

# FLAVOURS

by *sodexo*<sup>\*</sup>

BETHEL UNIVERSITY





# FLAVOURS

TASTE : SUCCESS

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 exceeds 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 651-638-6056, email us at [catering@bethel.edu](mailto:catering@bethel.edu) or visit our website: [bethel.edu/sodexo/catering](http://bethel.edu/sodexo/catering).

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

 = Mindful  = Vegetarian  = Vegan

*We can also accommodate Gluten Free requests.*



**BETHEL**  
UNIVERSITY

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

## CONTINENTAL

\$6.87 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)

Cream Cheese, Butter and Assorted Jellies

Chilled Bottles of Orange Juice

(10 oz. | 150 cal)

Chilled Bottles of Apple Juice



(10 oz. | 140 cal)

Chilled Bottles of Cranberry Juice

(10 oz. | 170 cal)

## BREAKFAST BUFFET

\$14.04 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)

Assorted Bagels 

(1 bagel | 200 - 280 cal)

Cream Cheese, Butter and Assorted Jellies

Hashbrowns  (4 oz. | 130 cal) or Home Fries  (4 oz. | 150 cal)


### CHOOSE TWO:

Crispy Bacon

(1 slice | 50 cal)

Sausage

(2 links | 100 cal)

Breakfast Ham Steak 

(1/2 slice | 50 cal)


Turkey Bacon 

(1 slice | 10 cal)

Turkey Link Sausage

(2 links | 70 cal)

### CHOOSE ONE:

Scrambled Eggs 

(4 oz. | 190 cal)

Scrambled Eggs with Cheddar 

(4 oz. | 240 cal)

Western Scrambled Eggs

(4 oz. | 160 cal)

Grilled Zucchini, Bacon and Swiss Frittata

(1 wedge | 250 cal)

Garden Vegetable Quiche 

(1 wedge | 350 cal)

### ADD ON:

Pancakes   (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter  (3 halves | 200 cal)

\$1.48 per guest

Chilled Bottles of Orange Juice

(10 oz. | 150 cal)

Chilled Bottles of Apple Juice

(10 oz. | 140 cal)

Chilled Bottles of Cranberry Juice

(10 oz. | 170 cal)

# A FRESH NEW START



## HEALTHY START

\$7.08 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, Low-Fat Cream Cheese and Assorted Jellies (1 each | 60 - 100 cal)

Chilled Bottles of Orange Juice (10 oz. | 150 cal)

Chilled Bottles of Apple Juice (10 oz. | 140 cal)

Chilled Bottles of Cranberry Juice (10 oz. | 170 cal)

## WAFFLE STATION

\$3.98 per guest

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 15 or more.

Fluffy Belgian Waffles  (1 each | 260 cal)

Seasonal Fresh Berries   (2 oz. | 15 cal)

Whipped Topping  (2 oz. | 180 cal)

with Warm Syrup  (2 tbsp. | 100 cal)

Apple and Berry Topping  (1 oz. | 35 cal)

Whipped Butter

All will be prepared by one of our talented culinarians.

# A LA CARTE SELECTIONS



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

## FROM THE BAKERY *per dozen*

### ASSORTED FRESHLY HOUSE-BAKED MUFFINS *\$12.67 per dozen*

Blueberry	(1 muffin   390 cal)
Banana Walnut 	(1 muffin   430 cal)
Apple Cinnamon	(1 muffin   380 cal)
Lemon Poppy Seed	(1 muffin   400 cal)
Cranberry Orange	(1 muffin   330 cal)
Cappuccino Chocolate Chunk	(1 muffin   450 cal)
Honey Bran 	(1 muffin   330 cal)

### ASSORTED BREAKFAST BREADS & COFFEE CAKES *\$16.86 per dozen*

Banana Nut Bread 	(1 slice   370 - 400 cal)
Blueberry Coffee Cake 	(1 square   110 cal)
Blueberry Sour Cream Coffee Cake 	(1 square   310 cal)
Apple Streusel Coffee Cake 	(1 square   260 cal)
Double Lemon Poppy Seed Coffee Cake 	(1 square   240 cal)
Chocolate Espresso Coffee Crumble 	(1 slice   450 cal)

### ASSORTED DANISH *\$14.15 per dozen*

(1 each | 270 cal)

### ASSORTED BAGELS with Cream Cheese and Jellies *\$16.72 per dozen*

(1 bagel | 210 - 310 cal)

### HOUSE-BAKED COUNTRY BISCUITS with Whipped Butter, Honey and Jellies *\$10.50 per dozen*

(1 each | 160 - 450 cal)

### ASSORTED DOUGHNUTS *\$13.35 per dozen*

(1 each | 280 - 310 cal)

### CINNAMON ROLLS *\$15.61 per dozen*

(1 each | 110 - 450 cal)

### STICKY BUNS *\$15.61 per dozen*

(1 each | 790 cal)

## STARTERS

### INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT *\$1.88 each*

(1 each | 90 - 180 cal)

### INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA *\$3.27 each*

(1 each | 200 - 360 cal)

### SEASONAL SLICED FRESH FRUIT (4 oz. | 50 cal)

Small 15-25 *\$40.90 per tray*

Medium 25-50 *\$68.17 per tray*

Large 50-75 *\$136.33 per tray*

# FIRST THINGS FIRST



## BREAKFAST SANDWICH \$3.20 each

### Choice of One:

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

### Choice of One:

- Scrambled Eggs  (4 oz. | 190 cal)
- Scrambled Eggs and Cheese  (4 oz. | 240 cal)

### Choice of One:

- Bacon (1 slice | 50 cal)
- Pork Sausage Patty (1 patty | 140 cal)
- Ham  (1 slice | 30 cal)
- Turkey Bacon  (1 slice | 10 cal)
- Turkey Sausage Patty (1 slice | 30 cal)

## BREAKFAST TACO \$3.68 each

### Choice of One:

- Flour Tortilla  (1 each | 210 cal)
- Wheat Tortilla  (1 each | 180 cal)

### Choice of One:

- Scrambled Eggs  (4 oz. | 190 cal)
- Scrambled Eggs and Cheese  (4 oz. | 240 cal)

