CATERING DELIVERY GUIDE

**MORNING FOOD**

**BREAKFAST BASKET**  
$28.99  
(230-490 CAL EACH)  
An assortment of our fresh baked scones, muffins & pure butter croissants. **SERVES 12**

**BREAKFAST QUESADILLA**  
$71.99  
(180 CAL/PIECE)  
Organic sprouted tortilla, scrambled eggs, black beans, Cheddar cheese and organic spinach. House-made guacamole, salsa & chipotle sour cream on the side. **SERVES 12**

**BREAKFAST QUESADILLA**  
$54.99  
(180 CAL/PIECE)  
Eggs, Gruyère cheese, nitrate free bacon, roasted tomato & house-made guacamole on croissant, english muffin or GF bread. **SERVES 12**

**EGG & BACON BREAKFAST SANDWICH**  
$7.99/PERSON  
(220 CAL/SERVING)  
Organic sprouted tortilla, scrambled eggs, black beans, Cheddar cheese and organic spinach. House-made guacamole, salsa & chipotle sour cream on the side. **SERVES 12**

**YOGURT PARFAIT**  
$3.99/PERSON  
(220 CAL/SERVING)  
Organic yogurt, seasonal fruit, French Meadow granola. **SERVES 12**

**WHOLE FRESH FRUIT**  
$11.99/DOZ.  
(80-110 CAL)  
Assorted fresh fruit. **SERVES 12**

**SNACKS**

**MIXED NUTS**  
$19.99  
(175 CAL/10oz)  
Cheese, almonds, cashews, peanuts, Brazil nuts, walnuts, pecans, macadamia nuts, hazelnuts, pistachios, pine nuts. **SERVES 12**

**CHEM MIX**  
$11.99  
(120 CAL/10oz)  
Cheese, almonds, cashews, peanuts, Brazil nuts, walnuts, pecans, macadamia nuts, hazelnuts, pistachios, pine nuts. **SERVES 12**

**POPCORN**  
$9.99  
(160 CAL/10oz)  
Popcorn. **SERVES 12**

**CHICAGO-STYLE POPCORN**  
$13.99  
(160 CAL/10oz)  
Popcorn. **SERVES 12**

**CHIP & SALSA**  
$12.99  
(150 CAL/2oz)  
Chips and salsa. **SERVES 12**

**PRETZELS**  
$9.99  
(110 CAL/10oz)  
PreTZEL. **SERVES 12**

**COOKIES**  
$10.29/DOZEN  
(180-200 EACH)  
Assorted cookies. **SERVES 12**

**DESSERT BARS**  
$12.99/DOZEN  
Assorted desserts. **SERVES 12**

**BEVERAGES**

**PEOPLES ORGANIC COFFEE**  
$29.99  
(0 CAL/8oz)  
Fair trade organic small batch roasted coffee. **SERVES 12-16**

**HOT-TEA-TO-GO**  
$23.99  
(0 CAL/8oz)  
An assortment of black, green and herbal rishi loose leaf tea bags. **SERVES 8**

**ORGANIC ORANGE JUICE**  
$19.99  
(0 CAL/8oz)  
One half gallon of orange juice. **SERVES 8**

**BOTTLED JUICE**  
$1.99/ea  
(140-150 CAL/10oz)  
Bottled juice. **SERVES 8**

**BOTTLED WATER**  
$1.79/ea  
(0 CAL)  
Bottled water. **SERVES 8**

**ASSORTED SODAS**  
$1.49/ea  
(0-150 CAL)  
Assorted sodas. **SERVES 8**

**LEMONADE**  
$15.99/gal  
(70 CAL/8oz)  
Iced tea. **SERVES 8**

**ICED TEA**  
$6.99/gal  
(0 CAL/8oz)  
Iced tea. **SERVES 8**

**GREENS**

**CITY COBB // GF**  
$47.99 L: $95.99 BOX: $13.99  
Organic mixed greens, nitrate free bacon, all natural chicken breast, boiled egg, Bleu Cheese, roasted tomatoes with avocado lime dressing.

**ZEN // GF & V**  
$47.99 L: $95.99 BOX: $13.99  
Organic mixed greens, steamed organic brown rice, house made hummus, kale, radishes, cucumbers, tomatoes, scallions, Harissa, mixed olives, guacamole, toasted sunflower seeds & lemon vinaigrette.

