



# 1851 Heritage Catering

*fresh and delicious every day*





# All-Day Packages

Choose one of these 3 packages to sustain you throughout the day

## ALL DAY DELICIOUS \$35.99

Relax. We'll keep the food coming! These 4 selections will keep your energy up throughout the day. 15 Person Minimum

### Delicious Dawn

■ ASSORTED MUFFINS	400-510 CAL EACH
■ ASSORTED SCONES	430-470 CAL EACH
■ FRESH SEASONAL SLICED FRUIT	40 CAL/2.5 OZ. SERVING
ASSORTED JUICE	110-170 CAL EACH
BOTTLED WATER	0 CAL EACH
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### AM Perk Up

■ GRANOLA BARS	190 CAL EACH
■ ASSORTED INDIVIDUAL YOGURT CUPS	50-150 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

### Power Up Lunch

■ TOMATO AND CUCUMBER COUSCOUS SALAD	120 CAL/3.75 OZ. SERVING
■ ORANGE FENNEL SPINACH SALAD	210 CAL/3.2 OZ. SERVING
■ BAKERY FRESH ROLLS	160 CAL EACH
■ GREEN BEANS GREMOLATA	70 CAL/3 OZ. SERVING
THREE PEPPER CAVATAPPI WITH PESTO	310 CAL/7.5 OZ. SERVING
GRILLED CHICKEN WITH A LEMON TARRAG ON WHITE WINE SAUCE	200 CAL/5.75 OZ. SERVING
■ NEW YORK CHEESECAKE	440 CAL/SLICE
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### PM Pick Me Up

■ CHILLED SPINACH DIP WITH TORTILLA CHIPS	230 CAL/2.25 OZ. SERVING
■ GRILLED VEGETABLE TRAY	70 CAL/3 OZ. SERVING
■ FRESHLY BAKED BROWNIES	250 CAL/2.25 OZ. SERVING
BOTTLED WATER	0 CAL EACH
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments



2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST. IN THE INTEREST OF PUBLIC HEALTH, PLEASE BE AWARE THAT CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

## MEETING WRAP UP \$30.99

Serve these favorites and success is a wrap! This All-Day package includes the following 4 delights. 15 Person Minimum

### Morning Mini

MINIATURE MUFFINS	80-120 CAL EACH
MINIATURE DANISH	140-170 CAL EACH
MINIATURE SCONES	110-120 CAL EACH
APPLE, RAISIN AND CRANBERRY	
YOGURT PARFAITS	400 CAL EACH
STRAWBERRY YOGURT PARFAITS	370 CAL EACH
ICED WATER	0 CAL/8 OZ. SERVING
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

### The Energizer

DONUT HOLES	45-90 CAL EACH
RIPE BANANAS	110 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

### It's a Wrap

CHICKEN CAESAR WRAP	540 CAL EACH
PEPPER JACK TUNA WRAP	590 CAL EACH
CRAN-APPLE TURKEY WRAP	650 CAL EACH
GRILLED VEGETABLE WRAP	620 CAL EACH
FRESH SEASONAL SLICED FRUIT	40 CAL/2.5 OZ. SERVING
TRADITIONAL GARDEN SALAD	50 CAL/3.5 OZ. SERVING
GRILLED VEGETABLE PASTA SALAD	130 CAL/3 OZ. SERVING
INDIVIDUAL BAG OF CHIPS	100-160 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
FRESHLY BAKED BROWNIES	250 CAL/2.25 OZ. SERVING
BOTTLED WATER	0 CAL EACH

Includes appropriate condiments

### Mid-Day Munchies

TORTILLA CHIPS & SALSA	150 CAL/2 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
PICO DE GALLO	10 CAL/1 OZ. SERVING
APPLES	60 CAL EACH
ORANGES	50 CAL EACH
BANANAS	110 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BOTTLED WATER	0 CAL EACH
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

## SIMPLE PLEASURES \$22.99

Easy does it-Casually tasteful fare. This All-Day package includes 3 of our favorites. 15 Person Minimum

### Simple Continental

ASSORTED DONUTS	190-490 CAL EACH
ASSORTED BAGELS	170-360 CAL EACH
ORANGE JUICE	120 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Box Lunch

CHOICE OF SANDWICH ACCOMPANIED BY CHIPS, ASSORTED CRAVEWORTHY COOKIES AND BOTTLED WATER

TUNA SALAD CIABATTA	540 CAL EACH
HAM & SWISS SUB	380 CAL EACH
TURKEY & SWISS SANDWICH	490 CAL EACH
ROASTED PEPPER & MOZZARELLA CIABATTA	530 CAL EACH
INDIVIDUAL BAG OF CHIPS	100-160 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BOTTLED WATER	0 CAL EACH

Includes appropriate condiments

### Mid-Day Munchies

TORTILLA CHIPS & SALSA	150 CAL/2 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
PICO DE GALLO	10 CAL/1 OZ. SERVING
APPLES	60 CAL EACH
ORANGES	50 CAL EACH
BANANAS	110 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BOTTLED WATER	0 CAL EACH
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments



# Breakfast

## BREAKFAST COLLECTIONS

All prices are per person and available for 12 guests or more

### Mini Continental \$9.79

MINIATURE MUFFINS	80-120 CAL EACH
MINIATURE DANISH	140-170 CAL EACH
MINIATURE BAGELS	110-160 CAL EACH
FRESH SEASONAL SLICED FRUIT	40 CAL/2.5 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Quick Start \$8.99

