sodexo**

trays, sweets, hot snacks & beverages

Menu items from this section are available for pick-up. High quality plastic serviceware is available upon request.

TRAYS - 15 guest minimum

Seasonal Cubed Fresh Fruit & Dip (2 oz. + dip | 50 cal) *\$2.05 per guest*

Crudite & Dip (4 oz. + dip | 140 cal) *\$1.65 per guest*

Domestic Cheese & Crackers (2 oz. cheese + 6 crackers | 340 cal) *\$1.65 per guest*

Hummus & Pita Chips (1 oz. dip + 2 oz. chips | 190 cal) *\$1.75 per guest*

Deli Meat, Cheeses, Assorted Breads & Condiments (1 serving | 930 cal) *\$7.89 per guest*

SWEETS

Assorted Donuts (1 donut | 280-310 cal) *\$8.95 per dozen*

Assorted Mini Danishes (1 danish | 120 cal) *\$7.99 per dozen*

Assorted Bagels & Spreads (1 bagel | 210-310 cal) *\$11.99 per dozen*

Assorted Cookies (1 cookie | 160-180 cal) *\$5.65 per dozen*

Assorted Low-Fat Muffins (1 muffin | 160-210 cal) *\$11.45 per dozen*

Brownies (1 brownie | 80-190 cal) *\$11.59 per dozen*

Rice Krispy Treats (1 cut | 80-170 cal) *\$12.45 per dozen*

NIBBLES

Baked Chips (1 bag | 130 cal) *\$1.15 per dozen*

Potato Chips / 1 lb. bag, 15 servings (1 oz. | 160 cal) *\$5.89 per bag*

Pretzels / 1 lb. bag, 15 servings (1 oz. | 110 cal) *\$5.89 per bag*

Tortilla Chips & Salsa / 1 lb., 13-15 servings (2 oz chips + 2 oz. salsa - 150-285) *\$5.39 per bag*

HOT SNACKS

Wings (1 wing | 90 cal) with Celery & Carrot Sticks (3 each | 15 cal) with Ranch Dip (2 oz. | 190 cal)

Choose Two: Cajun (1 wing | 90 cal), Spicy (1 wing | 40 BBQ (1 wing | 100 cal), Boneless (1 wing | 120 cal) or Buffalo (1 wing | 80 cal) *\$12.49 per dozen*

Chicken Fingers & Sauce (3 tenders + 4 oz. sauce | 740 cal) *\$11.45 per dozen*

Cocktail Meatballs (1 meatball | 45 cal) *\$10.39 per dozen*

Choice of One Sauce: Marinara, BBQ, or Thai Sauce

Egg Rolls & Sauce (1 roll | 120-150 cal) *\$13.55 per dozen*

Nachos (2 oz. | 260 cal) *\$2.59 per guest*

SUPPLIES

6" Plates *\$0.30 each*

9" Plates *\$0.50 each*

Knife, Fork or Spoon *\$0.30 each*

8 oz. Cup *\$0.30 each*

Cocktail Napkin *\$0.09 each*

Dinner Napkins *\$0.99 each*

Banquet Cloth *\$3.00 each*

HERO PARTY

2-Foot Sub (serves 10 guests) *\$29.99 per sub*

5-Foot Sub (serves 30 guests) *\$79.99 per sub*

American Sub

Ham, Turkey, American Cheese, with Lettuce, Tomato and Mayonnaise or Mustard (1 cut | 500 cal)

Italian Sub

Ham, Salami, Pepperoni, Provolone with Lettuce, Onions, Tomato Oil, Vinegar & Mayonnaise (1 cut | 740 cal)

Vegetable Sub

Hummus, Roasted Vegetables, Provolone, with Lettuce, Onions, Tomato (1 cut | 310 cal)

PICNICS - 15 guest minimum

BBQ *\$10.95 per guest*

All Beef Hot Dogs (1 hot dog | 370-400 cal), Hamburgers (1 sandwich | 290 cal), Veggie Burgers (1 sandwich | 260 cal), Cheese (1 slice | 50 cal), Assorted Rolls (1 roll | 100 cal), Condiment Tray (1 each | 0-200 cal) with Cole Slaw (3 oz. | 90 cal) and Macaroni Salad (4 oz. | 120 cal)

Deluxe BBQ *\$10.95 per guest*

BBQ Chicken Quarters (2 eights | 560 cal), BBQ Ribs (5 ribs + 3 oz. sauce | 670 cal), Grilled Portobello Mushrooms (1 cap | 30 cal) with Country Potato Salad (4 oz. | 160 cal) and Pasta Salad (4 oz. | 120 cal)

