

# All Day Delicious

Relax. We'll keep the food coming! \$39.99 per person

## **Delicious Dawn**

| Muffins                                     | 190-560 cal each       |
|---|------------------------|
| Scones                                      | 230-490 cal each       |
| Butter                                      | 90 cal/1 tbsp serving  |
| Jam   | 60 cal/1 tbsp serving  |
| Seasonal Fruit Display                      | 35 cal/2.5 oz. serving |
| Individual Bottled Juices                   | 110-170 cal each       |
| Coffee, Decaf, Tea (appropriate condiments) | 0 cal/8 oz. serving    |

# A.M. Perk-Up

| Granola Bars  | 190 cal each        |
|---|---------------------|
| Yogurt Cups   | 50 cal each         |
| Coffee, Decaf, Tea Refresh (appropriate condiments) | 0 cal/8 oz. serving |
| Unsweetened Ice Tea with Lemon                      | 0 cal/8 oz. serving |

# **Southern Hospitality**

| Fried Chicken                      | 540 cal/9 oz. serving    |
|------------------------------------|--------------------------|
| Mac & Cheese                       | 240 cal/4 oz. serving    |
| Collard Greens                     | 90 cal/3 oz. serving     |
| Baked Beans                        | 170 cal/4.75 oz. serving |
| Cole Slaw                          | 160 cal/3 oz. serving    |
| Southern Biscuits                  | 190 cal each             |
| Butter                             | 90 cal/1 tbsp serving    |
| Peach Cobbler                      | 120 cal/3.75 oz. serving |
| Ice Water and Unsweetened Iced Tea | 0 cal/8 oz serving       |

## P.M. Pick-Me-Up

| Chilled Spinach Dip with Tortilla Chips | 230 cal/2.25 oz. serving |
|---|--------------------------|
| Grilled Vegetables                      | 70 cal/3 oz. serving     |
| Bakery-fresh Brownies                   | 250 cal/2.25 oz. serving |
| Canned Soda                             | 0-150 cal each           |
| Bottled Water                           | 0 cal each               |

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.





# Simple Pleasures

Easy does it - casually tasteful fare. \$25.99 per person

# **Simple Continental**

| Donuts                                       | 190-360 cal each      |
|--|-----------------------|
| Bagels with Butter, Cream Cheese & Preserves | 170-290 cal each      |
| Fresh Squeezed Orange Juice                  | 120 cal/8 oz. serving |
| Ice Water                                    | 0 cal/8 oz. serving   |
| Coffee, Decaf, Tea (appropriate condiments)  | 0 cal/8 oz. serving   |

### **Box Lunch**

### Select (2) Sandwiches from the following:

| ■ Tuna Salad Ciabatta                         | 540 cal each     |
|---|------------------|
| <ul><li>Ham &amp; Swiss Sub</li></ul>         | 380 cal each     |
| <ul><li>Turkey &amp; Swiss Sandwich</li></ul> | 490 cal each     |
| ■ Roasted Pepper & Mozzarella Ciabatta        | 530 cal each     |
| Individual Potato Chips                       | 150-160 cal each |
| Craveworthy Cookies                           | 240-280 cal each |
| Canned Soda                                   | 0-150 cal each   |

# **Mid Day Munchies**

| Tortilla Chips      | 150 cal/2 oz. serving |
|---------------------|-----------------------|
| Salsa Verde         | 10 cal/1 oz. serving  |
| Pico de Gallo       | 10 cal/1 oz. serving  |
| Apples              | 80 cal each           |
| Oranges             | 80 cal each           |
| Bananas             | 110 cal each          |
| Craveworthy Cookies | 240-280 cal each      |
| Canned Soda         | 0-150 cal each        |
| Bottled Water       | 0 cal each            |

