



SEASONS 67



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 Seasons '67, decidedly different. Seasons '67 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 Seasons '67 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 Seasons '67 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 by phone at 304-293-5105, email us at catering_sales@mailwvu.edu or visit our website: diningservices.wvu.edu/catering.

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, Seasons '67 delivers fulfillment, enjoyment and peace of mind.

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TASTE CONVENIENCE...

SEASONS '67

AT WEST VIRGINIA
UNIVERSITY

mf – mindful, v – vegetarian, vg – vegan

We can also accommodate Gluten Free requests.

Breakfast

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; both high quality plastic serviceware and china are available, upon request, for an additional cost. Standard beverage service is available in disposable products. Freshly Brewed Coffee (8 fluid oz. | 0 cal), Decaffeinated Coffee (8 fluid oz. | 0 cal) and Teavana Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Teavana Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 15 or more.



CONTINENTAL

\$12.75 per guest

Seasonal Sliced Fresh Fruit **mf|vg** 4 oz. | 50 cal

CHOOSE TWO:

Assorted Breakfast Breads **v** 1 slice | 200 - 280 cal

Mini Scones 1 each | 180-210 cal

Cinnamon Rolls **v** 1 each | 110 - 450 cal

Coffee Cake **v** 1 square | 240-450 cal

Assorted Danish 1 each | 270 cal

Assorted Bagels **v** 1 bagel | 200-280 cal

Cream Cheese, Butter and Assorted Jellies

Chilled Bottles of Orange Juice 10 oz. | 150 cal

Chilled Bottles of Apple Juice 10 oz. | 140 cal

BREAKFAST BUFFET

\$17.25 per guest

Seasonal Sliced Fresh Fruit **mf|vg** 4 oz. | 50 cal

CHOOSE TWO:

Mini Croissants **v** 1 each | 280 - 310 cal

Assorted Muffins 1 each | 330 - 450 cal

Low-Fat Muffins **v** 1 each | 160 - 210 cal

Assorted Breakfast Breads **v** 1 slice | 370 - 400 cal

Coffee Cake **v** 1 square | 240 - 450 cal

Danish 1 each | 270 cal

Cream Cheese, Butter and Assorted Jellies

Sliced Lyonnaise Potatoes **mf|vg** 4 oz. | 120 cal or O'Brien Potatoes **v** 4 oz. | 190 cal

CHOOSE TWO:

Crispy Bacon 1 slice | 50 cal

Breakfast Ham Steak **mf** 1/2 slice | 50 cal

Sausage 2 links | 100 cal

Turkey Bacon **mf** 1 slice | 10 cal

Turkey Link Sausage **mf** 2 links | 70 cal

CHOOSE ONE:

Cage-Free Scrambled Eggs **v** 4 oz. | 190 cal

Spinach and Pesto Scrambled Eggs **v** 4 oz. | 170 cal

Garden Vegetable Quiche **v** 1 wedge | 350 cal

Hashbrown, Mushroom and Spinach Quiche **v** 1 wedge | 210 cal

ADD ON:

Apple Pancakes **v** 2 each | 260 cal or Wheat Berry Pecan French Toast with Warm Maple Syrup and Melted Butter **v** 3 halves | 200 cal

\$2.00 per guest

Chilled Bottles of Orange Juice 10 oz. | 150 cal

Chilled Bottles of Apple Juice 10 oz. | 140 cal

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Breakfast

HEALTHY START

\$13.75 per guest

Seasonal Sliced Fresh Fruit **mf|vg** 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

Whole Wheat Bagels, Low-Fat Cream Cheese and Assorted Jellies **v** 1 each | 60 - 100 cal

Chilled Bottles of Orange Juice 10 oz. | 150 cal

Chilled Bottles of Apple Juice 10 oz. | 140 cal

OMELET STATION

\$5.00 per guest

Upon request, the following items can be added to any of the breakfast menus.
These menus are available for groups of 25 or more.

Cage-Free Eggs **v** 2 eggs | 140 cal

Ham **mf** 2 tbsp. | 20 cal

Turkey Bacon **mf** 2 tbsp. | 35 cal

Feta Cheese **v** 1 oz. | 70 cal

Seasonal Garden Vegetables varies by season

Sweet Peppers **v** 3 oz. | 20 cal

Cage-Free Egg Whites **mf|v** 4 oz. | 60 cal

Bacon **mf** 2 tbsp. | 50 cal

Shredded Cheddar 1 oz. | 110 cal

Diced Tomatoes 1 oz. | 5 cal

Scallions 1 oz. | 10 cal

All will be prepared by one of our talented culinarians for an additional cost.

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A LA CARTE

Selection

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Selections from these menus are presented buffet style. Services include delivery, linen-draped buffet service tables, set up and clean up. Linen for guest tables is available, upon request, for an additional cost. Waited Service is available, upon request. Add a toaster to your sunrise bakery event for \$1.00 per guest.

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FROM THE BAKERY

Sold per dozen. Minimum of 2 dozen each.

ASSORTED FRESHLY HOUSE-BAKED MUFFINS \$15.75 per dozen

Cappuccino Chocolate Chunk 1 muffin | 450 cal
Cranberry Orange 1 muffin | 330 cal
Blueberry 1 muffin | 390 cal
Lemon Poppy Seed 1 muffin | 400 cal

ASSORTED BREAKFAST BREADS & COFFEE CAKES \$13.85 per dozen

Chocolate Espresso Coffee Crumble **v** 1 slice | 450 cal
Apple Streusel Coffee Cake **v** 1 square | 260 cal
Banana Nut Bread **v** 1 slice | 370 - 400 cal
Double Lemon Poppy Seed Coffee Cake **v** 1 square | 240 cal

ASSORTED DANISH 1 each | 270 cal \$12.75 per dozen

ASSORTED BAGELS **v** with Low-Fat Cream Cheese and Assorted Jellies 1 bagel | 210 - 310 cal \$21.50 per dozen

SOUTHERN STYLE BISCUITS with Butter, Margarine, Honey and Jellies 1 each | 290 cal \$15.45 per dozen

ASSORTED MINI SCONES **v** 1 each | 180 - 210 cal \$16.25 per dozen

CINNAMON ROLLS **v** 1 each | 110 - 450 cal \$15.50 per dozen

STICKY BUNS 1 each | 790 cal \$14.75 per dozen

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT 1 each | 90 - 180 cal \$2.25 each

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA 1 each | 200 - 360 cal \$3.15 each

SEASONAL SLICED FRESH FRUIT **mf|vg**...4 oz. | 50 cal Small 15-25...\$62.50 per tray Medium 25-50...\$125.00 per tray Large 50-75...\$187.50 per tray

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First

THINGS FIRST

Sold per dozen. Minimum of 2 dozen each.

