



FUEL : PERFORMANCE

**el**ements

by *sodexo*<sup>\*</sup>

# trays, sweets, hot snacks & beverages

Menu items from this section are available for pick-up. Eco-friendly serviceware is available upon request.

## TRAYS – 12 guest minimum

Seasonal Cubed Fresh Fruit & Dip (2 oz. + dip | 50 cal)  
*\$1.89 per guest*

Crudit  & Dip (4 oz. + dip | 140 cal) *\$2.19 per guest*

Domestic Cheese & Crackers

(2 oz. cheese + 6 crackers | 340 cal) *\$2.79 per guest*

Hummus & Pita Chips (1 oz. dip + 2 oz. chips | 190 cal)

*\$2.29 per guest*

Pepperoni, Domestic Cheese & Crackers (1 serving | 380 cal)

*\$3.79 per guest*

## SWEETS

Assorted Donuts (1 donut | 280-310 cal) *\$9.99 per dozen*

Assorted Mini Danish (1 danish | 120 cal) *\$9.99 per dozen*

Assorted Bagels & Spreads (1 bagel | 210-310 cal)

*\$15.39 per dozen*

Assorted Cookies (1 cookie | 160-180 cal) *\$10.89 per dozen*

Assorted Muffins (1 muffin | 160-210 cal) *\$10.39 per dozen*

Brownies (1 brownie | 80 - 190 cal) *\$11.89 per dozen*

Rice Krispy Treats (1 cut | 80 - 170 cal) *\$12.89 per dozen*

## NIBBLES

Baked Chips (1 bag | 130 cal) *\$3.39 per bag*

Potato Chips / 1 lb. bag, 15 servings (1 oz. | 160 cal)

*\$3.39 per bag*

Pretzels / 1 lb. bag, 15 servings (1 oz. | 110 cal) *\$3.39 per bag*

Tortilla Chips & Salsa / 1 lb., 13-15 servings (2 oz. chips + 2 oz.

salsa | 150-285 cal) *\$2.19 per guest*

## HOT SNACKS

Wings with Celery & Carrots Sticks (3 each | 15 cal)

with Ranch Dip (2 oz. | 190 cal)

**Choose Two:** Cajun (1 wing | 90 cal), Spicy (1 wing | 40 cal),

BBQ (1 wing | 100 cal), Boneless (1 wing | 120 cal) or Buffalo

(1 wing | 80 cal) *\$11.39 per dozen*

Chicken Fingers & Sauce (3 tenders + 4 oz. sauce | 740 cal)

*\$14.99 per dozen*

Cocktail Meatballs (1 meatball | 45 cal) *\$14.99 per dozen*

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

Egg Rolls & Sauce (1 roll | 120-150 cal) *\$14.99 per dozen*

Nachos (2 oz. | 260 cal) *\$2.69 per guest*

## SUPPLIES

6" Plates *\$0.19 each*

10" Plates *\$0.29 each*

Knife, Fork or Spoon *\$0.09 each*

8oz. Hot Cup *\$0.19 each*

9 oz. Cold Cup *\$0.19 each*

Cocktail Napkins *\$0.09 each*

Dinner Napkins *\$0.16 each*

Banquet Cloth *\$5.00 each*

## HERO PARTY

2-Foot Sub (serves 10 guests) *\$24.99 per sub*

5-Foot Sub (serves 30 guests) *\$69.99 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, Tomato and Onions (1 cut | 310 cal)

## PICNICS – 15 guest minimum

### BBQ *\$9.99 per guest*

All Beef Hot Dogs (1 sandwich | 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 *\$14.99 per guest*

BBQ Chicken Quarters (2 eighths | 560 cal), BBQ Ribs (5 ribs + 3oz. 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 Soda (12 oz. | 0-270 cal) *\$1.19 each*

Assorted Liter Soda (8 oz. | 0-120 cal) *\$2.59 each*

Bottled Water (20 oz. | 0 cal) *\$1.69 each*

Assorted Bottled Juice (10 oz. | 140-170 cal) *\$1.79 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 *\$14.89 per gallon*

Orange (8 oz. | 140 cal), Cranberry (8 oz. | 210 cal)

or Apple Juice (8 oz. | 90 cal) *\$14.89 per gallon*

Lemonade (8 oz. | 75 cal) *\$10.89 per gallon*

Freshly Brewed Iced Tea (8 oz. | 0 cal) *\$10.89 per gallon*

Hot Chocolate (8 oz. | 200 cal) *\$15.89 per gallon*

## BIRTHDAY PACKAGE *\$49.99 package*




1/2 Sheet Cake - serves 32 (1 cut | 140 - 150 cal), Balloons, Candles, Card, Plates, Napkins & Utensils

## breaktime

Eco-friendly serviceware is included.  
Offered to groups of 15 or more guests.

