



# CATERING THE MINDFUL WAY

Do you want simplicity in making healthy choices? Mindful delivers. Satisfying portions with fewer calories and great taste...that's Mindful.

Mindful...where making healthy choices becomes second nature. Mindful believes in complete meals, entrees, sides, bowls of soup, and snacks, that are nutritious, taste great, and keep you satisfied. Our chefs and dietitians worked together to create Mindful choices that are lower in calories, low in saturated fat, trans-fat free, lower in cholesterol, lower in sodium, and high in fiber.

When you see the Mindful logo on our menus, you can be assured you are making a healthier choice. All items will be prepared according to recipe including portion size, to keep mindful qualities.

If you have special dietary restrictions, such as gluten free, nut free, etc., please let us know and we will do our best to accommodate them.



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## BREAKFAST

### Healthy Start

A seasonal fresh fruit tray, whole wheat bagels with light cream cheese, margarine, jellies, low-fat blueberry muffins, and low-fat/nonfat yogurt. Includes assorted 100% fruit juices, coffee/decaf, tea and ice water  
\$10.75/guest

Add hot oatmeal or cold cereal & 1% or nonfat milk  
\$2.75/guest

### Breakfast Buffet

- Fresh Fruit Salad 
- Scrambled Egg Substitute 
- Oven Roasted Potatoes 
- Crisp Turkey Bacon or Turkey Sausage Patties
- Assorted Low-fat Muffins
- Low-fat Carrot Raisin Bars 
- Texas French Toast 
- OR
- Griddle Fresh Whole Wheat Pancakes 

Choose one:

- **Cinnamon Pear** - Buttermilk pancakes enhanced with whole wheat flour, pears and cinnamon
- **Banana Walnut** - Buttermilk pancakes enhanced with whole wheat flour, banana and walnuts
- **Blueberry** - Buttermilk pancakes enhanced with whole wheat flour and blueberries

Assorted 100% fruit juices, coffee/decaf, tea and ice water  
\$11.75/guest

### Homestyle Frittatas

Zucchini and Mushroom \$3.50/guest

Veggie \$3.50/guest 

Veggie and Cheese Frittata Sandwich \$3.75/guest

### Low-Fat or Nonfat Yogurt Parfait

Yogurt, seasonal fresh fruit and cereal/granola individual parfaits   
\$2.35/guest

### Bakery Items

Assorted Bagels served with Light Cream Cheese  
\$16.00/dozen   
Glazed Apple Spice Coffee Cake  
\$9.99/each

### Seasonal Whole Fruit

\$1.10/each

### Seasonal Fresh Fruit Platter

Small (Serves 15-25) \$96.25  
Medium (Serves 25-50) \$192.50  
Large (Serves 50-75) \$288.75



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## SALADS, SANDWICHES, & SOUPS

*Salads include: whole wheat dinner roll with margarine, carrot raisin bar, bottled water*

### Roasted Root Vegetable Salad

Roasted root vegetables, grape tomatoes, toasted pumpkin seeds and baby spinach with stone ground honey mustard dressing  
\$8.50/guest

### Masala Chicken and Grape Salad

Masala grilled chicken, red grapes, chickpeas, fresh mint and curry pita chips on mixed greens with creamy mango dressing  
\$9.55/guest

### Salmon Berry Blast Salad

Salmon, strawberries and feta over spring greens with a citrus-tomato dressing  
\$12.75/guest

### Grilled Portobello Caesar Salad

Crisp romaine, parmesan  cheese, baked French bread croutons with roasted Portobello and reduced fat Caesar dressing  
\$9.65/guest

### Dijon Curry Chicken Salad on Pita

Chicken salad with apples, grapes, celery, almond, Dijon, curry, mayonnaise and spring mix in a pita  
\$9.55/guest

### Tabbouleh Hummus Pita Wrap

Pita wrap filled with hummus, tabbouleh, roasted red peppers, red onion, and a  creamy cucumber yogurt sauce  
\$9.75/guest

### Grape and Walnut Tuna Baguette

Grape and walnut tuna salad with spring lettuces and tomato on a crusty baguette  
\$9.65/guest

*All soups served with crackers*  
\$ 2.89/guest

### Garden Vegetable Soup

### Tomato Basil Soup

### Chicken Noodle Soup

### Minestrone Soup

### Vegetarian Chili

\$ 3.00/guest



*Sandwiches include: side salad, baked chips or pretzels, carrot raisin bar or fresh fruit, bottled water*



