

Ah, the sweet smell of spring. It's such a refreshing time! Celebrate the budding season with a variety of fun packages including a delicious buffet filled with flavors, a healthy balance bowl station, and new infused waters! Contact our Catering department to schedule your next event with flavorsome food and impeccable service. To place an order or speak with the catering department please call 607-777-2925 email [catering@budining.com](mailto:catering@budining.com) or order on-line at [binghamtonudining.com](http://binghamtonudining.com)

# BLOOMING FLAVORS!



## BREAKFAST

### Mango Chia Overnight Oats 1 Parfait | 250 cal

Almond flavored oats and Greek yogurt parfait with chia seeds, cardamom and mango.

\$4.99 each / minimum order 12

### Asian Breakfast Tacos 1 Taco | 210 cal

Hearty grain tortilla with green onions, eggs, black rice, bok choy, mushrooms, cilantro and chili oil.

\$3.99 each / minimum order 12

### Build Your Own Yogurt Parfait 1 Parfait | 0-320 cal







A perfect start to your morning. Healthy and delicious yogurt parfait created to your liking!

\$7.99 per guest / minimum order 12

#### Select Two Yogurts:

- Vanilla Greek Yogurt  (1/2 Cup | 90 cal)
- Non Fat Plain Greek Yogurt  (1/2 Cup | 60 cal)
- Parfait Low Fat Strawberry Yogurt  (1/2 Cup | 110 cal)

#### Select Three Fruits:

- Fresh Whole Strawberries  (1 Tbsp | 0 cal)
- Fresh Blueberries  (1 Tbsp | 5 cal)
- Fresh Red Raspberries  (1 Tbsp | 0 cal)
- Granny Smith Apples  (1 Tbsp | 0 cal)
- Fresh Mango  (1 Tbsp | 0 cal)
- Golden Raisins  (1 Tbsp | 30 cal)

#### Included Sauces:

- Apple Butter  (1 Tsp | 10 cal)
- Pure Maple Syrup  (1 Tsp | 10 cal)
- Honey  (1 Tsp | 20 cal)

#### Included Nuts:

- Pistachios  (1 Tsp | 20 cal)
- Oats, Honey & Almonds Simply Granola  (1 Tsp | 10 cal)

#### Included Seeds:

- Pumpkin Seeds  (1 Tsp | 20 cal)
- Flax Seeds  (1 Tsp | 20 cal)

## HORS D' OEUUVRES

### Texas Bruschetta 1 Slice | 190 cal

Roasted poblanos, red peppers, pecans, tomatoes, cotija cheese and avocado served on toasted baguette.

\$34.99 per dozen / minimum order 4 dozen



## GRAB AND GO SANDWICHES

### Strawberry Quinoa & Kale Wrap 1 Wrap | 630 cal

Strawberry quinoa salad, poblano & jalapeno peppers, toasted pumpkin seeds & spring mix lettuce in a spinach tortilla.

\$12.99 each / minimum order 3

### Turkey Trailhead 1 Baguette | 400 cal

Turkey breast, toasted asparagus, hummus & roasted red onion on an artisan baguette.

\$14.99 each / minimum order 3

## GRAB AND GO SALADS

### Brussels Sprouts Kale Salad With Salmon 1 Salad | 670 cal

Baby kale, brussels sprouts, sunflower seeds, raisins, blue cheese and maple dijon topped with cranberry glazed salmon.

\$15.99 each / minimum order 3

### Freekeh & Raspberry Salad With Chicken 1 Salad | 520 cal

Freekeh, grilled chicken, toasted pistachios, mint, scallions, raspberries, feta & honey olive oil vinaigrette.

\$14.99 each / minimum order 3

### Avocado Mexican Cobb Salad 1 Salad | 450 cal

Mixed greens, corn, avocado, carrots, cucumbers, onions, cotija cheese, tortilla strips and cilantro lime ranch dressing.

\$13.99 each / minimum order 3

## SERVED LUNCHEONS AND DINNERS

### Blackened Pork Loin And Verde Salsa 1 Guest | 440 cal

Blackened pork loin with tomatillo verde salsa, avocado creme, watercress, sugar snap peas and fried tortilla strips.

\$20.99 guest / minimum order 10

### Pan Seared Chicken Breast With Asparagus 1 Guest | 670 cal

Seared crispy skin-on chicken breast with cranberries and leeks with light cream sauce served with risotto and asparagus.

\$23.99 guest / minimum order 10

### Grilled Eggplant Parmesan 1 Guest | 460 cal

Grilled eggplant layered with garlic spinach, roasted red peppers, fresh mozzarella and marinara, served with capellini.

\$18.99 guest / minimum order 3

## ADD ON BEVERAGES

### Minty Lemonade 1 Guest | 70 cal

Real lemonade made with fresh squeezed lemons and garnished with mint.

\$10.90 per gallon / minimum order 1 gallon

### Blueberry Orange Ginger Infused Water 1 Guest | 0 cal

Refreshing blueberries, orange and ginger infused water.

\$5.00 per gallon / minimum order 1 gallon







## ADD ON DESSERTS

### Power Bites! 1 Dozen | 645-720 cal

These incredible Power Bites are an antioxidant powerhouse and an excellent way to revitalize and boost your energy!