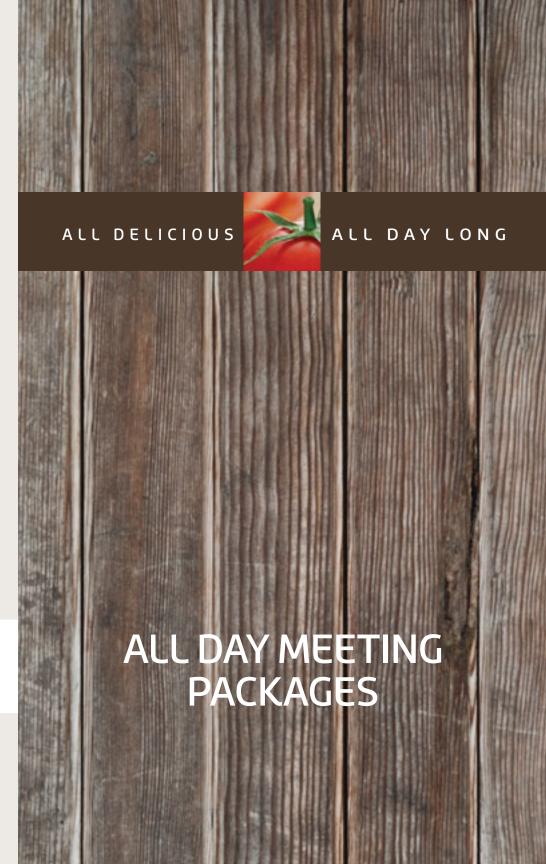
# Contact Us Today!

Updated 1/1/2017 Prices Effective until July 31, 2017 Prices may be subject to change

### **1851 Heritage Catering**

612.624.7173 go1851@umn.edu www.1851heritage.catertrax.com

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, contact your catering manager directly.





# Meeting Wrap Up

# Serve these favs and success is a wrap! \$34.99 per person **Morning Mini**

Basket of Miniature Muffins 80-100 cal each Danish and Scones 140-170 cal each, 120 cal each Butter 90 cal/1 tbsp serving 60 cal/1 tbsp serving Jam

### Yogurt Parfait Cups (Select one)

 Roasted Banana 440 cal each Strawberry 370 cal each Coffee, Decaf, Tea (appropriate condiments) 0 cal/8 oz. serving

# The Energizer

Donut Holes 45-90 cal each 110 cal each Bananas Coffee, Decaf. Tea Refresh (appropriate condiments) 0 cal/8 oz. serving Unsweetened Iced Tea with Lemon 0 cal/8 oz. serving

# It's a Wrap

Select (3) Wraps from the following:

 Chicken Caesar Wrap 540 cal each Grilled Vegetable Wrap 570 cal each Pepper Jack Tuna Wrap 600 cal each Cran-Apple Turkey Wrap 650 cal each

### Select (1) Side Salad from the following:

 Traditional Garden Salad 50 cal/3.5 oz. serving Grilled Vegetable Pasta Salad 130 cal/3 oz. serving Individual Potato Chips 150-160 cal each Craveworthy Cookies 240-280 cal each Brownies 250 cal/2,25 oz. serving Ice Water and Unsweetened Ice Tea 0 cal/8 oz. serving

# **Mid Day Munchies**

Tortilla Chips 150 cal/2 oz. serving Salsa Verde 10 cal/1 oz, serving Pico de Gallo 10 cal/1 oz, serving Apples 80 cal each 80 cal each Oranges Bananas 110 cal each 240-280 cal each Craveworthy Cookies Canned Soda 0-150 cal each **Bottled Water** O cal each

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# Big Day Your Way

Choose your own Breakfast, Morning Break, Lunch and Afternoon Snack!

\$39.99 per person

0 cal/8 oz. serving

35 cal/2.5 oz. serving

0 cal/8 oz. serving

#### Choose One Breakfast:

### **Delicious Dawn**

| Muffins           |                              | 190-560 cal each       |
|-------------------|------------------------------|------------------------|
| Scones            |                              | 230-490 cal each       |
| Butter            |                              | 90 cal/1 tbsp serving  |
| Jam               |                              | 60 cal/1 tbsp serving  |
| Seasonal Fruit    | Display                      | 35 cal/2.5 oz. serving |
| Individual Bottle | ed Juices                    | 110-170 cal each       |
| Coffee, Decaf,    | Tea (appropriate condiments) | 0 cal/8 oz. serving    |
|                   |                              |                        |

