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 exceed 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 by phone at 256.824.4721, email us at UAH Catering@uah.edu or visit our website: www.uah.edu/dining.

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
CONTINENTAL
$11.29 per guest

Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)

CHOOSE TWO:
- Assorted Breakfast Breads (1 slice | 200 - 280 cal)
- Mini Scones (1 each | 180-210 cal)
- Cinnamon Rolls (1 each | 110 - 450 cal)
- Coffee Cake (1 square | 240-450 cal)
- Danish (1 each | 270 cal)
- Assorted Bagels (1 bagel | 200-280 cal)

Butter and Assorted Jellies

Chilled Carafes of Orange Juice (8 fluid oz. | 140 cal)
Cranberry Juice (8 fluid oz. | 210 cal)
Apple Juice (8 fluid oz. | 90 cal)

BREAKFAST BUFFET
$12.99 per guest

Seasonal Sliced Fresh Fruit (4 oz. | 50 cal)

CHOOSE TWO:
- Mini Croissants (1 each | 280 - 310 cal)
- Assorted Muffins (1 each | 330 - 450 cal)
- Low-Fat Muffins (1 each | 160 - 210 cal)
- Assorted Breakfast Breads (1 slice | 370 - 400 cal)
- Coffee Cake (1 square | 240 - 450 cal)
- Biscuits (1 each | 160 - 450 cal)

Butter and Assorted Jellies

Home Fries (4 oz. | 150 cal) or O'Brien Potatoes (4 oz. | 190 cal)

CHOOSE TWO:
- Crispy Bacon (1 slice | 50 cal)
- Breakfast Ham Steak (1/2 slice | 50 cal)
- Sausage (2 links | 100 cal)
- Turkey Link Sausage (2 links | 70 cal)

CHOOSE ONE:
- Cage-Free Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Egg Whites (4 oz. | 60 cal)
- Scrambled Eggs with Cheddar (4 oz. | 240 cal)
- Grilled Zucchini, Bacon and Swiss Frittata (1 wedge | 250 cal)

ADD ON:
- Pancakes (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter (3 halves | 200 cal)
$1.29 per guest

Chilled Carafes of Orange Juice (8 fluid oz. | 140 cal)
Cranberry Juice (8 fluid oz. | 210 cal)
Apple Juice (8 fluid oz. | 90 cal)

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available upon request. Freshly Brewed Nescafe Coffee (8 fluid oz. | 0 cal), Nescafe Decaffeinated Coffee (8 fluid oz. | 0 cal) and Bigelow Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Bigelow Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 15 or more.
A FRESH NEW START

HEALTHY START
$12.99 per guest
Seasonal Cubed Fresh Fruit (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 (1 each | 90 - 160 cal)
Whole Wheat Bagels (1 bagel | 290 cal)
Chilled Carafes of Orange Juice (8 fluid oz. | 140 cal)
Cranberry Juice (8 fluid oz. | 210 cal)
Apple Juice (8 fluid oz. | 90 cal)
A LA CARTE SELECTIONS

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

FROM THE BAKERY  per dozen

ASSORTED FRESHLY HOUSE-BAKED MUFFINS $17.39 per dozen
Cranberry Orange
Blueberry
Cappuccino Chocolate Chunk

ASSORTED BREAKFAST BREADS & COFFEE CAKES $19.29 per dozen
Banana Nut Bread
Double Lemon Poppy Seed Coffee Cake
Chocolate Espresso Coffee Crumble

ASSORTED DANISH $45.69 per dozen

ASSORTED BAGELS with Cream Cheese and Jellies $26.39 per dozen

SOUTHERN STYLE BISCUITS with Butter, Honey and Jellies $19.19 per dozen

ASSORTED DOUGHNUTS $14.69 per dozen

ASSORTED MINI SCONES $21.29 per dozen

CINNAMON ROLLS $10.29 per dozen

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT
$28.68 per dozen

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA
$39.48 per dozen

SEASONAL SLICED FRESH FRUIT  
Small 15-25 $29.99 per tray
Medium 25-50 $59.99 per tray
Large 50-75 $94.49 per tray
BREAKFAST SANDWICH $28.68 per dozen

Choice of One:
- Toasted English Muffins (1 each | 110 cal)
- Biscuits (1 each | 290 cal)
- Bagels (1 each | 280 cal)
- Croissants (1 each | 280 - 310 cal)

Choice of One:
- Cage-Free Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Eggs and Cheese (4 oz. | 240 cal)
- Scrambled Egg Whites (4 oz. | 60 cal)

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

BREAKFAST TACO $57.48 per dozen

Choice of One:
- Flour Tortilla (1 each | 210 cal)

Choice of One:
- Cage-Free Scrambled Eggs (4 oz. | 190 cal)
- Scrambled Egg Whites (4 oz. | 60 cal)
- Scrambled Eggs and Cheese (4 oz. | 240 cal)

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

Accompanied by:
- Shredded Cheddar Cheese (1 oz. | 110 cal)
- Guacamole (2 oz. | 80 cal)
- Pico de Gallo (2 oz. | 15 cal)
- Fresh Salsa (2 oz. | 15 cal)
- Sour Cream (1 tbsp. | 30 cal)
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 15 or more.

