

# FLAVOURS

TASTE : SUCCESS



UNIVERSITY OF CINCINNATI



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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.

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.

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.

## QUEEN CITY CATERING CO.

 = Mindful  = Vegetarian  = Vegan  = Plant Based

*We can also accommodate Gluten Free requests.*





## BREAKFAST: MORNING BUFFETS

*Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. All breakfasts include coffee and hot tea service.*

### CLASSIC CONTINENTAL BREAKFAST

*12 guest minimum | \$10.49 per guest*

*Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.*

#### **INCLUDES:**


Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

*A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries*


Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

#### **CHOICE OF TWO:**

Mini Muffins  (each | 160-230 cal)

Mini Croissants  (each | 200 cal)

Coffee Cakes  (each | 110-430 cal)

Mini Scones  (each | 190-200 cal)

Breakfast Breads  (each | 250 cal)

Butter and Assorted Jam

## PLANT POWERED CONTINENTAL BREAKFAST

20 guest minimum | \$14.49 per guest

Seasonal fresh fruit, avocado toast, farmer's market breakfast bowl, breakfast salad, coffee and hot tea.

### INCLUDES:

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Avocado, Hummus & Tomato Toast  (each | 210 cal)

Toasted Italian bread topped with hummus, avocado, cherry tomatoes and red pepper flakes

Farmer's Market Breakfast Bowl  (each | 320 cal)

Hash browns, quinoa, scrambled tofu, kale, avocado and green onions

Grape Tomato Salad  (each | 150 cal)

Fresh grape tomatoes tossed with shallots, garlic, dill and extra virgin olive oil

## HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$14.49 per guest

Seasonal fresh fruit, Greek yogurt, granola bars, hard-boiled eggs and oatmeal with toppings. Includes coffee and hot tea service.

### INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

Cage-Free Hard-Boiled Egg  (each | 80 cal)

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)


Granola Bar  (each | 90 cal)

Steel Cut Oatmeal  (8 oz. | 170 cal)

### Served with:

2% Milk  (1 tbsp. | 10 cal)

Unsweetened Almond Milk  (1 tbsp. | 0 cal)

Cinnamon Brown Sugar Topping  (1 tsp. | 15 cal)

Sweetened Dried Cranberries  (1 tbsp. | 30 cal)

Pecan Pieces  (1 tbsp. | 50 cal)

Fresh Whole Strawberries  (1 tbsp. | 5 cal)

Fresh Blueberries  (1 tbsp. | 5 cal)

## BREAKFAST BUFFET

20 guest minimum | \$18.49 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish. Includes coffee, hot tea and condiments.

### INCLUDES:

Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

### CHOICE OF TWO:

Mini Butter Croissant  (each | 80 cal)

Mini Danish  (each | 130-170 cal)

Mini Scones  (each | 190-200 cal)

Muffins  (each | 160-230 cal)

### CHOICE OF ONE:

Home Fried Potatoes  (1/2 cup | 90 cal)

Classic Grits  (4 oz. | 70 cal)

Potato Roesti with Chives & Parsley  (1 slice | 70 cal)

Hash Browned Potato  (1/2 cup | 90 cal)

Root Vegetable Hash  (1/2 cup | 80 cal)

### CHOICE OF TWO:

Bacon Slices (1 slice | 35 cal)

Sausage Links (1 link | 110 cal)

Turkey Sausage Link (1 link | 45 cal)

Turkey Bacon (1 slice | 25 cal)


### CHOICE OF ONE:

Seasoned Cage-Free Scrambled Egg Whites  (1/2 cup | 90 cal)

Seasoned Cage-Free Scrambled Eggs  (1/2 cup | 180 cal)

Scrambled Tofu  (1/2 cup | 130 cal)

Cholesterol Free Scrambled Eggs  (1/2 cup | 120 cal)

Vegan Eggs  (1/2 cup | 200 cal)


### ADD A SECOND EGG DISH (OPTIONAL):


\$2.49 per guest

Seasoned Cage-Free Scrambled Egg Whites  (1/2 cup | 90 cal)

Seasoned Cage-Free Scrambled Eggs  (1/2 cup | 180 cal)

Scrambled Tofu  (1/2 cup | 130 cal)

Cholesterol Free Scrambled Eggs  (1/2 cup | 120 cal)

Vegan Eggs  (1/2 cup | 200 cal)

BREAKFAST:  
BOXES




Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items.

## BAKERY BREAKFAST BOX

12 guest minimum | \$9.19 per guest

Each box includes selection of bakery items, granola bar and choice of yogurt or cage-free hard-boiled egg.

### INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)  
A mixture of cantaloupe, honeydew melon, pineapple and red grapes

### CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant  (each | 80 cal)  
Mini Chocolate Croissant  (each | 100 cal)  
Classic Blueberry Muffin  (each | 170 cal)

### CHOICE OF ONE GRANOLA BAR:

Granola Bar  (each | 90 cal)  
Peanut Butter Granola Bar  (each | 100 cal)  
Oats & Honey Granola Bar  (each | 90 cal)

### CHOICE OF ONE:


Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)  
Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

## BREAKFAST SANDWICH BOX

12 guest minimum | \$10.29 per guest

Includes seasonal fresh fruit, blueberry muffin and your choice of breakfast sandwich and a cage-free hard-boiled egg or yogurt.

### INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)  
A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)

### CHOICE OF ONE BREAKFAST SANDWICH:

Ham and Gruyere on a Croissant (each | 240 cal)  
BLT with Avocado on a Bagel (each | 310 cal)

### CHOICE OF ONE:

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)  
Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

## ADD ON BEVERAGES

Bottled Water  \$2.39 each (20 oz. | 0 cal)  
Orange Juice  \$2.99 each (12 oz. | 150 cal)  
Apple Juice  \$2.99 each (12 oz. | 160 cal)



## BREAKFAST: A LA CARTE

Upgrade your breakfast with la carte selections. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

### BREAKFAST BAKERY

A variety of mini and regular baked goods sold by the dozen.

Muffins	☑ \$16.99 per dozen	(1 each   160-230 cal)
Mini Danish	☑ \$20.49 per dozen	(1 each   130-170 cal)
Mini Croissants	☑ \$16.99 per dozen	(1 each   80-100 cal)
Mini Scones	☑ \$16.99 per dozen	(1 each   190-200 cal)
Breakfast Breads	☑ \$17.99 per dozen	(1 each   250 cal)
Cinnamon Roll Flats	☑ \$19.49 per dozen	(1 each   120 cal)
Glazed Cinnamon Roll	☑ \$19.49 per dozen	(1 each   130 cal)

### YOGURT \$2.09 each

Chobani Non-Fat Blueberry Greek Yogurt	☑	(1 each   90 cal)
Chobani Non-Fat Vanilla Greek Yogurt	☑	(1 each   80 cal)
Chobani Non-Fat Strawberry Greek Yogurt	☑	(1 each   90 cal)
Strawberry Banana Non-Fat Lite Yogurt		(1 each   90 cal)
Blueberry Non-Fat Lite Yogurt		(1 each   90 cal)
Vanilla Non-Fat Lite Yogurt		(1 each   90 cal)



## OATMEAL BAR

12 guest minimum | \$5.29 per guest

Warm oatmeal served with a variety of toppings and milk.

### INCLUDES:

Steel Cut Oatmeal	(8 oz.   170 cal)
Brown Sugar	(1 tbsp.   45 cal)
Cinnamon	(1 tsp.   5 cal)
Walnut Pieces	(1 tbsp.   50 cal)
Seedless Raisins	(1 tbsp.   25 cal)
Fresh Blueberries	(1 tbsp.   5 cal)

### CHOICE OF SIX:

Toasted Almonds	(1 tbsp.   40 cal)
Walnut Pieces	(1 tbsp.   50 cal)
Pumpkin Seeds	(1 tbsp.   60 cal)
Sweetened Dried Cranberries	(1 tbsp.   30 cal)
Seedless Raisins	(1 tbsp.   25 cal)
Fresh Blueberries	(1 tbsp.   5 cal)
Creamy Peanut Butter	(1 tbsp.   90 cal)
Shredded Coconut	(1 tbsp.   25 cal)

### CHOICE OF TWO:

2% Milk	(1 tbsp.   10 cal)
Whole Milk	(1 tbsp.   10 cal)
Unsweetened Almond Milk	(1 tbsp.   0 cal)

## DONUT HOLES

\$10.99 per two dozen

Glazed Donut Holes	(6 donut holes   280 cal)
Cinnamon Sugar Donut Holes	(6 donut holes   290 cal)

## SEASONAL MINI GREEK

### YOGURT PARFAITS

12 guest minimum | \$3.39 each

Banana, Nutella, & Granola Yogurt Parfait	(1 mini parfait   100 cal)
Tropical Fruit & Granola Yogurt Parfait	(1 mini parfait   70 cal)
Blueberry, Lemon & Granola Yogurt Parfait	(1 mini parfait   60 cal)

## BREAKFAST BURRITOS

20 guest minimum | \$5.29 each

Rajas & Chorizo Breakfast Burrito	(each   650 cal)
Carnitas Verde Breakfast Burrito	(each   480 cal)
Roasted Vegetable Breakfast Burrito	(each   400 cal)
Cage-Free Egg, Cheese & Potato Breakfast Burrito	(each   470 cal)

## BAGELS & SCHMEARS

20 guest minimum | \$3.49 per guest

Select two bagel flavors along with your choice of chef-prepared schmears.