# **Belgian Waffle Buffet**

| Seasonal Fruit Display            | 35 cal/2.5 oz. serving |
|-----------------------------------|------------------------|
| 4" Belgian Waffles                | 60 cal each            |
| Butter                            | 90 cal/1 tbsp serving  |
| Syrup                             | 110 cal/1 oz. serving  |
| Diced Hash Browns                 | 130 cal/3 oz. serving  |
| Bacon                             | 40 cal each            |
| Breakfast Sausage (Select one)    |                        |
| <ul> <li>Sausage Link</li> </ul>  | 130 cal each           |
| <ul> <li>Sausage Patty</li> </ul> | 200 cal each           |

## **Pancake Sandwich Buffet**

#### Pancake Sandwiches (Select one)

Bacon, Fgg & Cheddar

Coffee, Decaf, Tea (appropriate condiments)

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|--|-------------------------|
| <ul> <li>Ham, Egg &amp; Cheddar</li> </ul>     | 310 cal each            |
| <ul> <li>Sausage, Egg &amp; Cheddar</li> </ul> | 270 cal each            |
| Diced Hash Browns                              | 130 cal/3oz. serving    |
| Bacon  | 40 cal each             |
| Breakfast Sausage (Select one)                 |                         |
| Sausage Link                                   | 130 cal each            |
| <ul> <li>Sausage Patty</li> </ul>              | 200 cal each            |

### **Choose One Morning Break:**

Coffee, Decaf, Tea (appropriate condiments)

#### A.M. Perk-Up The Energizer

Donut Holes 45-90 cal each Granola Bars 190 cal each Bananas 110 cal each Yogurt Cups 50 cal each

Both include Coffee, Decaf. Tea Refresh and Unsweetened Iced Tea with Lemon 0 cal/8 oz. serving



#### Choose One Lunch Buffet:

### **Deluxe Box Lunch**

• Ham & Swiss with Apricot Preserve

### Select (2) Sandwiches from the following:

| <ul> <li>Roast Beef with Mediterranean Veggies</li> </ul>   | 410 cal each          |
|---|-----------------------|
| <ul> <li>Cashew Chicken Ciabatta with Red Grapes</li> </ul> | 560 cal each          |
| Portobello Mushroom & Pesto Baguette                        | 560 cal each          |
| Individual Potato Chips                                     | 150-160 cal each      |
| Grilled Vegetable Pasta Salad                               | 130 cal/3 oz. serving |
| Craveworthy Cookies   | 240-280 cal each      |
| Canned Soda   | 0-150 cal each        |

# It's a Wrap

Select (3) Wraps from the following:

| <ul> <li>Chicken Caesar Wrap</li> </ul>    | 540 cal eacl |
|--|--------------|
| <ul><li>Grilled Vegetable Wrap</li></ul>   | 570 cal each |
| ─ • Pepper Jack Tuna Wrap                  | 600 cal each |
| <ul> <li>Cran-Apple Turkey Wrap</li> </ul> | 650 cal eacl |

#### Select (1) Side Salad from the following:

| ( )  |   |
|--|---|
| <ul><li>Traditional Garden Salad</li></ul> | 50 cal/3.5 oz. serving  |
| ■ Grilled Vegetable Pasta Salad            | 130 cal/3 oz. serving   |
| Individual Potato Chips                    | 150-160 cal each  |
| Craveworthy Cookies                        |   |
| Brownies                                   |   |
| Ice Water and Unsweetened Iced Tea         | 0   |
| Brownies                                   | 240-280 cal each<br>250 cal/2.25 oz. serving<br>0 cal/8 oz. serving |

## **Would You Prefer a Hot Buffet?**

Contact your Catering Professional for Selections and Pricing

### Choose One Afternoon Snack:

# **Mid Day Munchies**

Tortilla Chips 150 cal/2 oz. serving Salsa Verde 10 cal/1 oz. serving 10 cal/1 oz. serving Pico De Gallo Apples 80 cal each 80 cal each Oranges

Bananas 110 cal each Craveworthy Cookies

# Chilled Spinach Dip with Tortilla Chips

P.M. Pick-Me-Up

530 cal each

(230 cal/2.25 oz. serving) Grilled Vegetables (70 cal/3 oz. serving)

Bakery-fresh Brownies 240-280 cal each (250 cal/2.25 oz. serving)

#### Both include:

Canned Soda (0-150 cal each) and Bottled Water (0 cal each)