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 exceeds 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 to set up an event consultation.

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 Fair Trade asprettō Coffee (8 fluid oz. | 0 cal), Fair Trade asprettō Decaffeinated Coffee (8 fluid oz. | 0 cal) and Tazo Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Tazo Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 20 or more.

**CONTINENTAL**
$8.29 per guest
Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)

<table>
<thead>
<tr>
<th>CHOOSE TWO:</th>
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</thead>
<tbody>
<tr>
<td>Assorted Breakfast Breads (1 slice)</td>
<td>200 - 280 cal</td>
</tr>
<tr>
<td>Mini Scones (1 each)</td>
<td>180-210 cal</td>
</tr>
<tr>
<td>Cinnamon Rolls (1 each)</td>
<td>110 - 450 cal</td>
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Butter
Chilled Carafes of Orange Juice (8 oz. | 140 cal)
Chilled Carafes of Apple Juice (8 oz. | 90 cal)
Chilled Bottles of Cranberry Juice (10 oz. | 170 cal)

**BREAKFAST BUFFET**
$11.99 per guest
Seasonal Sliced Fresh Fruit (4 oz. | 50 cal)

<table>
<thead>
<tr>
<th>CHOOSE TWO:</th>
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<tbody>
<tr>
<td>Mini Croissants (1 each)</td>
<td>280 - 310 cal</td>
</tr>
<tr>
<td>Assorted Muffins (1 each)</td>
<td>330 - 450 cal</td>
</tr>
<tr>
<td>Low-Fat Muffins (1 each)</td>
<td>160 - 210 cal</td>
</tr>
<tr>
<td>Assorted Breakfast Breads (1 slice)</td>
<td>370 - 400 cal</td>
</tr>
<tr>
<td>Coffee Cake (1 square)</td>
<td>240 - 450 cal</td>
</tr>
<tr>
<td>Danish</td>
<td>1 square</td>
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Butter
Hashbrowns (4 oz. | 130 cal) or Home Fries (4 oz. | 150 cal)

<table>
<thead>
<tr>
<th>CHOOSE TWO:</th>
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<tbody>
<tr>
<td>Crispy Bacon (1 slice)</td>
<td>50 cal</td>
</tr>
<tr>
<td>Sausage (2 links)</td>
<td>100 cal</td>
</tr>
<tr>
<td>Turkey Bacon (1 slice)</td>
<td>10 cal</td>
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<table>
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<tr>
<th>CHOOSE ONE:</th>
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</thead>
<tbody>
<tr>
<td>Scrambled Eggs (4 oz.)</td>
<td>190 cal</td>
</tr>
<tr>
<td>Scrambled Eggs with Cheddar (4 oz.)</td>
<td>240 cal</td>
</tr>
<tr>
<td>Grilled Zucchini, Bacon and Swiss Frittata (1 wedge)</td>
<td>250 cal</td>
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</tbody>
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<tr>
<th>ADD ON:</th>
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</thead>
<tbody>
<tr>
<td>Apple Pancakes (2 each</td>
<td>260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter (3 halves</td>
</tr>
</tbody>
</table>

Chilled Carafes of Orange Juice (8 oz. | 140 cal)
Chilled Carafes of Apple Juice (8 oz. | 90 cal)
Chilled Bottles of Cranberry Juice (10 oz. | 170 cal)
A FRESH NEW START

HEALTHY START

$9.29 per guest

Seasonal Cubed Fresh Fruit [V] [E] (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 [V] (1 each | 90 - 160 cal)
Assorted Low-Fat Muffins and Butter [V] (1 each | 160 - 210 cal)
Chilled Carafes of Orange Juice (8 oz. | 140 cal)
Chilled Carafes of Apple Juice (8 oz. | 90 cal)
Chilled Carafes of Cranberry Juice (8 oz. | 210 cal)

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A LA CARTE SELECTIONS

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

FROM THE BAKERY  per dozen

ASSORTED FRESHLY HOUSE-BAKED MUFFINS $12.09 per dozen
- Cranberry Orange (1 muffin | 330 cal)
- Blueberry (1 muffin | 390 cal)
- Banana Walnut (1 muffin | 430 cal)
- Cappuccino Chocolate Chunk (1 muffin | 450 cal)
- Low-Fat Blueberry Streusel (1 muffin | 155 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES $12.09 per dozen
- Banana Nut Bread (1 slice | 370 - 400 cal)
- Apple Streusel Coffee Cake (1 square | 260 cal)
- Chocolate Espresso Coffee Crumble (1 slice | 450 cal)

ASSORTED DANISH $12.99 per dozen
- (1 each | 270 cal)