CHOICE OF THREE (3) BREAKFAST PASTRIES SERVED WITH FRESH SEASONAL SLICED FRUIT, FRESH ASSORTED JUICES AND BOTTLED WATER AND ECOGROUNDS COFFEE, DECAF AND HOT TEA

ASSORTED MUFFINS	400-510 CAL EACH
ASSORTED DANISH	200-430 CAL EACH
ASSORTED SCONES	430-470 CAL EACH
ASSORTED BAGELS	170-360 CAL EACH
FRESH SEASONAL SLICED FRUIT	40 CAL/2.5 OZ. SERVING
ASSORTED JUICE	110-170 CAL EACH
BOTTLED WATER	0 CAL EACH
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Healthy Choice Breakfast \$8.49

WHETHER IN COMBINATION WITH ONE OF OUR OTHER BREAKFAST PACKAGES OR ALONE, A HEALTHY WAY TO START YOUR DAY.

INDIVIDUAL CEREAL CUPS	140-260 CAL EACH
MILK	120 CAL EACH
BANANAS	110 CAL EACH
ASSORTED INDIVIDUAL YOGURT CUPS	50-150 CAL EACH
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### À la Carte Breakfast

ASSORTED BAGELS WITH BUTTER, CREAM CHEESE AND JAM \$19.99 PER DOZEN

ASSORTED BAGELS	170-360 CAL EACH
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Includes appropriate condiments

ASSORTED MUFFINS SERVED WITH BUTTER AND JAM \$19.99 PER DOZEN

ASSORTED MUFFINS	400-510 CAL EACH
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Includes appropriate condiments

ASSORTED DONUTS (190-490 CAL EACH)	\$16.99 PER DOZEN
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ASSORTED PASTRIES \$19.99 PER DOZEN

ASSORTED PASTRIES	200-510 CAL EACH
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Includes appropriate condiments

GRANOLA BARS (190 CAL EACH)	\$1.79 EACH
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INDIVIDUAL YOGURT CUPS (DOZEN) \$13.99

SEE NUTRITIONALS FOR EACH  
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Includes appropriate condiments

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## HOT BREAKFAST

All prices are per person and available for 12 guests or more

### Ultimate Breakfast \$14.99

CHOICE OF THREE (3) BREAKFAST PASTRIES, SCRAMBLED EGGS, CHEDDAR AND ONION FRITTATA, CRISP BACON, BREAKFAST SAUSAGE, PANCAKES AND SYRUP, BREAKFAST POTATOES, FRESH SEASONAL SLICED FRUIT, ASSORTED JUICES AND BOTTLED WATER, ECOGROUNDS COFFEE, DECAF AND HOT TEA

■ ASSORTED MUFFINS	400-510 CAL EACH
■ ASSORTED DANISH	200-430 CAL EACH
■ ASSORTED SCONES	430-470 CAL EACH
■ ASSORTED BAGELS	170-360 CAL EACH
■ SCRAMBLED EGGS	180 CAL/4 OZ. SERVING
■ CHEDDAR AND ONION FRITTATA	270 CAL EACH
■ HASH BROWNS	130-150 CAL/3 OZ. SERVING
BACON	45 CAL EACH
SAUSAGE LINKS	130 CAL EACH
■ PANCAKES	50 CAL EACH
■ MAPLE SYRUP	70 CAL/1 OZ. SERVING
■ FRESH SEASONAL SLICED FRUIT	40 CAL/2.5 OZ. SERVING
ASSORTED JUICES	110-170 CAL EACH
BOTTLED WATER	0 CAL EACH
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### American Breakfast \$10.99

SCRAMBLED EGGS, BREAKFAST POTATOES, CRISP BACON, BREAKFAST SAUSAGE, CHOICE OF ONE (1) BREAKFAST PASTRY, ICED WATER, ECOGROUNDS COFFEE, DECAF AND HOT TEA

■ ASSORTED MUFFINS	400-510 CAL EACH
■ ASSORTED DANISH	200-430 CAL EACH
■ ASSORTED SCONES	430-470 CAL EACH
■ ASSORTED BAGELS	170-360 CAL EACH
■ SCRAMBLED EGGS	180 CAL/4 OZ. SERVING
■ SLICED HASH BROWNS	140 CAL/2 OZ. SERVING
■ DICED HASH BROWNS	130 CAL/3 OZ. SERVING
■ SHREDDED HASH BROWNS	150 CAL/3 OZ. SERVING
HASH BROWN PATTIES	150 CAL EACH
BACON	45 CAL EACH
SAUSAGE LINKS	130 CAL EACH
SAUSAGE PATTIES	200 CAL EACH
ICED WATER	0 CAL/8 OZ. SERVING
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Sunrise Sandwich Buffet \$10.99

CHOICE OF TWO (2) BREAKFAST SANDWICHES SERVED WITH FRESH SEASONAL SLICED FRUIT, BREAKFAST POTATOES, ICED WATER, ECOGROUNDS COFFEE, DECAF AND HOT TEA