**HOME FRIES WITH CARAMELIZED ONIONS** $0.59 per guest
(4 oz. | 150 cal)

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

**HARD BOILED EGGS** $3.29 per guest
(1 each | 70 cal)

**INDIVIDUAL BISCUIT QUICHES** $2.19 per guest
Quiche Lorraine
(1 each | 370 cal)
Sausage and Cheddar Quiche
(1 each | 410 cal)
Broccoli Cheddar Quiche
(1 each | 310 cal)

**BREAD PUDDINGS** $3.69 per guest
Bacon and Cheddar
(1 square | 560 cal)
Garden Vegetable
(1 square | 210 cal)

**WHEAT BERRY PECAN CRUNCH FRENCH TOAST** $4.89 per guest
(3 halves | 380 cal)

**OATMEAL BAR** $3.09 per guest
Steel Cut Oatmeal
(8 oz. | 170 cal)

*Served with a Choice Of Four:*
Blueberries
(2 oz. | 30 cal)
Sliced Bananas
(1 banana | 90 cal)
Ground Cinnamon
(1 oz. | 0 cal)
Dark or Light Brown Sugar
(1 oz. | 110 cal)
Dried Cranberries
(1 oz. | 90 cal)
Honey
(1 oz. | 90 cal)
Raisins
(1 oz. | 80 cal)

*Choice of Milk:*
Whole
(3 fluid oz. | 60 cal)
2%
(3 fluid oz. | 45 cal)
Non-Fat
(3 fluid oz. | 30 cal)
REFRESH AND REJUVENATE
COFFEE AND TEA SERVICE
$2.69 per guest
Coffee Service includes Freshly Brewed Nescafe Coffee, Decaffeinated Coffee and Bigelow Herbal and Non-Herbal Teas to include Decaffeinated Bigelow Tea with Hot Water (8 oz. | 0 cal)

HOT BEVERAGES
16 servings per gallon
Freshly Brewed Nescafe Coffee and Decaffeinated Coffee $16.99 per gallon (8 oz. | 0 cal)
Freshly Brewed Flavoured Nescafe Coffee and Decaffeinated Coffee $9.19 per gallon (8 oz. | 0 cal)
Bigelow Herbal and Non Herbal Teas to include Decaffeinated Bigelow Tea with Hot Water $11.89 per gallon (8 oz. | 0 cal)
Hot Chocolate $19.29 per gallon (8 oz. | 200 cal)
Seasonal Hot Apple Cider $18.59 per gallon (8 oz. | 110 cal)

COLD BEVERAGES
16 servings per gallon
Orange Juice $15.89 per gallon (10 oz. | 150 cal)
Cranberry Juice $14.19 per gallon (10 oz. | 140 cal)
Apple Juice $21.29 per gallon (10 oz. | 170 cal)
Freshly Brewed Iced Sweet Tea $15.09 per gallon (8 oz. | 20 cal)
Strawberry Lemonade $16.39 per gallon (8 oz. | 100 cal)
Orange Blossom Punch $14.89 per gallon (8 oz. | 110 cal)
Sparkling White Grape Punch $25.79 per gallon (8 oz. | 100 cal)
Iced Water Service with Fresh Quartered Oranges, Lemons and Limes $5.29 per gallon (8 oz. | 0 - 60 cal)
Lemonade $9.79 per gallon (8 oz. | 130 cal)

Bottled Water $0.89 per guest (12 oz. | 0 cal)
Assorted Canned Soft Drinks, Regular and Diet $1.69 per guest (20 oz. | 0 - 270 cal)
GREENS
TO GO
PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll and Butter, Pita Wedges or Toasted Flatbread, Large Cookie (1 each | 160 - 170 cal) Brownie (1 each | 170 - 180 cal) Seasonal Fresh Fruit Cup (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serviceware is included; china is also available, as is plated service, upon request. Services include linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)
$11.69 per guest
Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
Add Grilled Breast of Chicken $1.99 per guest
Add Grilled Portobello $1.99 per guest

COBB SALAD (1 salad | 770 cal)
$15.09 per guest
Mounds of Smoked Turkey, Avocado, Cage-Free Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese 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

TRIO-SALAD COMBO (1 salad | 410 cal)
$15.39 per guest
Select Your Favorite Trio of Hummus or Chef’s Own Tuna, Chicken, Cage-Free Egg or Ham Salads on a Bed of Fresh Field Greens

CHINESE CHICKEN SALAD (1 salad | 460 cal)
$13.69 per guest
Mixed Greens Tossed with Grilled Chicken, Mandarin Oranges, Sliced Almonds, Wonton Chips and a Toasted Sesame Vinaigrette