ASSORTED BAGELS $12.99 per dozen
- with Cream Cheese and Jellies $12.99 per dozen
- (1 bagel | 210 - 310 cal)

HOUSE-BAKED COUNTRY BISCUITS $12.99 per dozen
- with Butter, Honey and Jellies $12.99 per dozen
- (1 each | 160 - 450 cal)

ASSORTED MINI SCONES $12.99 per dozen
- (1 each | 180 - 210 cal)

CINNAMON ROLLS $10.99 per dozen
- (1 each | 110 - 450 cal)

ASSORTED DOUGHNUTS $10.99 per dozen
- (1 each | 280 - 310 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT $1.59 each
- (1 each | 90 - 180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA $2.59 each
- (1 each | 200 - 360 cal)

SEASONAL SLICED FRESH FRUIT $56.99 per tray
- Small 15-25 (4 oz. | 50 cal)
- Medium 25-50 (4 oz. | 50 cal)
- Large 50-75 (4 oz. | 50 cal)
FIRST THINGS FIRST

BISCUIT SANDWICH $2.29 each
Choice of One:
Biscuits □ (1 each | 290 cal)

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

Choice of One:
Pork Sausage Patty (1 patty | 140 cal)
Ham □ (1 slice | 30 cal)
Bacon (1 slice | 50 cal)
Turkey Bacon □ (1 slice | 10 cal)
Turkey Sausage Patty (1 slice | 30 cal)

BREAKFAST TACO $3.29 each
Choice of One:
Flour Tortilla □ (1 each | 210 cal)
Wheat Tortilla □ (1 each | 180 cal)

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

Choice of One:
Pork Sausage Patty (1 patty | 140 cal)
Home Fried Potatoes □ (4 oz. | 150 cal)
Turkey Sausage Patty (1 slice | 30 cal)
Bacon (1 slice | 50 cal)
Turkey Bacon □ (1 slice | 10 cal)

Accompanied by
Shredded Cheddar Cheese □ (1 oz. | 110 cal)
Sour Cream □ (1 tbsp. | 30 cal)
Pico de Gallo □ (2 oz. | 15 cal)

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FIRST THINGS FIRST
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 20 or more.

HOME FRIES WITH CARAMELIZED ONIONS $1.29 per guest
(4 oz. | 150 cal)

ROASTED SWEET POTATOES $1.29 per guest
(4 oz. | 170 cal)

HARD BOILED EGGS $1.59 per guest
(1 each | 70 cal)

INDIVIDUAL BISCUIT QUICHES $2.39 per guest
Quiche Lorraine
(1 each | 370 cal)
Western Quiche
(1 each | 370 cal)
Sausage and Cheddar Quiche
(1 each | 410 cal)
Garden Vegetable Quiche
(1 each | 330 cal)

BREAD PUDDINGS $4.59 per guest
Bacon and Cheddar
(1 square | 560 cal)
Ham, Mushroom and Swiss
(1 square | 400 cal)
Apple Raisin French Toast
(1 square | 600 cal)
Garden Vegetable
(1 square | 210 cal)

WHEAT BERRY PECAN CRUNCH FRENCH TOAST $3.59 per guest
(3 halves | 380 cal)

OATMEAL BAR $2.39 per guest
Steel Cut Oatmeal
(8 oz. | 170 cal)

Served with a Choice Of Four:
Creamy Peanut Butter $1
(1 oz. | 160 cal)
Ground Cinnamon
(1 oz. | 0 cal)
Raisins $1
(1 oz. | 80 cal)
Dark or Light Brown Sugar $1
(1 oz. | 110 cal)
Walnut Pieces
(1 oz. | 90 cal)
Honey $1
(2 oz. | 15 cal)
Strawberries

Choice of Milk:
2%
(3 oz. | 45 cal)
Non-Fat
(3 oz. | 30 cal)
Soy
(3 oz. | 40 cal)

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REFRESH AND REJUVENATE
COFFEE AND TEA SERVICE
$24.29 per guest
Coffee Service includes Freshly Brewed Fair Trade aspretto Coffee, Decaffeinated Coffee and Tazo Herbal and Non-Herbal Teas to include Decaffeinated Tazo Tea with Hot Water (8 oz. | 0 cal)

HOT BEVERAGES
16 servings per gallon
Freshly Brewed Fair Trade aspretto Coffee and Decaffeinated Coffee (8 oz. | 0 cal)
$12.99 per gallon
Freshly Brewed Flavoured Fair Trade aspretto Coffee and Decaffeinated Coffee (8 oz. | 0 cal)
$15.99 per gallon
Tazo Herbal and Non Herbal Teas to include Decaffeinated Tazo Tea with Hot Water (8 oz. | 0 cal)
$12.99 per gallon
Hot Chocolate $13.49 per gallon (8 oz. | 200 cal)
Seasonal Hot or Cold Apple Cider $12.99 per gallon (8 oz. | 110 cal)