BREAKFAST SANDWICH \$25.25 per dozen

Choice of One:

Toasted English Muffins **v** 1 each | 110 cal

Whole Grain Flatbread **v** 1 each | 180 cal

Bagels **v** 1 each | 280 cal

Croissants **v** 1 each | 280 - 310 cal

Biscuits **v** 1 each | 290 cal

Choice of One:

Cage-Free Scrambled Eggs **v** 4 oz. | 190 cal

Cage-Free Scrambled Eggs and Cheddar Cheese **v** 4 oz. | 240 cal

Cage-Free Scrambled Egg Whites **mf|v** 4 oz. | 60 cal

Choice of One:

Pork Sausage Patty 1 patty | 140 cal

Turkey Bacon **mf** 1 slice | 10 cal

Ham **mf** 1 slice | 30 cal

Bacon 1 slice | 50 cal

Add a Slice of American Cheese 1 slice | 50 cal **\$1.00 each**

BREAKFAST TACO \$29.25 per dozen

Choice of One:

Flour Tortilla **v** 1 each | 210 cal

Wheat Tortilla **v** 1 each | 180 cal

Choice of One:

Cage-Free Scrambled Eggs **v** 4 oz. | 190 cal

Cage-Free Scrambled Eggs and Cheese **v** 4 oz. | 240 cal

Cage-Free Scrambled Egg Whites **mf|v** 4 oz. | 60 cal

Choice of One:

Pork Sausage Patty 1 patty | 140 cal

Bacon 1 slice | 50 cal

Home Fried Potatoes **v** 4 oz. | 150 cal

Ham **mf** 1 slice | 30 cal

Turkey Bacon **mf** 1 slice | 10 cal

Accompanied by:

Shredded Cheddar Cheese **v** 1 oz. | 110 cal

Fresh Salsa **vg** 2 oz. | 15 cal

Low-Fat Cheddar Cheese **v** 1 oz. | 90 cal

Pico de Gallo **vg** 2 oz. | 15 cal

Sour Cream **v** 1 tbsp. | 30 cal

Add a Side of Guacamole **vg** 2 oz. | 80 cal **\$1.00 each**

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First

THINGS FIRST

A LA CARTE SELECTIONS

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 15 or more.

HOME FRIES WITH CARAMELIZED ONIONS **vg**

\$1.50 per guest 4 oz. | 150 cal

ROASTED SWEET POTATOES **vg**

\$2.75 per guest 4 oz. | 170 cal

CAGE-FREE HARD BOILED EGGS **v**

\$1.25 per guest 1 each | 70 cal

INDIVIDUAL BISCUIT QUICHES **\$2.25 per guest**

Quiche Lorraine 1 each | 370 cal

Garden Vegetable Quiche **v** 1 each | 330 cal

Broccoli Cheddar Quiche **v** 1 each | 310 cal

FRITTATAS **\$2.50 per guest**

Asparagus, Feta and Egg White Frittata **v** 1 square | 250 cal

WHEAT BERRY PECAN CRUNCH FRENCH TOAST **mf|v**

\$3.25 per guest 3 halves | 380 cal

OATMEAL BAR **\$6.65 per guest**

Steel Cut Oatmeal **vg** 8 oz. | 170 cal

Served with a Choice Of Four:

Dark or Light Brown Sugar **v** 1 oz. | 110 cal

Blueberries **mf|vg** 2 oz. | 30 cal

Strawberries **mf|vg** 2 oz. | 15 cal

Honey **v** 1 oz. | 90 cal

Ground Cinnamon 1 oz. | 0 cal

Raisins **mf|vg** 1 oz. | 80 cal

Walnut Pieces 1 oz. | 190 cal

Dried Cranberries **mf|v** 1 oz. | 90 cal

Choice of Milk:

Whole 3 oz. | 60 cal

2% 3 oz. | 45 cal

Non-Fat 3 oz. | 30 cal

Soy 3 oz. | 40 cal

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Refresh and Rejuvenate

Eco-friendly serveware is included; both high quality plastic serveware and china are available, upon request, for an additional cost. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

COFFEE AND TEA SERVICE

\$3.50 per guest

Coffee Service includes Freshly Brewed Coffee, Decaffeinated Coffee and Teavana Herbal and Non-Herbal Teas to include Decaffeinated Teavana Tea with Hot Water 8 oz. | 0 cal

HOT BEVERAGES

16 servings per gallon

Freshly Brewed Coffee and Decaffeinated Coffee 8 oz. | 0 cal

\$30.00 per gallon

Freshly Brewed Flavoured Coffee and Decaffeinated Coffee 8 oz. | 0 cal

\$35.00 per gallon

Teavana Herbal and Non Herbal Teas to include Decaffeinated Teavana Tea with Hot Water 8 oz. | 0 cal

\$30.00 per gallon

Hot Chocolate 8 oz. | 200 cal

\$30.00 per gallon

COLD BEVERAGES

16 servings per gallon

Bottled Orange Juice 10 oz. | 140 cal

\$1.50 per guest

Bottled Apple Juice 10 oz. | 90 cal

\$1.50 per guest

Bottled Cranberry Juice 10 oz. | 210 cal

\$1.50 per guest

Bottled Water 12 oz. | 0 cal

\$1.75 per guest

Assorted Canned Soft Drinks, Regular and Diet 12 oz. | 0-180 cal

\$1.50 per guest

Sweet Tea 8 oz. | 20 cal

\$30.00 per gallon

Unsweetened Tea 8 oz. | 0 cal

\$30.00 per gallon

Lemonade 8 oz. | 130 cal

\$30.00 per guest

Seasonal Infused Water 8 oz. | 0-30 cal

\$40.00 per gallon

Ice Water Station 8 oz. | 130 cal

includes lemon, lime and orange wedges

\$25.00 per guest

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Greens To Go

PREMIUM TAKEAWAY SALADS

*All Salads are served with choice of a Parker House Roll (1 roll | 100 cal) and Butter, Seasonal Fresh Fruit Cup **mf|v** (4 oz. | 45 cal), Brownie (1 each | 170 - 180 cal) or a Large Cookie (1 each | 160-170 cal) and Bottled Water (20 oz. | 0 cal). Eco-friendly serviceware is included; china is also available, as is plated service, upon request, for an additional cost. Services include delivery, linen-draped service tables, set up and clean up. Please make 2 salad selections plus 1 vegetarian salad selection. Available for groups of 15 or more.*

CAESAR SALAD

1 salad | 490 cal \$10.75 per guest

Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing

Add Grilled Breast of Chicken
3 oz. | 110 cal \$3.00 per guest

Add Grilled Portobello Mushroom
4 oz. | 60 cal \$2.00 per guest

Add Grilled Shrimp
4 shrimp | 110 cal \$4.00 per guest

Add Grilled Salmon
4 oz. | 250 cal \$4.00 per guest

EDAMAME NUT SALAD **mf|v**

1 salad | 230 cal \$11.75 per guest

Shelled Edamame, Almonds, Sunflower Seeds, Diced Apples and Dried Cranberries on Crisp Lettuce with a Creamy Poppy Seed Dressing

NAPA VALLEY CHICKEN SALAD **mf**

1 salad | 310 cal \$11.75 per guest

Creamy Chicken Salad Laced with Tarragon on Field Greens, Red Grapes, Carrots, Granny Smith Apples and Toasted Walnuts

CLASSIQUE NIÇOISE SALAD

1 salad | 200 cal \$11.75 per guest

Tuna Tossed with Red Bliss Potatoes, Kalamata Olives, Hard-Boiled Egg, Green Beans and Red Onion Over Mixed Baby Greens with Honey Balsamic Dressing

GREEK SALAD **mf|v**

1 salad | 210 cal \$11.75 per guest

Classic Greek Salad of Firm Tomatoes, Cucumbers, Red Onion, Kalamata Olives and Feta Drizzled with a Light Vinaigrette

GARDEN SALAD **mf|v**

1 salad | 280 cal \$10.75 per guest

Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins and Almonds on a Bed of Tossed Greens with a Choice of Dressing

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Moveable Feast

PREMIUM TAKEAWAY SANDWICHES

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All Box Lunches include a Bag of Chips (1 bag | 130-220 cal) and a choice of one: Fresh Fruit Salad **mf|vg** (3 oz. | 25 cal), Minted Cucumber Salad **mf** (3 oz. | 15 cal), Artichoke Hearts with Italian Parsley **mf** (3 oz. | 45 cal), Potato Salad (4 oz. | 45 cal), BLT Pasta Salad (3 oz. | 170 cal), Brownie (1 each | 170 - 180 cal) or a Large Cookie (1 each | 160-170 cal) and Bottled Water (20 oz. | 0 cal). Eco-friendly serviceware is included; both high quality plastic serviceware and china are available, as is plated service, upon request, for an additional cost. Services include delivery, linen-draped service tables, set up and clean up. Please make 2 sandwich selections plus 1 vegetarian sandwich selection. Available for groups of 15 or more.