GARDEN SALAD (1 salad | 280 cal)
$9.29 per guest
Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins and Almonds on a Bed of Tossed Greens with a Choice of Dressing
MOVABLE
FEAST
SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)
$13.59 per guest
Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef’s Hot Pepper Mayonnaise

TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)
$12.59 per guest
Classic Oven Roasted Turkey, Sharp Cheddar, Green Leaf Lettuce and Tomato Slice on a Hearty Kaiser Roll

SMOKED TURKEY AND BRIE CROISSANT (1 sandwich | 520 cal)
$15.29 per guest
Thinly Shaved Smoked Turkey, Creamy Brie, Fresh Spinach, Tomato, Caramelized Onion and Honey Mustard on a Flaky Croissant

PARMESAN BEEF SANDWICH (1 sandwich | 470 cal)
$14.69 per guest
Thinly Shaved Roast Beef, Horseradish Mayonnaise, Grilled Red Onions, Leafy Greens and Tomato on a Parmesan-Crusted Roll

THE LIGHTER CHICKEN CAESAR WRAP (1 sandwich | 350 cal)
$12.09 per guest
Grilled Chicken Breast, Romaine, Whole Wheat Croutons, Parmesan and Low-Fat Caesar Dressing in a Tortilla

PORTOBELLO RUSTICO $ (1 sandwich | 430 cal)
$16.19 per guest
Roasted Balsamic Portobello Mushroom, Fresh Mozzarella and Basil, Roasted Tomato Salsa and Baby Spinach on a Multigrain Roll

DIJON Cage-Free EGG SALAD SANDWICH $ (1 sandwich | 360 cal)
$10.69 per guest
Savory Dijon Mustard Cage-Free Egg Salad Whipped with Fresh Chives, Baby Spinach and Plum Tomatoes on Pumpernickel Bread

PREMIUM TAKEAWAY SANDWICHES
All Box Lunches include a Bag of Chips and a choice of one (1 serving | 15-380 cal): Potato Salad, (4 oz. | 45 cal), Cole Slaw, (3 oz. | 90 cal), Pasta Salad, (3 oz. | 120 cal), Large Cookie, (1 each | 160 - 170 cal), Brownie, (1 each | 170 - 180 cal), Seasonal Fresh Fruit Cup $ (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serviceware is included; china is also available, as is plated service, upon request. Services include linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.
AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter, choice of Dessert, Freshly Brewed Nescafe Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Bigelow Teas with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include linen-draped service tables, set up and clean up.

CHICKEN

SESAME CHICKEN BREAST (1 plate | 340 cal)
$14.19 per guest
Chicken Breast in a Marinade of Soy, Fresh Garlic and Ginger, Cilantro and Scallions Grilled and Finished with Sesame Seeds

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)
$13.59 per guest
Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)
$13.39 per guest
Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

LEMON BASIL CHICKEN (1 plate | 830 cal)
$12.29 per guest
Chicken Breast Marinated in Basil, Fresh Squeezed Lemon Juice, Seasoned with a Salt-Free Lemon Pepper Blend and Grilled

BEEF AND PORK

BRAISED SHORT RIBS (1 plate | 390 cal)
$21.09 per guest
Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks and a Splash of Orange Juice Braised to Perfection

BEEF TENDERLOIN STUFFED WITH SPINACH (1 plate | 390 cal)
$38.99 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)
$36.99 per guest
Choice Cut of Filet Mignon, Grilled in Butter, Finished with Savory Gorgonzola Crumbles and Served with Cabernet Sauce

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)
$17.49 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)
$15.79 per guest
Lean Pork Tenderloin Rubbed with Chef’s Own-Made Coriander Spice Blend Served with Sautéed Onions and Garlic Blended with Dijon Mustard and Green Peppercorns for Piquant Creamy Sauce
AT YOUR SERVICE
SERVED LUNCHEONS AND DINNERS

LAMB

ROASTED ROSEMARY RACK OF LAMB WITH DEMI-GLACE (1 plate | 630 cal)
$35.29 per guest
Trimmed Lamb Medallions Roasted with Rosemary Sprigs and Garlic, then Dressed with Demi-Glace

COMBINATION PLATE

GRILLED BEEF TENDERLOIN & CRAB CAKE WITH A DEMI DIJON MUSTARD SAUCE (1 plate | 560 cal)
$50.09 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

BROILED SALMON WITH TWO SALSAS (1 plate | 310 cal)
$27.39 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)
$16.19 per guest
Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

CITRUS SALMON, COUSCOUS & GREEN BEANS (1 plate | 120 cal)
$22.99 per guest
Citrus and Herb Crusted Salmon Served with Couscous Primavera and Lemon Garlic Green Beans

VEGETARIAN

CHÉVRE, ORZO AND BASIL STUFFED PORTOBELLO (1 plate | 660 cal)
$19.19 per guest
Two Portobello Mushroom Caps Brimming with Tri-Colored Orzo in a Pesto Cream Sauce, Goat Cheese and Fresh Sweet Basil