COLD BEVERAGES
16 servings per gallon; 8 servings per half gallon
Orange Juice $11.99 per gallon (8 oz. | 140 cal)
Cranberry Juice $11.99 per gallon (8 oz. | 210 cal)
Apple Juice $11.99 per gallon (8 oz. | 90 cal)
Freshly Brewed Unsweetened Iced Tea $7.99 per gallon (8 oz. | 0 cal)
Lemonade $7.99 per gallon (8 oz. | 130 cal)
Orange Blossom Punch $12.99 per gallon (8 oz. | 110 cal)
Iced Water Service $2.99 per gallon (8 oz. | 0 cal)
Bottled Water $1.49 per guest (12 oz. | 0 cal)
Sparkling Waters $1.79 per guest (12 oz. | 0 cal)
Bottled Fruit Juice: $1.99 per guest (10 oz. | 35-170 cal)
Assorted Canned Soft Drinks, Regular and Diet $1.79 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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GREENS
TO GO
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), Seasonal Fresh Fruit Cup (4 oz. | 45 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Bottled Water (20 oz. | 0 cal). High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)
$10.59 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 Portobello $2.00 per guest

COBB SALAD (1 salad | 770 cal)
$12.59 per guest
Mounds of Smoked Turkey, Avocado, Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

CHINESE CHICKEN SALAD (1 salad | 460 cal)
$12.59 per guest
Mixed Greens Tossed with Grilled Chicken, Mandarin Oranges, Sliced Almonds, Wonton Chips and a Toasted Sesame Vinaigrette

TRIO-SALAD COMBO (1 salad | 410 cal)
$12.99 per guest
Select Your Favorite Trio of Hummus or Chef’s Own Tuna, Chicken, Egg or Ham Salads on a Bed of Fresh Field Greens

EDAMAME NUT SALAD (1 salad | 230 cal)
$12.59 per guest
Shelled Edamame, Almonds, Sunflower Seeds, Diced Apples and Dried Cranberries on Crisp Lettuce with a Creamy Poppy Seed Dressing

GREEK SALAD (1 salad | 190 cal)
$10.59 per guest
Classic Greek Salad of Firm Tomatoes, Cucumbers, Red Onion, Kalamata Olives and Feta Drizzled with a Light Vinaigrette

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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: Potato Salad (4 oz. | 45 cal), BLT Pasta Salad (3 oz. | 170 cal), Italian Cucumber Salad (4 oz. | 90 cal), Fresh Fruit Salad (3 oz. | 25 cal), Bar (1 cut | 60 - 380 cal), Brownie (1 each | 170 - 180 cal), Seasonal Fresh Fruit Cup (4 oz. | 45 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal), or Bottled Water (20 oz. | 0 cal). High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

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**THE DELI (1 sandwich | 280 cal)**

$8.99 per guest

Craft Your Own Deli Sandwich with Choice of Artisan Breads of White or Whole Wheat, Multigrain Sandwich Flat or Croissant, Deli Meats of Oven Roasted Turkey Breast, Low-Sodium Turkey, Roast Beef, Ham, Tuna Salad or Grilled Vegetables, a Selection of Cheeses of Provolone, American or Swiss and an Assortment of Fresh Toppings of Lettuce and Sliced Tomato

**SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)**

$12.99 per guest

Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef’s Hot Pepper Mayonnaise

**TWISTED TURKEY WRAP (1 sandwich | 300 cal)**

$11.99 per guest

Roast Turkey, Cranberry Sauce, Bistro Sauce, Spinach and Tomato Rolled in a Flax Seed and Herb Encrusted Whole Grain Tortilla

**PARMESAN BEEF SANDWICH (1 sandwich | 470 cal)**

$12.99 per guest

Thinly Shaved Roast Beef, Horseradish Mayonnaise, Grilled Red Onions, Leafy Greens and Tomato on a Parmesan-Crusted Roll

**TUSCAN GRILLED CHICKEN SANDWICH (1 sandwich | 530 cal)**

$12.99 per guest

Balsamic Coated Chicken, Grilled, Paired with Fat-Free Hummus, Bistro Sauce, Roasted Onions and Peppers on a Multigrain Roll