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## SERVED LUNCHEONS AND DINNERS

### Entrees

All entrees served with house salad, 2 homemade salad dressings, whole wheat dinner rolls with margarine, starch, vegetable, dessert, beverage

### Fish

#### Citrus and Herb Salmon

Salmon fillet with citrus and herb crust  
\$18.75/guest

#### Mango Crusted Tilapia

Crusted fillet served with pineapple relish  
\$14.95/guest

### Chicken

#### Ginger Chicken Breast

Chicken breast grilled with citrus fresh ginger  
Marinade \$15.25/guest

#### Peruvian Lime Chicken Breast

Chicken breast seasoned with Peruvian rub and lime  
juice \$15.75/guest

#### Chicken Breast Speidini

Baked chicken tossed in garlic herb crust over whole  
wheat penne and marinara sauce \$15.25/guest

### Beef

#### Beef Ragu over Farfalle

Braised beef with Italian herbs and red wine  
\$14.75/guest

### Pork

#### Hawaiian Roasted Pork Tenderloin

Pork loin roasted with pineapple kiwi salsa  
\$15.75/guest

### Turkey

#### Tuscan Style Turkey Breast

Slow roasted turkey breast marinated in Sauterne  
wine and lemon juice \$15.75/guest

### Vegetarian

#### Orecchiette with Broccoli and Chick Peas

Pasta orecchiette with broccoli and chick peas  
\$12.75/guest



#### Braised Vegetables and Quinoa

Hearty root vegetables, slowly braised and served  
over tender quinoa \$15.00/guest



#### Vegetable Paella

Vegetables served with white rice \$12.75/guest

### Starch (choose one):

Whole wheat penne, rice noodles, oven roasted  
potatoes, mashed sweet potatoes, baked sweet  
potatoes, baked potatoes, baked fries, roasted bliss  
potatoes, basmati rice with shallots & garlic, white  
rice, barley rice pilaf, brown rice, wild rice, or quinoa

### Vegetable (choose one):

Sautéed spinach in olive oil with garlic, fresh broccoli  
florets, whole green beans, sliced carrots, Italian  
roasted vegetables, steamed cauliflower, collard  
greens, roasted Brussels sprouts, or roasted  
zucchini with red/green/yellow peppers



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## Desserts

Assorted Fresh Berries 

Apple Crisp 

Citrus Angel Food Cake with Lemon Glaze 

Quinoa Chocolate Chip Cookies 



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## BREAKS & SNACKS

### Seasonal Sliced Fruit Tray

Small (Serves 15-25) \$96.25

Medium (Serves 25-50) \$192.50

Large (Serves 50-75) \$288.75

### Seasonal Whole Fruit

\$1.10/each

### Fruit Skewers

Fresh seasonal fruit on individual serving skewers  
\$12.95/dozen

### Crudit  Tray with Hummus & Salsa Dips

Small (Serves 15-25) \$75.00

Medium (Serves 25-50) \$150.00

Large (Serves 50-75) \$225.00

### Hummus with Crisp Pita Triangles

\$2.70/guest

### Trail Mix Bar

Build your own trail mix from Cheerios, almonds, peanuts, raisins, and M&M's  
\$4.15/guest

### Assorted Granola Bars

\$1.35/each

### Low-Fat Carrot Raisin Bars

\$14.75/dozen

### Chewy Chocolate Rice Krispy Bars

\$13.00/dozen

### Baked Potato Chips or Pretzels

\$1.75/guest

### Low-Fat or Nonfat Yogurt Parfaits

Yogurt, seasonal fresh fruit and cereal/granola individual parfaits  
\$2.35/guest

### Smoothies \$3.85/guest

Carrot Apple Smoothie 

Banana Avocado  Smoothie

## BEVERAGES

Coffee/Decaf \$15.00/gallon

Tea \$12.95/gallon

Fresh Brewed Iced Tea \$8.80/gallon

Served with lemon and sweeteners

Assorted Seltzers \$1.50/each

Chilled Assorted 100% Fruit Juices \$1.95/each

Infused Ice Water Selections \$ 5.00/gallon

Mixed Berry

Cucumber Melon

Cucumber Mint

Watermelon Mint Water

Lemon Ginger

Orange Thyme

Bottled Water \$1.65/each



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