### CHOICE OF TWO BAGELS:

Plain Bagel	(each   290 cal)
Sesame Bagel	(each   300 cal)
Cinnamon Raisin Bagel	(each   290 cal)

### INCLUDED:

Cream Cheese	(2 tbsp.   70 cal)
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### CHOICE OF TWO SPECIALTY

#### SCHMEAR CHEESES:

Everything Schmeer	(2 tbsp.   70 cal)
Lemon Dill Schmeer	(2 tbsp.   50 cal)
Honey Walnut Schmeer	(2 tbsp.   80 cal)
Blueberry Schmeer	(2 tbsp.   60 cal)
Smoked Salmon & Caper Schmeer	(2 tbsp.   70 cal)
Furikake Schmeer	(2 tbsp.   60 cal)

## HOT BREAKFAST SANDWICHES

12 guest minimum | \$3.29 each

Cage-Free Egg & Cheese Bagel	(each   200 cal)
Bacon, Cage-Free Egg & Cheese Bagel	(each   240 cal)
Ham, Cage-Free Egg & Cheese Bagel	(each   230 cal)
Sausage, Cage-Free Egg & Cheese Bagel	(each   390 cal)
Cage-Free Egg & Cheese Biscuit	(each   280 cal)
Bacon, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Ham, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Sausage, Cage-Free Egg & Cheese Biscuit	(each   470 cal)

## EGG DISHES

20 guest minimum

Cage-Free Hard-Boiled Eggs	(each   80 cal)
\$12.99 per dozen	
Vegan Shakshuka	(serving   160 cal)
\$4.99 per guest	
Chilaquiles with Salsa Roja	(serving   280 cal)
\$4.99 per guest	
Grilled Zucchini, Bacon, Swiss Frittata	(serving   290 cal)
\$4.99 per guest	
Hash Brown, Mushroom and Spinach Quiche	(serving   210 cal)
\$4.99 per guest	

BREAKS:  
MORNING BREAKS





Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up & clean up.

## MORNING MOXY



20 guest minimum | \$12.49 per guest

Includes coffee & hot tea service. Includes condiments.

### INCLUDES:

- Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries
- Coffee & Tea Hot Service  (12 oz. | 0-5 cal)

### CHOICE OF TWO PARFAITS:

- Maple Oats with Spiced Apples  (1 mini parfait | 100 cal)
- Nutella Oats with Banana  (1 mini parfait | 260 cal)
- Carrot Cake Oats  (1 mini parfait | 80 cal)
- PB&J Overnight Oats  (1 mini parfait | 110 cal)
- Tropical Overnight Oats  (1 mini parfait | 80 cal)

### CHOICE OF TWO BAKED GOODS:

- Mini Butter Croissant  (each | 80 cal)
- Apple Mini Danish  (each | 130 cal)
- Cheese Mini Danish  (each | 140 cal)
- Mini Maple Pecan Danish  (each | 170 cal)
- Mini Raspberry Danish  (each | 130 cal)
- Apple Cinnamon Muffin  (each | 180 cal)
- Banana Streusel Muffin  (each | 230 cal)



BREAKS:  
AFTERNOON  
BREAKS









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

## TEA TIME

20 guest minimum | \$9.19 per guest

Tea Time comes with grissini, candied pecans, brownie bites and a refreshing Arnold Palmer.

- Grissini  (2 breadsticks | 45 cal)  
A thin crispy breadsticks brushed with olive oil and coarse salt
- Candied Cinnamon Pecans  (2 oz. | 160 cal)
- Truffled Brownie Bites  (2 each | 110 cal)
- Arnold Palmer (Iced Tea & Lemonade)  (8 oz. | 130 cal)

## DIPS AND CHIPS

20 guest minimum | \$6.19 per guest

Start with a crudité platter and add your choice of house-made chips and three dips.

### INCLUDES:

- Crudité Platter  (3 oz. | 20 cal)

### CHOICE OF THREE CHIPS:

- House-made Tortilla Chips  (12 chips | 90 cal)
- Sea Salt Dusted Deli Chips  (2 oz. | 90 cal)
- BBQ Dusted Deli Chips  (2 oz. | 90 cal)
- Ranch Dusted Deli Chips  (2 oz. | 100 cal)
- Chipotle Dusted Deli Chips  (2 oz. | 90 cal)

### CHOICE OF THREE DIPS

- Dijon Ranch Dip  (2 tbsp. | 190 cal)
- Onion Cheese Dip (2 tbsp. | 70 cal)
- Hummus  (2 tbsp. | 60 cal)
- Baba Ghanoush  (2 tbsp. | 30 cal)

## SNACK PACK







20 guest minimum | \$8.19 per guest

Snack Pack includes whole fruit, packaged snacks, granola bars and beverages.




### CHOICE OF TWO:

- Apple  (each | 90 cal)
- Banana  (each | 140 cal)
- Orange  (each | 70 cal)

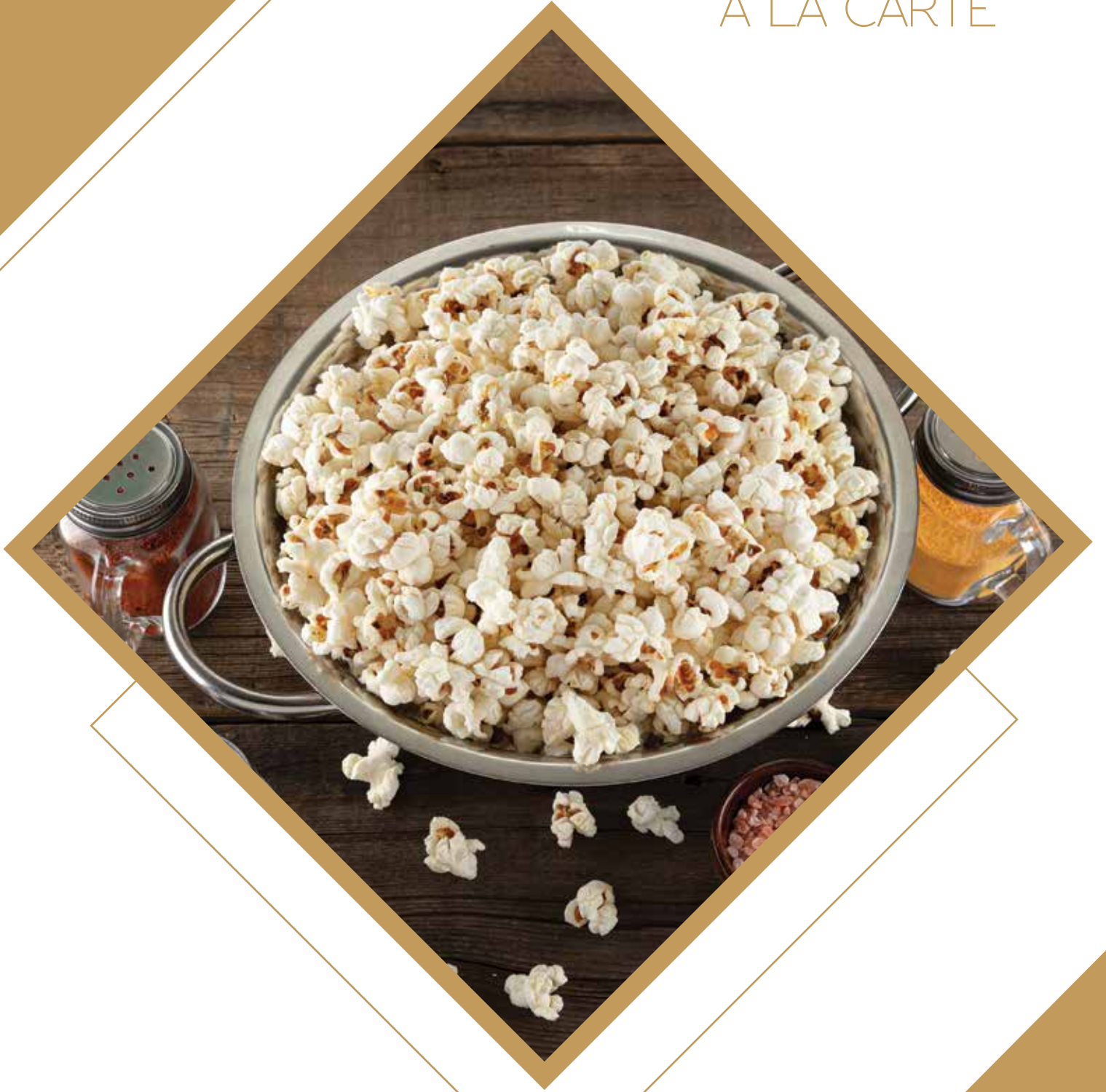
### CHOICE OF FOUR:

- Almonds  (1.5 oz. | 250 cal)
- Rold Gold Tiny Twist Pretzels  (1 oz. | 110 cal)
- Potato Chips  (1.5 oz. | 240 cal)
- Cheez-It Original  (1.5 oz. | 220 cal)
- Sunburst Trail Mix  (1.5 oz. | 220 cal)
- Grandma's Big Chocolate Chip Cookies  (2.5 oz. | 340 cal)

### CHOICE OF TWO:

- Granola Bar  (1 bar | 90 cal)
- Peanut Butter Granola Bar  (1 bar | 100 cal)
- Oats & Honey Granola Bar  (1 bar | 90 cal)
- Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

BREAKS:  
A LA CARTE



Perfect as an add on to an afternoon break package. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

## TOP YOUR OWN DONUT STATION

20 guest minimum | \$4.69 per guest

Start with warm donut holes and build your own sweet treat with a choice of syrup and toppings.