VEGETABLE WHOLE WHEAT PASTA PRIMAVERA (1 plate | 340 cal)
$12.99 per guest
Al Dente Whole Wheat Pasta Tossed with Sautéed Zucchini, Broccolini, Heirloom Tomatoes and Onions in a Creamy Béchamel

BALSAMIC MARINATED PORTOBELLO MUSHROOMS (1 plate | 580 cal)
$16.69 per guest
Balsamic-Sweetened Portobello Mushrooms with a Quinoa and Zucchini Pilaf Seasoned with Fresh Basil, Rosemary and Garlic
### SALADS AND STARTERS

- Market House Salad with Homemade Croutons and Balsamic Vinaigrette \(\checkmark\) (1 salad | 110 cal)
- Iceberg Wedge with Maytag Bleu Cheese \(\checkmark\) (1 salad | 130 cal)
- Caesar Salad with Anchovies and Homemade Croutons \(\checkmark\) (1 salad | 160 cal)
- Greek Salad with Feta Cheese and Balsamic Vinaigrette \(\checkmark\) (1 salad | 190 cal)

### SIDES

**Choice of One:**
- Fresh Carrots with Dill \(\checkmark\) (4 oz. | 40 cal)
- French Green Beans and Carrot Medley \(\checkmark\) (4 oz. | 40 cal)
- Fresh Green Beans \(\checkmark\) (4 oz. | 40 cal)
- Grilled Balsamic Zucchini \(\checkmark\) (4 oz. | 60 cal)
- Broccoli with Sautéed Carrots \(\checkmark\) (4 oz. | 60 cal)
- Herb Crusted Broiled Tomatoes \(\checkmark\) (1 half | 35 cal)
- Sautéed Mushrooms \(\checkmark\) (4 oz. | 130 cal)
- Fresh Spinach and Garlic Sauté \(\checkmark\) (4 oz. | 45 cal)
- Roasted Fresh Seasonal Asparagus \(\checkmark\) (4 oz. | 30 cal)
- Braised Red Cabbage \(\checkmark\) (4 oz. | 90 cal)
- Chef’s Choice of Seasonal Vegetable (4 oz. | 30 - 130 cal)

**Choice of One:**
- Horseradish Mashed Yukon Potatoes \(\checkmark\) (4 oz. | 120 cal)
- Caramelized Onion Mashed Yukon Potatoes \(\checkmark\) (4 oz. | 110 cal)
- Mashed Sweet Potatoes \(\checkmark\) (4 oz. | 210 cal)
- Oven-Herbed Roasted Red Potatoes \(\checkmark\) (4 oz. | 130 cal)
- Oven-Roasted Sweet Potatoes \(\checkmark\) (4 oz. | 100 cal)
- Potatoes O’Gratin \(\checkmark\) (4 oz. | 400 cal)
- Roasted Potatoes O’Brien \(\checkmark\) (4 oz. | 190 cal)
- Roasted Fingerling Potatoes \(\checkmark\) (4 oz. | 180 cal)
- Basil Orzo \(\checkmark\) (4 oz. | 190 cal)
- Ginger Jasmine Rice \(\checkmark\) (4 oz. | 180 cal)
- Lemon Rice \(\checkmark\) (4 oz. | 140 cal)
- Black Beans and Rice \(\checkmark\) (4 oz. | 180 cal)
- Chef’s Choice of Side Pairing (4 oz. | 100 - 400 cal)
IN GOOD COMPANY

DESSERTS
Chocolate Fudge Cake (1 slice | 590 cal)
New York Cheesecakes (1 slice | 450 cal)
Cora's Red Velvet Cake (1 slice | 760 cal)
Dutch Apple Pie (1 slice | 450 cal)
Lemon Meringue Pie (1 slice | 300 cal)

ADDITIONAL OPTIONS:
Apple Caramel Bread Pudding $1.00 per guest (1 each | 210 cal)
White Chocolate Bread Pudding $1.25 per guest (1 each | 850 cal)
Designer Key Lime Pie $.75 per guest (1 slice | 1000 cal)
Chocolate Almond Ganache Cake $1.25 per guest (1 slice | 360 cal)
Design your Platters from these menus that are presented buffet style. Assorted Canned Soft Drinks, Regular and Diet or Bottled Water are included. Services include linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. These menus are available for groups of 15 or more. Waited service is available upon request.