### Choice of One:

- Bacon (1 slice | 50 cal)
- Ham  (1 slice | 30 cal)
- Turkey Sausage Patty (1 slice | 30 cal)
- Pork Sausage Patty (1 patty | 140 cal)
- Turkey Bacon  (1 slice | 10 cal)

### Accompanied by

- Sour Cream  (1 tbsp. | 30 cal)
- Guacamole  (2 oz. | 80 cal)
- Fresh Salsa  (2 oz. | 15 cal)
- Shredded Cheddar Cheese  (1 oz. | 110 cal)





















FIRST  
THINGS FIRST



# A LA CARTE SELECTIONS

## ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 15 or more.

<b>HOME FRIES WITH CARAMELIZED ONIONS</b>  \$1.42 per guest	(4 oz.   150 cal)
<b>ROASTED SWEET POTATOES</b>  \$1.42 per guest	(4 oz.   170 cal)
<b>HARD BOILED EGGS</b>  \$.97 per guest	(1 each   70 cal)
<b>INDIVIDUAL BISCUIT QUICHES</b> \$1.48 per guest	
Quiche Lorraine	(1 each   370 cal)
Sausage and Cheddar Quiche	(1 each   410 cal)
Western Quiche	(1 each   370 cal)
Broccoli Cheddar Quiche 	(1 each   310 cal)
Garden Vegetable Quiche 	(1 each   330 cal)
<b>BREAD PUDDINGS</b> \$1.48 per guest	
Ham, Mushroom and Swiss	(1 square   400 cal)
Bacon and Cheddar	(1 square   560 cal)
Asparagus, Feta and Egg White Frittata 	(1 square   250 cal)
Garden Vegetable 	(1 square   210 cal)
Apple Raisin French Toast 	(1 square   600 cal)
<b>WHEAT BERRY PECAN CRUNCH FRENCH TOAST</b>   \$1.48 per guest	(3 halves   380 cal)
<b>OATMEAL BAR</b> \$1.48 per guest	
Steel Cut Oatmeal 	(8 oz.   170 cal)
<b>Served with a Choice Of Four:</b>	
Dark or Light Brown Sugar 	(1 oz.   110 cal)
Raisins  	(1 oz.   80 cal)
Dried Cranberries  	(1 oz.   90 cal)
Ground Cinnamon	(1 oz.   0 cal)
Honey 	(1 oz.   90 cal)
Walnut Pieces	(1 oz.   190 cal)
Chocolate Chips 	(1 oz.   150 cal)
<b>Choice of Milk:</b>	
2%	(3 oz.   45 cal)
Non-Fat	(3 oz.   30 cal)
Soy	(3 oz.   40 cal)



REFRESH AND  
REJUVENATE

High quality plastic serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

## COFFEE AND TEA SERVICE

*\$2.28 per guest*

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

## HOT BEVERAGES

*16 servings per gallon*

Freshly Brewed House Blend Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

*\$14.38 per gallon*

Freshly Brewed Flavoured House Blend Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

*\$15.36 per gallon*

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

*\$12.97 per gallon*

Hot Chocolate *\$13.61 per gallon* (8 oz. | 200 cal)

Seasonal Hot or Cold Apple Cider *\$14.61 per gallon* (8 oz. | 110 cal)

## COLD BEVERAGES

*16 servings per gallon; 8 servings per half gallon*

Orange Juice *\$19.91 per gallon* (8 oz. | 140 cal)

Apple Juice *\$19.91 per gallon* (8 oz. | 90 cal)

Cranberry Juice *\$19.91 per gallon* (8 oz. | 210 cal)

Freshly Brewed Unsweetened Iced Tea *\$13.09 per gallon* (8 oz. | 0 cal)

Lemonade *\$12.71 per gallon* (8 oz. | 130 cal)

Raspberry Lemonade *\$12.71 per gallon* (8 oz. | 130 cal)

Orange Blossom Punch *\$16.87 per gallon* (8 oz. | 110 cal)

Sparkling White Grape Punch *\$16.70 per gallon* (8 oz. | 100 cal)

Iced Water Service with Fresh Quartered Oranges, Lemons and Limes *\$9.14 per gallon* (8 oz. | 0 - 60 cal)

Bottled Water *\$1.40 per guest* (12 oz. | 0 cal)

**Bottled Fruit Juice:** *\$1.72 per guest* (10 oz. | 35-170 cal)

Orange, Apple, Cranberry

Assorted Canned Pepsi Soft Drinks, Regular and Diet *\$1.51 per guest* (12 oz. | 0 - 180 cal)



GREENS  
TO GO

# PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll (1 roll | 100 cal) and Butter, Pita Wedges (2 oz. | 190 cal) or Toasted Flatbread (1/2 flatbread | 70 cal), Bar (1 cut | 60 - 380 cal), Brownie (1 each | 170 - 180 cal), Specialty Bar (1 cut | 60 - 380 cal), Seasonal Fresh Fruit Cup 🍓🍌 (4 oz. | 45 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Bottled Water (20 oz. | 0 cal). High quality plastic serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

## CAESAR SALAD (1 salad | 490 cal)

\$8.92 per guest

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

Add Grilled Breast of Chicken \$1.86 per guest

Add Grilled Marinated Steak \$1.97 per guest

## COBB SALAD (1 salad | 770 cal)

\$10.79 per guest

Mounds of Smoked Turkey, Avocado, Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

## CHEF SALAD (1 salad | 600 cal)

\$10.79 per guest

Ham, Smoked Turkey, Cheddar, Hard-Boiled Egg and Sweet Potato Hay on a Bed of Mixed Field Greens

## NAPA VALLEY CHICKEN SALAD 🍓🍌 (1 salad | 310 cal)

\$10.79 per guest

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

## GRILLED CHICKEN TABBOULEH SALAD 🍓🍌 (1 salad | 240 cal)

\$10.79 per guest

Lemon Sage Chicken, Traditional Tabbouleh, Grape Tomatoes and Kalamata Olives on a Bed of Greens with Baked Pita Croutons