■ EGG & CHEESE ENGLISH MUFFIN	260 CAL EACH
■ EGG & CHEESE CROISSANT	370 CAL EACH
SAUSAGE, EGG & CHEESE BISCUIT	520 CAL EACH
HAM, EGG & CHEESE BISCUIT	450 CAL EACH
BACON, EGG & CHEESE BAGEL	370 CAL EACH
SPICY BACON, EGG, POTATO & CHEESE BURRITO	590 CAL EACH
■ FRESH SEASONAL SLICED FRUIT	40 CAL/2.5 OZ. SERVING
■ SLICED HASH BROWNS	140 CAL/2 OZ. SERVING
■ DICED HASH BROWNS	130 CAL/3 OZ. SERVING
■ SHREDDED HASH BROWNS	150 CAL/3 OZ. SERVING
HASH BROWN PATTIES	150 CAL EACH
ICED WATER	0 CAL/8 OZ. SERVING
ECOGROUNDS COFFEE, DECAF AND HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

Egg Whites available on request - nominal fee may apply



At ecoGrounds, we say "consciously great coffee" because consistent quality comes from mindful attention to detail. Our company was founded on a simple principle: Responsibly source the best coffees on earth and slowly hand roast and air cool them to perfection. That guiding principle has paved the road to investing in certified coffees and teas, better business practices, and community enhancement projects because they make a difference for our trading partners and for our environment, today and tomorrow.



# Breakfast

## BREAKFAST ENHANCEMENTS

All prices are per person and available for 12 guests or more

### Yogurt Parfait Bar \$7.99

CHOOSE TWO (2) YOGURT FLAVORS SERVED WITH A VARIETY OF TOPPINGS

<input type="checkbox"/> GREEK YOGURT	70 CAL/4 OZ. SERVING
<input type="checkbox"/> STRAWBERRY YOGURT	100 CAL/4 OZ. SERVING
<input type="checkbox"/> VANILLA YOGURT	110 CAL/4 OZ. SERVING
<input type="checkbox"/> DICED PINEAPPLE	30 CAL/2 OZ. SERVING
<input type="checkbox"/> FRESH STRAWBERRIES	20 CAL/2 OZ. SERVING
<input type="checkbox"/> WALNUTS	90 CAL/0.5 OZ. SERVING
<input type="checkbox"/> GRANOLA	110 CAL/1 OZ. SERVING

Includes appropriate condiments

### Oatmeal Bar \$6.99

TRY OUR DELICIOUS OATMEAL SERVED WITH A VARIETY OF TOPPINGS

<input type="checkbox"/> OATMEAL	150 CAL/8 OZ. SERVING
<input type="checkbox"/> DRIED CRANBERRIES	20 CAL/0.5 OZ. SERVING
<input type="checkbox"/> RAISINS	40 CAL/0.5 OZ. SERVING
<input type="checkbox"/> WALNUTS	90 CAL/0.5 OZ. SERVING
<input type="checkbox"/> MAPLE SYRUP	70 CAL/1 OZ. SERVING

Includes appropriate condiments

### Quiche-a-dilla \$4.49

BREAKFAST QUICHE-A-DILLAS ARE A NEW TWIST ON A BREAKFAST CLASSIC. CHOOSE FROM THE FOLLOWING SELECTIONS!

LORAIN QUICHE CUP	390 CAL EACH
<input type="checkbox"/> PARMESAN AND GRILLED VEGETABLE QUICHE CUP	320 CAL EACH
<input type="checkbox"/> SPINACH, TOMATO AND MUSHROOM QUICHE CUP	330 CAL EACH

Egg Whites available on request - nominal fee may apply



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# Lunch & Buffet



## CLASSIC COLLECTIONS

All prices are per person and available for 12 guests or more

### Deli Express \$10.99

CREATE YOUR OWN DELI SANDWICH CREATION ACCOMPANIED BY YOUR CHOICE OF TWO (2) SIDE SALADS, ASSORTED CRAVEWORTHY COOKIES AND BEVERAGES

#### DELI PLATTER

SLICED OVEN ROASTED TURKEY	25 CAL/1 OZ. SERVING
SLICED ROAST BEEF	40 CAL/1 OZ. SERVING
DELI HAM	30 CAL/1 OZ. SERVING
TUNA	80 CAL/1 OZ. SERVING
CHEESE TRAY (CHEDDAR & SWISS)	110 CAL/1 OZ. SERVING
RELISH TRAY (LETTUCE, TOMATO, ONION, PICKLES, PEPPERONCINI)	30 CAL/2 OZ. SERVING
ASSORTED BAKED BREADS & ROLLS	110-160 CAL EACH
SIDE SALADS	25-330 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Premium Box Lunch

ASIAGO ROAST BEEF FOCACCIA \$13.79

ROAST BEEF, ASIAGO, KALE SPRING MIX, TOMATO AND ONION ON FOCACCIA WITH SPICY MAYONNAISE

GRILLED VEGETABLE PASTA SALAD	130 CAL/3 OZ. SERVING	590 CAL EACH
INDIVIDUAL BAG OF CHIPS	100-160 CAL EACH	
FRESHLY BAKED BROWNIE	250 CAL/2.25 OZ. SERVING	
BOTTLED WATER		0 CAL EACH