**SIGNATURE SALADS**

$24.09 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 | 770 cal)
- Italian House Wedge Salad (1 salad | 180 cal)
- Caesar Salad (1 salad | 490 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 (4 oz. | 90 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)
- Broccoli & Cavatelli Salad (4 oz. | 120 cal)
- Farmhouse Potato Salad (4 oz. | 220 cal)
- Antipasto Platter (1 serving | 340 cal)
- Vegetarian Antipasto Platter (1 serving | 190 cal)
- Seasonal Crudité with Hummus (2 oz. | 15 cal)
- Ranch Dip (1 oz. | 50 cal)
  - (2 oz. | 110-190 cal)
HANDCRAFTED SANDWICHES
$28.19 per guest

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

Three Salads
Assorted Bags of Chips (1 bag | 130-320 cal)
Oversized Cookies (1 cookie | 60-380 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 | 1000 cal)
Twisted Beef & Horseradish Wrapped in Whole Grain (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 Cage-Free Egg Salad on Pumpernickel Bread (1/2 sandwich | 180 cal)

CHOOSE THREE 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
ARTISANAL DELI AND PLATTERS

$44.09 per guest

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

- Artisanal Breads
- Assorted Cheeses and Appropriate Condiments
- Complimented by Fresh Side Salads
- Spreads
- Assorted Bags of Chips
- Oversized Cookies
- Scrumptious Brownies
- Assorted Bars
- or Fresh In-Season Fruit Cups

CHOOSE TWO SIGNATURE DELI SELECTIONS:

- Chimichurri Flank Steak
- Pesto Grilled Chicken Breast
- Tuscan Pesto Grilled Chicken
- Antipasto Platter
- Vegetarian Antipasto Platter
- Italian Cold Cuts with Assorted Cheeses
- Breads
- Appropriate Condiments

CHOOSE TWO SIDE SALADS:

- Market Salad with Balsamic Vinaigrette
- Seasonal Fresh Fruit Salad
- Orzo and Pepper Salad
- Artichoke Hearts with Italian Parsley
- Farmhouse Potato Salad
- Tuna
- Chicken
- Cage-Free Egg Salad
- Seasonal Crudité with
- Hummus
- Ranch Dip

CHOOSE TWO SPREADS:

- Tabbouleh with Garbanzo Beans & Feta
- Sun-Dried Tomato and Olive Tapenade
- Artichoke Tapenade
- Black Olive & Caper Tapenade
- Green Olive Tapenade
- Baba Ghanoush
- White Bean Spread with Caramelized Onions
- Mediterranean Tzatziki Sauce
- Served with Pita Wedges
- Flatbreads
- and Crackers

BOUNTIFUL BUFFETS
**DELI BUFFET**

$11.79 per guest

**Choice of Two Salads:**
- Creamy Cole Slaw with Apples (4 oz. | 100 cal)
- Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
- Potato Salad (4 oz. | 190 cal)
- Market Salad with Homemade Croutons (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)
- 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 Swiss Cheese (1 slice | 50 cal)
- Provolone Cheese (1 slice | 70 cal)
- American Cheese (1 slice | 50 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
- Dijon Mustard

- Assorted Individual Bags of Chips (1 bag | 130-320 cal)
- Brownies (1 brownie | 190-510 cal)

- Assorted Cookies (1 cookie | 160-180 cal)

Freshly Brewed Iced Tea and Sweet Tea

**OLD FASHIONED BBQ**

$11.49 per guest

- Seasonal Fresh Fruit Salad (4 oz. | 45 cal)
- Country Potato Salad (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 | 200 cal)
- Rolls

Freshly Brewed Iced Tea, Sweet Tea or Lemonade

**SPECIALTY BUFFETS**

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. These menus are available for groups of 15 or more. Waited Service is available upon request.
BACKYARD COOK OUT
$12.59 per guest

Country Potato Salad (4 oz. | 160 cal)
Potato Chips (1 bag | 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)
Relish (1 tbsp. | 20 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 or Freshly Brewed Iced Tea

FESTIVE FLAIR
<table>
<thead>
<tr>
<th>ASIAN FUSION</th>
<th>$17.29 per guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Salad</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Garlic Lemon Ginger Broccoli</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Vegetable Lo Mein</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Cilantro Breast of Chicken</td>
<td>(1 breast</td>
</tr>
<tr>
<td>Teriyaki Glazed Salmon Filet</td>
<td>(1 filet</td>
</tr>
<tr>
<td>Coconut Lemon Almond Gourmet Bar</td>
<td>(1 cut</td>
</tr>
<tr>
<td>Tropical Rice Pudding</td>
<td>(4 oz.</td>
</tr>
<tr>
<td>Fortune Cookies</td>
<td>(1 cookie</td>
</tr>
<tr>
<td>Assorted Canned Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea</td>
<td></td>
</tr>
</tbody>
</table>
BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Build Your Own Buffet by selecting - One Salad, Two Entrées, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for $2.49 per guest. Waited service is available upon request. These menus are available for groups of 15 or more.