TWISTED TURKEY WRAP **mf**

1 sandwich | 300 cal \$12.25 per guest

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

SMOKED TURKEY AND BRIE CROISSANT

1 sandwich | 520 cal \$12.25 per guest

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

CHIMICHURRI FLANK STEAK SANDWICH

1 sandwich | 500 cal \$12.25 per guest

Chimichurri Flank Steak, Smoke Essence, Roasted Red Peppers, Onions and Fire-Roasted Tomato Salsa on a Baguette

PARMESAN BEEF SANDWICH

1 sandwich | 470 cal \$12.25 per guest

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

NATURAL BISTRO HUMMUS CHICKEN SANDWICH **mf**

1 sandwich | 530 cal \$12.25 per guest

Balsamic Herb Chicken Breast, a Dollop of Fat-Free Hummus, Bistro Sauce, Roasted Red Peppers and Onions on a Multigrain Roll

BUFFALO CHICKEN WRAP

1 sandwich | 370 cal \$12.25 per guest

Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Fat-Free Ranch in a Carb-Friendly Whole Wheat Wrap

TABBOULEH AND HUMMUS PITA WRAP

mf|v 1 sandwich | 560 cal \$12.25 per guest

Honey Wheat Pita Packed with Hummus, Tabbouleh, Roasted Red Peppers and Red Onion Topped with Creamy Cucumber Yogurt Sauce

PORTOBELLO RUSTICO

1 sandwich | 430 cal \$12.25 per guest

Roasted Balsamic Portobello Mushroom, Fresh Mozzarella and Basil, Roasted Tomato Salsa and Baby Spinach on a Multigrain Roll

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At Your Service

SERVED LUNCHEONS AND DINNERS

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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 Folgers Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal), Herbal and Non-Herbal Teavana Teas (8 oz. | 0 cal) with Hot Water, Freshly Brewed Iced Tea (8 oz. | 0 cal) and Ice Water (8 oz. | 0 cal). China service is also available, upon request, for an additional cost. Services include delivery, linen-draped service tables, set up and clean up. Served meals are only available for guests of 15 or more.

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CHICKEN

APRICOT AND GOAT CHEESE CHICKEN BREAST

1 plate | 160 cal \$18.95 per guest

Chicken Roulades Brimming with Diced Apricots and Fresh Goat Cheese Placed over a Light Warm Sauce with Tarragon

CHICKEN CORDON BLEU

1 plate | 910 cal \$18.95 per guest

Chicken Breast Stuffed with Swiss Cheese and Smoked Ham, Coated in Garlic Thyme Panko, then Baked Golden Brown

CHICKEN, continued

ROASTED CHICKEN FLORENTINE

1 plate | 410 cal \$18.95 per guest

Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

SESAME CHICKEN BREAST

1 plate | 340 cal \$18.95 per guest

Chicken Breast in a Marinade of Soy, Fresh Garlic and Ginger, Cilantro and Scallions Grilled and Finished with Sesame Seeds

BEEF AND PORK

BEEF TENDERLOIN STUFFED WITH SPINACH

1 plate | 390 cal \$27.00 per guest

Beef Tenderloin Roulades Brimming with Baby Spinach, Red Peppers and Tangy Asiago Cheese, Slow Roasted, Served Au Jus

GORGONZOLA ENCRUSTED FILET WITH CABERNET DRIZZLE

1 plate | 290 cal \$37.95 per guest

Choice Cut of Filet Mignon, Grilled in Butter, Finished with Savory Gorgonzola Crumbles and Served with Cabernet Sauce

BLACKENED FLANK STEAK WITH DEMI-GLACE

1 plate | 560 cal \$26.25 per guest

Cajun Spices Rubbed on a Lean Flank Steak, Flash Grilled in a Hot Skillet to Blacken and Sear in Juices with a Beef Broth and Buttery Roux

ROASTED PORK TENDERLOIN WITH SWEETENED RASPBERRY VINEGAR SAUCE

1 plate | 290 cal \$19.25 per guest

Slow-Roasted Pork Tenderloin Dressed with a Tart Red Wine Vinegar Sauce and Accented with Raspberry, Horseradish and Garlic

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS

1 plate | 530 cal \$19.25 per guest

Pan-Seared Pork Tenderloin Covered in a Savory Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg

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At Your Service

SERVED LUNCHEONS
AND DINNERS, CONTINUED

Served meals are only available for guests of 15 or more.

COMBINATION PLATE

GRILLED BEEF TENDERLOIN & MARYLAND CRAB CAKE WITH A DEMI DIJON MUSTARD SAUCE mf

1 plate | 560 cal \$25.95 per guest

Tenderloin of Beef Dusted with Salt, Pepper, Rosemary and Parsley, then Charred for a Light Smoky Flavor and Light, Crispy Crab Cakes with a Crunchy Crust Served with a Stone Ground Mustard Sauce

SEAFOOD

MARYLAND CRAB CAKES

1 plate | 190 cal \$28.50 per guest

Light, Crispy Crab Cakes Cooked up Southern-Style with a Crunchy Crust and Our Special Blend of Seasonings

BROILED SALMON WITH TWO SALSAS

1 plate | 310 cal \$25.95 per guest

Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives

GARLIC SHRIMP SKEWERS

1 plate | 350 cal \$22.50 per guest

Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

VEGETARIAN

BALSAMIC MARINATED PORTOBELLO MUSHROOMS vg

1 plate | 580 cal \$17.25 per guest

Balsamic-Sweetened Portobello Mushrooms with a Quinoa and Zucchini Pilaf Seasoned with Fresh Basil, Rosemary and Garlic

VEGETABLE WHOLE WHEAT PASTA PRIMAVERA v

1 plate | 340 cal \$17.25 per guest

Al Dente Whole Wheat Pasta Tossed with Sautéed Zucchini, Broccolini, Heirloom Tomatoes and Onions in a Creamy Béchamel

EGGPLANT ROULADE WITH WILD MUSHROOMS AND TOFU v/vg

1 plate | 580 cal \$17.25 per guest

Eggplant Roulade with a Peppery Wild Mushroom and Tofu Medley, a Roasted Plum Tomato Sauce and Caramelized Onion Polenta

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Entrée Accompagniments

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette **v**
1 salad | 110 cal

Iceberg Wedge with Maytag Bleu Cheese **v** 1 salad | 130 cal

Caesar Salad with Anchovies and Homemade Croutons **v** 1 salad | 160 cal

Fresh Mozzarella and Tomato Stack with Fresh Basil **v** 1 salad | 430 cal

Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing **v**
1 salad | 740 cal

Greek Salad with Feta Cheese and Balsamic Vinaigrette **mf|v** 1 salad | 190 cal

Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze
1 salad | 350 cal

SIDES

Choice of One:

Herb Crusted Broiled Tomatoes **mf|vg** 1 half | 35 cal

Roasted Root Vegetables **mf|v** 4 oz. | 60 cal

Fresh Carrots with Dill **v** 4 oz. | 40 cal

Roasted Fresh Seasonal Asparagus **mf|vg** 4 oz. | 30 cal

Sautéed Fennel and Brussels Sprouts **v** 4 oz. | 70 cal

Fresh Green Beans **v** 4 oz. | 40 cal

Fresh Spinach and Garlic Sauté **vg** 4 oz. | 45 cal

Choice of One:

Mashed Sweet Potatoes **v** 4 oz. | 210 cal

Vegetable Risotto **v** 4 oz. | 210 cal

Oven-Herbed Roasted Red Potatoes **v** 4 oz. | 130 cal

Roasted Fingerling Potatoes **v** 4 oz. | 180 cal

Israeli Couscous **mf|v** 4 oz. | 110 cal

Basil Orzo **mf|v** 4 oz. | 190 cal

Lemon Rice **mf|v** 4 oz. | 140 cal

Fontina Risotto Cake **v** 1 cake | 210 cal

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In Good Company

DESSERTS

Chocolate Fudge Cake 1 slice | 590 cal

Dutch Apple Pie 1 slice | 450 cal

Cora's Red Velvet Cake 1 slice | 760 cal

Lemon Meringue Pie 1 slice | 300 cal

Carrot Cake with Cream Cheese Frosting 1 slice | 350 cal

ADDITIONAL OPTIONS:

Cookies and Cream Cheesecake

1 slice | 520 cal **\$3.25 per guest**

White Chocolate Raspberry Creme Brûlée

1 each | 840 cal **\$3.25 per guest**

Chocolate Almond Ganache Cake

1 slice | 360 cal **\$3.25 per guest**

Designer Key Lime Pie

1 slice | 1,000 cal **\$4.00 per guest**

Deluxe New York Cheesecake with Strawberry Sauce

1 slice | 450 cal **\$4.00 per guest**



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Bountiful Buffets

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Design your Platters from these menus that are presented buffet style. Bottled Water (20 oz. | 0 cal) is included. Services include delivery, linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; both high quality plastic serviceware and china are available, upon request, for an additional cost. Standard service is on disposable platters. These menus are available for groups of 15 or more. Waited service is available upon request.

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SIGNATURE SALADS

\$20.95 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

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 **mf** 1 salad | 200 cal

Napa Valley Chicken Salad **mf** 1 salad | 290 cal

Grilled Chicken Tabbouleh Salad **mf** 1 salad | 240 cal

Greek Salad **mf** 1 salad | 190 cal

Cobb Salad 1 salad | 770 cal

Italian House Wedge Salad 1 salad | 180 cal

Caesar Salad **mf** 1 salad | 490 cal

with Shrimp 4 shrimp | 110 cal \$4.00 per guest

with Portobello Mushroom 4 oz. | 60 cal \$2.00 per guest

with Grilled Chicken 3 oz. | 110 cal \$3.00 per guest

with Salmon 1 filet | 250 cal \$5.00 per guest

Choose Two Additional Salad:

Market Salad with Balsamic Vinaigrette **v** 1 salad | 110 cal

Italian Cucumber Salad **vg** 4 oz. | 90 cal

Seasonal Fresh Fruit Salad **mf** 4 oz. | 45 cal

Apple Fennel Slaw **mf** 4 oz. | 90 cal

Minted Cucumber Salad **mf** 4 oz. | 20 cal

Orzo and Pepper Salad **mf** 4 oz. | 170 cal

Artichoke Hearts with Italian Parsley **mf|vg** 4 oz. | 60 cal

Broccoli & Cavatelli Salad **mf** 4 oz. | 120 cal

Farmhouse Potato Salad **v** 4 oz. | 220 cal

Antipasto Platter **mf** 1 serving | 340 cal

Vegetarian Antipasto Platter **v** 1 serving | 190 cal

Seasonal Crudité with 2 oz. | 15 cal

Hummus **vg** 1 oz. | 50 cal

Ranch Dip **vg** 2 oz. | 110-190 cal

mf – mindful, **v** – vegetarian, **vg** – vegan

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Bountiful Buffets.

CONTINUED

HANDCRAFTED SANDWICHES

\$20.50 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 **mf** 1/2 wrap | 160 cal

Tuscan Grilled Chicken Breast on Multigrain Roll **mf** 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 **v** 1/2 sandwich | 200 cal

Tabbouleh Hummus Pita **v** 1/2 sandwich | 280 cal

Dijon Egg Salad on Pumpernickel Bread **v** 1/2 sandwich | 180 cal

Choose Two Side Salads:

Market Salad with Balsamic Vinaigrette **v** 1 salad | 110 cal

Seasonal Fresh Fruit Salad **mf** 4 oz. | 45 cal

Apple Fennel Slaw **mf** 4 oz. | 90 cal

Minted Cucumber Salad **mf** 4 oz. | 20 cal

Orzo and Pepper Salad **mf** 4 oz. | 170 cal

Artichoke Hearts with Italian Parsley **mf|vg** 4 oz. | 60 cal

Farmhouse Potato Salad **v** 4 oz. | 220 cal

Seasonal Crudit  with 2 oz. | 15 cal

Hummus **vg** 1 oz. | 50 cal

Ranch Dip **vg** 2 oz. | 110-190 cal

mf – mindful, **v** – vegetarian, **vg** – vegan

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Bountiful Buffets.

CONTINUED

These menus are available for groups of 15 or more.

ARTISANAL DELI AND PLATTERS

\$21.95 per guest

Personalize Your Deli Presentation with a Selection of Signature Ingredients and Platters Offered in Build Your Own Style, Accompanied by:

Artisanal Breads 1 slice | 80-180 cal

Assorted Cheeses and Appropriate Condiments 1 slice | 50-100 cal

Complimented by Fresh Side Salads 1 salad | 110 cal

Spreads 1 bread and topping | 610 cal

Assorted Bags of Chips 1 bag | 130-320 cal

Oversized Cookies 1 cookie | 160-180 cal

Scrumptious Brownies 1 bar | 190-510 cal

Assorted Bars 1 bar | 60-380 cal

or Fresh In-Season Fruit Cups 4 oz. | 45 cal

Cold Bottled Water 12 oz. | 0 cal

Choose Two Signature Deli Selections:

Chimichurri Flank Steak 1 sandwich | 500 cal

Pesto Grilled Chicken Breast 1 breast | 240 cal

Antipasto Platter 1 serving | 340 cal

Vegetarian Antipasto Platter **v** 1 serving | 190 cal

Italian Cold Cuts with Assorted Cheeses 1 serving | 400 cal

Breads 1 slice | 70-180 cal

Appropriate Condiments 1 each | 1-100 cal

Choose Two Side Salads:

Market Salad with Balsamic Vinaigrette **v** 1 salad | 110 cal

Seasonal Fresh Fruit Salad **mf** 4 oz. | 45 cal

Apple Fennel Slaw **mf** 4 oz. | 90 cal

Orzo and Pepper Salad **mf** 4 oz. | 170 cal

Artichoke Hearts with Italian Parsley **mf|vg** 4 oz. | 60 cal

Farmhouse Potato Salad **v** 4 oz. | 220 cal

Tuna 3 oz. | 90 cal

Chicken 3 oz. | 110 cal

Egg Salad **v** 3 oz. | 230 cal

Seasonal Crudit  with 2 oz. | 15 cal

Hummus **vg** 1 oz. | 50 cal

Ranch Dip **vg** 2 oz. | 110-190 cal

Choose Two Spreads:

Tabbouleh with Garbanzo Beans & Feta **v** 1 oz. | 40 cal

Sun-Dried Tomato and Olive Tapenade **v** 1 oz. | 40 cal

Artichoke Tapenade **v** 1 oz. | 70 cal

Black Olive & Caper Tapenade **v** 1 oz. | 100 cal

Green Olive Tapenade **v** 1 oz. | 40 cal

Baba Ghanoush **v** 1 oz. | 15 cal

White Bean Spread with Caramelized Onions **v** 1 oz. | 60 cal

Hummus **vg** 1 oz. | 50 cal

Mediterranean Tzatziki Sauce **v** 1 oz. | 20 cal

Served with Pita Wedges 2 oz. | 190 cal

Flatbreads 1 flatbread | 260 cal

and Crackers 1 package | 25 cal



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Specialty Buffet

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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; both high quality plastic serviceware and china are available, upon request, for an additional cost. These menus are available for groups of 15 or more.

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DELI BUFFET

\$16.75 per guest

Choice of Two Salads:

Creamy Cole Slaw with Apples

4 oz. | 100 cal

Seasonal Fresh Fruit Salad **mf**

4 oz. | 45 cal

Potato Salad 4 oz. | 190 cal

Market Salad with Homemade Croutons **v**

1 salad | 110 cal

Balsamic Vinaigrette 2 oz. | 90 cal

Low-Fat Ranch Dressing 2 oz. | 110 cal

Assorted Breads 2 slices | 140-200 cal

Multigrain Sandwich Wrap

1 wrap | 180 cal

and Rolls 1 roll | 160-180 cal

Sliced Roasted Turkey 3 oz. | 90 cal

or Low-Sodium Turkey 3 oz. | 90 cal

Buffet Ham 3 oz. | 90 cal

Roast Beef 3 oz. | 140 cal

Salami 3 oz. | 200 cal

Sliced Muenster Cheese 1 slice | 100 cal

Pepper Jack Cheese 1 slice | 50 cal

Provolone Cheese 1 slice | 70 cal

Leaf Lettuce 1 slice | 0 cal

Sliced Tomato 1 slice | 0 cal

Sliced Onions 2 rings | 0 cal

Dill Pickles 1 spear | 5 cal

Mayonnaise Packets

Mustard Packets

Assorted Individual Bags of Chips

1 bag | 130-320 cal

Assorted Cookies 1 cookie | 160-180 cal

Brownies 1 brownie | 190-510 cal

Freshly Brewed Iced Tea 8 oz. | 0 cal

OLD FASHIONED BBQ

\$22.95 per guest

Roasted Vegetable Bow Tie Pasta Salad

mf|v 4 oz. | 120 cal

Country Potato Salad **mf|v** 4 oz. | 120 cal

Cornbread **mf|v** 4 oz. | 120 cal

and Butter

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

Seasonal Fresh Fruit Salad **mf|vg**

4 oz. | 45 cal

Freshly Brewed Iced Tea 8 oz. | 0 cal

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Festive Flair

These menus are available for groups of 15 or more.

BACKYARD COOK OUT

\$21.95 per guest

Cole Slaw 4 oz. | 120 cal

Country Potato Salad 4 oz. | 160 cal

Ranch Style Baked Beans 4 oz. | 130 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

Relish 1 tbsp. | 20 cal

Onions 2 rings | 0 cal

Ketchup, Mustard, Mayonnaise and Relish

Assorted Cookies 1 cookie | 160-180 cal

Assorted Canned Soft Drinks, Regular and Diet 12 oz. | 0-180 cal

*Add a chef for BBQs held outside; weather permitting **\$35.00 per hour**



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Specialty Buffets

These menus are available for groups of 15 or more.

LITTLE ITALY

\$22.95 per guest

Antipasto Platter 1 serving | 340 cal
Caesar Salad with Homemade Croutons 1 salad | 460 cal
Assorted Rolls and Butter 1 roll | 90 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
Traditional Chicken Cacciatore 1 quarter | 400 cal
Parmesan Cheese 1 oz. | 120 cal
Tiramisu 1 slice | 490 cal
Assorted Canned Soft Drinks, Regular and Diet 12 oz. | 0-180 cal
Bottled Water 12 oz. | 0 cal

ASIAN FUSION

\$23.95 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
Teriyaki Glazed Salmon Filet 1 filet | 220 cal
Coconut Lemon Almond Gourmet Bar 1 cut | 320 cal
Tropical Rice Pudding 4 oz. | 770 cal
Fortune Cookies 1 cookie | 35 cal
Assorted Canned Soft Drinks, Regular and Diet 12 oz. | 0-180 cal
Bottled Water 12 oz. | 0 cal



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Build Your Own Buffet

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Selections from these menus are presented buffet style. Services include delivery, linen-draped service and guest tables, set up and clean up. Eco-friendly serviceware is included; high quality plastic serviceware and china are available, upon request, for an additional cost. Build Your Own Buffet by selecting - One Salad, One Entrée, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for an additional charge. These menus are available for groups of 15 or more.

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SALADS

Choose One:

Market House Salad with a Choice of Three Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing 1 salad | 110-370 cal

Greek Salad **mf|v** 1 salad | 190 cal

Caesar Salad **v** 1 salad | 460 cal

Includes Assorted Dinner Rolls with Butter 1 roll | 90 cal

ENTRÉES

Choose One:

POULTRY

Chicken Marsala 1 entrée | 280 cal **\$18.95 per guest**

Fried Chicken Breast Parmesan 1 entrée | 470 cal **\$18.95 per guest**

Apricot Glazed Roasted Turkey 1 entrée | 140 cal **\$18.95 per guest**

BEEF

Caramelized Onion Meatloaf 1 entrée | 210 cal **\$20.50 per guest**

Braised Beef Sicilian 1 entrée | 310 cal **\$20.50 per guest**

Beef Stroganoff 1 entrée | 410 cal **\$20.50 per guest**

PORK

Asian Marinated Pork Loin with Honey and Soy Glaze 1 entrée | 220 cal **\$19.25 per guest**

Roast Pork Loin with Mustard Herb Crust 1 entrée | 300 cal **\$19.25 per guest**

SEAFOOD

Citrus Baked Tilapia 1 entrée | 180 cal **\$18.95 per guest**

Broiled Salmon with Dill Butter 1 entrée | 270 cal **\$22.95 per guest**

Barbecued Shrimp with Bacon-Cheddar Grits 1 entrée | 560 cal **\$22.95 per guest**

VEGETARIAN

Marinated Portobellos with Quinoa Pilaf **v** 1 entrée | 170 cal **\$176.95 per guest**

Vegetable Whole Wheat Pasta Primavera 1 entrée | 340 cal **\$17.95 per guest**

Stuffed Peppers with Herbed Tomato Sauce **v** 1 entrée | 210 cal **\$17.95 per guest**

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SIDES

Choose One 4 oz. serving:

Oven-Roasted Herbed Red Potatoes **vg** 4 oz. | 130 cal

Garlic-Mashed New Potatoes **mf** 4 oz. | 120 cal

Rice Pilaf **v** 4 oz. | 150 cal

Olive Oil and Garlic Spaghetti **v** 4 oz. | 380 cal

White Rice **v** 4 oz. | 140 cal

Choose One 4 oz. serving:

Balsamic Herb Roasted Vegetables **vg** 4 oz. | 110 cal

Lemon Garlic Broccoli **v** 4 oz. | 60 cal

Sautéed Zucchini **mf|v** 1 each | 50 cal

Glazed Carrots **mf|v** 4 oz. | 120 cal

Fresh Green Beans **v** 4 oz. | 40 cal

Variety of Seasonal Vegetables **v** 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: Dutch Apple, Blueberry, Lemon Meringue
or Pecan Pie 1 slice | 320-520 cal

BEVERAGES

Freshly Brewed Folgers Coffee 8 fluid oz. | 0 cal

Decaffeinated Coffee 8 fluid oz. | 0 cal

Teavana Herbal and Non-Herbal Teas 1 tea bag | 0 cal

Decaffeinated Teavana Tea with Hot Water 1 tea bag | 0 cal

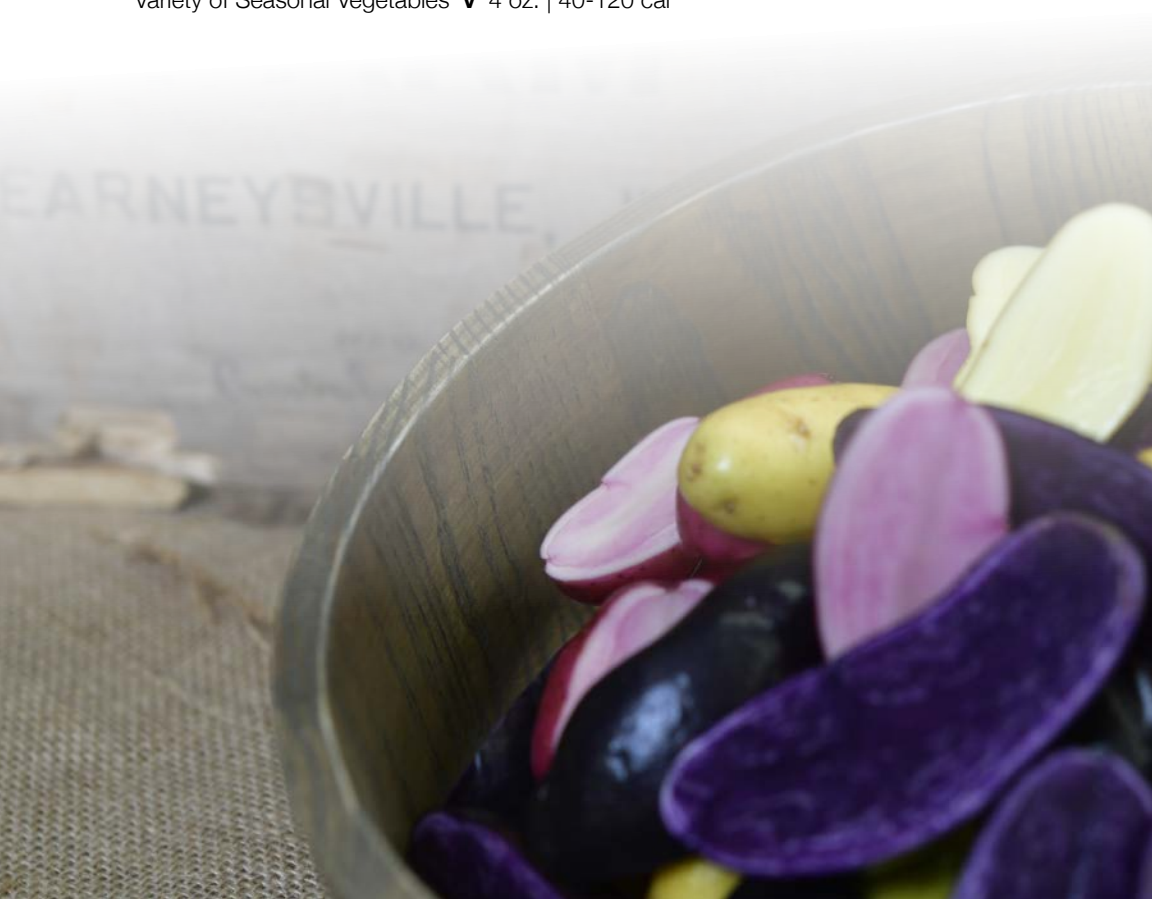
Choose Two:

Sweet Tea 8 oz. | 20 cal

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

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Eco-friendly serveware is included; both high quality plastic serveware and china are available, upon request, for an additional cost. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen per hors d'oeuvre item chosen.

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CHICKEN

CHIPOTLE MAPLE BACON-WRAPPED CHICKEN

1 each | 50 cal \$16.75 per dozen

GINGER CHICKEN SATAY WITH COCONUT PEANUT SAUCE

1 each + 1 oz. sauce | 110 cal \$16.75 per dozen

GATOR CAKES WITH BAYOU RÉMOULADE SAUCE

\$18.95 per dozen 1 each + 2 tsp. sauce | 370 cal \$18.95 per dozen

COCONUT CHICKEN WITH ORANGE DIPPING SAUCE

1 each | 60 cal \$16.95 per dozen

PORK

SAUSAGE-STUFFED MUSHROOMS

1 each | 20 cal \$15.75 per dozen

PORK POT STICKERS WITH GARLIC SOY SAUCE

pot sticker + sauce | 50 cal \$14.75 per dozen

MAPLE-GLAZED APPLE RUMAKI

1 each | 60 cal \$13.95 per dozen

SAUSAGE BITES WITH WHITE WINE AND DIJON MUSTARD

1 each | 300 cal \$17.00 per dozen

SEAFOOD

BACON WRAPPED SCALLOPS WITH BBQ SAUCE

1 each | 45 cal \$34.50 per dozen

TUXEDO SHRIMP WITH DIABLO SAUCE

1 each | 150 cal \$28.50 per dozen

SEAFOOD STUFFED MUSHROOMS

1 each | 15 cal \$24.25 per dozen

BEEF

CHIPOTLE BEEF ON TORTILLAS WITH AVOCADO CRÈME

1 each | 170 cal \$21.95 per dozen

MINI REUBEN SANDWICHES

1 each | 150 cal \$15.00 per dozen

BEEF SHORT RIBS IN A POTATO CUP

1 each | 140 cal \$29.85 per dozen

MINI COCKTAIL MEATBALLS CHOICE OF: SWEDISH, BARBECUE OR SWEET & SOUR

1 each + 3 oz. sauce | 45-130 cal \$17.95 per dozen

VEGETARIAN

BLEU CHEESE STUFFED MUSHROOM CAPS *CONTAINS NUTS

1 each | 110 cal \$17.95 per dozen

FRIED OR BAKED MINI EGG ROLLS WITH SPICY DIPPING SAUCE

1 each + 3 oz. sauce | 120-150 cal \$15.95 per dozen

MINI EGGPLANT PARMESAN WITH SMOKED CHUTNEY

1 each | 90 cal \$17.95 per dozen

VEGETABLE PAKORAS

1 each + 3 oz. sauce | 40 cal \$16.95 per dozen

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COLD Hors d'Oeuvres

Eco-friendly serveware is included; both high quality plastic serveware and china are available, upon request, for an additional cost. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen per hors d'oeuvre item chosen.