Includes appropriate condiments

SESAME TOFU GARDEN SALAD \$11.79

GRILLED TOFU, BELL PEPPER, CARROT AND CUCUMBER ON GREENS WITH BALSAMIC VINAIGRETTE

BAKERY FRESH ROLL	160 CAL EACH	290 CAL EACH
FRESH FRUIT CUP	40 CAL/2.5 OZ. SERVING	
LEMON CHEESECAKE BAR	300 CAL/2.75 OZ. SERVING	
BOTTLED WATER		0 CAL EACH

Includes appropriate condiments

Includes Assorted Individual Chips, Whole Fruit and Gourmet Dessert

### Classic Box Lunch \$10.29

YOUR CHOICE OF CLASSIC SANDWICH – SERVED WITH POTATO CHIPS, CRAVEWORTHY COOKIES AND BOTTLED WATER

CLASSIC SELECTION SANDWICH	280-750 CAL EACH
INDIVIDUAL BAG OF CHIPS	100-160 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BOTTLED WATER	0 CAL EACH

Includes appropriate condiments

### Classic Selections \$14.99

YOUR CHOICE OF THREE (3) SANDWICHES AND TWO (2) SIDE SALADS ACCOMPANIED BY POTATO CHIPS, MAYO AND MUSTARD, PICKLES, ASSORTED CRAVEWORTHY COOKIES, ICED WATER AND ICED TEA

CLASSIC SELECTION SANDWICHES	280-750 CAL EACH
SIDE SALADS	25-330 CAL EACH
DILL PICKLES	0 CAL/1 OZ. SERVING
INDIVIDUAL BAGS OF CHIPS	100-160 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Classic Sandwich Options

(Available Sandwiches Choices for the Classic Boxed lunch and Classic Selection Buffet)

GRILLED CHICKEN CLUB WITH BACON AND SWISS ON TOASTED WHEAT BREAD (750 CAL EACH)

THAI BEEF WRAP (280 CAL EACH)

TURKEY, BACON AND CHEDDAR BAGUETTE WITH A MESQUITE MAYONNAISE (600 CAL EACH)

MOZZARELLA, RED PEPPER, BALSAMIC AND KALE CIABATTA (470 CAL EACH)

TURKEY, FETA, SPINACH AND SUNDRIED TOMATO CIABATTA (670 CAL EACH)

Additional Premium Box Lunch options available upon request!  
Please contact your catering professional!



# Lunch & Buffet

## CLASSIC COLLECTIONS

### The Executive Luncheon \$17.49

CHOICE OF THREE (3) SANDWICHES AND TWO (2) SIDE SALADS ACCOMPANIED BY POTATO CHIPS, MAYO AND MUSTARD, PICKLES, ASSORTED CRAVEWORTHY COOKIES, ICED WATER AND ICED TEA

EXECUTIVE LUNCHEON SANDWICHES	370-760 CAL EACH
SIDE SALADS	25-330 CAL EACH
■ DILL PICKLE SLICES	0 CAL/1 OZ. SERVING
■ INDIVIDUAL BAGS OF CHIPS	100-160 CAL EACH
■ ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

■ GARDEN VEGETABLES WITH BOURSIN, AGED PROVOLONE AND ROASTED GARLIC AIOLI ON CIABATTA (570 CAL EACH)

SALMON, CUCUMBER AND CILANTRO COLESLAW CIABATTA (650 CAL EACH)

GRANNY SMITH APPLES AND BRIE WITH FRESH BABY SPINACH ON A FRENCH BAGUETTE (760 CAL EACH)

CHICKEN TERIYAKI CIABATTA WITH PINEAPPLE SALSA ON A CIABATTA (510 CAL EACH)

ITALIAN SUB WITH FRESH LETTUCE, TOMATO, ONION AND HERBAL HONEY DIJON SAUCE (560 CAL EACH)

SAUCY TURKEY CIABATTA WITH COLESLAW AND SWISS CHEESE (570 CAL EACH)

SOUTHWEST SMOKED TURKEY CIABATTA WITH FRESH SPINACH AND CHIPOTLE MAYO (500 CAL EACH)

## Salad Selections

(Included with Deli Express, Classic Selections, and Executive Luncheon Sandwich Buffets)

■ TOASTED CRANBERRY APPLE COUSCOUS WITH APRICOTS, GRANNY SMITH APPLES, ALMONDS, RED ONIONS, FRESH SPINACH AND SCALLIONS (180 CAL/3 OZ. SERVING)

■ TOASTED BARLEY ORANGE CRANBERRY SALAD WITH RED ONIONS, HONEY AND CINNAMON (120 CAL/3.5 OZ. SERVING)

■ ROASTED SWEET POTATO SALAD WITH GREEN CHILES, SCALLIONS, CELERY, RED PEPPERS AND FRESH CILANTRO TOSSED IN SPICY CARIBBEAN JERK SEASONING (120 CAL/4 OZ. SERVING)

■ CHICKPEA SALAD WITH FRESH CUCUMBERS, RED ONIONS, GREEN AND RED PEPPERS, CELERY AND GARLIC WITH A HOT PEPPER SAUCE AND LEMON SEASONING (130 CAL/3.5 OZ. SERVING)

■ EDAMAME SALAD WITH SHIITAKE MUSHROOMS, BEAN SPROUTS, RADISHES, SCALLIONS, FRESH BASIL AND MINT TOSSED IN A RICE WINE VINEGAR AND GINGER ROOT DRESSING (130 CAL/3 OZ. SERVING)