### INCLUDES:

Donut Holes  (3 each | 120 cal)

### CHOICE OF TWO:

Honey Dip Donut Glaze   (1/2 tbsp. | 30 cal)

Maple Flavored Pancake Syrup   (1/2 tbsp. | 25 cal)

Raspberry Syrup   (1/2 tbsp. | 25 cal)

Chocolate Syrup  (1/2 tbsp. | 25 cal)

### CHOICE OF FOUR:

Bacon Crumbles (1 tsp. | 15 cal)

Graham Cracker Crumbs   (1 tsp. | 10 cal)

Mini Marshmallows (2 tsp. | 5 cal)

Mini Chocolate Chips  (2 tsp. | 35 cal)

Whipped Topping  (1/2 tbsp. | 5 cal)

Rainbow Jimmies Sprinkles   (1 tsp. | 20 cal)

## TOP YOUR OWN POPCORN STATION

20 guest minimum | \$3.59 per guest

Popcorn popped with olive oil; topped with your choice of sweet and savory seasonings.

### INCLUDES:

Popcorn   (2 cups | 70 cal)

Olive Oil   (1 tsp. | 40 cal)

### CHOICE OF FOUR:

Smoked Paprika   (1/8 tsp. | 0 cal)

Tajin Seasoning   (1/8 tsp. | 0 cal)

Hot Madras Curry Powder   (1/8 tsp. | 0 cal)

Cajun Seasoning   (1/8 tsp. | 0 cal)

Caribbean Jerk Seasoning   (1/8 tsp. | 0 cal)

Creamy Buttermilk & Herb Dressing Mix  (1/8 tsp. | 0 cal)

Lawry's Spicy Buffalo Wing Seasoning   (1/8 tsp. | 0 cal)

Cheddar Cheese Sauce Mix  (1/8 tsp. | 0 cal)

Grated Parmesan Cheese   (1/8 tsp. | 0 cal)

Cinnamon & Powdered Sugar Topping   (1/8 tsp. | 0 cal)

## TOP YOUR OWN CROSTINI BAR

20 guest minimum | \$7.19 per guest

Crostini with a selection of toppings.

### INCLUDES:

Grilled Garlic Crostini  (1 slice | 80 cal)

Baba Ghanoush   (1 tbsp. | 15 cal)

Capers   (1 tsp. | 0 cal)

Hummus   (1 tbsp. | 35 cal)

Smoked Ham  (1/4 oz. | 30 cal)

Cage-Free Hard-Boiled Eggs  (1/2 oz. | 20 cal)

Fresh Radishes   (1 tbsp. | 0 cal)

Avocado Slices   (1/2 oz. | 25 cal)

Cherry Tomatoes   (1/2 tomato | 0 cal)

Crushed Red Pepper Flakes   (1/2 tsp. | 0 cal)

Everything Bagel Seasoning   (1/2 tsp. | 5 cal)

Olive Oil   (1/2 tsp. | 20 cal)

Lemon Wedge   (1 wedge | 0 cal)

### OPTIONAL PROTEIN:

Smoked Salmon Fillet (Lox) *\$4.99 per guest* (1/4 oz. | 10 cal)

Boxed meal options feature a curated selection of the most popular salads or sandwich items. Boxed Meal services include delivery, linen-draped service tables, set up and clean up.

## SIGNATURE SANDWICH LUNCH BOX 12 guest minimum | \$14.99 per guest

Includes choice of sandwiches or wraps, apple 🍏🌱🌱, baked or regular potato chips 🍟🌱 (1 bag | 140-220 cal), dessert (126-230) and beverage (0-250 cal).

### SELECT UP TO THREE:

**HAM & GRUYERE ON SOURDOUGH** (each | 620 cal)  
Smoked ham with gruyere cheese, lettuce, tomato and Dijonnaise on sourdough bread

**ROAST BEEF & WATERCRESS SANDWICH** (each | 420 cal)  
Roast beef & cheddar cheese with horseradish, tomato and watercress on sourdough bread

**SZECHUAN SALMON WRAP** 🍷 (each | 400 cal)  
A healthy grain tortilla covered with Szechuan garlic butter filled with flaked salmon and Thai broccoli slaw

**CITRUS FLANK STEAK & CHIMICHURRI SANDWICH**  
(each | 660 cal)  
Grilled lime marinated flank steak, red onion, lettuce, tomato with chimichurri sauce and mayonnaise on sourdough bread

**MEDITERRANEAN BAGUETTE** 🌱 (each | 360 cal)  
Roasted eggplant rings with hummus and roasted red peppers on a baguette

### CHOICE OF ONE:

Chocolate Brownie 🍫 (each | 60 cal)  
Two Cookies 🍪 (2 cookies | 310-330 cal)  
Blondie Bar 🍪 (each | 60 cal)  
Rice Krispies Bar (each | 280 cal)  
Peanut Butter Chocolate Oreo Brownie 🍫 (each | 320 cal)

### CHOICE OF ONE:

Bottled Water (each | 0 cal)  
Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-150 cal)

### UPGRADE TO A SIGNATURE SIDE:





Quinoa Cucumber Salad 🍷🌱 \$1.99 per guest (1/2 cup | 140 cal)  
Azifa (Green Lentil Salad) 🍷🌱🌱 \$1.99 per guest (1/2 cup | 120 cal)  
Wild Rice, Quinoa & Lentil Salad 🍷🌱 \$1.99 per guest (1/2 cup | 240 cal)  
Chickpea Chaat Salad 🍷🌱🌱 \$1.99 per guest (1/2 cup | 60 cal)  
Super Bean Salad Mix 🍷🌱🌱 \$1.99 per guest (1/2 cup | 80 cal)



## BOXED MEALS



### CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$12.99 per guest

The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips   (1 bag | 140-220 cal), an apple   (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal).

#### SELECT UP TO THREE:

##### ITALIAN TUNA AND PROVOLONE WRAP (each | 540 cal)

Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing in a hearty grain tortilla

##### CLASSIC TURKEY CLUB (each | 550 cal)

Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread

##### GRILLED CHICKEN CAESAR WRAP (each | 560 cal)

Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

##### TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH

(each | 550 cal)

Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

##### CURRIED CHICKEN SALAD & ALMOND SANDWICH

(each | 510 cal)

Oven roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

##### SMOKED HAM, BRIE AND APPLE ON SOURDOUGH

(each | 520 cal)

Smoked ham with brie cheese, Granny Smith apple, baby arugula & Dijonnaise on sourdough bread

##### VEGETABLE TARRAGON WRAP (each | 400 cal)

Grilled zucchini, provolone, baby spinach and roasted red peppers with herb mayonnaise in a hearty grain tortilla

##### TANDOORI CAULIFLOWER AND PEPPER WRAP

(each | 300 cal)

Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

##### HUMMUS WRAP WITH ZUCCHINI & DUKKAH

(each | 330 cal)

Non GMO tortilla with grilled zucchini, hummus, red pepper, baby spinach, red onion and dukkah seasoning

BOXED MEALS,  
continued



## SIGNATURE SALAD LUNCH BOX 12 guest minimum | \$13.99 per guest

The Signature Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 110 cal), an apple 🍏🥑🥒 (1 piece | 80 cal), dessert (126-230) and drink (0-250 cal). Includes condiments.

### CHOICE OF THREE:

**CAESAR SALAD WITH GRILLED STEAK** (each | 710 cal)  
Romaine lettuce topped with grilled steak, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED SHRIMP** (each | 650 cal)  
Romaine lettuce topped with grilled shrimp, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD WITH GRILLED STEAK** (each | 240 cal)  
Romaine lettuce and spring mix topped with grilled steak, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH GRILLED SHRIMP** (each | 190 cal)  
Romaine lettuce and spring mix topped with grilled shrimp, grape tomatoes, cucumbers and shredded carrots

**ASIAN RICE NOODLE SALAD** 🍱🥗 (each | 450 cal)  
Rice noodles tossed with carrots, red peppers & green onions with sesame oil & soy sauce

**BLT SALAD** (each | 290 cal)  
Iceberg lettuce topped with crispy bacon & grape tomatoes, served with green goddess dressing

## CLASSIC SALAD LUNCH BOXES 12 guest minimum | \$11.99 per guest

The Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), an apple 🍏🥑🥒 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal). Includes condiments.