**SMOKED TURKEY AND BRIE CROISSANT (1 sandwich | 520 cal)**

$12.99 per guest

Thinly Shaved Smoked Turkey, Creamy Brie, Fresh Spinach, Tomato, Caramelized Onion and Honey Mustard on a Flaky Croissant

**ROASTED VEGETABLE MULTIGRAIN SANDWICH (1 sandwich | 410 cal)**

$11.99 per guest

Roasted Squash, Peppers and Red Onion Complimented by Hand-Mixed Herbed Goat Cheese with Field Greens on a Multigrain Roll

**HUMMUS, AVOCADO AND ROASTED VEGETABLE WRAP (1 sandwich | 340 cal)**

$11.99 per guest

Balsamic Roasted Eggplant, Zucchini, Red Peppers and Onions Finished with Lettuce, Avocado and Hummus Spread on a Tortilla

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AT YOUR SERVICE
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 Fair Trade asprettto Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal), Herbal and Non-Herbal Tazo 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.

CHICKEN

SESAME CHICKEN BREAST (1 plate | 340 cal)
$13.49 per guest
Chicken Breast in a Marinade of Soy, Fresh Garlic and Ginger, Cilantro and Scallions Grilled and Finished with Sesame Seeds

SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST (1 plate | 680 cal)
$13.49 per guest
Panko-Encrusted Chicken Breast Served with a Sautéed Garlic Cream Sauce and Sun-Dried Tomato Strips

TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)
$13.49 per guest
Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

APRICOT AND GOAT CHEESE CHICKEN BREAST (1 plate | 160 cal)
$18.99 per guest
Chicken Roulades Brimming with Diced Apricots and Fresh Goat Cheese Placed over a Light Warm Sauce with Tarragon

GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal)
$13.49 per guest
Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

BEEF AND PORK

BRAISED SHORT RIBS (1 plate | 390 cal)
$21.99 per guest
Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks and a Splash of Orange Juice Braised to Perfection

GORGONZOLA ENCRUSTED FILET WITH CABERNET DRIZZLE (1 plate | 290 cal)
$34.09 per guest
Choice Cut of Filet Mignon, Grilled in Butter, Finished with Savory Gorgonzola Crumbles and Served with Cabernet Sauce

BALSAMIC GRILLED FLANK STEAK WITH ROASTED ROSEMARY MUSHROOM SAUCE (1 plate | 360 cal)
$28.99 per guest
Chef-Selected Flank Steak Tenderized in Classic Balsamic Vinaigrette Marinade Served with Mushrooms Sautééd with Olive Oil, Fresh Rosemary and Garlic Added to a Simmering Plum Tomato Base

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)
$15.99 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)
$15.99 per guest
Lean Pork Tenderloin Rubbed with Chef’s Own-Made Coriander Spice Blend Served with Sautééd Onions and Garlic Blended with Dijon Mustard and Green Peppercorns for Piquant Creamy Sauce

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AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

LAMB

ROASTED LAMB WITH RISOTTO (1 plate | 840 cal)
$39.99 per guest
Rosemary and Achiote Roasted Lamb Rack Plated with a Classic Risotto Prepared Using White Wine, Parmesan and Heavy Cream

COMBINATION PLATE

BEEF AND SALMON FILETS (1 plate | 340 cal)
$37.99 per guest
Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

SEAFOOD

BROILED SALMON WITH TWO SALSAS (1 plate | 310 cal)
$23.99 per guest
Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives

PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)
$15.99 per guest
Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter

BARBECUED SHRIMP WITH BACON-CHEDDAR GRITS (1 plate | 840 cal)
$23.99 per guest
BBQ Shrimp and Plum Tomatoes atop Creamy Stone Ground Grits with Bits of Applewood Smoked Bacon and Cheddar Cheese

 VEGETARIAN

CHÉVRE, ORZO AND BASIL STUFFED PORTOBELLO (1 plate | 660 cal)
$18.99 per guest
Two Portobello Mushroom Caps Brimming with Tri-Colored Orzo in a Pesto Cream Sauce, Goat Cheese and Fresh Sweet Basil

BALSAMIC MARINATED PORTOBELLO MUSHROOMS (1 plate | 580 cal)
$13.49 per guest
Balsamic-Sweetened Portobello Mushrooms with a Quinoa and Zucchini Pilaf Seasoned with Fresh Basil, Rosemary and Garlic

SMOKED GOUDA FARFALLE (1 plate | 510 cal)
$13.49 per guest
A Casserole of Farfalle Pasta Hand-Prepared with Fresh Spinach, Savory Smoked Gouda and Grated Parmesan Cheeses