**TOASTED SESAME // GF & V**  
$47.99 L: $95.99 BOX: $13.99  
Organic mixed greens, red cabbage, cucumbers, cilantro, red peppers, toasted sesame seeds & sesame vinaigrette.
## Sandwiches and Wraps

### Wraps

<table>
<thead>
<tr>
<th>Description</th>
<th>Calories (Per Serving)</th>
<th>Small</th>
<th>Large</th>
<th>Box</th>
<th>Calories (Per Box)</th>
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<td><strong>Mediterranean</strong></td>
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<td><strong>California</strong></td>
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<tr>
<td><strong>Turkey &amp; Bacon Croissant</strong></td>
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<td><strong>Tuna Salad</strong></td>
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<td><strong>Chicken Cranberry</strong></td>
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### Ciabatta Hoagies

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<th>Description</th>
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<tbody>
<tr>
<td><strong>Three Cheese &amp; Roasted Tomatoes</strong></td>
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<tr>
<td><strong>Grilled Chicken &amp; Goat Cheese</strong></td>
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<td><strong>Ham &amp; White Cheddar</strong></td>
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<td><strong>Roast Beef &amp; Havarti</strong></td>
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<td><strong>Turkey &amp; Swiss</strong></td>
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### Rustic Sandwiches

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### Platters

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<th>Description</th>
<th>Calories (Per Serving)</th>
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<th>Medium</th>
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<td><strong>Seasonal Fruit Tray</strong></td>
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<td>35 CAL (2.5 oz)</td>
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<td><strong>Fruit &amp; Cheese Tray w/ Crackers</strong></td>
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<td><strong>Domestic Cheese Tray w/ Crackers</strong></td>
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<td>280 CAL (2.75 oz)</td>
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<td><strong>Seasonal Vegetable Tray</strong></td>
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<td><strong>Meat &amp; Cheese Tray w/ Crackers</strong></td>
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### Additional Information

- 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
- French Meadow Bakery & Cafe | University Rec & Wellness Center
- 612.624.7173 | go1851@umn.edu | 1851heritage.catertrax.com
- Prices effective until 8/1/16

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*SANDWICHES AND WRAPS*

**Rustic Sandwiches**

- **Chicken Cranberry** (230 CAL/SERVING)
  - Grilled chicken breast, white Cheddar cheese, dried cranberries, red onion, organic romaine, and honey mustard on organic whole grain bread.

- **Turkey & Bacon Croissant** (340 CAL/SERVING)
  - All natural turkey, nitrate free bacon, Swiss cheese, organic spinach, roasted tomatoes, & garlic aioli on a butter croissant.

**Wraps**

- **Mediterranean** (260 CAL/SERVING)
  - Organic romaine, carrots, Feta Cheese, roasted red peppers, mixed olives & house-made hummus in a 100% sprouted organic tortilla.

- **California** (250 CAL/SERVING)
  - All natural turkey, roasted tomatoes, house-made guacamole, chipotle sour cream and organic romaine in a 100% sprouted organic tortilla.

- **B.L.T. Turkey** (270 CAL/SERVING)
  - All natural turkey, nitrate free bacon, organic spinach, roasted tomatoes, Swiss cheese, garlic chive aioli in a 100% sprouted organic tortilla.

- **Curry Chicken** (220 CAL/SERVING)
  - Curried chicken salad, roasted tomatoes & organic spinach in a 100% sprouted organic tortilla.

- **Three Cheese & Roasted Tomatoes** (330 CAL/SERVING)
  - Garlic aioli, roasted tomato, organic spinach, white Cheddar cheese, Swiss cheese & Fontina cheese on a ciabatta roll.

- **Grilled Chicken & Goat Cheese** (350 CAL/SERVING)
  - Garlic aioli, roasted red peppers, organic spinach, herbed goat cheese and grilled chicken breast on a ciabatta roll.

- **Ham & White Cheddar** (250 CAL/SERVING)
  - Maple Dijon mustard, roasted tomatoes, spinach, white Cheddar cheese and all natural sliced ham on a ciabatta roll.

- **Roast Beef & Havarti** (310 CAL/SERVING)
  - Wasabi aioli, roasted tomatoes, caramelized onions, spinach, Havarti cheese and all natural roast beef on a ciabatta roll.

- **Turkey & Swiss** (250 CAL/SERVING)
  - Cranberry aioli, roasted red peppers, spinach, Swiss cheese and all natural smoked turkey on a ciabatta roll.

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*Platters*

- **Seasonal Fruit Tray** (35 CAL/2.5 oz SERVING)

- **Fruit & Cheese Tray w/ Crackers** (310 CAL/4 oz SERVING)
  - Small: $49.99  Medium: $69.99  Large: $89.99

- **Domestic Cheese Tray w/ Crackers** (280 CAL/2.75 oz SERVING)

- **Seasonal Vegetable Tray** (120 CAL/5 oz SERVING)
  - Small: $37.99  Medium: $58.99  Large: $76.99
  - With herb buttermilk dip

- **Meat & Cheese Tray w/ Crackers** (340 CAL/6.2 oz SERVING)

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