### CHOICE OF THREE:

**CAESAR SALAD** (each | 510 cal)  
Romaine lettuce topped with homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED CHICKEN** (each | 670 cal)  
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH PORTOBELLO** (each | 660 cal)  
Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD** 🍏🥑🥒 (each | 35 cal)  
Romaine lettuce and spring mix topped with grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH GRILLED CHICKEN** 🍱 (each | 200 cal)  
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH PORTOBELLO** 🍱🥗 (each | 190 cal)  
Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers and shredded carrots

**GREEK SALAD** (each | 100 cal)  
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers, shredded carrots and feta cheese

**MANDARIN ORANGE SPINACH SALAD** 🍏🍊 (each | 150 cal)  
Spinach, romaine and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas

**MINDFUL QUINOA SALAD** 🍏🥑🥒 (each 190 cal)  
Quinoa with tomato, red pepper, hominy, cilantro and sherry vinaigrette over mixed greens





# BUFFETS: COLD BUFFETS



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


## JR. EXECUTIVE BUFFET

20 guest minimum | \$18.49 per guest



Our Junior Executive Buffet includes choice of mini sandwiches, side salad, dinner roll with butter, fruit tray, dessert, condiments and selection of cold beverages. Includes condiments.

### INCLUDES:

Seasonal Sliced Fresh Fruit   (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries


Assorted House Baked Dinner Rolls with Butter  (1 roll | 150 cal)

### CHOICE OF THREE:

Classic Turkey Club Slider (each | 270 cal)  
Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)  
Grilled Chicken Caesar Wrap  (each | 280 cal)  
Grilled Chicken & Gruyere Slider (each | 260 cal)  
Bacon, Lettuce & Tomato Slider (each | 250 cal)  
Smoked Ham, Brie & Apple Slider (each | 300 cal)  
Ham & Gruyere Slider (each | 270 cal)  
Lemon Basil Roasted Vegetable Slider  (each | 290 cal)  
Tandoori Cauliflower & Pepper Wrap   (each | 150 cal)  
Hummus Wrap with Zucchini & Dukkah   (each | 170 cal)

### UPGRADE YOUR SANDWICH:



\$1.79 per guest

Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)  
Roast Beef, Gruyere & Arugula Slider (each | 230 cal)  
Lemon Chive Shrimp Salad Slider  (each | 190 cal)  
Italian Tuna & Provolone (each | 270 cal)











### CHOICE OF ONE SALAD:

Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad   (1 cup | 10 cal)  
Greek Salad   (1 cup | 20 cal)

### CHOICE OF TWO DESSERTS:

Rice Krispie Bar (each | 70 cal)  
Two Cookies  (2 cookies | 150-160 cal)  
Chocolate Brownie  (each | 60 cal)  
Blondie Bar  (each | 60 cal)  
Lemon Bar  (1 piece | 80 cal)  
Vegan Chocolate Chip Cookies   (each | 190 cal)  
Vegan Oatmeal Raisin Cookies   (each | 110 cal)

### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea   (8 oz. | 0 cal)  
Sweet Iced Tea   (8 oz. | 15 cal)  
Lemonade   (8 oz. | 15 cal)  
Orange Infused Water   (8 oz. | 0 cal)  
Cucumber Mint Infused Water   (8 oz. | 0 cal)  
Iced Water (8 oz. | 0 cal)



## EXECUTIVE BUFFET

20 guest minimum | \$20.49 per guest

Our Executive Buffet includes choice of mini sandwiches, side salad, dinner rolls with butter, seasonal fresh fruit tray, bean and grain salad, ambient vegetable platter, condiments and selection of cold beverages. Includes condiments.

### INCLUDES:

- Seasonal Sliced Fresh Fruit 🍌🍍🍓 (3 oz. | 35 cal)  
*A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries*
- Assorted House Baked Dinner Rolls with Butter 🍞 (each | 110 cal)

### CHOICE OF THREE:

- Classic Turkey Club Slider (each | 270 cal)
- Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)
- Grilled Chicken Caesar Wrap 🍌 (each | 280 cal)
- Grilled Chicken & Gruyere Slider (each | 260 cal)
- Bacon, Lettuce & Tomato Slider (each | 250 cal)
- Smoked Ham, Brie & Apple Slider (each | 300 cal)
- Ham & Gruyere Slider (each | 270 cal)
- Lemon Basil Roasted Vegetable Slider 🍌 (each | 280 cal)
- Tandoori Cauliflower & Pepper Wrap 🍌🍌🍌 (each | 150 cal)
- Hummus Wrap with Zucchini & Dukkah 🍌🍌 (each | 170 cal)

### UPGRADE YOUR SANDWICH:

\$1.79 per guest

- Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)
- Roast Beef, Gruyere & Arugula Slider (each | 230 cal)
- Lemon Chive Shrimp Salad Slider 🍌 (each | 190 cal)
- Italian Tuna & Provolone (each | 270 cal)

### CHOICE OF ONE SALAD:

- Classic Caesar Salad (1 cup | 180 cal)
- Garden Salad 🍌🍌 (1 cup | 10 cal)
- Greek Salad 🍌 (1 cup | 20 cal)
- Asian Rice Noodle Salad 🍌🍌 (1 cup | 220 cal)
- Mandarin Orange Spinach Salad 🍌 (1 cup | 70 cal)

### ADD A PROTEIN TO YOUR SALAD:

- Grilled Chicken Breast 🍌 \$3.29 per guest (1/4 cup | 80 cal)
- Grilled Shrimp \$4.29 per guest (4 shrimp | 120 cal)
- Grilled Flank Steak \$4.29 per guest (1/4 cup | 100 cal)
- Balsamic Marinated Portobello Mushrooms 🍌 \$3.29 per guest (1/4 cup | 80 cal)

### CHOICE OF ONE BEAN AND GRAIN SALAD:

- Quinoa Cucumber Salad 🍌🍌🍌 (1/2 cup | 140 cal)
- Azifa (Green Lentil Salad) 🍌🍌🍌 (1/2 cup | 120 cal)
- Southwestern Wheat Berry Salad 🍌🍌🍌 (1/2 cup | 90 cal)
- Lemony Chickpea Salad 🍌🍌🍌 (1/2 cup | 100 cal)
- Super Bean Salad Mix 🍌🍌🍌 (1/2 cup | 80 cal)

### CHOICE OF ONE VEGETABLE:

- Grilled Fresh Asparagus 🍌🍌🍌 (4 spears | 15 cal)
- Zucchini, Hazelnuts & Parmesan Salad 🍌 (4 oz. | 140 cal)
- Marinated Roasted Red Peppers 🍌🍌 (4 oz. | 150 cal)
- Roasted Red Potatoes with Cider Vinaigrette 🍌🍌 (4 oz. | 170 cal)

### CHOICE OF TWO DESSERTS:

- Rice Krispie Bar (each | 70 cal)
- Two Cookies 🍌 (2 cookies | 150-160 cal)
- Fabulous Chocolate Chunk Brownie 🍌 (each | 60 cal)
- Blondie Bar 🍌 (each | 60 cal)
- Lemon Bar 🍌 (1 piece | 80 cal)
- Vegan Chocolate Chip Cookies 🍌🍌🍌 (each | 190 cal)
- Vegan Oatmeal Raisin Cookies 🍌🍌🍌 (each | 110 cal)

### CHOICE OF TWO BEVERAGES:

- Brewed Iced Tea 🍌🍌 (8 oz. | 0 cal)
- Sweet Tea 🍌🍌 (8 oz. | 15 cal)
- Lemonade 🍌🍌 (8 oz. | 15 cal)
- Orange Infused Water 🍌🍌 (8 oz. | 0 cal)
- Cucumber Mint Infused Water 🍌🍌 (8 oz. | 0 cal)
- Iced Water (8 oz. | 0 cal)

# HOT BUFFET

30 guest minimum

Design the perfect buffet with your choice of salad, entrée, side dishes, dessert, rolls and beverages. Includes condiments.