## EDAMAME NUT SALAD 🍓🍌 (1 salad | 230 cal)

\$9.81 per guest

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



MOVABLE  
FEAST

# PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips (1 bag | 130-220 cal) and a choice of one: Pasta Salad (3 oz. | 120 cal), BLT Pasta Salad (3 oz. | 170 cal), Country-Style Potato Salad (3 oz. | 140 cal), Cole Slaw (3 oz. | 90 cal), Apple Fennel Slaw 🍏 (4 oz. | 90 cal), Orzo and Pepper Salad 🍏 (3 oz. | 170 cal), Broccoli and Cavatelli Salad (4 oz. | 120 cal), Bar (1 cut | 60 - 380 cal), Brownie (1 each | 170 - 180 cal), Specialty Bar (1 cut | 60 - 380 cal), Seasonal Fresh Fruit Cup 🍏 🍎 (4 oz. | 45 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz. | 0-180 cal), or Bottled Water (20 oz. | 0 cal). High quality plastic serviceware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

## **TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)**

\$10.89 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)**

\$10.89 per guest

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

## **NATURAL BISTRO HUMMUS CHICKEN SANDWICH 🍏 (1 sandwich | 530 cal)**

\$10.89 per guest

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

## **SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)**

\$10.89 per guest

Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef's Hot Pepper Mayonnaise

## **ROAST BEEF AND CHEDDAR (1 sandwich | 500 cal)**

\$10.89 per guest

Medium Rare Roast Beef and Mild Cheddar, Leaf Lettuce and Tomato on a Ciabatta Topped with a Tangy Horseradish Cream Spread

## **CHIMICHURRI FLANK STEAK SANDWICH (1 sandwich | 500 cal)**

\$10.89 per guest

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

## **THE LIGHTER CHICKEN CAESAR WRAP (1 sandwich | 350 cal)**

\$10.89 per guest

Grilled Chicken Breast, Romaine, Whole Wheat Croutons, Parmesan and Low-Fat Caesar Dressing in a Tortilla

## **TABBOULEH AND HUMMUS PITA WRAP 🍏 🍎 (1 sandwich | 560 cal)**

\$10.89 per guest

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



AT YOUR  
SERVICE



# SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter, choice of Dessert, Freshly Brewed House Blend Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal), Herbal and Non-Herbal Tazo Teas (8 oz. | 0 cal) with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include delivery, linen-draped service tables, set up and clean up. All entrées are available buffet style, upon request.

## CHICKEN

### TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)

\$18.30 per guest

Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

### GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal)

\$18.30 per guest

Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

### ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)

\$18.30 per guest

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

### APRICOT AND GOAT CHEESE CHICKEN BREAST (1 plate | 160 cal)

\$20.11 per guest

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

### CRANBERRY DIJON CHICKEN & SWEET POTATOES (1 plate | 310 cal)

\$18.30 per guest

Sweet and Savory, Cranberry Dijon Basted Chicken Breast Plated with Spiced Sweet Potato Mash and Zesty Garlic Green Beans

## BEEF AND PORK

### BRAISED SHORT RIBS (1 plate | 390 cal)

\$21.12 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)

\$23.77 per guest

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

### BALSAMIC GRILLED FLANK STEAK WITH ROASTED ROSEMARY MUSHROOM SAUCE (1 plate | 360 cal)

\$17.74 per guest

Chef-Selected Flank Steak Tenderized in Classic Balsamic Vinaigrette Marinade Served with Mushrooms Sautéed with Olive Oil, Fresh Rosemary and Garlic Added to a Simmering Plum Tomato Base

### PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)

\$20.55 per guest

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

### CRANBERRY PORK WITH BRAISED CABBAGE 🍷 (1 plate | 290 cal)

\$20.55 per guest

Cranberry Glazed and Sage Pork Pan-Fried Cutlet with Braised Red Cabbage and Tart Apples



AT YOUR  
SERVICE

# SERVED LUNCHEONS AND DINNERS

## LAMB

### ROASTED ROSEMARY RACK OF LAMB WITH DEMI-GLACE (1 plate | 630 cal)

\$23.77 per guest

Trimmed Lamb Medallions Roasted with Rosemary Sprigs and Garlic, then Dressed with Demi-Glace

## COMBINATION PLATE

### BEEF AND SALMON FILETS (1 plate | 340 cal)

\$24.01 per guest

Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

## SEAFOOD

### SEAFOOD AND SPINACH LASAGNA WITH ROASTED RED PEPPER COULIS (1 plate | 340 cal)

\$23.15 per guest

Lasagna Layered with a Medley of Seafood, Fresh Spinach, Tomatoes, Squash and Our Chef-Made Roasted Red Pepper Coulis

### BLACKENED COD WITH SALSA VERDE 🌱 (1 plate | 280 cal)

\$23.38 per guest

Blackened Cod Drizzled with Green Tomatillo Sauce, Paired with a Colorful Watercress Salad and Fresh Cilantro

### BROILED SALMON WITH TWO SALSAS 🌱 (1 plate | 310 cal)

\$23.82 per guest

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

### PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)

\$23.82 per guest

Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter

### BARBECUED SHRIMP WITH BACON-CHEDDAR GRITS (1 plate | 840 cal)

\$23.82 per guest

BBQ Shrimp and Plum Tomatoes atop Creamy Stone Ground Grits with Bits of Applewood Smoked Bacon and Cheddar Cheese

## VEGETARIAN

### BALSAMIC MARINATED PORTOBELLO MUSHROOMS 🌱 (1 plate | 580 cal)

\$16.43 per guest

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

### VEGETABLE WHOLE WHEAT PASTA PRIMAVERA 🌱 (1 plate | 340 cal)

\$17.18 per guest

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

### SMOKED GOUDA FARFALLE 🌱 (1 plate | 510 cal)

\$17.18 per guest

A Casserole of Farfalle Pasta Hand-Prepared with Fresh Spinach, Savory Smoked Gouda and Grated Parmesan Cheeses








### VEGETARIAN PAELLA WITH EDAMAME 🌱 (1 plate | 250 cal)

\$16.43 per guest

Saffron Rice Baked with Tomatoes, Carrots, Edamame and Black Olives

























# ENTRÉE ACCOMPANIMENTS

## SALADS AND STARTERS




















Market House Salad with Homemade Croutons and Balsamic Vinaigrette 	(1 salad   110 cal)
Iceberg Wedge with Maytag Bleu Cheese 	(1 salad   130 cal)
Caesar Salad with Anchovies and Homemade Croutons 	(1 salad   160 cal)
Fresh Mozzarella and Tomato Stack with Fresh Basil 	(1 salad   430 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing 	(1 salad   740 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette  	(1 salad   190 cal)
Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze	(1 salad   350 cal)