TERIYAKI TOFU, QUINOA AND PINEAPPLE (1 plate | 290 cal)
$13.49 per guest
White Quinoa, Celery, Onions and Tomatoes Tossed in Ponzu Sauce and Served with Teriyaki Tofu and Grilled Pineapple Salsa

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SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette [✓] (1 salad | 110 cal)
Iceberg Wedge with Maytag Bleu Cheese [✓] (1 salad | 130 cal)
Caesar Salad with Anchovies and Homemade Croutons [✓] (1 salad | 160 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette [✓] (1 salad | 190 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing [✓] (1 salad | 740 cal)

SIDES

Choice of One:
- Fresh Green Beans [✓] (4 oz. | 40 cal)
- Grilled Balsamic Zucchini [✓] (4 oz. | 60 cal)
- Sautéed Broccoli Rabe or Zucchini [✓] (4 oz. | 130 cal)
- Fresh Carrots with Dill [✓] (4 oz. | 40 cal)
- Fresh Spinach and Garlic Sauté [✓] (4 oz. | 45 cal)
- Roasted Fresh Seasonal Asparagus [✓] (4 oz. | 30 cal)
- Chef's Choice of Seasonal Vegetable (4 oz. | 30 - 130 cal)

Choice of One:
- Caramelized Onion Mashed Yukon Potatoes [✓] (4 oz. | 110 cal)
- Oven-Herbed Roasted Red Potatoes [✓] (4 oz. | 130 cal)
- Roasted Potatoes O'Brien [✓] (4 oz. | 190 cal)
- Ginger Jasmine Rice [✓] (4 oz. | 180 cal)
- Basil Orzo [✓] (4 oz. | 190 cal)
- Vegetable Risotto [✓] (4 oz. | 210 cal)
- Chef's Choice of Side Pairing (4 oz. | 100 - 400 cal)
DESSERTS

Chocolate Fudge Cake (1 slice | 590 cal)
Dutch Apple Pie (1 slice | 450 cal)
Cranberry-Apple Strudel (1 slice | 240 cal)
Lemon Coconut Snowball Cupcakes (1 each | 600 cal)
Cora's Red Velvet Cake (1 slice | 760 cal)

ADDITIONAL OPTIONS:

German Chocolate Pecan Tart $1.99 per guest (1 each | 2260 cal)
White Chocolate Bread Pudding $1.99 per guest (1 each | 850 cal)
Designer Key Lime Pie $2.99 per guest (1 slice | 1000 cal)
Cookies and Cream Cheesecake $2.99 per guest (1 slice | 520 cal)
Apple Caramel Bread Pudding $1.99 per guest (1 each | 210 cal)

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BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned 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. These menus are available for groups of 20 or more. Waited service is available upon request.

SIGNATURE SALADS

$14.59 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 | 190 cal)
- Italian House Wedge Salad (1 salad | 180 cal)
- Caesar Salad (3 oz. | 110 cal)
  - with Grilled Chicken (3 oz. | 110 cal)
  - with Portobello Mushroom (4 oz. | 60 cal)

CHOOSE TWO ADDITIONAL SALADS:

- Market Salad with Balsamic Vinaigrette (1 salad | 110 cal)
- Italian Cucumber Salad (1 salad | 90 cal)
- Seasonal Fresh Fruit Salad (1 salad | 45 cal)
- Apple Fennel Slaw (1 salad | 90 cal)
- Minted Cucumber Salad (1 salad | 20 cal)
- Orzo and Pepper Salad (1 salad | 170 cal)
- Artichoke Hearts with Italian Parsley (4 oz. | 60 cal)
- Broccoli & Cavatelli Salad (4 oz. | 120 cal)
- Farmhouse Potato Salad (1 serving | 340 cal)
- Antipasto Platter (1 serving | 190 cal)
- Vegetarian Antipasto Platter (2 oz. | 50 cal)
- Seasonal Crudité with Hummus (2 oz. | 110-190 cal)
- Ranch Dip (2 oz. | 110-190 cal)

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HANDCRAFTED SANDWICHES
$16.99 per guest

Your Choice of Three Delicious Sandwich Creations are Skillfully Arranged and Accompanied by:

Two Salads
Assorted Bags of Chips  (1 bag | 130-320 cal)
Scrumptious Brownies  (1 bar | 190-510 cal)
Assorted Bars  (1 bar | 60-380 cal)
A Selection of Oversized Cookies  (1 cookie | 160-180 cal)
or Fresh In-Season Fruit Cups  (4 oz. | 45 cal)

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  (2 oz. | 15 cal)
Hummus  (1 oz. | 50 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 20 or more. Waited Service is available upon request.