■ RED-SKINNED POTATO SALAD WITH EGG, CELERY AND SPANISH ONION IN A SEASONED MAYONNAISE DRESSING (240 CAL/4 OZ. SERVING)

SPINACH SALAD WITH BACON, EGG, MUSHROOM AND TOMATO (60 CAL/2.15 OZ. SERVING)

■ RANCH PASTA SALAD (120 CAL/3 OZ. SERVING)

■ FRESH FRUIT SALAD (40 CAL/2.5 OZ. SERVING)

APPLE BACON COLESLAW (140 CAL/3.25 OZ. SERVING)

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## BUFFETS

Served with Assorted Rolls and Butter, Ice Water and Iced Tea (12 Person Minimum)

### Traditional American \$14.99

BABY SPINACH SALAD	60 CAL/2.15 OZ. SERVING
BAKERY FRESH ROLLS	160 CAL EACH
ROASTED NEW POTATOES	110 CAL/2.75 OZ. SERVING
FRESH HERBED VEGETABLES	100 CAL/3.5 OZ. SERVING
GRILLED LEMON ROSEMARY CHICKEN	130 CAL/3 OZ. SERVING
OREO BLONDIES	270 CAL/1.75 OZ. SERVING
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Taco Del Seoul \$14.99

CREATE YOUR OWN TACOS OR RICE BOWLS WITH CHOICE OF TWO (2): KOREAN BBQ CHICKEN, PORK OR TOFU SERVED IN TORTILLAS & LETTUCE WRAPS OR OVER RICE ACCOMPANIED BY OUR TRIO OF SLAWS AND SALSAS, GARNISHES BAR AND SIDES

EGG ROLLS	190 CAL EACH
SWEET SOY SAUCE	50 CAL/1 OZ. SERVING
SWEET & SOUR SAUCE	40 CAL/1 OZ. SERVING
CHILI GARLIC SAUCE	45 CAL/1 OZ. SERVING
CORN TORTILLAS	40 CAL EACH
BIBB LETTUCE CUPS	0 CAL/0.5 OZ. SERVING
JASMINE RICE	130 CAL/3 OZ. SERVING
KOREAN BBQ CHICKEN	140 CAL/2 OZ. SERVING
KOREAN BBQ PORK	110 CAL/2 OZ. SERVING
KOREAN BBQ TOFU	90 CAL/2 OZ. SERVING
ASIAN SLAW	20 CAL/1.25 OZ. SERVING
PICKLED CUCUMBERS	5 CAL/1 OZ. SERVING
PICKLED CARROT AND DAIKON	15 CAL/1 OZ. SERVING
SALSA ROJA	20 CAL/1 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
MANGO SALSA	30 CAL/1 OZ. SERVING
SHREDDED GREEN CABBAGE	0 CAL/0.5 OZ. SERVING
SCALLIONS	0 CAL/0.25 OZ. SERVING
CILANTRO	0 CAL/0.125 OZ. SERVING
TOASTED SESAME SEEDS	30 CAL/0.125 OZ. SERVING
CHOPPED PEANUTS	40 CAL/0.25 OZ. SERVING
COCONUT MANGO RICE DESSERT	230 CAL/5.85 OZ. SERVING
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Tasty Tex Mex \$16.99

CREATE YOUR OWN FAJITAS WITH OUR TEX MEX SIDES!

CHIPS AND SALSA	150 CAL/2 OZ. SERVING
MEXICAN RICE	130 CAL/3 OZ. SERVING
CHARRO BEANS	90 CAL/3 OZ. SERVING
BEEF FAJITAS WITH TORTILLAS, SHREDDED CHEDDAR AND SOUR CREAM	590 CAL/5 OZ. SERVING
CHICKEN FAJITAS WITH TORTILLAS, SHREDDED CHEDDAR AND SOUR CREAM	580 CAL/5 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
PICO DE GALLO	10 CAL/1 OZ. SERVING
CINNAMON CRISPS	20 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments



# Lunch & Buffet

## BUFFETS

Served with Assorted Rolls and Butter, Ice Water and Iced Tea (12 Person Minimum)

### Basic Italian Buffet \$15.99

ITALIAN HOUSE SALAD	50 CAL/3.5 OZ. SERVING
GARLIC BREADSTICKS	110 CAL EACH
HOME-STYLE LASAGNA WITH PARMESAN CHEESE	330 CAL/7.25 OZ. SERVING
VEGETABLE ALFREDO LASAGNA	460 CAL/11 OZ. SERVING
CHOCOLATE DIPPED BISCOTTI	190 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Baked Potato Bar \$15.49

TOP YOUR OWN BAKED POTATOES WITH A GARDEN SALAD AND CHOICE OF APPLE COBBLER OR APPLE PIE FOR DESSERT

CLASSIC GARDEN SALAD	50 CAL/3.5 OZ. SERVING
TOP YOUR OWN BAKED POTATO WITH CHICKEN MUSHROOM ALFREDO, CHILI CON CARNE, STEAMED BROCCOLI, CRUMBLER BACON, SHREDDED CHEDDAR CHEESE, SCALLIONS AND SOUR CREAM	660 CAL/12 OZ. SERVING
APPLE COBBLER	350 CAL/4.75 OZ. SERVING
APPLE PIE	410 CAL/SLICE
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

ADD ON CHEDDAR CHEESE SAUCE	60 CAL/1 OZ. SERVING
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## BUFFETS

Served with Assorted Rolls and Butter, Ice Water and Iced Tea (12 Person Minimum)