## SIDES

### Choice of One:

Fresh Carrots with Dill 	(4 oz.   40 cal)
Julienne of Carrots and Fennel with Pearl Onions  	(4 oz.   60 cal)
Fresh Green Beans 	(4 oz.   40 cal)
French Green Beans and Carrot Medley  	(4 oz.   40 cal)
Sautéed Broccoli Rabe or Zucchini  	(4 oz.   130 cal)
Broccoli with Sautéed Carrots  	(4 oz.   60 cal)
Roasted Fresh Seasonal Asparagus  	(4 oz.   30 cal)
Roasted Root Vegetables  	(4 oz.   60 cal)
Sautéed Fennel and Brussels Sprouts 	(4 oz.   70 cal)
Grilled Balsamic Zucchini  	(4 oz.   60 cal)
Fresh Spinach and Garlic Sauté 	(4 oz.   45 cal)
Oven-Roasted Butternut Squash  	(4 oz.   50 cal)
Herb Crusted Broiled Tomatoes  	(1 half   35 cal)
Sautéed Mushrooms 	(4 oz.   130 cal)
Braised Red Cabbage 	(4 oz.   90 cal)
Chef's Choice of Seasonal Vegetable	(4 oz.   30 - 130 cal)

### Choice of One:

Caramelized Onion Mashed Yukon Potatoes 	(4 oz.   110 cal)
Horseradish Mashed Yukon Potatoes 	(4 oz.   120 cal)
Mashed Sweet Potatoes 	(4 oz.   210 cal)
Oven-Herbed Roasted Red Potatoes 	(4 oz.   130 cal)
Roasted Fingerling Potatoes 	(4 oz.   180 cal)
Oven-Roasted Sweet Potatoes 	(4 oz.   100 cal)
Roasted Potatoes O'Brien 	(4 oz.   190 cal)
Potatoes O'Gratin 	(4 oz.   400 cal)
Ginger Jasmine Rice 	(4 oz.   180 cal)
Lemon Rice  	(4 oz.   140 cal)
Black Beans and Rice  	(4 oz.   180 cal)
Basil Orzo  	(4 oz.   190 cal)
Israeli Couscous  	(4 oz.   110 cal)
Fontina Risotto Cake 	(1 cake   210 cal)
Vegetable Risotto 	(4 oz.   210 cal)
Chef's Choice of Side Pairing	(4 oz.   100 - 400 cal)



## IN GOOD COMPANY

### DESSERTS

Chocolate Fudge Cake

(1 slice | 590 cal)

Cora's Red Velvet Cake

(1 slice | 760 cal)

New York Cheesecake with Seasonal Fresh Berries

(1 slice | 450 cal)

Cranberry-Apple Strudel

(1 slice | 240 cal)

Lemon Meringue Pie

(1 slice | 300 cal)

#### **ADDITIONAL OPTIONS:** *\$2.17 per guest*

White Chocolate Raspberry Creme Brulee

(1 each | 840 cal)

Bananas Foster Creme Brulee

(1 each | 540 cal)

Cookies and Cream Cheesecake

(1 slice | 520 cal)

Chocolate Almond Ganache Cake

(1 slice | 360 cal)

German Chocolate Pecan Tart

(1 each | 2260 cal)

Apple Caramel Bread Pudding

(1 each | 210 cal)

# BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal) are included. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. Add Soup du Jour with Crackers for \$2.08 per guest. These menus are available for groups of 15 or more.

## SIGNATURE SALADS

\$15.03 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	(2 oz.   15 cal)
Hummus 🌱	(1 oz.   50 cal)
Ranch Dip 🌱	(2 oz.   110-190 cal)

## HANDCRAFTED SANDWICHES

\$15.03 per guest

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

Two Salads

Assorted Bags of Chips

Scrumptious Brownies

Assorted Bars

A Selection of Oversized Cookies

or Fresh In-Season Fruit Cups

Sandwiches are Cut Diagonally Enabling Guests to Mix & Match their Choices.

(1 bag | 130-320 cal)

(1 bar | 190-510 cal)

(1 bar | 60-380 cal)

(1 cookie | 160-180 cal)

(4 oz. | 45 cal)

### CHOOSE THREE HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser

Roast Beef and Cheddar on Ciabatta

Twisted Beef & Horseradish Wrapped in Whole Grain Tortilla 🍷

Tuscan Grilled Chicken Breast on Multigrain Roll 🍷

Picnic Grilled Chicken Sandwich on Parisian Roll

Southwestern BBQ on Ciabatta

Roasted Vegetables on Multigrain Roll 🍷

Tabbouleh Hummus Pita 🍷

Dijon Egg Salad on Pumpernickel Bread 🍷

(1/2 sandwich | 180 cal)

(1/2 sandwich | 250 cal)

(1/2 wrap | 160 cal)

(1/2 sandwich | 260 cal)

(1/2 sandwich | 220 cal)

(1/2 sandwich | 310 cal)

(1/2 sandwich | 200 cal)

(1/2 sandwich | 280 cal)

(1/2 sandwich | 180 cal)

### CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette 🍷

Seasonal Fresh Fruit Salad 🍷

Apple Fennel Slaw 🍷

Minted Cucumber Salad 🍷

Orzo and Pepper Salad 🍷

Artichoke Hearts with Italian Parsley 🍷🌱

Farmhouse Potato Salad 🍷

Seasonal Crudit  with

Hummus 🌱

Ranch Dip 🌱

(1 salad | 110 cal)

(4 oz. | 45 cal)

(4 oz. | 90 cal)

(4 oz. | 20 cal)

(4 oz. | 170 cal)

(4 oz. | 60 cal)

(4 oz. | 220 cal)

(2 oz. | 15 cal)

(1 oz. | 50 cal)

(2 oz. | 110-190 cal)