SALADS

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

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 $17.89 per guest
(1 entrée | 280 cal)
Lemon Parmesan Chicken with White Wine Chive Sauce $19.79 per guest
(1 entrée | 530 cal)
Traditional Rotisserie Chicken $16.99 per guest
(1 entrée | 330 cal)

BEEF
Braised Beef Sicilian $21.59 per guest
(1 entrée | 310 cal)
Caramelized Onion Meatloaf $20.59 per guest
(1 entrée | 210 cal)

PORK
Roast Pork Loin with Mustard Herb Crust $18.89 per guest
(1 entrée | 300 cal)

SEAFOOD
Broiled Salmon with Dill Butter $17.19 per guest
(1 entrée | 270 cal)
Garlic Shrimp Skewers $25.79 per guest
(1 entrée | 440 cal)

VEGETARIAN
Vegetarian Lasagna $18.09 per guest
(1 entrée | 290 cal)
Vegetable Whole Wheat Pasta Primavera $12.99 per guest
(1 entrée | 340 cal)
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)
- Assorted Pies: Dutch Apple, Blueberry, Lemon Meringue or Pecan Pie (1 slice | 320-520 cal)

BEVERAGES

- Freshly Brewed Nescafe Coffee (8 fluid oz. | 0 cal)
- Decaffeinated Coffee (8 fluid oz. | 0 cal)
- Bigelow Herbal and Non-Herbal Teas (1 tea bag | 0 cal)
- Decaffeinated Bigelow Tea with Hot Water (1 tea bag | 0 cal)

**CHOOSE TWO:**
- Iced Water Station
- Lemonade
- Freshly Brewed Iced Tea
- Sweet Tea
## HOT HORS D’OEUVRES

### FROM PLATTERS TO PASSED

*High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Services include linen-draped service tables, set up and clean up. Minimum of 3 dozen.*

### CHICKEN

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek Chicken Skewers</td>
<td>$30.49 per dozen</td>
<td>(1 each</td>
</tr>
<tr>
<td>Chipotle Maple Bacon-Wrapped Chicken</td>
<td>$12.59 per dozen</td>
<td>(1 each</td>
</tr>
<tr>
<td>Chicken Diablo Empanadas with Chipotle Ranch Dipping Sauce</td>
<td>$59.19 per dozen</td>
<td>(1 each + 1 oz. sauce</td>
</tr>
</tbody>
</table>

### PORK

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork Pot Stickers with Garlic Soy Sauce</td>
<td>$12.59 per dozen</td>
<td>(1 each + 3 oz. sauce</td>
</tr>
<tr>
<td>Mini Ham Biscuits with Mustard Sauce</td>
<td>$12.39 per dozen</td>
<td>(1 each</td>
</tr>
<tr>
<td>Sausage Bites with White Wine and Dijon Mustard</td>
<td>$21.59 per dozen</td>
<td>(1 each</td>
</tr>
<tr>
<td>Sausage-Stuffed Mushrooms</td>
<td>$48.69 per dozen</td>
<td>(1 each</td>
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</table>

### SEAFOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Crab Cakes with Cajun Rémoulade Sauce</td>
<td>$37.59 per dozen</td>
<td>(1 each</td>
</tr>
<tr>
<td>Seafood Stuffed Mushrooms</td>
<td>$17.19 per dozen</td>
<td>(1 each</td>
</tr>
<tr>
<td>Bacon Wrapped Scallops with BBQ Sauce</td>
<td>$55.79 per dozen</td>
<td>(1 each</td>
</tr>
</tbody>
</table>
SAVORY SELECTIONS

**BEEF**
- Chipotle Beef on Tortillas with Avocado Crème
  - $18.59 per dozen
- Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour
  - $5.89 per dozen
- Beef Satay with Sweet & Spicy Sauce
  - $41.89 per dozen
- Beef Short Ribs in a Potato Cup
  - $33.49 per dozen

**VEGETARIAN**
- Spanakopita
  - $29.69 per dozen
- Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce
  - $15.59 per dozen
- Onion and Smoked Gouda Quesadilla
  - $9.92 per dozen
- Bleu Cheese Stuffed Mushroom Caps *Contains Nuts
  - $13.99 per dozen

(1 each | 120 cal)
(1 each + 3 oz. sauce | 45-130 cal)
(1 each + sauce | 110 cal)
(1 each | 140 cal)
(1 each | 45 cal)
(1 each + 3 oz. sauce | 120-150 cal)
(1 each + sauce | 350 cal)
(1 each | 110 cal)
MAGNIFICENT MORSELS
High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Services include linen-draped service tables, set up and clean up. Minimum of 3 dozen.