## INCLUDES:

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

## CHOICE OF ONE ENTRÉE:

### POULTRY \$24.49 per guest

Cajun Chicken Breast 🍗 (1 breast | 230 cal)  
Buttermilk Fried Chicken Thigh (1 thigh | 310 cal)  
Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)  
Piri Piri Chicken (4 oz. | 250 cal)

### VEGETARIAN & VEGAN \$24.49 per guest

Roasted Root Vegetable Tagine 🌱🌱 (1/2 cup | 90 cal)  
Almond Butter, Spelt & Mushroom Risotto 🌱🌱 (1 bowl | 260 cal)  
Crabless Crab Cake 🌱 (1 cake | 350)

### PORK \$24.49 per guest

Honey & Five Spice Pork Loin (4 oz. | 280 cal)  
Spring Herb & Dijon Pork Tenderloin 🍷 (4 oz. | 160 cal)  
Cuban Mojo Pork (4 oz. | 280 cal)

### BEEF \$30.49 per guest

BBQ Rubbed Eye of Round (4 oz. | 240 cal)  
BBQ Beef Brisket (4 oz. | 240 cal)  
Braised Beef Short Ribs (4 oz. | 330 cal)

### SEAFOOD \$30.49 per guest

Parmesan Tilapia with Red Pepper Sauce (1 fillet | 230 cal)  
Citrus & Herb Crusted Wild Salmon (1 fillet | 170 cal)  
Shrimp & Grits (1 entrée | 590 cal)

## CHOICE OF ONE SALAD:

Herbed Salad Greens 🌱🌱 (1 cup | 10 cal)  
Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad 🌱🌱🌱 (1 cup | 10 cal)  
Greek Salad 🍷🌱 (1 cup | 20 cal)

## CHOICE OF ONE SIDE:

Simply Steamed Brown Rice 🍚🌱🌱 (1/2 cup | 180 cal)  
Steamed Basmati Rice 🍚🌱🌱 (1/2 cup | 120 cal)  
Herbed Roasted Potato Wedges 🍟🌱🌱 (4 oz. | 100 cal)  
Simply Roasted Red Bliss Potatoes 🍟🌱🌱 (1/2 cup | 130 cal)  
Whipped Fresh Potatoes with Butter 🍟🌱 (1/2 cup | 80 cal)  
Sweet Potato Hash with Shallots & Kale 🍠🌱🌱 (1/2 cup | 110 cal)

## CHOICE OF ONE VEGETABLE:

Grilled Zucchini with Coriander 🍆🌱🌱 (4 oz. | 20 cal)  
Simply Sautéed Kale 🍃🌱🌱 (1/2 cup | 60 cal)  
Grilled Broccolini 🍄🌱🌱 (4 oz. | 110 cal)  
Charred Tri Color Baby Carrots 🥕🌱🌱 (1/2 cup | 70 cal)  
Grilled Fresh Asparagus 🍷🌱🌱 (5 spears | 20 cal)  
Braised Collard Greens 🍃🌱 (1/2 cup | 90 cal)  
Charred Brussels Sprouts 🍆🌱🌱 (1/2 cup | 25 cal)  
Sautéed Green Beans 🍆🌱 (4 oz. | 60 cal)

## CHOICE OF TWO DESSERTS:

Seasonal Sliced Fresh Fruit Platter 🍓🌱🌱 (3 oz. | 35 cal)  
Pecan Pie (1 slice | 540 cal)  
Chocolate Cream Pie 🍷 (1 slice | 300 cal)  
Double Chocolate Layer Cake (1 slice | 410 cal)  
Carrot Cake 🍷 (1 piece | 230 cal)  
Carrot Cupcake 🍷 (1 cupcake | 260 cal)  
Confetti Cupcake 🍷 (1 cupcake | 280 cal)  
Strawberry Brioche Bread Pudding 🍷 (1 pudding | 150 cal)  
Dark Chocolate Chia Pot 🍷 (1 piece | 140 cal)  
Vegan Oatmeal Raisin Cookies 🌱 (each | 110 cal)  
Vegan Chocolate Chip Cookies 🌱 (each | 190 cal)

## CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🍷🌱 (8 oz. | 0 cal)  
Sweet Tea 🍷🌱 (8 oz. | 20 cal)  
Lemonade 🍷🌱 (8 oz. | 70 cal)  
Orange Infused Water 🍷🌱 (8 oz. | 0 cal)  
Cucumber Mint Infused Water 🍷🌱 (8 oz. | 0 cal)  
Iced Water (8 oz. | 0 cal)

## BUFFETS: HOT BUFFETS

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














## BUFFET ADD ONS

Give your guests something extra special to enjoy with their cold buffet selection by adding on one or more of our add ons.

### BEAN AND GRAIN SALAD:

\$1.99 per guest

Quinoa Cucumber Salad  	(1/2 cup   190 cal)
Azifa (Green Lentil Salad)  	(1/2 cup   120 cal)
Lemony Chickpea Salad  	(1/2 cup   100 cal)
Chickpea Chaat Salad  	(1/2 cup   60 cal)
Super Bean Salad Mix  	(1/2 cup   cal 80)
Black Bean, Corn & Jicama Salad  	(1/2 cup   cal 90)

### ADDITIONAL ENTREE (per guest attendance)

Poultry Entree	\$7.49 per guest
Vegetarian Entree	\$6.49 per guest
Pork Entree	\$7.49 per guest
Beef/Lamb Entree	\$10.79 per guest
Seafood Entree	\$10.79 per guest

# BUFFET TRADITIONS

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





Traditions buffet features comfort-style entrée paired with your choice of vegetable, side dish, salad and dessert. Includes dinner rolls with butter, cold beverages and appropriate condiments.

30 guest minimum | \$22.49 per guest

**INCLUDES:**

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

**CHOICE OF ONE ENTRÉE:**

**POULTRY**

Kansas City BBQ Chicken Quarter (each | 430 cal)  
Grilled Jerk Chicken Breast 🍷 (each | 170 cal)  
Buttermilk Fried Chicken Thigh (each | 610 cal)  
Rotisserie Style Chicken with Gravy (each | 600 cal)

**BEEF**

Beef Meatloaf (4 oz. | 280 cal)  
Braised Pot Roast (4 oz. | 450 cal)  
Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)  
Homestyle Meat Lasagna (each | 350 cal)

**PORK**

Baked Ziti with Italian Sausage (entrée | 650 cal)  
Chicken & Andouille Sausage Gumbo (4 oz. | 170 cal)  
Herb Roasted Pork Loin with Pan Gravy (serving | 310 cal)

**SEAFOOD**

Beer Battered Fresh Pollock (1 fillet | 290 cal)  
Grilled Salmon (1 fillet | 180 cal)  
Flounder Piccata (1 entrée | 250 cal)  
Crispy Baked Catfish 🍷 (1 fillet | 220 cal)

**VEGETARIAN/VEGAN**

Mushroom & Okra Stew with Brown Rice 🍷🌱 (serving | 270 cal)  
Vegetarian Lentil Shepherd's Pie 🍷🌱 (serving | 310 cal)

Add an additional entrée for \$6.99 per guest.

**CHOICE OF ONE VEGETABLE:**

Sliced Roasted Carrots 🍷🌱 (4 oz. | 70 cal)  
Sautéed Broccoli & Garlic 🍷🌱 (4 oz. | 45 cal)  
Roasted Cauliflower 🍷🌱 (4 oz. | 70 cal)  
Braised Collard Greens 🍷🌱 (4 oz. | 90 cal)  
Charred Brussels Sprouts 🍷🌱 (4 oz. | 25 cal)  
Roasted Garlic Green Beans 🍷🌱 (4 oz. | 60 cal)

**CHOICE OF ONE SIDE:**

Roasted Rosemary Red Bliss Potatoes 🍷🌱 (4 oz. | 120 cal)  
Garlic Mashed Potatoes 🍷 (4 oz. | 170 cal)  
Macaroni & Cheese 🍷 (4 oz. | 140 cal)  
Au Gratin Potato 🍷 (4 oz. | 200 cal)  
Grits with Cheese 🍷 (4 oz. | 200 cal)  
Steamed Brown Rice 🍷🌱 (4 oz. | 100 cal)

**CHOICE OF ONE SALAD:**

Mandarin Orange Spinach Salad 🍷🌱 (1 cup | 70 cal)  
Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad 🍷🌱 (1 cup | 10 cal)  
Greek Salad 🍷🌱 (1 cup | 20 cal)  
BLT Green Goddess Salad (1 cup | 130 cal)

**CHOICE OF ONE COLD SIDE:**

German Potato Salad 🍷 (4 oz. | 140 cal)  
Country Potato Salad 🍷 (4 oz. | 180 cal)  
Classic Carolina Cole Slaw 🍷🌱 (4 oz. | 160 cal)  
Classic Macaroni Salad 🍷 (4 oz. | 280 cal)  
Black Bean, Corn & Jicama Salad (4 oz. | 90 cal)  
Brussels Sprout Slaw with Almonds 🍷 (4 oz. | 190 cal)

**CHOICE OF ONE DESSERT:**

Dutch Apple Pie 🍷 (1 slice | 430 cal)  
Chocolate Cream Pie 🍷 (1 slice | 300 cal)  
New York Cheesecake 🍷 (1 slice | 400 cal)  
Double Chocolate Layer Cake (1 slice | 410 cal)  
Carrot Cupcake 🍷🍷 (1 cupcake | 260 cal)  
Maple, Cinnamon, Chocolate Bread Pudding 🍷 (1 pudding | 360 cal)  
Dark Chocolate Chia Pot 🍷 (1 piece | 140 cal)  
Vegan Oatmeal Raisin Cookies 🍷 (each | 110 cal)

**CHOICE OF TWO BEVERAGES:**

Brewed Iced Tea 🍷🌱 (8 oz. | 0 cal)  
Sweet Tea 🍷🌱 (8 oz. | 15 cal)  
Lemonade 🍷🌱 (8 oz. | 15 cal)  
Orange Infused Water 🍷🌱 (8 oz. | 0 cal)  
Cucumber Mint Infused Water 🍷🌱 (8 oz. | 0 cal)  
Honeydew Cucumber Mint Infused Water 🍷🌱 (8 oz. | 0 cal)  
Iced Water (8 oz. | 0 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Take a culinary journey around the world with Flavours' themed buffets. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea	(8 oz.   0 cal)
Sweet Tea	(8 oz.   15 cal)
Lemonade	(8 oz.   15 cal)
Orange Infused Water	(8 oz.   0 cal)
Cucumber Mint Infused Water	(8 oz.   0 cal)
Iced Water	(8 oz.   0 cal)

## INDIAN

30 guest minimum | \$23.49 per guest

Traditional Indian buffet with sides, entrée, dessert and condiments.

