SPRING in Binghamton
Available from March 1 - May 31

Hors D’oeuvres

**Mango & Pineapple Guacamole with Freshly Fried Tortilla Chips** - $3.50/guest

**Cod, Lime, and Mango Ceviche** - $3.75/guest, minimum of 10 guests
Lighly poached Atlantic cod served in lime-infused clam broth with garlic, fresh cilantro, red & green onions

Premium Takeaways

**Strawberry Fields Forever Salad** - $13.00/salad
Baby greens with fresh strawberries, red onion, blue cheese, and toasted walnuts with honey poppy seed dressing

**Jerk Chicken & Avocado Salad** - $13.00/salad
Spicy jerk seasoned chicken, avocado, corn, red onion, tomatoes, black-eyed peas, and blue cheese on a bed of mixed greens

**Spring Salmon Salad** - $13.00/salad
Mixture of bibb lettuce and arugula topped with avocado, grapes, pine nuts, apples, goat cheese, and grilled salmon tossed with a honey balsamic vinaigrette

**Baja Turkey Flatbread Sandwich** - $13.50/each
Roasted turkey breast, Monterey jack cheese, shredded lettuce, and chili lime spread wrapped in an oven fired flatbread

**Citrus Tarragon Chicken Salad Sandwich** - $11.00/each
Smoked pulled chicken in a tangy Greek yogurt citrus dressing with spring mix and pickled banana peppers on a bun

**Turkey, Avocado & Quinoa Wrap** - $11.00/each
Roasted turkey breast, avocado, quinoa & toasted almonds with lime-cilantro ranch dressing on a wrap

Desserts

**Flan De Piña** - $2.00/each
Non-dairy pineapple custard garnished with fresh fruit and coulis

**Tres Leches Cupcakes** - $14.00/dozen
Fresh baked yellow cupcakes soaked in 3 milks topped with cream cheese frosting

Build Your Own Buffet

Build your own buffet includes:
Dinner Rolls, Two Entrées, Dessert, and Coffee Service
$15.00/guest - Minimum of 20 guests

Choose 1 salad, 2 sides, and 1 dessert

Salads

**Pico De Gallo Slaw**
Finely shredded cabbage with authentic Pico de Gallo

**Chipotle Roasted Sweet Potato Salad**
Sweet potatoes tossed with brown sugar, cumin and chipotle peppers, roasted and tossed with fresh cilantro and lime

Entrées

**Brazilian Flank Steak with Chimichurri Sauce**

**Chipotle Chicken Breast**

Sides

**Lime Cilantro Rice**

**Caribbean Skillet Sweet Potatoes**

**Tostones (twice fried plantains)**

**Sofrito Black Beans**

Desserts
(Choose one of the desserts to the left)
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 or order on-line at binghamtonudining.com

BREAKFAST

Mango Chia Overnight Oats
1 Parfait | 250 cal [V][C]
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 [V][C]
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 [V]
  (1/2 Cup | 90 cal)
• Non Fat Plain Greek Yogurt [V]
  (1/2 Cup | 60 cal)
• Parfait Low Fat Strawberry Yogurt [V]
  (1/2 Cup | 110 cal)

Select Three Fruits:
• Fresh Whole Strawberries [VC]
  (1 Tbsp | 0 cal)
• Fresh Blueberries [VC]
  (1 Tbsp | 5 cal)
• Fresh Red Raspberries [VC]
  (1 Tbsp | 0 cal)
• Granny Smith Apples [VC]
  (1 Tbsp | 0 cal)
• Fresh Mango [VC]
  (1 Tbsp | 0 cal)
• Golden Raisins [VC]
  (1 Tbsp | 30 cal)

Included Sauces:
• Apple Butter [V]
  (1 Tsp | 10 cal)
• Pure Maple Syrup [V]
  (1 Tsp | 10 cal)
• Honey [V]
  (1 Tsp | 20 cal)

Included Nuts:
• Pistachios [VC]
  (1 Tsp | 20 cal)
• Oats, Honey & Almonds Simply Granola [VC]
  (1 Tsp | 10 cal)

Included Seeds:
• Pumpkin Seeds [VC]
  (1 Tsp | 20 cal)
• Flax Seeds [VC]
  (1 Tsp | 20 cal)

HORS’ D’OEUVRES

Texas Bruschetta
1 Slice | 190 cal [V]
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 [V]
Strawberry quinoa salad, poblano & jalapeno peppers, toasted pumpkin seeds & spring mix lettuce in a spinach tortilla.
$12.99 each / minimum order 3

GRAB AND GO SALADS

Brussels Sprouts Kale Salad With Salmon
1 Salad | 670 cal
Baby kale, brussels sprouts, sunflower seeds, cranisms, 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 [C]
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 [V]
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.
$33.99 guest / minimum order 10

Grilled Eggplant Parmesan
1 Guest | 460 cal [V][C]
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 [V]
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 [V]
Refreshing blueberries, orange and ginger infused water.
$5.00 per gallon / minimum order 1 gallon

BINGHAMTON UNIVERSITY CATERING SERVICES
(607) 777-2925

W VEGAN  V VEGETARIAN  ☐ MINDFUL
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available.
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 V (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 | 10 cal)
• Golden Raisins VG (1 Tsp | 10 cal)
• Dry Roasted Unsalted Cashews VG (1 Tbsp | 0 cal)
• Fresh Mango VG (1 Tbsp | 0 cal)

Select One Salad:
• Super Bean Salad Mix VG (1 Salad | 130 cal)
• Brussels Sprout & Citrus Salad V V (1 Salad | 70 cal)
• Asparagus, Kalamata And Farro Salad V V (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 (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 VG (1 Slice | 160 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 V (8 oz | 80 cal)
• Thai Pea Soup VG V (8 oz | 110 cal)
• Spring Chicken Soup V (8 oz | 80 cal)

Select One Salad:
• Super Bean Salad Mix VG (1 Salad | 130 cal)
• Brussels Sprout & Citrus Salad V V (1 Salad | 70 cal)
• Asparagus, Kalamata And Farro Salad V V (1 Salad | 90 cal)

Select One Entrée:
• Beef Italian Meatballs (1 Meatball | 90 cal)
• Pork & Vegetable Egg Roll (1 Egg Roll | 230 cal)
• Chicken Salad Roll (1 Roll | 40 cal)
• Mini Bit (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 Chliegine 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 Three Hot Options:
• Sparkling Cookie Bites (4 Bites | 190 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)

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 Bit (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 Chliegine 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)
• 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)

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