BEVERAGES

Assorted Canned Coca-Cola Soda *\$1.25 each*

Assorted Bottled Coca-Cola Soda *\$1.75 each*

Bottled Water *\$1.75 each*

Assorted Bottled Juice *\$2.00 each*

BULK BEVERAGES - gallon serves 16 guests

Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) or Hot Water for Tea (8 oz. | 0 cal) & Condiments *\$9.95 per gallon*

Orange (10 oz. | 150 cal), Cranberry (10 oz. | 170 cal) or Apple Juice (10 oz. | 140 cal) *\$11.65 per gallon*

Lemonade (8 oz. | 75 cal) *\$7.59 per gallon*

Freshly Brewed Iced Tea (8 oz. | 0 cal) *\$7.59 per gallon*

Hot Chocolate (128 oz. | 3130 cal) *\$9.95 per gallon*

Prices are good through July 2018.

themed buffets

All themed buffets include assorted canned Pepsi soft drinks (regular and diet) or bottled water. Choose One Entree and Two Sides. High quality plastic serviceware is included. Offered to groups of 15 or more guests.

SOUTHEAST ASIAN BUFFET \$14.00 per guest

Choose One Entree:

- Sesame Pork Cutlet and Fried Rice (1 serving | 260 cal)
- Five Spice Chicken (4 oz. | 160 cal)
- Grilled Beef Lemon Grass (4 oz. | 200 cal)
- Marinated Lemon Grass Tofu (4 oz | 140 cal)
- Korean Stir Fried Vegetables with Tofu (1 serving | 180 cal)

Choose Two Sides:

- Asian Steak Salad (1 salad | 190 cal)
- Vietnamese Table Salad (1 salad | 5 cal)
- Asian Cellophane Noodle Salad (1 salad | 260 cal)
- Asian Slaw (14 oz. | 130 cal)
- Mustard Greens and Garlic (4 oz. | 110 cal)
- Long Beans in Garlic (4 oz. | 110 cal)
- Thai Fried Rice (4 oz. | 130 cal)

LATIN BUFFET \$14.00 per guest

Choose One Entree:

- Brazilian Style Chicken & Rice (1 serving | 330 cal)
- Chipotle Chicken & Queso Fresco Tacos (2 tacos | 330 cal)
- Potato Chorizo Quesadilla (1 quesadilla | 730 cal)
- Black Beans & Corn Sauce over Brown Rice (1 serving | 270 cal)
- Grilled Mexican Vegetable Burrito (1 burrito | 800 cal)

Choose Two Sides:

- Dominican Black Bean Mango Salad (1 salad | 370 cal)
- Cabbage, Cucumber and Mango Slaw (4 oz. | 80 cal)
- Brazilian Carrot Salad (4 oz. | 80 cal)
- Black Beans (4 oz. | 80 cal)
- Latin Vegetable Blend (4 oz. | 50 cal)
- Green Rice (4 oz. | 170 cal)
- Brazilian Rice (4 oz. | 130 cal)

Prices are good through July 2018.

HEALTHY LIFESTYLE BUFFET \$14.00 per guest

Choose One Entree:

- Thai Citrus Beef Stir Fry with Rice (1 serving | 370 cal)
- Turkey Snap Peas and Sweet Potatoes (1 serving | 310 cal)
- Pork Tenderloin Stir Fry with Soba Noodles (1 serving | 470 cal)
- Vegetarian Paella with Edamame (8 oz. | 250 cal)
- Ricotta, Leek and Olive Pizzetta (1 pizza | 250 cal)

Choose Two Sides:

- Strawberry Salad with Chocolate Vinaigrette (1 salad | 350 cal)
- Garden Salad with Tomatoes and Cucumbers (1 salad | 20 cal)
- Buffalo Shrimp Salad (1 salad | 170 cal)
- Broccoli and Carrot Medley (4 oz | 35 cal)
- Eggplant, Tomatoes and Onions (4 oz. | 70 cal)
- Roasted Vegetables (4 oz. | 90 cal)
- Basmati Cilantro Rice (4 oz. | 150 cal)

ADD DESSERT: \$0.99 per guest

- Brownies (1 cut | 190 cal)
- Fresh Fruit (3 oz. | 30-45 cal)
- Cookies (1 cookie | 170-250 cal)

breaktime

High quality plastic serveware is included. Offered to groups of 15 or more guests.