<table>
<thead>
<tr>
<th>Cold Hors D’Oeuvres</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Shrimp Cocktail with Cajun Rémoulade and Cocktail Sauce</strong></td>
<td>(shrimp + sauce</td>
<td>150 cal)</td>
</tr>
<tr>
<td>$26.89 per dozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Roasted Garlic Hummus and Smoked Salmon Bruschetta</strong></td>
<td>(1 each</td>
<td>110 cal)</td>
</tr>
<tr>
<td>$55.79 per dozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cool Salmon Canapés</strong></td>
<td>(1 each</td>
<td>60 cal)</td>
</tr>
<tr>
<td>$18.49 per dozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mini Curried Chicken Tart</strong></td>
<td>(1 each</td>
<td>140 cal)</td>
</tr>
<tr>
<td>$23.89 per dozen</td>
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<td></td>
</tr>
<tr>
<td><strong>Cucumber Rounds with Feta and Tomatoes</strong></td>
<td>(1 each</td>
<td>30 cal)</td>
</tr>
<tr>
<td>$9.19 per dozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Crostini with Spicy Mango Shrimp Salsa</strong></td>
<td>(1 each</td>
<td>70 cal)</td>
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<tr>
<td>$12.69 per dozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>White Bean Crostini</strong></td>
<td>(1 slice</td>
<td>120 cal)</td>
</tr>
<tr>
<td>$11.29 per dozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruity Feta Bruschetta</strong></td>
<td>(1 slice</td>
<td>100 cal)</td>
</tr>
<tr>
<td>$17.19 per dozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Miso Crab Salad on Cucumber</strong></td>
<td>(1 each</td>
<td>50 cal)</td>
</tr>
<tr>
<td>$27.09 per dozen</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
DELECTABLE DELIGHTS
GOURMET DIPS AND MORE

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

HOT DIPS
Sold per guest

Warm Parmesan Artichoke Dip with Bagel or Pita Chips $1.89 per guest
(1 oz. + 2 oz. chips | 250 cal)

Spinach and Crab Dip with Baguette Rounds $2.99 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)
$2.49 per guest

Creamy Mediterranean Dip with Bagel Chips or Pita Chips
(1 oz. + 2 oz. chips | 220-230 cal)
$2.39 per guest

COLD DISPLAYS

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

Fresh Farm Crudités with Ranch Dip ☑️
$79.79 Small/$149.60 Medium/$219.29 Large

Seasonal Cubed Fresh Fruit ☑️
$29.99 Small/$59.99 Medium/$94.49 Large

Domestic Cheeses with Crackers ☑️
$53.80 Small/$87.60 Medium/$131.29 Large

Artisan Cheeses with Crackers and Baguette Rounds ☑️
$98.79 Small/$263.60 Medium/$371.29 Large

Antipasto Platter with Crackers and Baguette Rounds
$123.69 Small/$247.29 Medium/$371.19 Large

SAVORY CHEESECAKES

Please order by the Cheesecake and Torte. Served with Crackers.

(1 cracker | 25-70 cal)

Roasted Vegetable Cheesecake $57.19 each
(1 slice | 360 cal)

Savory Pesto and Sun-Dried Tomato Torte $58.19 each
(1 slice | 310 cal)

WINGS AND THINGS BAR

$11.59 per guest

CHOOSE TWO WING STYLES (6 wing serving):

Buffalo
(510 cal)

BBQ
(630 cal)

Honey
(530 cal)

Boneless
(710 cal)

Cajun Style
(570 cal)

Celery and Carrot Sticks
(6 sticks, 3 each | 15 cal)

Bleu Cheese
(2 oz. | 280 cal)

Ranch Dressing
(2 oz. | 190 cal)

Steak Fries
(4 oz. | 270 cal)
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
$11.19 per guest

CHOOSE THREE:
Cheeseburger (1 sandwich | 180 cal), Hamburger (1 sandwich | 170 cal), Pork BBQ (1 sandwich | 330 cal), Crab Cake (1 sandwich | 70 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
$5.39 per guest

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

CHOOSE 5:
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)
$4.99 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)
$12.49 per guest

Roast Prime Rib of Beef (3 oz. | 230 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 70-160 cal)
$6.79 per guest

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)
$3.69 per guest

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp. | 80 cal)
$2.59 per guest

Roast Beef (3 oz. | 140 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 25 cal)
$2.59 per guest
GRAND FINALE
**SWEET AND SALTY**

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

### ASSORTED HOME-STYLE COOKIES (2 cookies per serving) $12.69 per dozen

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter</td>
<td>350 cal</td>
</tr>
<tr>
<td>Sugar</td>
<td>330 cal</td>
</tr>
<tr>
<td>Double Chocolate Chip with White Chips</td>
<td>330 cal</td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>360 cal</td>
</tr>
<tr>
<td>White Chocolate Macadamia Nut</td>
<td>340 cal</td>
</tr>
<tr>
<td>Oatmeal Raisin</td>
<td>310 cal</td>
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### BROWNIES (1 cut per serving) $14.39 per dozen

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream Cheese</td>
<td>220 cal</td>
</tr>
<tr>
<td>Plain</td>
<td>200 cal</td>
</tr>
<tr>
<td>Frosted</td>
<td>350 cal</td>
</tr>
<tr>
<td>Blondie</td>
<td>220 cal</td>
</tr>
<tr>
<td>Fudge</td>
<td>350 cal</td>
</tr>
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### GOURMET DESSERT BARS (1 cut per serving) $14.39 per dozen

