



Catering Menu

GOOD MORNING BREAKFAST BOXES

Breakfast Assortments

Assorted Pastries and Muffins
with Fruit & Yogurt Parfaits
110-360 cal
serves 4 | 20.69
serves 6 | 30.99

Bagels & Cream Cheese
with Fruit & Yogurt Parfaits
430 cal
serves 4 | 16.59
serves 6 | 24.89

Bagels with Cream Cheese (dozen)
14.99 - 210-310
Assorted Pastries (dozen)
24.99 - 110-450
Assorted Muffins (dozen)
27.49 - 330-450

COFFEE CARAFE

serves 8-10 | 19.99
Freshly brewed regular or decaf coffee
includes cups, creamer, sugar and
accessories.

BUILD A LUNCH BOX

Select Beverages, Treats and Snacks to complete
your boxed lunch.

Traditional Sandwiches

Ham & Cheddar on Wheat - 280 cal	3.89
Turkey & Cheddar on Wheat - 260 cal	3.89
Egg Salad on Wheat - 260 cal	3.89
Roast Beef & Cheese on Wheat - 300 cal	5.79
Tuna Salad on Wheat - 230 cal	3.89

Classic Sandwiches

Chicken Caesar Wrap - 600 cal	7.29
Turkey Club Wrap - 500 cal	7.29
Tuna Salad Wrap - 630 cal	7.29
Roasted Vegetable Wrap - 400 cal	7.29
Caribbean Jerk Chicken Ciabatta-400 cal	7.29

Specialty Salads

Chicken Caesar - 250 cal	6.79
Southwest Grilled Chicken - 310 cal	6.79
Thai Beef - 190 cal	6.79

SOUP OF THE DAY

serves 3-4 | 6.99

Meets Mindful Criteria

To place your order, call our catering team at 206-281-2056 or email us at catering@spu.edu.

Orders can be placed for pick-up at the Convenience Store Monday-Friday, 8am-6pm.
We request a minimum of 24 hours notice and a minimum of 4 meals per orders.

Cancellations will be subject to a minimum 50% charge. If you have last minute catering needs please call us.



GROUP BOXED MEALS FRESH FOR YOU

Includes chips or whole fruit and chocolate chip or oatmeal raisin cookie.

Classic Sandwiches

serves 4 | 36.99

serves 6 | 54.99

Chicken Caesar Wrap - 600 cal

Turkey Club Wrap - 460 cal

Tuna Salad Wrap - 590 cal

Roasted Vegetable Baguette - 440 cal

Caribbean Jerk Chicken Ciabatta - 390 cal

Roast Beef and Cheddar Baguette - 550 cal

Select Sandwiches

serves 4 | 37.99

serves 6 | 55.99

Twisted Turkey Wrap - 290 cal

Twisted Beef Wrap - 310 cal

Turkey, Onion & Gouda Baguette - 410 cal

Mediterranean Veggie Wrap - 260 cal

Caribbean Jerk Shrimp Mango Wrap - 560 cal

SHAREABLE SALADS

Classic Entrée Salads

serves 4-6 | 35.99

Chicken Caesar - 600 cal

Chef - 360 cal

Greek - 150 cal

Select Entrée Salads

serves 4-6 | 35.99

Southwest Grilled Chicken - 310 cal

Thai Beef - 380 cal

Classic Side Salads

serves 4-6 | 28.99

Tossed Garden Greens - 40 cal

Classic Pasta - 120 cal

BOTTLED BEVERAGES

Iced Tea - 40 cal/8 oz 2.29

Spring Water - 0 cal 1.59

Juice (Apple or Orange) - 150 cal | 8 oz 2.29

Soft Drinks - 35-170 cal | 12 oz 1.39

TREATS & SNACKS

Cookie - 150 cal .99

Cookie Pack (6) - 310-360 | 2 cookies 5.99

Chocolate Chip or Oatmeal Raisin

Lay's Chips - 15-38 cal 1.29

Popcorn - 350 cal 1.49

Whole Fruit - 70 cal 1.09

Meets Mindful Criteria

Calories shown for standard items.

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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