MAGNIFICENT  
MORSELS



# SPECIALTY BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. These menus are available for groups of 15 or more.

## DELI BUFFET

\$14.02 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 and Rolls	(2 slices   140-200 cal) (1 roll   160-180 cal)	Multigrain Sandwich Wrap	(1 wrap   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)	American Cheese	(1 slice   50 cal)
Sliced Swiss Cheese	(1 slice   50 cal)	Sliced Tomato	(1 slice   0 cal)
Monterey Jack Cheese	(1 slice   50 cal)	Dill Pickles	(1 spear   5 cal)
Leaf Lettuce	(1 slice   0 cal)	Brownies	(1 brownie   190-510 cal)
Sliced Onions	(2 rings   0 cal)		
Mayonnaise	Dijon Mustard		
Bulk Chips	(2 oz.   140-320 cal)		
Bars	(1 bar   310 cal)		
Assorted Cookies	(1 cookie   160-180 cal)		
Freshly Brewed Iced Tea (8 oz.   0 cal)			
*Add Soup du Jour with Crackers	(1 package   25 cal)		

\$2.08 per guest

## OLD FASHIONED BBQ

\$16.84 per guest

Seasonal Fresh Fruit Salad  	(4 oz.   45 cal)
Roasted Vegetable Bow Tie Pasta Salad  	(4 oz.   120 cal)
Country Potato Salad  	(4 oz.   120 cal)
Cornbread  	(4 oz.   120 cal)
Rolls and Butter	(1 roll   90 cal)
Ranch Style Baked Beans	(4 oz.   160 cal)
Baked Barbecued Chicken	(1 quarter   290 cal)
Barbecued Beef Brisket	(4 oz.   310 cal)
Brownies	(1 brownie   200 cal)
Assorted Cookies	(1 cookie   160-180 cal)
Freshly Brewed Iced Tea (8 oz.   0 cal) and Lemonade (8 oz.   70 cal)	





## FESTIVE FLAIR

### BACKYARD COOK OUT

*\$11.80 per guest*

Country Potato Salad	(4 oz.   160 cal)
Cole Slaw	(4 oz.   120 cal)
Potato Chips	(1 bag   160 cal)
Ranch Style Baked Beans	(4 oz.   130 cal)
Grilled Hamburgers	(1 sandwich   330 cal)
Grilled Hot Dogs	(1 sandwich   320 cal)
Veggie Burgers	(1 sandwich   320 cal)
Hamburger and Hot Dog Buns to Include Whole Wheat	(1 each   380 cal)
Leaf Lettuce	(1 slice   0 cal)
Sliced Tomato	(1 slice   5 cal)
Dill Pickles	(5 chips   0 cal)
Onions	(2 rings   0 cal)
Relish	(1 tbsp.   20 cal)
Ketchup, Mustard and Mayonnaise	
Brownies	(1 cut   190-220 cal)
Assorted Cookies	(1 cookie   160-180 cal)
Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz.   0-180 cal) or Freshly Brewed Iced Tea (8 oz.   0 cal)	



FESTIVE  
FLAIR

# SPECIALTY BUFFETS

## LITTLE ITALY

*\$15.54 per guest*

Antipasto Platter	(1 serving   340 cal)
Caesar Salad with Homemade Croutons	(1 salad   460 cal)
Assorted Rolls and Butter	(1 roll   90 cal)
Sautéed Fresh Zucchini	(4 oz.   50 cal)
Pasta Bar with Spaghetti (4 oz.   200 cal) and Penne Pasta (4 oz.   200 cal)	
Marinara Sauce (2 oz.   20 cal) and Pesto Cream Sauce (2 oz.   150 cal)	
Home-Style Meatballs in Marinara Sauce	(2 meatballs + 1 oz. sauce   190 cal)
Traditional Chicken Cacciatore	(1 quarter   400 cal)
Parmesan Cheese	(1 oz.   120 cal)
Tiramisu	(1 slice   490 cal)
Cannoli	(1 cannoli   320 cal)
Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz.   0-180 cal) or Freshly Brewed Iced Tea (8 oz.   0 cal)	

## ASIAN FUSION

*\$16.84 per guest*

Asian Salad	(4 oz.   120 cal)
Garlic Lemon Ginger Broccoli	(4 oz.   45 cal)
Sticky Rice	(4 oz.   210 cal)
Vegetable Lo Mein	(4 oz.   130 cal)
Cilantro Breast of Chicken	(1 breast   110 cal)
Coconut Lemon Almond Gourmet Bar	(1 cut   320 cal)
Fortune Cookies	(1 cookie   35 cal)
Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz.   0-180 cal) or Freshly Brewed Iced Tea (8 oz.   0 cal)	

# BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. Build Your Own Buffet by selecting - One Salad, One Entrée, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for \$5.10 per guest. 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  \$17.98 per guest (1 entrée | 280 cal)

Lemon Parmesan Chicken with White Wine Chive Sauce \$17.98 per guest (1 entrée | 530 cal)

Apricot Glazed Roasted Turkey \$17.98 per guest (1 entrée | 140 cal)

### BEEF

Braised Beef Sicilian \$18.51 per guest (1 entrée | 310 cal)

Caramelized Onion Meatloaf \$18.33 per guest (1 entrée | 210 cal)

Beef Stroganoff \$18.51 per guest (1 entrée | 410 cal)

### PORK

Roast Pork Loin with Mustard Herb Crust \$18.33 per guest (1 entrée | 300 cal)

Asian Marinated Pork Loin with Honey and Soy Glaze \$18.33 per guest (1 entrée | 220 cal)

### SEAFOOD

Broiled Salmon with Dill Butter \$18.70 per guest (1 entrée | 270 cal)

Grilled Tilapia with Mango Jicama Relish \$18.70 per guest (1 entrée | 120 cal)

Garlic Shrimp Skewers \$18.70 per guest (1 entrée | 440 cal)

### VEGETARIAN

Vegetarian Lasagna  \$15.82 per guest (1 entrée | 290 cal)

Stuffed Peppers with Herbed Tomato Sauce  \$15.82 per guest (1 entrée | 210 cal)

Vegetarian Pad Thai \*Contains Peanuts  \$15.82 per guest (1 entrée | 280 cal)

CUSTOMIZED  
CREATIONS



## SIDES

### CHOOSE ONE (4 oz. serving):

Oven-Roasted Herbed Red Potatoes <b>VG</b>	(4 oz.   130 cal)
Garlic-Mashed New Potatoes <b>☺</b>	(4 oz.   120 cal)
Rice Pilaf <b>V</b>	(4 oz.   150 cal)
White Rice <b>V</b>	(4 oz.   140 cal)
Olive Oil and Garlic Spaghetti <b>V</b>	(4 oz.   380 cal)