### Deli Buffet

$12.09 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 (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)
- Leaf Lettuce (1 slice | 0 cal)
- Sliced Onions (2 rings | 0 cal)
- Mayonnaise
- Bulk Chips (2 oz. | 140-320 cal)
- Assorted Cookies (1 cookie | 160-180 cal)

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)

Freshly Brewed Iced Tea (8 oz. | 0 cal)

### Old Fashioned BBQ

$13.09 per guest

#### Country Potato Salad (4 oz. | 120 cal)
- Cornbread (4 oz. | 120 cal)
- Ranch Style Baked Beans (4 oz. | 160 cal)
- Baked Barbecued Chicken (1 quarter | 290 cal)
- Barbecued Beef Brisket (4 oz. | 310 cal)
- Assorted Cookies (1 cookie | 160-180 cal)
- Brownies (1 brownie | 190-510 cal)

Freshly Brewed Iced Tea (8 oz. | 0 cal)
**BACKYARD COOK OUT**

$10.99 per guest

- Country Potato Salad (4 oz. | 160 cal)
- Cole Slaw (4 oz. | 120 cal)
- Vegetarian Baked Beans (4 oz. | 120 cal)
- Hamburger and Hot Dog Buns to Include Whole Wheat (1 each | 380 cal)
- Grilled Hamburgers (1 sandwich | 330 cal)
- Grilled Hot Dogs (1 sandwich | 320 cal)
- Veggie Burgers (1 sandwich | 320 cal)
- Leaf Lettuce (1 slice | 0 cal)
- Sliced Tomato (1 slice | 5 cal)
- Dill Pickles (5 chips | 0 cal)
- Onions (2 rings | 0 cal)
- Ketchup, Mustard and Mayonnaise
- Assorted Cookies (1 cookie | 160-180 cal)
- Brownies (1 cut | 190-220 cal)
- Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)
  or Freshly Brewed Iced Tea (8 oz. | 0 cal)

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FESTIVE FLAIR
SPECIALTY BUFFETS

LITTLE ITALY
$18.99 per guest

Caesar Salad with Homemade Croutons (1 salad | 460 cal)
Sautéed Fresh Zucchini (4 oz. | 50 cal)
Pasta Bar with Spaghetti (4 oz. | 200 cal) and Penne Pasta (4 oz. | 200 cal)
Marinara Sauce (2 oz. | 20 cal) and Pesto Cream Sauce (2 oz. | 150 cal)
Home-Style Meatballs in Marinara Sauce (2 meatballs + 1 oz. sauce | 190 cal)
Assorted Rolls and Butter (1 roll | 90 cal)
Tiramisu (1 slice | 490 cal)

or Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)
or Freshly Brewed Iced Tea (8 oz. | 0 cal)

ASIAN FUSION
$17.59 per guest

Asian Salad (4 oz. | 120 cal)
Garlic Lemon Ginger Broccoli (4 oz. | 45 cal)
Sticky Rice (4 oz. | 210 cal)
Vegetable Lo Mein (4 oz. | 130 cal)
Cilantro Breast of Chicken (1 breast | 110 cal)
Coconut Lemon Almond Gourmet Bar (1 cut | 320 cal)
Fortune Cookies (1 cookie | 35 cal)

or Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)
or Freshly Brewed Iced Tea (8 oz. | 0 cal)

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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. Eco-friendly serviceware is included; china is also available, upon request. Build Your Own Buffet by selecting - One Salad, One Entrée, Two Sides, One Desserts and Two Beverages. These menus are available for groups of 20 or more.

## SALADS

**CHOOSE ONE:**
Market House Salad with a Choice of Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing

- 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 $16.59 per guest
  - (1 entrée | 280 cal)
- Lemon Parmesan Chicken with White Wine Chive Sauce $18.59 per guest
  - (1 entrée | 530 cal)
- Apricot Glazed Roasted Turkey $18.59 per guest
  - (1 entrée | 140 cal)

### BEEF
- Braised Beef Sicilian $20.99 per guest
  - (1 entrée | 310 cal)
- Caramelized Onion Meatloaf $15.99 per guest
  - (1 entrée | 210 cal)

### PORK
- Asian Marinated Pork Loin with Honey and Soy Glaze $16.99 per guest
  - (1 entrée | 220 cal)
- Roast Pork Loin with Mustard Herb Crust $16.99 per guest
  - (1 entrée | 300 cal)

### SEAFOOD
- Citrus Baked Tilapia $17.99 per guest
  - (1 entrée | 180 cal)
- Broiled Salmon with Dill Butter $21.99 per guest
  - (1 entrée | 270 cal)