### BBQ Picnic \$13.99

HOME-STYLE POTATO SALAD	240 CAL/4 OZ. SERVING
FRESH COUNTRY COLESLAW	170 CAL/3.5 OZ. SERVING
HOUSE-MADE KETTLE CHIPS	240 CAL/1.25 OZ. SERVING
GRILLED HAMBURGERS WITH BUNS	330 CAL EACH
HOT DOGS WITH BUNS	310 CAL EACH
<b>GARNISH TRAY</b>	
LETTUCE LEAVES	0 CAL/0.5 OZ. SERVING
DICED ONIONS	10 CAL/1 OZ. SERVING
DILL PICKLE SLICES	0 CAL/1 OZ. SERVING
SLICED TOMATOES	5 CAL/1 OZ. SERVING
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Eastern Influences \$17.99

CORIANDER PEANUT RAMEN NOODLES	200 CAL/3 OZ. SERVING
SZECHUAN GREEN BEANS	110 CAL/4 OZ. SERVING
TERIYAKI SALMON ON SWEET CHILE CUCUMBER	80 CAL/2.25 OZ. SERVING
ORANGE GLAZED CHICKEN WITH SESAME SPINACH	230 CAL/5.5 OZ. SERVING
LEMON CHEESECAKE BARS	300 CAL/2.75 OZ. SERVING
RASPBERRY COCONUT BARS	370 CAL/3.25 OZ. SERVING
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Soup and Salad Buffet \$14.99

GARDEN FRESH MIXED GREENS	15 CAL/3 OZ. SERVING
RANCH DRESSING	200 CAL/2 OZ. SERVING
ITALIAN DRESSING	80 CAL/2 OZ. SERVING
SLICED GRILLED CHICKEN	160 CAL/3 OZ. SERVING
DICED HAM	60 CAL/2 OZ. SERVING
ROASTED CHICKPEAS	210 CAL/2 OZ. SERVING
SLICED RED ONIONS	10 CAL/1 OZ. SERVING
SHREDDED CHEESE	60 CAL/0.5 OZ. SERVING
TOMATOES	5 CAL/1 OZ. SERVING
CUCUMBERS	5 CAL/1 OZ. SERVING
SHREDDED CARROTS	10 CAL/0.5 OZ. SERVING
CROUTONS	60 CAL/0.5 OZ. SERVING
DINNER ROLLS	160 CAL EACH
SOUP DU JOUR	80-420 CAL/8 OZ. SERVING
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE. BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST. IN THE INTEREST OF PUBLIC HEALTH, PLEASE BE AWARE THAT CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



# Lunch & Buffet

## BUFFETS

Build Your Own Buffet: Select two salads, one entrée, two sides, and one dessert

### Buffet Starters

- SEASONAL GARDEN SALAD WITH BALSAMIC VINAIGRETTE (50 CAL/3.5 OZ. SERVING)
- CLASSIC CAESAR SALAD (160 CAL/2.66 OZ. SERVING)
- GREEK SALAD WITH CRUMBLLED FETA (120 CAL/3.25 OZ. SERVING)
- TRADITIONAL HUMMUS WITH TOASTED PITA (130 CAL/1.75 OZ. SERVING)
- ROASTED VEGETABLE PLATTER WITH CHIMICHURRI MAYO (210 CAL/4 OZ. SERVING)
- SEASONAL FRESH FRUIT SALAD (40 CAL/2.25 OZ. SERVING)

### Buffet Entrees

- LEMON ARTICHOKE CHICKEN BREAST (200 CAL/5.75 OZ. SERVING) \$16.99
- ASIAGO CHICKEN IN A ROASTED RED PEPPER SAUCE (310 CAL/5 OZ. SERVING) \$16.99
- CAVATAPPI WITH GRILLED CHICKEN, CHORIZO, TOMATOES, MUSHROOMS, ROASTED PEPPERS & BEANS (770 CAL/18 OZ. SERVING) \$16.99
- BRUSCHETTA TILAPIA (200 CAL/5.5 OZ. SERVING) \$17.49
- GRILLED SALMON IN A MOROCCAN HERB SAUCE (120 CAL/2.75 OZ. SERVING) \$18.29
- BEEF POT ROAST WITH DIJON SHALLOT SAUCE (380 CAL/5 OZ. SERVING) \$17.49
- QUINOA CAKE TOPPED WITH TOMATO CHUTNEY (270 CAL/4.25 OZ. SERVING) \$15.49

### Buffet Sides

- ITALIAN SEASONED GREEN BEANS (40 CAL/3.25 OZ. SERVING)
- GOAT CHEESE AND ROASTED GARLIC MASHED POTATOES (170 CAL/4.25 OZ. SERVING)
- PAN ROASTED VEGETABLES (45 CAL/3 OZ. SERVING)
- MARINATED ROASTED RED POTATOES (120 CAL/2.75 OZ. SERVING)
- TOASTED ORZO WITH SPINACH AND CRANBERRIES (170 CAL/4 OZ. SERVING)
- QUINOA AND WILD RICE BLEND (110 CAL/2.6 OZ. SERVING)
- GINGER HONEY GLAZED CARROTS (110 CAL/3.25 OZ. SERVING)