### CHOOSE ONE (4 oz. serving):

Balsamic Herb Roasted Vegetables <b>VG</b>	(4 oz.   110 cal)
Lemon Garlic Broccoli <b>V</b>	(4 oz.   60 cal)
Sautéed Zucchini <b>☺ V</b>	(1 each   50 cal)
Glazed Carrots <b>☺ V</b>	(4 oz.   120 cal)
Fresh Green Beans <b>V</b>	(4 oz.   40 cal)
Variety of Seasonal Vegetables <b>V</b>	(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)

## BEVERAGES

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

### CHOOSE TWO:

Lemonade	(8 oz.   70 cal)
Freshly Brewed Iced Tea	(8 oz.   0 cal)
Assorted Canned Pepsi Soft Drinks, Regular and Diet	(12 oz.   0-180 cal)
Iced Water Station	(8 oz.   0 cal)

# HOT HORS D'OEUVRES

## FROM PLATTERS TO PASSED

High quality plastic serveware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 2 dozen.

### CHICKEN

Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce <i>\$15.97 per dozen</i>	(1 each + 1/2 tbsp. sauce   45 cal)
Greek Chicken Skewers <i>\$15.97 per dozen</i>	(1 each   90 cal)
Ginger Chicken Satay with Coconut Peanut Sauce <i>\$15.97 per dozen</i>	(1 each + 1 oz. sauce   110 cal)
Coconut Chicken with Orange Dipping Sauce <i>\$15.97 per dozen</i>	(1 each   60 cal)
Chipotle Maple Bacon-Wrapped Chicken <i>\$15.97 per dozen</i>	(1 each   50 cal)
Blackened Chicken Sliders <i>\$15.97 per dozen</i>	(1 each   140 cal)

### PORK

Pork Pot Stickers with Garlic Soy Sauce <i>\$14.23 per dozen</i>	(1 each + 3 oz. sauce   50 cal)
Sausage Bites with White Wine and Dijon Mustard <i>\$14.23 per dozen</i>	(1 each   300 cal)
Maple-Glazed Apple Rumaki <i>\$14.11 per dozen</i>	(1 each   60 cal)
Sausage-Stuffed Mushrooms <i>\$14.29 per dozen</i>	(1 each   20 cal)
Mini Ham Biscuits with Mustard Sauce <i>\$13.70 per dozen</i>	(1 each   150 cal)
Ham and Cheese Pinwheels <i>\$13.42 per dozen</i>	(1 each   50 cal)

### SEAFOOD

Bacon Wrapped Scallops with BBQ Sauce <i>\$14.38 per dozen</i>	(1 each   45 cal)
Seafood Stuffed Mushrooms <i>\$14.38 per dozen</i>	(1 each   15 cal)
Mini Crab Cakes with Cajun Rémooulade Sauce <i>\$16.12 per dozen</i>	(1 each   70 cal)



## SAVORY SELECTIONS

### BEEF

Chimichurri Beef Skewer

*\$16.12 per dozen*

Beef Satay with Sweet & Spicy Sauce

*\$16.12 per dozen*

Ground Beef Samosas

*\$16.12 per dozen*

Beef Short Ribs in a Potato Cup

*\$16.12 per dozen*

Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour

*\$15.97 per dozen*

(1 each | 110 cal)

(1 each + sauce | 110 cal)

(1 each | 170 cal)

(1 each | 140 cal)

(1 each + 3 oz. sauce | 45-130 cal)

### VEGETARIAN

Tomato, Vidalia Onion and Goat Cheese Tart

*\$13.71 per dozen*

Onion and Smoked Gouda Quesadilla

*\$13.71 per dozen*

Mini Vegetable Samosas

*\$13.83 per dozen*

Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce

*\$13.83 per dozen*

Spanakopita

*\$12.59 per dozen*

(1 each | 100 cal)

(1 each + sauce | 350 cal)

(1 each | 90 cal)

(1 each + 3 oz. sauce | 120-150 cal)

(1 each | 45 cal)



MAGNIFICENT  
MORSELS



# COLD HORS D'OEUVRES

High quality plastic serveware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 2 dozen.

Assorted Finger Sandwiches <i>\$2.81 per dozen</i>	(1 each   40 cal)
<b>CHOOSE THREE:</b> Ham Salad, Chicken Salad, Tuna Salad and Egg Salad on White, Wheat or Silver Dollar Rolls	
Roasted Garlic Hummus and Smoked Salmon Bruschetta <i>\$15.47 per dozen</i>	(1 each   110 cal)
Cool Salmon Canapés <i>\$15.52 per dozen</i>	(1 each   60 cal)
Crostini with Spicy Mango Shrimp Salsa <i>\$15.48 per dozen</i>	(1 each   70 cal)
Miso Crab Salad on Cucumber <i>\$15.48 per dozen</i>	(1 each   50 cal)
Mini Curried Chicken Tart <i>\$13.89 per dozen</i>	(1 each   140 cal)
Charred Peaches Wrapped in Prosciutto <i>\$15.42 per dozen</i>	(1 each   60 cal)
Prosciutto-Wrapped Melon with Dijon Dipping Sauce <i>\$15.42 per dozen</i>	(1 wedge + 1 tsp. sauce   100 cal)
Sun-Dried Tomato and Gorgonzola Bruschetta <i>\$14.33 per dozen</i>	(1 slice   100 cal)
Fruity Feta Bruschetta <i>\$14.17 per dozen</i>	(1 slice   100 cal)
Broccoli Rabe & Fresh Mozzarella Crostini <i>\$14.33 per dozen</i>	(1 each   200 cal)
Goat Cheese and Honey Phyllo Cups <i>\$11.97 per dozen</i>	(1 each   100 cal)
Cucumber Rounds with Feta and Tomatoes <i>\$11.62 per dozen</i>	(1 each   30 cal)



DELECTABLE  
DELIGHTS

# GOURMET DIPS AND MORE

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

## HOT DIPS

Sold per guest

- Warm Parmesan Artichoke Dip with Bagel or Pita Chips *\$1.39 per guest* (1 oz. + 2 oz. chips | 250 cal)  
Spinach and Crab Dip with Baguette Rounds *\$1.90 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)  
*\$1.39 per guest*
- Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso (2 oz. | 60 cal) accompanied by House-Fried Corn Tortilla Chips (2 oz. | 240 cal)  
*\$1.39 per guest*