### VEGETARIAN
- Vegetarian Lasagna $15.99 per guest
  - (1 entrée | 290 cal)
- Marinated Portobello with Quinoa Pilaf $16.99 per guest
  - (1 entrée | 170 cal)

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**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 Cookies and Brownies 🍪 (1 serving | 160-510 cal)
- Assorted Pies 🍰 (1 slice | 350-520 cal)

**Beverages**

- Freshly Brewed Fair Trade aspretto Coffee 🍵 (8 fluid oz. | 0 cal)
- Decaffeinated Coffee 🍵 (8 fluid oz. | 0 cal)
- Tazo Herbal and Non-Herbal Teas 🍵 (1 tea bag | 0 cal)
- Decaffeinated Tazo Tea with Hot Water 🍵 (1 tea bag | 0 cal)

**Choose Two:**
- Freshly Brewed Iced Tea 🍹 (8 oz. | 0 cal)
- Lemonade 🍹 (8 oz. | 70 cal)
- Iced Water Station 🍹 (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. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

CHICKEN

Greek Chicken Skewers
$16.99 per dozen
(1 each | 90 cal)

Chipotle Maple Bacon-Wrapped Chicken
$16.99 per dozen
(1 each | 50 cal)

Ginger Chicken Satay with Coconut Peanut Sauce
$16.99 per dozen
(1 each + 1 oz. sauce | 110 cal)

Gator Cakes with Bayou Rémoulade Sauce
$16.99 per dozen
(1 each + 2 tsp. sauce | 370 cal)

Guajillo Glazed Chicken Wings
$15.79 per dozen
(1 each | 140 cal)

Coconut Chicken with Orange Dipping Sauce
$16.99 per dozen
(1 each | 60 cal)

PORK

Pork Pot Stickers with Garlic Soy Sauce
$16.99 per dozen
(1 each + 3 oz. sauce | 50 cal)

Mini Ham Biscuits with Mustard Sauce
$16.99 per dozen
(1 each | 150 cal)

Ham and Cheese Pinwheels
$14.99 per dozen
(1 each | 50 cal)

SEAFOOD

Mini Crab Cakes with Cajun Rémoulade Sauce
$26.99 per dozen
(1 each | 70 cal)

Crab and Risotto Balls
$19.99 per dozen
(1 each | 80 cal)

Bacon Wrapped Scallops with BBQ Sauce
$36.99 per dozen
(1 each | 45 cal)
SAVORY SELECTIONS

BEEF
Chipotle Beef on Tortillas with Avocado Créme
$19.99 per dozen
Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour
$9.79 per dozen
Mini Reuben Sandwiches
$19.99 per dozen

VEGETARIAN
Mini Greek Pizzas
$16.99 per dozen
Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce
$15.59 per dozen
Spanakopita
$19.99 per dozen
Mini Grilled Cheese and Tomato Soup
$16.99 per dozen

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MAGNIFICENT
MORSELS
### COLD HORS D’OEUVRES

Eco-friendly serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Serving Size</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Assorted Finger Sandwiches</td>
<td>$11.99 per dozen</td>
<td>(1 each</td>
<td>40 cal)</td>
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<tr>
<td><strong>CHOOSE THREE:</strong> Ham Salad, Chicken Salad, Tuna Salad and Egg Salad on White and Wheat</td>
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<tr>
<td>Cool Salmon Canapés</td>
<td>$16.99 per dozen</td>
<td>(1 each</td>
<td>60 cal)</td>
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<tr>
<td>Shrimp Cocktail with Cajun Rémoulade and Cocktail Sauce</td>
<td>$36.99 per dozen</td>
<td>(shrimp + sauce</td>
<td>150 cal)</td>
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<tr>
<td>Mini Curried Chicken Tart</td>
<td>$19.99 per dozen</td>
<td>(1 each</td>
<td>140 cal)</td>
</tr>
<tr>
<td>Cucumber Rounds with Feta and Tomatoes</td>
<td>$12.99 per dozen</td>
<td>(1 each</td>
<td>30 cal)</td>
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<tr>
<td>Sun-Dried Tomato and Gorgonzola Bruschetta</td>
<td>$12.99 per dozen</td>
<td>(1 slice</td>
<td>100 cal)</td>
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<tr>
<td>Crostini with Spicy Mango Shrimp Salsa</td>
<td>$16.99 per dozen</td>
<td>(1 each</td>
<td>70 cal)</td>
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</tbody>
</table>

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DELECTABLE DELIGHTS
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 $1.79 per guest
(1 oz. + 2 oz. chips | 250 cal)
Spinach and Crab Dip with Baguette Rounds $2.79 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)
$1.79 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 Tortilla Chips (2 oz. | 260 cal)
$1.79 per guest