ASSORTED FINGER SANDWICHES

1 each | 40 cal \$15.75 per dozen

Choose Two:

Ham Salad, Chicken Salad, Tuna Salad and Egg Salad on White, Wheat or Silver Dollar Rolls

SHRIMP COCKTAIL WITH CAJUN RÉMOULADE AND COCKTAIL SAUCE

shrimp + sauce | 150 cal \$21.50 per dozen

PROSCIUTTO-WRAPPED MELON WITH DIJON DIPPING SAUCE

1 wedge + 1 tsp. sauce | 100 cal \$18.95 per dozen

SMOKED SALMON ON RYE WITH POPPED CAPERS

1 each | 110 cal \$26.40 per dozen

FRESH MOZZARELLA AND SHRIMP SKEWERS

1 each | 230 cal \$19.95 per dozen

GOAT CHEESE AND HONEY PHYLLO CUPS

1 each | 100 cal \$16.75 per dozen

MISO CRAB SALAD ON CUCUMBER

1 each | 50 cal \$26.75 per dozen

FRUITY FETA BRUSCHETTA

1 slice | 100 cal \$15.25 per dozen

BLACK CURRANT AND BRIE CROSTINI

1 slice | 90 cal \$16.50 per dozen

CORN BLINI WITH SMOKED SALMON AND CHIVE BUTTER

1 each | 50 cal \$14.95 per dozen

MINI CURRIED CHICKEN TART

each | 140 cal \$17.50 per dozen

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GOURMET Dips and More

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*Services include eco-friendly serveware, delivery,
linen-draped service tables, set up and clean up. Both
high quality plastic serveware and china are available,
upon request, for an additional cost.*

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HOT DIPS

Sold per pound

WARM PARMESAN ARTICHOKE DIP WITH BAGEL OR PITA CHIPS

1 oz. + 2 oz. chips | 250 cal **\$13.95 per pound**

SPINACH AND CRAB DIP WITH BAGUETTE ROUNDS

1 oz. + 1 chip | 120 cal **\$16.95 per pound**

COLD DIPS

Sold per pound

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

\$14.95 per pound

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 HOUSE-FRIED CORN TORTILLA CHIPS 2 oz. | 240 cal

\$15.25 per pound

ROLLS

Sold per dozen. Minimum order of 3 dozen.

PEPPERONI ROLLS 1 each | 320 cal

\$33.00 per dozen

“VEGETARIAN” CHEESE ONLY PEPPERONI ROLLS 1 each | 342 cal

\$33.00 per dozen

COLD DISPLAYS

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

FARM FRESH CRUDITÉS WITH RANCH DIP mf|v 2 oz. + 2 oz. dressing | 15-190 cal

\$40.95 Small/\$81.95 Medium/\$122.85 Large

SEASONAL SLICED FRESH FRUIT v 2 oz. | 25 cal

\$62.50 Small/\$125.00 Medium/\$187.50 Large

DOMESTIC CHEESES WITH CRACKERS AND BAGUETTE ROUNDS v

2 oz. + 6 crackers | 340 cal

\$53.15 Small/\$106.35 Medium/\$159.50 Large

ARTISAN CHEESES WITH CRACKERS AND BAGUETTE ROUNDS v

2 oz. + 6 crackers | 340 cal

\$87.10 Small/\$174.15 Medium/\$261.25 Large

CALIFORNIA ROLLS WITH SOY SAUCE AND WASABI 2 slices | 70 cal

\$65.00 Small/\$97.50 Medium/\$135.65 Large

ANTIPASTO PLATTER WITH BAGUETTE ROUNDS 1 serving + 1 cracker | 390 cal

\$92.55 Small/\$165.05 Medium/\$247.65 Large

VEGETARIAN ANTIPASTO PLATTER WITH CRACKERS AND BAGUETTE ROUNDS

1 serving + 1 cracker | 390 cal

\$68.80 Small/\$137.55 Medium/\$206.35 Large

SAVORY CHEESECAKES

Please order by the Cheesecake and Torte.

Served with Crackers and Baguette Rounds. 1 cracker | 25-70 cal

Roasted Vegetable Cheesecake serves 15-20 guests

1 slice | 360 cal **\$40.00 each**

Savory Pesto and Sun-Dried Tomato Torte serves 50-75 guests

1 slice | 310 cal **\$136.00 each**

WINGS AND THINGS BAR

\$13.75 per guest

CHOOSE TWO WING STYLES (6 WINGS PER SERVING):

Buffalo 1 wing | 80 cal

BBQ 1 wing | 100 cal

Honey 1 wing | 90 cal

Cajun Style 1 wing | 90 cal

Boneless 1 wing | 120 cal

Includes celery and carrot sticks 6 sticks, 3 each | 15 cal and ranch dressing

2 oz. | 190 cal

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Specialty & 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. These menus are available for groups of 25 or more.



SLIDER STATION

\$11.85 per guest

CHOICE OF THREE SANDWICHES:

Atomic Burger with Habañero Salsa 1 sandwich | 210 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.

MAC AND CHEESE SMALL PLATE

\$9.00 per guest

The Ultimate Comfort Food Made Your Way. Customize Your Mac and Cheese 1 cup | 270 cal with an Incredible, Mouth-Watering Assortment of Toppings Including Blackened Chicken 1/2 breast | 65 cal, Grilled Chicken 1/2 breast | 75 cal, Ground Beef 1 oz. | 70 cal and Ham 2 oz. | 60 cal Accompanied by Parmesan Cream 1 oz. | 120 cal and Aged Cheddar Cheese Sauce 1 oz. | 110 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 and Baguettes 1 baguette | 100 cal.

Roast Breast of Turkey 3 oz. | 100 cal with Cranberry and Orange Mayonnaise 1 oz. | 30 cal and Creamy Dijon Mustard 2tbsp. | 180 cal

\$8.00 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

\$18.95 per guest

Roast Pork Loin 3 oz. | 160 cal with Chipotle Mayonnaise 2 tbsp. | 80 cal

\$5.75 per guest

Mustard Apricot Glazed Ham 3 oz. | 100 cal with Honey Mustard Sauce 1 oz. | 70 cal

\$6.15 per guest

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Grand Finale

SWEET AND SALTY

Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen per item.