### Buffet Finishes

- APPLE PIE (410 CAL/SLICE)
- BREAD PUDDING WITH CARAMEL APPLE SAUCE (370 CAL/6.75 OZ. SERVING)
- NEW YORK-STYLE CHEESECAKE (440 CAL/SLICE)
- DULCE DE LECHE BROWNIE (220 CAL/2.25 OZ. SERVING)
- SPICED CARROT CAKE (370 CAL/SLICE)
- CHOCOLATE CAKE (270 CAL/SLICE)

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# Receptions



## RECEPTIONS

All prices are per dozen

### Reception Hors D'oeuvres (Hot)

BALSAMIC FIG AND GOAT CHEESE FLATBREAD (80 CAL EACH) \$25.99

BEEF SATAY (35 CAL EACH) \$25.99

CHICKEN EMPANADAS (70 CAL EACH) \$23.99

CHILI-LIME CHICKEN KABOBS (40 CAL EACH) \$29.99

COCONUT CHICKEN (40 CAL EACH) \$23.99

ASSORTED MINI QUICHE (70-90 CAL EACH) \$21.99

■ PARMESAN ARTICHOKE HEARTS (50 CAL EACH) \$25.99

■ SPANAKOPITA (70 CAL EACH) \$22.99

■ VEGETABLE SPRINGROLLS (15 CAL EACH) \$33.99



### Reception Hors D'oeuvres (Cold)

■ ASSORTED PETIT FOURS (60-140 CAL EACH) \$25.99

ANTIPASTO KABOBS (45 CAL EACH) \$30.99

■ MEDITERRANEAN ANTIPASTO SKEWERS (70 CAL EACH) \$31.99

■ MUSHROOM PROFITEROLE (45 CAL EACH) \$33.99

CAJUN CRAB CROSTINI \$34.99

PROSCIUTTO CROSTINI WITH RICOTTA GRAPES AND ROSEMARY \$26.99



Unsure of how many items and how much to order for your reception? Contact your catering events specialist to discuss the proper amounts needed for a reception.





# Receptions

## RECEPTIONS

### Classic Cheese Tray

SERVES 12: \$41.99 24: \$69.99 48: \$110.99

CLASSIC CHEESE TRAY WITH SWISS, CHEDDAR AND PEPPER JACK CHEESES, PITA CHIPS AND CROSTINI (290 CAL/2.75 OZ. SERVING)

### Fresh Garden Crudités

SERVES 12: \$35.99 24: \$71.99 48: \$142.99

FRESH GARDEN CRUDITÉS WITH RANCH DILL DIP (120 CAL/5 OZ. SERVING)

### Fresh Seasonal Fruit

SERVES 12: \$35.99 24: \$71.99 48: \$142.99

FRESH SEASONAL FRUIT TRAY (40 CAL/2.5 OZ. SERVING)

### Black Bean, Corn and Pico Guacamole

SERVES 12: \$34.99 24: \$59.99 48: \$104.99

BLACK BEAN, CORN AND PICO GUACAMOLE SERVED WITH TORTILLA CHIPS (330 CAL/6.75 OZ. SERVING)

### Hummus with Pita Chips

SERVES 12: \$31.99 24: \$55.99 48: \$102.99

HUMMUS WITH PITA CHIPS (220 CAL/4.5 OZ. SERVING)



### May we suggest a Served Meal or Reception?

Our talented chefs are delighted to create special menus that accommodate your culinary preferences and budget. Please contact our Catering Office at (612) 624-7173 to create a menu customized for your special event.






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## RECEPTION STATIONS

Reception stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 12 guests or more.



### Mediterranean \$8.99

ADD A PACKAGE OF OUR MEDITERRANEAN BITES TO YOUR RECEPTION

 MARINATED OLIVES	150 CAL/2.75 OZ. SERVING
 HUMMUS & PITA CHIPS	220 CAL/4.5 OZ. SERVING
 GREEK SALAD	120 CAL/3.25 OZ. SERVING
 SEASONAL ROASTED VEGETABLE TRAY	120 CAL/3.25 OZ. SERVING-210 CAL/4 OZ. SERVING
 TABBOULEH SALAD	110 CAL/3.25 OZ. SERVING

### Happy Hour \$14.99

HAVE A "PUB" BREAK WITH YOUR FAVORITE HAPPY HOUR FINGER FOODS

 CHILLED SPINACH DIP WITH PITA CHIPS	230 CAL/2.25 OZ. SERVING
MINI CHEESESTEAKS	170 CAL EACH
BUFFALO CHICKEN TENDERS SERVED WITH BLUE CHEESE DIP	680 CAL/6.75 OZ. SERVING
 ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
 LEMON CHEESECAKE BARS	300 CAL/2.75 OZ. SERVING
 RASPBERRY COCONUT BARS	370 CAL/3.25 OZ. SERVING

### Grown Up Mac and Cheese \$14.99

OUR GOURMET MAC & CHEESE TOPPED YOUR WAY





CHICKEN & CHIPOTLE MACARONI AND CHEESE	710 CAL/11.75 OZ. SERVING
 ROASTED MUSHROOMS	90 CAL/2.5 OZ. SERVING
SAUTEED SHRIMP	130 CAL/4 OZ. SERVING

## SNACKS

All prices are per person and available for 12 guests or more


### Chocaholic \$7.99

BECOME ADDICTED WITH AN ASSORTMENT OF CHOCOLATE-THEMED TREATS

 MINIATURE CHOCOLATE BARS	45-70 CAL EACH
 CHUNKY CHOCOLATE CRAVEWORTHY COOKIES	280 CAL EACH
CHILLED CHOCOLATE MILK	160 CAL EACH
 CHOCOLATE DIPPED PRETZELS	110 CAL EACH
 CHOCOLATE DIPPED STRAWBERRIES	40 CAL EACH








### Energy Break \$3.49

RAISE THE BAR!