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
</tr>
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<tbody>
<tr>
<td>Linzi Bar</td>
<td>210 cal</td>
</tr>
<tr>
<td>Ooey Gooey Pumpkin Square</td>
<td>100 cal</td>
</tr>
<tr>
<td>Raspberry Almond Bar</td>
<td>190 cal</td>
</tr>
<tr>
<td>Chocolate Chess Bar</td>
<td>260 cal</td>
</tr>
<tr>
<td>Luscious Lemon Bar</td>
<td>70 cal</td>
</tr>
<tr>
<td>Cran Scotch Bar</td>
<td>260 cal</td>
</tr>
<tr>
<td>Gooey Chocolate Peanut Butter Bar</td>
<td>290 cal</td>
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### ASSORTED MINI PETIT FOURS AND PASTRIES $21.69 per dozen

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<th>Flavor</th>
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<tbody>
<tr>
<td>Plain</td>
<td>200 cal</td>
</tr>
<tr>
<td>Fudge</td>
<td>350 cal</td>
</tr>
<tr>
<td>Frosting</td>
<td>350 cal</td>
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</table>

### MULTI-GRAIN BARS AND GRANOLA BARS $1.59 per item

<table>
<thead>
<tr>
<th>Flavor</th>
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</thead>
<tbody>
<tr>
<td>Multi-Grain Bar</td>
<td>90-160 cal</td>
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</table>

### INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS $1.59 per item

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<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretzels</td>
<td>110-230 cal</td>
</tr>
<tr>
<td>Potato Chips</td>
<td>110-230 cal</td>
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</table>

### ASSORTED POPCORN $1.99 per guest

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Popcorn</td>
<td>120 cal</td>
</tr>
</tbody>
</table>

### MIXED NUTS WITH PEANUTS $27.79 per pound

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Nuts</td>
<td>120 cal</td>
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</tbody>
</table>

### TRAIL MIX $18.12 per pound

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trail Mix</td>
<td>150 cal</td>
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</tbody>
</table>

### DESSERT STATION $2.89 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)
PLAN FOR SUCCESS
PLANNING YOUR EVENT

Flavours by Sodexo 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 FLAVOURS BY SODEXO

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 through Flavours by Sodexo 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 Flavours by Sodexo about your catering needs. Here are the options:

Visit Our Office: You may visit us in person at The Tom Bevill Center. Our office hours are Monday through Friday, 8:00am to 4:00pm. Please be aware that we are closed on some holidays.

Visit us on the Web: You may contact us about your catering needs through our online catering Website at www.uah.edu/dining. 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.

Give us a Call: You may speak with an event planning specialist by calling 256-824-4721. Send us an Email: You may email us at UAHCatering@uah.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 the venue, 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 Tom Bevill Conference Center at 256-824-4721. For buildings on campus please contact Juanita Owen at 256-824-7776. When reserving the location please allow three hours for set-up and two hours for break down.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact Juanita Owen 256-824-776 to make these arrangements.

EVENT CONFIRMATIONS & GUARANTEES

No less than three business 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 PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include Visa, Master Card, American Express, cash, check, university funds i.e., department accounts and foundation accounts. University groups may qualify for a 15% discount if certain requirements are met.

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.
- Sales tax of 9% 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.
PLAN FOR
SUCCESS
**DELIVERY FEES**
There is no delivery fee for catering services held within the BEV, SSB, or CTC. Deliveries outside the location, will be subject to a $35.00 or 10% delivery fee, whichever is greater.

**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 $12.50 per hour (minimum 4 hours)
- Station Chefs $13.00 per hour (minimum 4 hours)
- Bartenders $18.00 per hour (minimum 4 hours)

**CATERING EQUIPMENT**
As the host of the catered event, you are responsible for arranging delivery and the set up of the equipment needed for your 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 high quality plastic products or eco-friendly serviceware unless otherwise requested. We offer china service for any event at an additional charge.
- Full Meal Service and Silverware $2.50-$5.50 per guest
- Coffee or Beverage China Service $1.00 per guest
- Full Bar Glass Service $1.00 per guest
- Reception China and Silverware $2.50 per guest
- Eco-friendly $.50 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**
Our catering service will provide linens and skirting 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 for each tablecloth. Cloths that are 120 inches round, 90 x 156 for 8-foot or 90 x 132 for 6-foot tables are available at $12.00 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. We can also provide napkins to meet your basic color scheme however, specialty linens are available upon request for an additional charge.

**FOOD REMOVAL POLICY**
Due to health regulations, it is the policy of Flavours Catering at the University of Alabama in Huntsville, 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.

**ALCOHOL POLICY**
All alcoholic beverages must be served by our personnel and consumed in designated areas. Proof of age will be required. The UAH Catering operation, reserves the right to refuse service of alcoholic beverages to any person.

**ALCOHOL SERVICE**
Please contact the Sales Office at 256-824-4721 for details.