Chicken Tikka Masala	(1 cup   390 cal)
Madras Cabbage & Peas	(1 cup   140 cal)
Alu Gobi Matar	(1/2 cup   100 cal)
Dal Tarka	(1/2 cup   130 cal)
Pulao Rice	(1/2 cup   130 cal)
Vegetable Pakora	(1 pakora   50 cal)
Naan Dippers	(2 dippers   60 cal)
Cilantro Chutney	(1 tbsp.   35 cal)
Mango & Passion Fruit Fool Sweet Shot	(each   60 cal)

## TEX MEX

30 guest minimum | \$22.49 per guest

Tex Mex tacos with sides, dessert and condiments.

6" Pressed Flour Tortillas	(2 tortillas   180 cal)
6" White Corn Table Tortillas	(2 tortillas   110 cal)
Beef Taco Meat	(3 oz.   160 cal)
Cumin Grilled Chicken	(3 oz.   150 cal)
Spanish Rice	(1/4 cup   90 cal)
Tex Mex Veggies	(1/2 cup   80 cal)
Shredded Lettuce	(1/4 cup   0 cal)
Fresh White Onions	(1 tbsp.   15 cal)
Pico De Gallo	(2 tbsp.   5 cal)
Sour Cream	(2 tbsp.   60 cal)
Shredded Cheddar Cheese	(2 tbsp.   60 cal)
Western Style Guacamole	(2 tbsp.   50 cal)
Sliced Jalapeno Peppers	(2 tbsp.   0 cal)
Mexican Chocolate Chile Cookie	(2 cookies   220 cal)

## SOUTHERN BBQ

30 guest minimum | \$23.49 per guest

Celebrate the south with BBQ, comforting sides, salad, entree, dessert and condiments.

Pulled BBQ Chicken	(3 oz.   140 cal)
Cattleman's BBQ Sauce	(2 tbsp.   50 cal)
Baked Beans	(1/2 cup   160 cal)
Carolina Slaw	(1/2 cup   30 cal)
Country-Style Potato Salad	(1/2 cup   190 cal)
Cornbread	(1 piece   200 cal)
Chocolate Brownie	(1 piece   60 cal)

## PIZZA PARTY

20 guest minimum | \$13.49 per guest

### INCLUDES:

Bread Sticks	(each   100 cal)
Tiramisu Sweet Shots	(each   240 cal)

### CHOICE OF ONE SALAD:

Garden Salad	(1 cup   10 cal)
Greek Salad	(1 cup   20 cal)
Classic Caesar	(1 cup   180 cal)

### PIZZA CHOOSE 3 - 16" / 8 SLICES :

Pepperoni	(slice   280 cal)
Cheese	(slice   250 cal)
Spinach Mushroom Pizza	(slice   260 cal)
Margherita	(slice   260 cal)
BBQ Chicken <i>+\$1.00 per guest</i>	(slice   330 cal)
Chicken Pesto <i>+\$1.00 per guest</i>	(slice   300 cal)
Vegetable <i>+\$1.00 per guest</i>	(slice   270 cal)

# BUFFETS: THEMED BUFFETS



## PLANT-BASED MEXICAN

30 guest minimum | \$22.49 per guest











Take a trip south of the border with plant-based salads, sides, entrée, dessert and condiments.

Vegetable & Black Bean Quesadilla  	(1 quesadilla   500 cal)
Roasted Chili & Sweet Corn Tamale  	(2 tamale   90 cal)
Spanish Rice 	(1/2 cup   90 cal)
Baja Black Beans  	(1/2 cup   100 cal)
Tri-Color Corn Tortilla Chips  	(1/2 cup   80 cal)
Pico De Gallo  	(2 tbsp.   0 cal)
Western Style Guacamole  	(2 tbsp.   50 cal)
Mexican Chocolate Chile Cookie 	(1 cookie   220 cal)

## SOUTHERN ITALIAN

30 guest minimum | \$22.49 per guest

Buon appetito of Southern Italian sides, salads, entrée, dessert and condiments.

Orecchiette Puttanesca  	(1 cup   200 cal)
Calabrian Chile Roasted Chicken 	(4 oz.   170 cal)
Caponata  	(3 oz.   60 cal)
Cannellini Beans w/Tomato & Rosemary  	(1/2 cup   80 cal)
Fennel, Arugula & Ricotta Salad 	(3 oz.   120 cal)
Herb Focaccia Bread 	(1 piece   240 cal)
Tiramisu Sweet Shot 	(each   240 cal)

# PLATTERS, DESSERTS & SNACKS

A perfect addition to a reception, meeting or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

## PLATTERS

### FRESH FRUIT CATERING PLATTER (3 oz. | 35 cal)

12 guest minimum | \$3.29 per guest

A seasonal array of sweet melon, pineapple, oranges, grapes and berries

### FRESH VEGETABLE CRUDITÉ PLATTER (3 oz. | 20-160 cal)

12 guest minimum | \$3.29 per guest

A rainbow of crunchy fresh vegetables. Served with ranch dip.

### FRUIT AND CHEESE PLATTER

(3 oz. fruit + 1 oz. cheese | 140-190 cal)

12 guest minimum | \$4.49 per guest

Platter heaped with cubed cheeses, cheddar, swiss and provolone, & an arrangement of fresh sliced melon, berries, and grapes. Served with crisp bread

### IMPORTED AND DOMESTIC CHEESE PLATTER

(3 oz. | 280 cal)

20 guest minimum | \$5.29 per guest

Wedges of imported & domestic cheeses with clusters of grapes and whole wheat crackers

### MEZZE (1 serving | 0-40 cal)

20 guest minimum | \$6.99 per guest

A Middle Eastern selection of dishes including tabbouleh, hummus, baba ghanoush, cucumbers, plum tomatoes, stuffed grape leaves, olives, feta cheese and pickled red onions. Served with pita bread

### CHEESE AND CHARCUTERIE PLATTER (1 serving | 5-180 cal)

20 guest minimum | \$13.19 per guest

Domestic and imported cheese with cured meats, olives, whole grain mustard, fig spread, grissini and crostini








## DESSERTS






### COOKIES \$12.99 per dozen

Assorted Cookies 	(1 cookie   160 cal)
Peanut Butter Cookies 	(1 cookie   150 cal)
Oatmeal Raisin Cookies 	(1 cookie   150 cal)
Butter Sugar Cookies 	(1 cookie   160 cal)
Chocolate Chip Cookies 	(1 cookie   160 cal)
Double Chocolate Chip Cookies 	(1 cookie   160 cal)
Vegan Chocolate Chip Cookies   	(each   190 cal)
<i>\$13.99 per dozen</i>	
Vegan Oatmeal Raisin Cookies   	(each   110 cal)
<i>\$13.99 per dozen</i>	






### PETITE BROWNIES AND BARS

Blondie Bar  <i>\$10.49 per dozen</i>	(1 piece   60 cal)
Chocolate Brownie Bar  <i>\$10.49 per dozen</i>	(1 piece   60 cal)
Rice Krispie Bar <i>\$10.49 per dozen</i>	(1 piece   70 cal)
Lemon Bar  <i>\$11.99 per dozen</i>	(1 piece   80 cal)
Totally Oreo Brownie <i>\$11.99 per dozen</i>	(1 piece   110 cal)




## SNACKS

<b>TRAIL MIX</b> 	(1 oz.   150 cal)
<i>\$17.49 per pound</i>	
<b>MIXED NUTS</b>  	(1 oz.   170 cal)
<i>\$20.99 per pound</i>	
<b>CANDIED CINNAMON PECANS</b> 	(1 oz.   160 cal)
<i>\$20.99 per pound</i>	
<b>SPICED WALNUTS</b> 	(1 oz.   170 cal)
<i>\$17.49 per pound</i>	















### GRANOLA BARS \$13.49 per dozen

Granola Bar  	(1 bar   90 cal)
Peanut Butter Granola Bar  	(1 bar   100 cal)
Oats & Honey Granola Bar  	(1 bar   90 cal)