 GRANOLA BARS	190 CAL EACH
 FRUIT FILLED BARS	160 CAL EACH
 BREAKFAST BARS	250 CAL EACH






### The Healthy Alternative \$7.99

GET HEALTHY WITH OUR HEART-HAPPY BREAK

 APPLES	60 CAL EACH
 ORANGES	50 CAL EACH
 BANANAS	110 CAL EACH
 PEARS	100 CAL EACH
 INDIVIDUAL YOGURT CUPS	50-150 CAL EACH
 TRAIL MIX	290 CAL EACH
 GRANOLA BARS	190 CAL EACH

### Snack Attack \$5.99

THE PERFECT BLEND OF SWEET AND SALTY TO GET YOU THROUGH YOUR DAY!

 INDIVIDUAL BAGS OF CHIPS	100-160 CAL EACH
 ROASTED PEANUTS	190 CAL/1 OZ. SERVING
 TRAIL MIX	290 CAL EACH
 ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
 BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING

## BEVERAGES

REGULAR AND DECAFFEINATED COFFEE, TEA (0 CAL/8 OZ. SERVING)  
\$19.99 PER GALLON

**Includes appropriate condiments**

HOT CHOCOLATE (160 CAL/8 OZ. SERVING) \$19.99 PER GALLON

ICED TEA (5 CAL/8 OZ. SERVING) \$17.99 PER GALLON

**Includes appropriate condiments**

LEMONADE (90 CAL/8 OZ. SERVING) \$17.99 PER GALLON

FRUIT PUNCH (5 CAL/8 OZ. SERVING) \$17.99 PER GALLON

ICED WATER (0 CAL/8 OZ. SERVING) \$1.29 PER GALLON

INFUSED WATER \$8.99 PER GALLON

LEMON INFUSED WATER	0 CAL/8 OZ. SERVING
ORANGE INFUSED WATER	10 CAL/8 OZ. SERVING
APPLE INFUSED WATER	20 CAL/8 OZ. SERVING
CUCUMBER INFUSED WATER	10 CAL/8 OZ. SERVING
GRAPEFRUIT INFUSED WATER	10 CAL/8 OZ. SERVING

BOTTLED WATER (0 CAL EACH) \$1.99 PER PERSON

ASSORTED SODAS (CAN) (0-150 CAL EACH) \$1.79 EACH

ASSORTED BOTTLED FRUIT JUICES (110-170 CAL EACH) \$2.29 EACH

## DESSERTS

All prices are per person and available for 12 guests or more

**ASSORTED CRAVEWORTHY COOKIES (250-310 CAL EACH)**  
\$12.99 PER DOZEN

**BAKERY-FRESH BROWNIES (250 CAL/2.25 OZ. SERVING)**  
\$13.99 PER DOZEN

GOURMET DESSERT BARS \$15.99 PER DOZEN

<b>LEMON CHEESECAKE BARS</b>	300 CAL/2.75 OZ. EACH
<b>RASPBERRY COCONUT BAR</b>	370 CAL/3.25 OZ. SERVING

**NEW YORK CHEESECAKE (440 CAL/SLICE)** \$17.99 EACH

**CHOCOLATE COVERED STRAWBERRIES (40 CAL EACH)**  
\$19.99 PER DOZEN

## Ordering Information

### Lead Time

NOTICE OF 72 HOURS IS APPRECIATED; HOWEVER, WE WILL DO OUR BEST TO ACCOMMODATE ALL LATE ORDERS THAT ARE RECEIVED. WE APPRECIATE THE IMPORTANCE OF YOUR FUNCTION AND WILL DO WHATEVER IT TAKES TO EXCEED YOUR EXPECTATIONS.

### Extras

IF RENTAL EQUIPMENT, LINENS, OR SERVICE STAFF ARE NEEDED, WE CAN TAKE CARE OF IT FOR YOU WITH NECESSARY CHARGES.

 VEGETARIAN  VEGAN

THE CALORIE AND NUTRITION INFORMATION PROVIDED IS FOR INDIVIDUAL SERVINGS, NOT FOR THE TOTAL NUMBER OF SERVINGS ON EACH TRAY, BECAUSE SERVING STYLES E.G. TRAYS/BOWLS USED VARY SIGNIFICANTLY, IN ORDER TO ACCOMMODATE NUMBERS OF GUESTS THAT CAN RANGE FROM SINGLE DIGITS TO THOUSANDS. DUE TO OUR DESIRE AND ABILITY TO PROVIDE CUSTOM SOLUTIONS, WE DO NOT OFFER STANDARD SERVING CONTAINERS. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT YOUR CATERING MANAGER DIRECTLY.

CONTACT US TODAY  
612.624.7173  
Go1851@umn.edu  
www.1851heritage.catertrax.com  
Prices effective until 08/01/2018  
Prices may be subject to change