\$10.99 dozen / minimum order 3 people

#### Included Bites:

- Coconut Cashew Power Bites (4 Bites | 240 cal)  
- Lemon Poppy Seed Power Bites (4 Bites | 280 cal) 
- Cherry Pie Power Bites (4 Bites | 220 cal) 

**BINGHAMTON UNIVERSITY**  
**CATERING SERVICES**  
**(607) 777-2925**

 VEGAN  VEGETARIAN  MINDFUL

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

# BLOOMING FLAVORS!



## SPECIALTY STATIONS

### Healthy Balanced Bowls

1 Guest | 90-220 cal

Time to hit the brakes! Build your own healthy and delicious balanced smoothie bowl!

\$6.99 guest / minimum order 30 people

#### Select Two Smoothies:

- Berry Burst Smoothie **VG** (6 oz | 100 cal)
- Almond Peach Smoothie **VG** (6 oz | 50 cal)
- Strawberry Mango Smoothie **VG** (6 oz | 110 cal)
- Chocolate Cashew Smoothie **VG** (6 oz | 80 cal)

#### Select Five Toppings:

- Shredded Coconut **V** (1 Tsp | 20 cal)
- Oats, Honey & Almonds Simply Granola **V** (1 Tsp | 10 cal)
- Flax Seeds **VG** (1 Tsp | 20 cal)
- Chia Seeds **VG** (1 Tsp | 20 cal)
- Fresh Blueberries **VG** (1 Tbsp | 5 cal)
- Fresh Whole Strawberries **VG** (1 Tbsp | 0 cal)
- Slivered Blanched Almonds **VG** (1 Tsp | 10 cal)
- Sunflower Seeds **VG** (1 Tsp | 20 cal)
- Golden Raisins **VG** (1 Tsp | 10 cal)
- Dry Roasted Unsalted Cashews **VG** (1 Tsp | 10 cal)
- Fresh Mango **VG** (1 Tbsp | 0 cal)



### Abloom Buffet

1 Guest | 70-1670 cal

Spring brings new life and new flavors. Celebrate and come together with this delicious buffet.

\$19.99 guest / minimum order 30 people

#### Select One Soup:

- Vegetable Beef Soup **M** (8 oz | 80 cal)
- Thai Pea Soup **VG** **M** (8 oz | 110 cal)
- Spring Chicken Soup **M** (8 oz | 80 cal)

#### Select One Salad:

- Super Bean Salad Mix **VG** (1 Salad | 130 cal)
- Brussels Sprout & Citrus Salad **V** **M** (1 Salad | 70 cal)
- Asparagus, Kalamata And Farro Salad **V** **M** (1 Salad | 90 cal)

#### Select One Entrée:

- Herb Baked Salmon (1 Piece | 90 cal)
- Red Lentil Pasta With Kale Pesto **VG** (1 Bowl | 820 cal)
- Lebanese Natural Airline Chicken Breast (1 Breast | 260 cal)

#### Sides:

- Cooked Red Quinoa **VG** **M** (4 oz | 200 cal)
- Fresh Roasted Balsamic Brussels Sprouts **VG** (4 oz | 80 cal)
- Italian-Style Roasted Red Bliss Potatoes **V** (4 oz | 180 cal)

#### Dessert:

- Angel Food Cake With Strawberry Sauce **V** **M** (1 Slice | 160 cal)

### Woo-Hoo! We Did It! Reception

1 Guest | 30-1100 cal

Graduation marks the beginning of a new chapter and why not celebrate it with this delicious Woo-Hoo We Did It Reception package.

\$10.99 guest / minimum order 30 people

#### Select Three Hot Options:

- Beef Italian Meatballs (1 Meatball | 90 cal)
- Pork & Vegetable Egg Roll (1 Egg Roll | 230 cal)
- Chicken Salad Roll (1 Roll | 400 cal)
- Mini Blt (1 Slider | 110 cal)
- Tomato Gruyere Crostini **V** (1 Crostini | 80 cal)
- Franks In A Blanket (1 Frank | 40 cal)

#### Select Two Cold Options:

- One Tropical Mango Roll **VG** (1 Roll | 90 cal)
- Sun-Dried Tomato/Pesto Ciliegine Skewers **V** (1 Skewer | 90 cal)
- Cucumber Rounds With Feta & Tomato **V** (1 Piece | 30 cal)
- Miso Dressed Crab Salad On Cucumber (1 Piece | 50 cal)
- Broccoli Raab & Fresh Mozzarella Crostini **V** (1 Crostini | 200 cal)
- Texas Bruschetta **V** (1 Slice | 190 cal)

#### Select Two Sweet Options:

- Sparkling Cookie Bites (4 Bites | 190 cal)
- Pb&C Power Bites **V** **M** (4 Bites | 240 cal)
- Double Chocolate Krinkle Bites (4 Bites | 150 cal)
- Blueberry White Chocolate Blondie Bar (4 Bar Bites | 160 cal)
- Strawberry Basil Cheesecake Bar (4 Bar Bites | 240 cal)
- Honey Blueberry Cheesecake Bar (4 Bar Bites | 250 cal)

**VG** VEGAN **V** VEGETARIAN **M** MINDFUL

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