## COLD DISPLAYS

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

- Fresh Farm Crudités with Ranch Dip   (2 oz. + 2 oz. dressing | 15-190 cal)  
*\$35.85 Small/\$59.75 Medium/\$119.50 Large*
- Seasonal Cubed Fresh Fruit  (4 oz. | 50 cal)  
*\$40.90 Small/\$68.17 Medium/\$136.33 Large*
- Domestic Cheeses with Crackers  (2 oz. + 6 crackers | 340 cal)  
*\$34.20 Small/\$57.00 Medium/\$114.00 Large*
- Artisan Cheeses with Crackers and Baguette Rounds  (2 oz. + 6 crackers | 280 cal)  
*\$47.55 Small/\$79.25 Medium/\$158.50 Large*
- Antipasto Platter with Crackers and Baguette Rounds (1 serving + 1 cracker | 390 cal)  
*\$48.00 Small/\$80.00 Medium/\$160.00 Large*
- Vegetarian Antipasto Platter with Crackers and Baguette Rounds (1 serving + 1 cracker | 240 cal)  
*\$43.20 Small/\$72.00 Medium/\$144.00 Large*
- California Rolls with Soy Sauce and Wasabi (2 slices | 70 cal)  
*\$53.55 Small/\$89.25 Medium/\$178.50 Large*

## SAVORY CHEESECAKES

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

- Roasted Vegetable Cheesecake (serves 15-20 guests) *\$11.93 each* (1 cracker | 25-70 cal)  
Savory Pesto and Sun-Dried Tomato Torte (serves 50-75 guests) *\$37.71 each* (1 slice | 360 cal)  
(1 slice | 310 cal)

## WINGS AND THINGS BAR

*\$5.78 per guest*

**CHOOSE TWO WING STYLES (1 wing serving):**

- Buffalo (80 cal)  
BBQ (100 cal)  
Honey (90 cal)  
Cajun Style (90 cal)  
Boneless (120 cal)  
Celery and Carrot Sticks (6 sticks, 3 each | 15 cal)  
Ranch Dressing (2 oz. | 190 cal)  
Bleu Cheese (2 oz. | 280 cal)  
Steak Fries (4 oz. | 270 cal)

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



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.

## FAJITA SMALL PLATE STATION

\$5.78 per guest

Classic Chicken (3 oz. | 110 cal), Beef (3 oz. | 170 cal) or Veggie (1 oz. | 10 cal) Fajitas Accompanied with Mexican Rice (1/2 cup | 170 cal) Refried Beans (4 oz. | 140 cal), Tortilla Chips (2 oz. | 260 cal) and Appropriate Toppings.

## MASHED POTATO MARTINI BAR

\$5.78 per guest

Yukon Gold (4 oz. | 120 cal) and Sweet Potatoes (4 oz. | 210 cal) Served with Whipped Margarine and Sour Cream.

### CHOOSE FIVE:

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) and Baguettes (1 baguette | 100 cal).

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

\$7.59 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)

\$9.79 per guest

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

\$7.59 per guest

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

\$6.50 per guest



GRAND  
FINALE

# SWEET AND SALTY

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

## ASSORTED HOME-STYLE COOKIES (1 cookie per serving) \$12.45 per dozen

Chocolate Chip	(180 cal)	Double Chocolate Chip with White Chips	(170 cal)
White Chocolate Macadamia Nut	(170 cal)	Peanut Butter	(170 cal)
Oatmeal Raisin	(160 cal)	Sugar	(170 cal)

## BROWNIES (1 cut per serving) \$12.72 per dozen

Plain	(200 cal)	Fudge	(350 cal)
Frosted	(350 cal)	Cream Cheese	(220 cal)
M&M's®	(510 cal)	Blondie	(220 cal)

## GOURMET DESSERT BARS (1 cut per serving) \$14.10 per dozen

Chocolate Chess Bar	(260 cal)	Linz Bar	(210 cal)
Goopy Chocolate Peanut Butter Bar	(290 cal)	Cran Scotch Bar	(260 cal)
Luscious Lemon Bar	(70 cal)	Raspberry Almond Bar	(190 cal)

## ASSORTED MINI PETIT FOURS AND PASTRIES

(1 each | 140 cal)

\$14.10 per dozen

## ASSORTED MINI CANDY BARS

(3 pieces | 130 cal)

\$.84 per guest

## MULTI-GRAIN BARS AND GRANOLA BARS

(1 bar | 90-160 cal)

\$1.31 per item

## INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

(1 bag | 110-230 cal)

\$1.25 per item

## ASSORTED POPCORN \$1.05 per guest

(1 bag | 120 cal)

## MIXED NUTS WITH PEANUTS \$12.62 per pound

(1 oz. | 120 cal)

## TRAIL MIX \$1.19 per pound

(1 oz. | 150 cal)

## DECORATED SHEET CAKES

(1 slice + 2 tbsp. icing | 140-150 cal + 120-140 cal)

Full \$70.24 each Half \$48.48 each Quartered \$26.10 each Single Layer \$13.27 each Double Layer \$26.52 each

## DESSERT STATION \$5.38 per guest

Choice of Four (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)

## ICE CREAM SUNDAE BAR \$5.41 per guest

25 guest minimum

### Choice of Ice Cream Flavours (One per 45 guests):

Vanilla	(1 scoop   90 cal)
Strawberry	(1 scoop   80 cal)
Chocolate	(1 scoop   90 cal)
Mint Chocolate Chip	(1 scoop   100 cal)

### Choice of Two Sauces:

Chocolate	(2 oz.   200 cal)
Strawberry	(2 oz.   140 cal)
Butterscotch	(2 oz.   140 cal)

**Choice of Three Toppings:** Cookie Crumbs (130 cal), M&M's® (140 cal), Heath Bar™ Pieces (150 cal), Crushed Peanuts (170 cal), Sprinkles (130 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180-200 cal) are included.

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



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. We prefer a 7 - 10 day lead time for events planned between 15 - 75 guests, 14 days for events 75 guests and larger.