### CUPCAKES \$22.99 per dozen

Carrot Cupcakes 	(1 cupcake   260 cal)
Yellow Cupcakes with Fudge Icing 	(1 cupcake   300 cal)
Red Velvet Cupcakes 	(1 cupcake   310 cal)
Rocky Road Cupcakes	(1 cupcake   280 cal)

### FRUIT 12 guest minimum

Mixed Fruit Cup   <i>\$3.29 per guest</i>	(each   35 cal)
Seasonal Sliced Fresh Fruit Platter  	(3 oz.   35 cal)
<i>\$3.29 per guest</i>	
Apples   <i>\$1.19 each</i>	(each   90 cal)
Bananas   <i>\$1.19 each</i>	(each   140 cal)
Orange   <i>\$1.19 each</i>	(each   70 cal)
Fresh Whole Strawberries   <i>\$1.19 per guest</i>	(3 oz.   25 cal)
Grapes   <i>\$1.19 per guest</i>	(3 oz.   60 cal)

### CHIPS & PRETZELS \$21.19 per dozen

Assorted Bagged Chips 	(1 bag   190-230 cal)
Rold Gold Tiny Twist Pretzels  	(1 bag   110 cal)
Baked Potato Chips  	(1 bag   140 cal)
Assorted SunChips  	(1 bag   210 cal)

CHEF ATTENDED  
CARVING STATIONS



Chef Attended stations give your guests something extra special to enjoy at your event. These stations require an attendant; our team will reach out to you to discuss. Carving Stations are prepared for a minimum of 30 guests. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

## THE CARVERY: BEEF CARVING STATION

Beef carved to order by one of our chefs. Accompanied by roasted potatoes, green beans almandine, Caesar salad and dinner rolls with butter. Includes horseradish mayonnaise and whole grain mustard.

Roasted Rosemary Red Bliss Potatoes	(4 oz.   120 cal)
Fresh Green Beans Almandine	(5 oz.   60 cal)
Classic Caesar Salad	(1/2 cup   90 cal)
White Dinner Rolls	(1 roll   80 cal)
Au Jus	(2 tbsp.   0 cal)
Horseradish Mayonnaise	(1 tbsp.   80 cal)
Whole Grain Mustard	(1 tbsp.   20 cal)

### Choice of One Beef Selection:

Beef Tenderloin with Herb Crust	(3 oz.   240 cal)	25 guest minimum   \$29.49 per guest
Roasted Strip Loin	(3 oz.   220 cal)	25 guest minimum   \$17.99 per guest

## THE CARVERY: PORK CARVING STATION 25 guest minimum | \$9.99 per guest

BBQ Pork Loin with Texas Smokehouse BBQ sauce, carved to order by one of our chefs. Accompanied by baked beans, country-style potato salad, classic Carolina slaw, Greek salad and dinner rolls with butter.

BBQ Pork Loin	(3 oz.   230 cal)
Baked Beans	(1/2 cup   160 cal)
Country-Style Potato Salad	(1/2 cup   190 cal)
Classic Carolina Cole Slaw	(1/2 cup   160 cal)
Greek Salad	(1/2 cup   10 cal)
White Dinner Rolls	(1 roll   80 cal)
Texas Smokehouse BBQ Sauce	(2 tbsp.   20 cal)

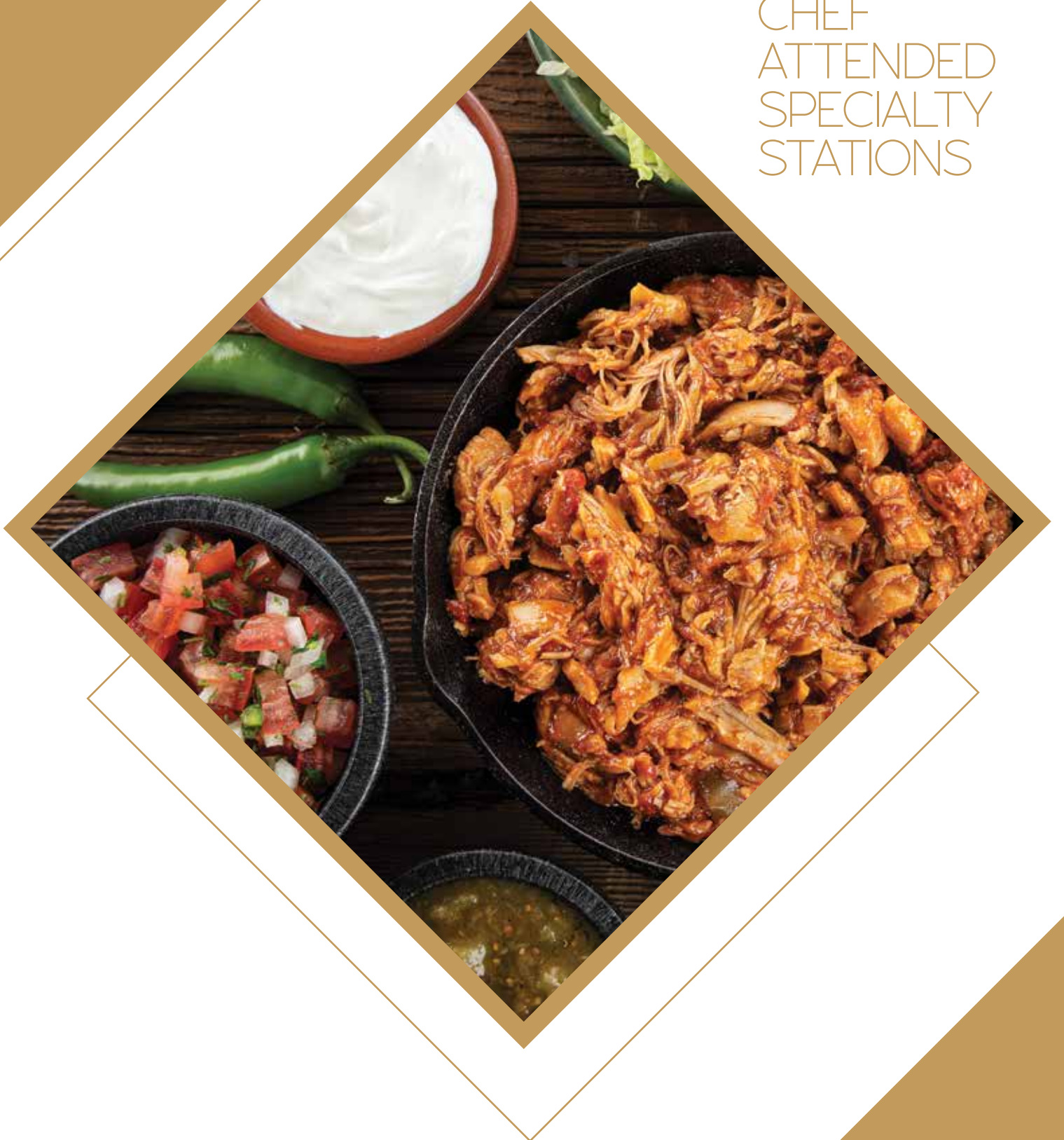
## THE CARVERY: TURKEY CARVING STATION 25 guest minimum | \$9.99 per guest

Roasted turkey breast, carved to order by one of our chefs. Served with gravy, chutney, whipped sweet potatoes, braised collard greens and dinner rolls.

Roasted Turkey Breast	(3 oz.   90 cal)
Whipped Sweet Potatoes	(1/2 cup   150 cal)
Braised Collard Greens	(1/2 cup   90 cal)
Cranberry Chutney	(1 tbsp.   20 cal)
White Dinner Rolls	(1 roll   80 cal)
Whole Grain Mustard	(1 tbsp.   20 cal)
Turkey Gravy	(2 tbsp.   10 cal)



CHEF  
ATTENDED  
SPECIALTY  
STATIONS











These stations require an attendant and our team will reach out to you to discuss. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. Action stations should be combined with additional hors d'oeuvres' selections, platters or stations.

## STUFFED PASTAS

25 guest minimum | \$11.19 per guest

Combining stuffed pastas with fresh ingredients and choice of sauce.

### INCLUDED:

Roasted Wild Mushrooms 	(1 oz.   10 cal)
Grissini 	(1 breadstick   45 cal)
Baby Spinach 	(1/4 cup   0 cal)
Fresh Tomatoes 	(2 tbsp.   0 cal)
Parmesan Toasted Bread Crumbs 	(1 tbsp.   35 cal)
Parmesan Cheese 	(1 tbsp.   10 cal)

### CHOICE OF ONE PASTA:

Cheese Tortellini 	(1/2 cup   150 cal)
Cheese Ravioli	(3 ravioli   90 cal)
Wild Mushroom Ravioli 	(3 ravioli   140 cal)
Spinach Cheese Ravioli	(3 ravioli   230 cal)







### CHOICE OF ONE PASTA SAUCE:

Parmesan Cream Sauce 	(1 oz.   120 cal)
Basil Marinara Sauce 	(2 oz.   10 cal)
Basil Pesto Sauce	(1 tbsp.   80 cal)






## CHEF-MADE CAESAR

25 guest minimum | \$8.89 per guest

Embrace the origins of the Caesar salad with a tossed to order presentation.