Health Break \$4.69 per guest

- Granola Bars (1 bar | 100-110 cal)
- Whole Seasonal Fresh Fruit (1 serving | 50-110 cal)
- Carrot and Celery Sticks (3 each | 15 cal)
- Lemonade or Water

Sweets \$4.69 per guest

- Brownies (1 cut | 190 cal)
- Blonnies (1 cut | 220 cal)
- Assorted Mini Chocolate Bars (1 bar | 210 cal)
- Assorted Individual Bags of Chips & Baked Chips (1 bag | 130-320 cal)
- Lemonade or Water

Movie Night \$4.69 per guest

- Fresh Popcorn (3 oz. | 40 cal)
- Soft Pretzel Bites with Cheese Dip (4 oz | 310 cal)
- M&M's Candy (1 pack | 220 cal)

South of the Border \$4.69 per guest

- Salsa (1 oz. | 15 cal) & Tortilla Chips (2 oz | 140-260 cal)
- Guacamole (2 oz. | 80 cal)
- Churros (1 serving | 220 cal)
- Citrus Margarita Cooler (8 oz. | 20 cal)

Prices are good through July 2018.

ez party packages

High quality plastic serveware is included. Offered to groups of 15 or more guests.

Breakfast Club \$6.25 per guest

Seasonal Cubed Fresh Fruit (2 oz. | 25 cal)

Individual Fruit Low-Fat Greek Yogurt Parfaits (6 oz. | 60-180 cal)

Low-Fat Muffins (1 muffin | 160-210 cal)

Freshly Brewed Coffee (8 oz. | 0 cal) & Decaffeinated Coffee (8 oz. | 0 cal)

Herbal and Non-Herbal Teas (8 oz | 0 cal) with Hot Water

Bottles of Orange and Cranberry Juice/Apple Juice (10 oz. | 170 cal)

Pizza Party \$5.85 per guest

Fresh Baked Pizza with Choice of One Topping (1 cut | 240-660 cal)

Choice of Toppings: Pepperoni, Sausage, Mushroom, Onion, or Vegetarian.

Tossed Salad (1 salad + 2 oz. dressing | 15 cal + 190-260 cal)

Assorted Canned Pepsi Soft Drinks, Regular or Diet

Ice Cream Sundae Bar \$4.15 per guest

Choice of One Ice Cream Flavor (One per 45 guests):

Chocolate (1 scoop | 90 cal)

Vanilla (1 scoop | 90 cal)

Strawberry (1 scoop | 80 cal)

Choice of One Sauce:

Chocolate (2 oz. | 200 cal)

Strawberry (2 oz. | 140 cal)

Butterscotch (2 oz | 140 cal)

Choice of One Topping:

Sprinkles (1 oz. | 130 cal)

Cookie Crumbs (1 oz | 130 cal)

Crushed Peanuts (1 oz | 170 cal)

M&M's Candy (1 oz. | 140 cal)

*Included: Maraschino Cherries

(4 halves | 30 cal) and Whipped

Topping (2 oz. | 180 cal)

Taco Bar Party \$5.95 per guest

Taco Shells (1 shell | 60 cal)

Seasoned Ground Beef (1 oz. | 50 cal) or Ground Turkey (1 oz. | 35 cal)

Sautéed Vegetables (1 oz. | 20 cal)

Shredded Cheddar Cheese (1 tbsp. | 30 cal)

Chopped Tomatoes (1 oz. | 5 cal)

Shredded Lettuce (1 oz. | 15 cal)

Sour Cream (1 tsp. | 30 cal)

Assorted Canned Pepsi Soft Drinks, Regular or Diet

ADD DESSERT: \$0.99 per guest

Brownies (1 cut | 190 cal)

Fresh Fruit (3 oz. | 30-45 cal)

Cookies (1 cookie | 170-250 cal)

Prices are good through July 2018.

Simple - Satisfying - Smart

Elements catering offers great food at the best possible price. We understand the challenges you face every day, trying to fit catering costs into a limited budget for student meetings, community organizations and informal meetings.

CATERING POLICIES

Service Hours are Monday to Friday, 8:00 AM to 6:00 PM. Any pick-ups after 6:00 PM will incur a \$25.00 surcharge. This menu is available on weekends.

To place an order online:

www.pittstatecatering.catertrax.com or call our catering office: 620-235-4995.

All orders must be placed 5 business days prior to service. A guaranteed guest count is required 5 business days in advance. We require 24 business hours of notice for cancellations.

Payment must be received prior to the pick-up or delivery for your event. Accepted forms of payment include Visa, MasterCard, American Express, Discovery, cash, check. If you are a tax-exempt organization, a copy of your tax-exemption certificate must be submitted prior to the date of your pick-up or delivery.

You may fax to 620-235-4026.

All table, chairs and trash can set ups are scheduled through the Facilities/Room Reservations Office: 620-235-4791.

Included with Breaktime, Themed Buffets, and EZ Party packages, are high quality plastic serviceware, based on the amount of food ordered. Services include delivery, linen-draped service tables, set up and clean up. There are additional charges for linens on guest tables. Attendants are an additional charge of \$15.00 per hour (minimum is 2 hours).

Due to health regulation, it is policy of Elements by Sodexo 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.

There is a standard delivery/set up fee of \$15.00 for deliveries made outside of the Overman Student Center during regular business hours.