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

**Visit Our Office:** You may visit us in person at BC351. Our office hours are Monday through Friday, 8:30 a.m. to 4:30 p.m. Please be aware that we are closed on most holidays.

**Give us a Call:** You may speak with an event specialist by calling 651-638-6056.

**Send us an Email:** You may email us at [catering@bethel.edu](mailto:catering@bethel.edu).

**Visit us on the Web:** You may contact us online at [bethel.edu/sodexo/catering](http://bethel.edu/sodexo/catering).

## EVENT LOCATION RESERVATION

You are responsible for making arrangements to secure a location for your event. Whether your event will be taking place on the 3900 Campus, Anderson or Lakeside, you will need to officially "reserve" the space in order for us to move forward with the catering arrangements. To reserve a room for an event, please contact Room Scheduling at the options below:

**Email:** [scheduling-services@bethel.edu](mailto:scheduling-services@bethel.edu)

**Call:** 651-638-6107

## EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You, the event holder, are responsible for making arrangements to secure tables, chairs, tech. support and other equipment needed for your event. Contact Room Scheduling to make these arrangements. When reserving the location please allow two hours for setup and two hours for cleanup. Please contact Room Scheduling at the options below:

**Email:** [scheduling-services@bethel.edu](mailto:scheduling-services@bethel.edu)

**Call:** 651-638-6107

## EVENT CONFIRMATIONS & GUARANTEES

No less than five business days from the scheduled catered event, please provide us with a "final" number of guests that will attend the event; the "estimated" number will be used if you are unsure of the "final" number. The Confirmation Copy will outline the terms of your agreement with our Catering Office and will include all of the event details and requirements, including time, date, location, menu selections, number of guests, professional services, equipment and staffing. If you do not provide us with a final number, we will use the estimated number for final billing purposes.

## EVENT CHANGES AND CANCELLATIONS

No less than three business days from the scheduled catered event, please make us aware of any changes (including increases or decreases in the number of guests) or if the event needs to be canceled. Please be advised that if we are notified of any changes or cancellation after this deadline, you may be responsible for expenses already incurred by the Catering Office. Any catered event booked with less than 72 hours or three business days notice may be subject to a \$50.00 late fee. Late departures may be subject to an additional service charge to be determined by the Catering Manager.

## EVENT PAYMENT

Payment of all Bethel University related catered events will be billed through the Bethel Business Office. Invoices will be processed from the Sodexo Office and sent to the Business Office within 10 business days of the catered event. We request all Bethel related events be charged to one budget number. Please contact the Business Office with any billing related questions or concerns.

### **If your group is not a university group or department:**

All Non-Bethel catered events will be invoiced by Sodexo within 7 business days of the catered event. Terms are 30 days. We accept Visa, Mastercard or Discover, checks may be made payable to Sodexo. All Non-Bethel events may be subject to a \$100.00 down payment at the discretion of the Catering Manager.

**Note:** All catered events including food are subject to a 7.375% MN Sales Tax. This includes Bethel, Non-Bethel and Tax Exempt groups. Please contact the Catering Manager with any questions you may have regarding this policy.



PLAN FOR  
SUCCESS

## DELIVERY FEES

There are no delivery fees for catering services held within the main 3900 Campus, with the exception of large scale events of 150 guests or more. Consult the Catering Manager for details regarding fee structures for large scale events. Additional delivery fees see below.

<b>Deliveries to the Lakeside Campus:</b>	<i>\$15.00 delivery fee</i>
<b>Deliveries to the Anderson Center Campus:</b>	<i>\$35.00 delivery fee</i>

**Note:** Delivery fees to the Lakeside and Anderson Campuses are applied to each scheduled catered event at these two locations only. Additional delivery fees may apply at all three campus locations at the discretion of the Catering Manager.

## 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 guests. Served meals are priced on an individual basis. Service staff are included in the price per person for both buffet and served style functions.

### CHARGES FOR ADDITIONAL STAFFING:

<b>Attendants/Waitstaff</b>	<i>\$12.00 per hour (minimum 4 hours)</i>
<b>Station Chefs</b>	<i>\$25.00 per hour (minimum 4 hours)</i>

## CATERING EQUIPMENT

As host of the catered event, you are responsible for the equipment we have provided to service your catered event. The cost to replace any missing or damaged catering equipment or supplies may be charged to your department budget number and/or final billing. For very large scale events, specialty equipment may need to be rented at an additional charge. Please consult with one of our event specialists for details regarding additional equipment rental and prices.

## CHINA CHARGES

We provide high quality plastic products as our standard for all events, unless otherwise requested. We also offer china service for any event at an additional charge. See below.

Served Meal China and Silverware Service	<i>Included</i>
Buffet Meal China and Silverware Service	<i>\$2.50 per guest</i>
Reception China and Silverware Service	<i>\$2.50 per guest</i>
Coffee and Beverage China Service	<i>\$1.50 per guest</i>

## FLORAL CHARGES

We will be happy to order, receive and handle floral arrangements for you. For special decorative requests, an additional charge will be determined in accordance with your specific needs. Please consult with one of our event specialists for details regarding flowers and additional decor needs and prices.

## LINENS AND SKIRTING

As a standard, we provide linens and skirting for all food and beverage tables at no additional charge. Linens for guest tables are included with full service plated meals only. Linens for guest tables at buffet style meals, receptions, meeting and registration tables can be provided at an additional charge. See below.

<b>85" square for 5' round tables</b>	<i>\$4.50 per cloth</i>
<b>96" rectangle for 6' tables</b>	<i>\$4.50 per cloth</i>
<b>114" rectangle for 8' tables</b>	<i>\$4.50 per cloth</i>
<b>Conference Cloth (black) for 6' or 8' tables</b>	<i>\$12.00 per cloth</i>
<b>Napkins</b>	<i>\$.50 each</i>

**Note:** Specialty linens are available for your food and guest tables at an additional charge. Please consult with one of our event specialists to view linen selections and prices.

## FOOD REMOVAL POLICY

Due to health regulations and food safety liability, it is the policy of Flavours by Sodexo at Bethel University that excess food items (leftovers) should not be removed from the event site. Items purchased for pick up should be properly stored and refrigerated prior to the event and removed and disposed of by the host of the event.



FLAVOURS

by *sodexo*\*