Chopped Romaine Lettuce 	(2 cups   15 cal)
Fresh Baby Kale 	(2 cups   15 cal)
Caesar Salad Dressing	(1 oz.   130 cal)
Shredded Parmesan Cheese 	(1/2 tbsp.   10 cal)
Fried Capers & Lemon Zest Topping 	(1/2 tbsp.   40 cal)
Cage-Free Hard-boiled Eggs 	(1/2 tbsp.   10 cal)
Seasoned Homestyle Croutons 	(1/2 oz.   60 cal)

### CHOICE OF ONE PROTEIN:

Grilled Chicken Breast 	(1/4 cup   80 cal)
Balsamic Marinated Portobello 	
Mushrooms 	(1/4 up   80 cal)
Grilled Shrimp 	(2 shrimp   60 cal)
Grilled Flank Steak 	(1/4 cup   100 cal)

## TACOS

25 guest minimum | \$8.39 per guest




Build your own taco bar with seasoned meat, sour cream, cheddar cheese, roasted tomatillo sauce and more wrapped in your choice of tortilla.

Shredded Lettuce 	(1/4 cup   0 cal)
Fresh White Onions 	(2 tbsp.   10 cal)
Pico De Gallo 	(2 tbsp.   0 cal)
Roasted Tomatillo Salsa 	(2 tbsp.   10 cal)
Sour Cream 	(2 tbsp.   60 cal)
Shredded Cheddar Cheese 	(2 tbsp.   60 cal)
Original Mild Guacamole 	(2 tbsp.   50 cal)
Sliced Jalapeno Peppers 	(2 tbsp.   0 cal)

### CHOICE OF TWO FILLINGS:

Beef Taco Meat	(3 oz.   160 cal)
Cumin Grilled Chicken	(3 oz.   150 cal)
Tex Mex Veggies 	(1/4 cup   80 cal)

### CHOICE OF TWO TORTILLAS:

6" Pressed Flour Tortillas 	(2 tortillas   180 cal)
6" White Corn Table Tortillas 	(2 tortillas   110 cal)
Yellow Taco Shell 	(2 shells   90 cal)

Mix and match to create the perfect event; selections are paired with chef-selected sauce where appropriate. Pricing is based on a minimum of 3 dozen per selection. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

## POULTRY

**SANTA FE CHICKEN EGG ROLL** (1/2 egg roll | 100 cal)  
\$28.99 per dozen

**COCONUT CHICKEN SATAY** (each | 30 cal)  
\$24.99 per dozen

**TERIYAKI CHICKEN POTSTICKER** 🍷 (1 each | 90 cal)  
\$19.69 per dozen

**CHICKEN DIABLO EMPANADAS** (1 each | 240 cal)  
\$24.99 per dozen

**GREEK TURKEY MEATBALL** (1 canape | 50 cal)  
\$19.69 per dozen

## PORK

**BACON WRAPPED DATE** (each | 45 cal)  
\$21.79 per dozen

**BACON, FIG & SMOKED GOUDA TARTLET** (each | 60 cal)  
\$19.69 per dozen

**BBQ PORK SLIDER** (each | 200 cal)  
\$28.99 per dozen

**PROSCIUTTO WRAPPED ASPARAGUS** (1 canape | 50 cal)  
\$28.99 per dozen

**ASIAN STYLE PORK MEATBALL** (1 canape | 45 cal)  
\$16.79 per dozen

## BEEF

**CENTER CUT FILET OF BEEF CANAPE** (1 canape | 50 cal)  
\$24.99 per dozen

**ASIAN BEEF SATAY** (1 satay | 45 cal)  
\$21.79 per dozen

**CHEESEBURGER SLIDERS** (each | 190 cal)  
\$28.99 per dozen

**BURGER SLIDER** (each | 180 cal)  
\$28.99 per dozen

**BARBEQUE MEATBALLS** (1 meatball + sauce | 70 cal)  
\$16.79 per dozen

**CHURRASCO BEEF SATAY** (each | 50 cal)  
\$24.99 per dozen

## SEAFOOD

**CRISPY COCONUT SHRIMP** (each | 80 cal)  
\$24.99 per dozen

**GOCHUJANG TEMPURA SHRIMP** (each | 60 cal)  
\$21.79 per dozen










**FRIED LOBSTER MAC & CHEESE** (each | 70 cal)  
\$24.99 per dozen




# HORS D'OEUVRES: A LA CARTE






## VEGETARIAN/VEGAN

- SICILIAN ARANCINI**  (each | 90 cal)  
\$21.79 per dozen
- VEGETABLE SAMOSAS**   (1 samosa | 130 cal)  
\$28.99 per dozen
- EDAMAME POTSTICKER**   (1 potsticker | 50 cal)  
\$21.79 per dozen
- VEGETABLE EGG ROLL**  (1/2 egg roll | 180 cal)  
\$21.79 per dozen
- TOMATO, VIDALIA ONION & GOAT  
CHEESE TART**  (1 tart | 100 cal)  
\$24.99 per dozen
- FRIED RAVIOLI**   (1 ravioli | 90 cal)  
\$19.69 per dozen

## PREMIUM SELECTIONS

- JUMBO LUMP CRAB CAKE** (each | 70 cal)  
\$39.29 per dozen
- MINI BEEF WELLINGTON** (each | 70 cal)  
\$61.79 per dozen
- SEAFOOD STUFFED MUSHROOM CAPS**  (each | 15 cal)  
\$43.99 per dozen

## COLD HORS D'OEUVRES

- COOL SALMON CANAPES** (1 canapé | 60 cal)  
\$21.79 per dozen
- CURRIED CHICKEN & GOLDEN RAISIN  
TARTLETS** (1 phyllo cup | 140 cal)  
\$28.99 per dozen
- CUCUMBER ROUNDS WITH FETA  
& TOMATO**  (1 piece | 40 cal)  
\$21.79 per dozen
- CARAMELIZED ONION & WHITE BEAN  
CROSTINI**  (1 slice | 120 cal)  
\$19.69 per dozen
- GOAT CHEESE & HONEY  
PHYLLO CUPS**  (1 phyllo cup | 90 cal)  
\$24.99 per dozen

BEVERAGES





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

### HOT BEVERAGES

Served with appropriate condiments. Plentiful for most groups up to two hours of service.

Rooted Grounds  
Coffee and Hot Tea Service   (12 oz. | 0-5 cal)  
\$3.59 per guest

### HOT BEVERAGES - PER GALLON

Served with appropriate condiments.

Rooted Grounds  
Brewed Regular Coffee   (12 oz. | 0-5 cal)  
\$18.99 per gallon

Rooted Grounds  
Brewed Decaffeinated Coffee   (12 oz. | 0-5 cal)  
\$18.99 per gallon


Tea Bags with Hot Water   (12 oz. | 0-5 cal)  
\$15.99 per gallon

Hot Cocoa Mix with Hot Water (1 pack | 80 cal)  
\$17.99 per gallon

Hot Chocolate Supreme  (8 oz. | 190 cal)  
\$18.99 per gallon

Hot Apple Cider   (8 oz. | 120 cal)  
\$23.99 per gallon

### JUICE

Orange Juice   (8 oz. | 15 cal)  
\$19.99 per gallon


Apple Juice   (8 oz. | 110 cal)  
\$19.99 per gallon

Cranberry Juice   (8 oz. | 25 cal)  
\$19.99 per gallon

Chilled Apple Cider   (8 oz. | 110 cal)  
\$23.99 per gallon

### PUNCH

Orange Blossom Punch   (8 oz. | 170 cal)  
\$24.99 per gallon

White Sparkling Punch   (8 oz. | 100 cal)  
\$24.99 per gallon


Sangria Punch   (8 oz. | 120 cal)  
\$24.99 per gallon

### TEA & LEMONADE

Brewed Iced Tea   (8 oz. | 0 cal)  
\$15.99 per gallon



Sweet Iced Tea   (8 oz. | 15 cal)  
\$15.99 per gallon

Country Time Lemonade   (8 oz. | 5 cal)  
\$15.99 per gallon



Strawberry Lemonade   (8 oz. | 90 cal)  
\$27.99 per gallon

### WATER STATION

Ice Water   (8 oz. | 0 cal)  
\$2.99 per gallon

Ice Water with Lemons, Limes & Oranges   (8 oz. | 0 cal)  
\$9.99 per gallon

Orange Infused Water   (8 oz. | 0 cal)  
\$9.99 per gallon

Cucumber Mint Infused Water   (8 oz. | 0 cal)  
\$9.99 per gallon

### INDIVIDUAL BEVERAGES

Assorted Juice (each | 80-170 cal)  
\$2.99 each

Bottled Water (each | 0 cal)  
\$2.39 each

Sparkling Water (each | 0 cal)  
\$2.99 each

Assorted Canned Soda, Regular and Diet (each | 5-160 cal)  
\$1.89 each

# NOTES



# FLAVOURS

TASTE : SUCCESS