ASSORTED HOME-STYLE COOKIES

1 cookie per serving \$14.50 per dozen

Chocolate Chip 180 cal

Sugar 170 cal

Peanut Butter 170 cal

Oatmeal Raisin 160 cal

White Chocolate Macadamia Nut 170 cal

Double Chocolate Chip with White Chips
170 cal

BROWNIES

1 cut per serving \$15.50 per dozen

Cream Cheese 220 cal

Blondie 220 cal

Fudge 350 cal

Frosted 350 cal

M&M's® 510 cal

GOURMET DESSERT BARS

1 cut per serving \$23.60 per dozen

Chocolate Chess Bar 260 cal

Linzi Bar 210 cal

Luscious Lemon Bar 70 cal

Cran Scotch Bar 260 cal

Raspberry Almond Bar 190 cal

Goosey Chocolate Peanut Butter Bar 290 cal

ASSORTED MINI PETIT FOURS

AND PASTRIES 1 each | 140 cal

\$25.85 dozen

MULTI-GRAIN BARS AND GRANOLA BARS

1 bar | 90-160 cal \$1.50 per item

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

1 bag | 110-230 cal \$1.50 per item

ASSORTED POPCORN

1 bag | 120 cal \$2.00 per item

MIXED NUTS WITHOUT PEANUTS

1 oz. | 170 cal \$35.00 per pound

HONEY NUT CURRY CRUNCH SNACK MIX

1 oz. | 120 cal \$7.95 per pound

S'MORE'S STATION \$11.75 per guest

25 guest minimum

S'more's Pizza 1 each | 200 cal,

Chai Spice S'more's 1 each | 400 cal and

Classic S'more's each | 240 cal

ICE CREAM SUNDAE BAR \$9.50 per guest

25 guest minimum

Choice of Ice Cream Flavours (One per 25 guests):

Chocolate 1 scoop | 90 cal

Vanilla 1 scoop | 90 cal

Strawberry 1 scoop | 80 cal

Choice of Two Sauces:

Butterscotch 2 oz. | 140 cal

Chocolate 2 oz. | 200 cal

Strawberry 2 oz. | 140 cal

Choice of Three Toppings:

Sprinkles 130 cal, Cookie Crumbs 130 cal,

Crushed Peanuts 170 cal, Heath Bar™ Pieces

150 cal, M&M's® 140 cal. Maraschino Cherries

4 halves | 30 cal and Whipped Topping 2 oz.

| 180-200 cal are included.

FLYING WV COOKIES 1 each | 109 cal

\$15.95 per dozen, 3 dozen minimum

BOWTIE COOKIES 1 each | 109 cal

\$15.95 per dozen, 3 dozen minimum

\$0.20 additional charge, per cookie, to
individually wrap

mf – mindful, v – vegetarian, vg – vegan

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Planning Your Event

PLANNING YOUR EVENT

WVU Dining Services' Catering Team has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure things are as perfect as possible for your special occasion! Please use this guide to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event.

Our experienced event planning specialists are very consultative and will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT WVU DINING SERVICES' CATERING TEAM

When you have a catered event in mind, please contact us as soon as possible. Even if you are not yet sure of such details as the exact event date, event location and number of guests that will be in attendance, it's a good idea to touch base with us as early on in the process as possible.

Some catering arrangements can be made by phone, email or online; other catering arrangements require an in-person appointment with one of our event planning specialists. It's easy to get in touch with us about your catering needs. Here are the options:

Visit us on the Web: You may contact us about your catering needs through our online catering website at diningservices.wvu.edu/catering. The ultimate in convenience, this site will enable you to easily view our fabulous catering menus, see your order history, place recurring orders and much, much more.

Visit Our Office: You may visit us in person at 1550 University Avenue, specifically in the catering office located by the back dock of the Mountain-lair Student Union Building. During your consultation, we will help you with the online ordering process. Our office hours are Monday through Friday, 8am-5pm. Please be aware that we are closed on some holidays.

Give us a Call: You may speak with an event planning specialist by calling 304-293-0462.

Send us an Email: You may email us at Catering_Sales@mail.wvu.edu.

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. Whether your event will be taking place on or off campus, you will need to officially "reserve" the space in order for us to be permitted to serve you in this location. To reserve a room for an event, please contact the appropriate reservation line or property manager for the building in which you are holding the event.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

Table and chair configurations are important. When reserving room, make sure you cover room layout and buffet location. When you book your catered meal, relay this information as it is relevant to a successful event!

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact the appropriate personnel for each building on campus to make these arrangements.

EVENT CONFIRMATIONS & GUARANTEES

No less than 7 business days from the scheduled catered event, you must sign a Banquet Event Order. You will also be asked to provide us with a "final" number of guests that will attend your event; the "estimated" number will be used if you don't know the "final" number. This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including time, date, location, menu selections, number of attendees, professional services, equipment, and staffing. If you do not provide us with a final number, we use the estimated number.

EVENT CHANGES AND CANCELLATIONS

No less than 72 business hours from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees) or if your event needs to be canceled. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for expenses already incurred by the Catering Office (with the exception of inclement weather or unforeseen national/global crises).

PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include Visa, Master Card, American Express, check and foundation accounts.

If your group is not a university, college or school:

- A deposit of 75% is required two weeks prior to your scheduled event with the balance due on the day of the event.
- An administrative fee of 18% will be added to your bill.
- Sales tax of 7% will be added to your bill.

If you are a tax-exempt organization:

- You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event.

Planning Your Event

DELIVERY FEES

There is no delivery fee for catering services held within the main Downtown Evansdale & HSC campuses. Deliveries outside of these campuses will be subject to an \$85.00 or 10% delivery fee, whichever is greater, per delivery.

SERVICE STAFF AND ATTENDANTS

To ensure that your event is a success, catering staff will be provided for all served meals and some buffets. Continental breakfasts, breaks, and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 25 guest. Served meals are priced on an individual basis.

THE CHARGE FOR EACH STAFF MEMBER IS:

Attendants/Waitstaff \$15.00 per hour (minimum 4 hours)
Station Chefs \$35.00 per hour (minimum 4 hours)
Bartenders \$20.00 per hour (minimum 4 hours)

CATERING EQUIPMENT

As the host of the catered event, you are responsible for the equipment we have provided for the service of your catered event. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account. For very large events, specialty equipment may need to be rented at an additional charge.

CHINA CHARGES

We provide eco-friendly service ware unless otherwise requested. We offer china service for any event at an additional charge.

Full Meal Service and Silverware \$2.75 per guest

Full Bar Glass Service \$1.50 per guest

High Quality Plastic Products \$1.00 per guest

FLORAL CHARGES

We will be happy to order, receive and handle floral arrangements for you. For decorative requests, an additional fee will be determined in accordance with your specific needs.

LINENS AND SKIRTING

We provide basic table linens or elastic cloth covering for food and beverage tables at no charge. If you would like linen to be placed on guest tables for receptions, breaks, meeting tables and boxed lunches, there will be a \$5.00 fee for each tablecloth. Other tables may be skirted and covered at \$8.00 per tablecloth and \$15.00 per skirt. Drop cloths that are 90 x 156 for 8-foot or 90 x 132 for 6-foot tables are available at \$25.00 per drop cloth. The same applies to registration tables, name tags, head tables, and any additional table that will not be directly used for setup. Elastic, floor length linens are available for all extra tables for \$10.00 each. We can also provide cloth napkins to meet your color scheme for \$1.00 each. Specialty linens are available upon request for an additional charge.

FOOD REMOVAL POLICY

Due to health regulations, it is the policy of WVU Dining 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 and removed and disposed of by the host of the event. To-go boxes are not available.

ALCOHOL POLICY

All alcoholic beverages must be purchased and provided by the event coordinator, served by our personnel and consumed in designated areas. Proof of age will be required. WVU Dining reserves the right to refuse service of alcoholic beverages to any person. All personnel have completed the Serve Safe Training Program for Service.

ALCOHOL SERVICE

Bar setup at a dinner or reception is \$125.00. This fee includes setup, operation and clean up of bar drinkware. All necessary bar items, except the alcohol, are also provided with this charge, including basic nonalcoholic beverages, ice, napkins and plastic cups. An additional charge of \$1.50 per person will apply for glassware. We recommend at least one bartender for every 50-75 guests for Beer and Wine service.

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