COLD DISPLAYS
Small (15-25), Medium (25-50) and Large (50-75)

Fresh Farm Crudités with Ranch Dip (2 oz. + 2 oz. dressing | 15-190 cal)
$56.99 Small/$110.99 Medium/$157.99 Large
Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)
$56.99 Small/$110.99 Medium/$157.99 Large
Domestic Cheeses with Crackers (2 oz. + 6 crackers | 340 cal)
$63.99 Small/$124.99 Medium/$178.99 Large
Artisan Cheeses with Crackers (2 oz. + 6 crackers | 280 cal)
$88.99 Small/$174.99 Medium/$253.99 Large
Vegetarian Antipasto Platter with Baguette Rounds (1 serving + 1 cracker | 240 cal)
$73.99 Small/$145.99 Medium/$209.99 Large
Antipasto Platter with Baguette Rounds (1 serving + 1 cracker | 390 cal)
$163.99 Small/$324.99 Medium/$478.99 Large

SAVORIES CHEESECAKES
Please order by the Cheesecake and Torte. Served with Crackers.
(1 cracker | 25-70 cal)
Roasted Vegetable Cheesecake (serves 15-20 guests) $55.99 each
(1 slice | 360 cal)
Savory Pesto and Sun-Dried Tomato Torte (serves 50-75 guests) $110.99 each
(1 slice | 310 cal)

WINGS AND THINGS BAR
$6.99 per guest

CHOOSE TWO WING STYLES (1 wing serving):
Buffalo (80 cal)
BBQ (100 cal)
Honey (90 cal)
Cajun Style (90 cal)
Celery and Carrot Sticks (6 sticks, 3 each | 15 cal)
Bleu Cheese (2 oz. | 280 cal)
Ranch Dressing (2 oz. | 190 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
$7.99 per guest

**CHOOSE THREE:**
- Cheeseburger (1 sandwich | 180 cal)
- Hamburger (1 sandwich | 170 cal)
- Pork BBQ (1 sandwich | 330 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
$4.99 per guest

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

**CHOOSE FOUR:**
- 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)
$7.99 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)
$22.99 per guest

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)
$6.99 per guest

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp. | 80 cal)
$6.99 per guest

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GRAND FINALE
SWEET AND SALTY

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

ASSORTED HOME-STYLE COOKIES (1 cookie per serving) $7.99 per dozen
Peanut Butter (170 cal) Chocolate Chip (180 cal)
Sugar (170 cal) Oatmeal Raisin (160 cal)
Double Chocolate Chip with White Chips (170 cal)

BROWNIES (1 cut per serving) $11.99 per dozen
Blondie (220 cal) Fudge (350 cal)

GOURMET DESSERT BARS (1 cut per serving) $13.99 per dozen
Luscious Lemon Bar (70 cal) Raspberry Almond Bar (190 cal)
Gooey Chocolate Peanut Butter Bar (290 cal) Linzi Bar (210 cal)

ASSORTED MINI PETIT FOURS AND PASTRIES $23.99 per dozen
(1 each | 140 cal)

MULTI-GRAIN BARS AND GRANOLA BARS $1.49 per item
(1 bar | 90-160 cal)

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS $1.29 per item
(1 bag | 110-230 cal)

ASSORTED POPCORN $1.29 per guest
(1 bag | 120 cal)

MIXED NUTS WITH PEANUTS $15.99 per pound
(1 oz. | 120 cal)

TRAIL MIX $12.99 per pound
(1 oz. | 150 cal)

DESSERT STATION $3.79 per guest
Choice of Three (1 each per serving): Assorted Cupcakes (160-340 cal), Mini Red Velvet Whoopie Pies (390 cal), Assorted Mini Cookies (400 cal), Gourmet Bars (140-280 cal) or Seasonal Sliced Fresh Fruit (2 oz. | 25 cal)

ICE CREAM SUNDAE BAR $329.99 per station
45 guest minimum
Choice of Ice Cream Flavours (One per 45 guests):
Vanilla (1 scoop | 90 cal)
Chocolate (1 scoop | 90 cal)
Mint Chocolate Chip (1 scoop | 100 cal)

Choice of Two Sauces:
Chocolate (2 oz. | 200 cal)
Strawberry (2 oz. | 140 cal)
Butterscotch (2 oz. | 140 cal)

Choice of Three Toppings: Sprinkles (130 cal), Cookie Crumbs (130 cal), Crushed Peanuts (170 cal), M&M's® (140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180-200 cal) are included.

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