### HEALTH BREAK

\$5.99 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), Bottled Water (20 oz. | 0 cal) and Assorted Bottled Juices (10 oz. | 140-170 cal)

### SWEETS

\$5.99 per guest

Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Assorted Mini Chocolate Bars (3 pieces | 130 cal), Assorted Individual Bags of Chips & Baked Chips (1 bag | 130-320 cal) and Chocolate Milk (1/2 pint | 180 cal)

### SOUTH OF THE BORDER

\$7.99 per guest

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


### NY BREAK

\$7.99 per guest

Pretzel Bar (1 pretzel + topping | 210 cal), Popcorn (1 cup | 40 cal), White Chocolate Macadamia (1 cookie | 170 cal) & Double Chocolate Chip Cookies (1 cookie | 170 cal), Linzer Bars (1 cut | 210 cal) and Lemonade (8 oz. | 70 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal)

 = Vegetarian

 = Vegan

 = Mindful






We can also accommodate  
Gluten Free requests.

## themed buffets













All themed buffets include assorted canned soft drinks, regular and diet (12 oz. | 0-270 cal) or bottled water (20 oz. | 0 cal). Choose One Entrée and Two Sides. Eco-friendly serviceware is included. Offered to groups of 15 or more guests.

### SOUTHEAST ASIAN BUFFET \$12.99 per guest

#### Choose One Entrée:






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   (4 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 \$12.99 per guest

#### Choose One Entrée:






Brazilian Style Chicken & Rice  (1 serving | 330 cal)  
Chipotle Chicken & Queso Fresco Tacos  (2 tacos | 330 cal)  
Potato Chorizo Quesadillas (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)

### HEALTHY LIFESTYLE BUFFET \$14.99 per guest

#### Choose One Entrée:

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:** Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Cookies (1 cookie | 170-250 cal) or Fresh Fruit (3 oz. | 30-45 cal) \$2.99 per guest

Prices are good through June 2019.

## ez party packages

Eco-friendly serviceware is included. Offered to groups of 15 or more guests.

**Add Dessert:** Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Cookies (1 cookie | 170-250 cal) or Seasonal Fresh Fruit (3 oz. | 30-45 cal)  
\$2.99 per guest

### **BREAKFAST CLUB** \$6.69 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) and Freshly Brewed Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) and Herbal and Non-Herbal Teas (8 oz. | 0 cal) to Include Decaffeinated (8 oz. | 0 cal) with Hot Water, Bottles of Orange (10 oz. | 140 cal), Cranberry Juice (10 oz. | 170 cal) and Apple Juice (10 oz. | 140 cal).

### **PIZZA PARTY** \$8.99 per guest

Fresh Baked Pizza with Choice of One Topping (1 cut | 240-660 cal): Pepperoni, Sausage, Mushrooms, Onions, Vegetarian or Broccoli. Served with Tossed Salad (1 salad + 2 oz. dressing | 15 cal + 190-260 cal) and One Dressing and Assorted Canned Soft Drinks, Regular or Diet (12 oz. | 0-270 cal).

**Additional Toppings** \$1.00 per guest

### **ICE CREAM SUNDAE BAR** \$4.69 per guest

**Choice of One Ice Cream Flavour (One per 45 guests):** Chocolate (1 scoop | 90 cal), Vanilla (1 scoop | 90 cal) or Strawberry (1 scoop | 80 cal)

**Choice of One Sauce:** Chocolate (2 oz. | 200 cal), Strawberry (2 oz. | 140 cal) or 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) or M&M's® (1 oz. | 140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180 cal) are Included.

**Additional Ice Cream Flavour** \$45.00 per tub

### **TACO BAR PARTY** \$9.99 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. | 0 cal), Onions (1 oz. | 10 cal), Guacamole (2 oz. | 80 cal), Salsa (1 oz. | 15 cal), Sour Cream (1 tbsp. | 30 cal), and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-270 cal).

## 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, 8:00am - 6:00pm. Any pick-ups after 6:00pm will incur a \$15.00 surcharge. This menu is available on weekends.

To place an order call our catering office: 309-556-3167.

All orders must be placed 5 business days prior to service. A guaranteed guest count is required 2 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, purchase order and department accounts. 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.

All tables, chairs and trash can set ups are scheduled through the Conference Service Office: 309.556.3035.

Included with breaktime, themed buffets and ez party packages, are eco-friendly serviceware products, 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 a \$5.00 per tablecloth. Attendants are an additional charge of \$50.00 per hour (minimum 4 hours).

Due to health regulation, it is the 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, 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 Memorial Center during regular business hours.