



snacks

TOP PICK

The Healthy Alternative \$8.99

Apples	80 cal each
Oranges	80 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

Assorted Cookies and Brownies \$11.29

Assorted Cookies	190 cal each
Bakery-fresh Brownies	250 cal/2.25 oz. serving

Assorted Dessert Bars \$12.29

Lemon Cheesecake Bars	310 cal/2.75 oz. serving
Raspberry Almond Bars	370 cal/3.25 oz. serving

Snack Attack \$6.99

Individual Bags of Chips	150-160 cal each
Honey Peanuts	160 cal/1 oz. serving
Bakery-fresh Brownies	250 cal/2.25 oz. serving
Trail Mix	290 cal each
Assorted Cookies	170-200 cal each

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.

beverages

Regular and Decaffeinated Caribou Coffee (0 cal/8 oz. serving) \$19.99 per gallon

Assorted Hot Tea (0 cal/8 oz. serving) \$17.99 per gallon

Bottled Juice (OJ, Apple, Berry) (110-170 cal each) \$2.49

Bottled Water (0 cal each) \$2.09

Assorted Sodas (Can) (0-150 cal each) \$1.89



fresh food on the go

1851 Heritage Catering



CONTACT US TODAY

612-301-1973

go1851@umn.edu

www.umnathleticcatering.catertrax.com

Prices effective until 08/01/2017

© 2016 Aramark. All rights reserved.

0025927_1



sunrise starters

TOP PICK

Healthy Choice \$9.29 per person

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
- 2% Milk 140 cal/8 oz. serving
- Bananas 110 cal each
- Assorted Individual Yogurt Cups 50-150 cal each
- Caribou Coffee, Decaf and Hot Tea 0 cal/8 oz. serving

Includes appropriate condiments

Mini Continental \$10.99 per person

- Miniature Muffins 80-120 cal each
- Miniature Danish 140-170 cal each
- Miniature Croissants 180 cal each
- Miniature Bagels 110-160 cal each
- Fresh Seasonal Sliced Fruit 35 cal/2.5 oz. serving
- Assorted Juice 110-170 cal each
- Caribou Coffee, Decaf and Hot Tea 0 cal/8 oz. serving

Includes appropriate condiments

Quick Start \$10.49 per person

- Assorted Muffins 190-520 cal each
- Assorted Danish 200-430 cal each
- Assorted Scones 230-490 cal each
- Fresh Seasonal Sliced Fruit 35 cal/2.5 oz. serving
- Assorted Juice 110-170 cal each
- Caribou Coffee, Decaf and Hot Tea 0 cal/8 oz. serving

Includes appropriate condiments

a la carte

Assorted Donuts (190-360 cal each) \$10.99 by the dozen

Assorted Pastries (220 cal each) \$14.49 by the dozen

Assorted Muffins served with Butter (190-520 cal each) \$10.29 by the dozen
Includes appropriate condiments

Einstein Bagel Bucket (170-360 cal each) \$19.99 by the dozen

Includes appropriate condiments

Fresh Seasonal Sliced Fruit (35 cal/2.5 oz. serving) \$3.29

Assorted Yogurt Cups (50-150 cal each) \$13.99 by the dozen

Full Day Classic Start out with the **Quick Start Breakfast**, served with an assortment of breakfast baked goods, assorted juices and gourmet coffee service.

For Lunch, enjoy either the **Main Event Sandwich Buffet** or the **Salad Affair Gourmet Salad Buffet** served with accompaniments and dessert.

Quick Start Breakfast

Sandwiches \$19.79

Salads \$20.79

meeting all day



favorite lunch packages

TOP PICK

The Main Event \$11.99

Your choice of three (3) selections from our variety of Premium Sandwiches; served with a Tossed Green Salad and choice of two (2) Side Salads, Chips and Assorted Desserts

- Premium Sandwiches 350-750 cal each
- Tossed Salad 50 cal/3.5 oz. serving
- Side Salads 25-240 cal each
- Individual Bags of Chips 150-160 cal each
- Assorted Cookies 170-200 cal each

Assorted Beverages for \$1.89.

A Salad Affair \$12.99

Your choice of three (3) selections from our assortment of Premium Entrée Salads; served with Fresh Bread, Seasonal Fruit and Assorted Desserts

- Premium Entrée Salads 240-640 cal each
- Bakery Fresh Rolls 90 cal each
- Fresh Seasonal Sliced Fruit 35 cal/2.5 oz. serving
- Assorted Cookies 170-200 cal each

Includes appropriate condiments

Assorted Beverages for \$1.89.

The Mediterranean \$12.29

- Mediterranean Roast Beef 410 cal each
- Tabbouleh Salad 110 cal/3.25 oz. serving
- Greek Dill Cucumbers 60 cal/3.75 oz. serving
- Lemon Rice
- Pudding 200 cal/4.25 oz. serving

Assorted Beverages for \$1.89.

Latin Connection \$11.99

- Smoked Turkey Fajita Ciabatta 350 cal each
- Chile Lime Cucumbers 25 cal/3.0 oz. serving
- Corn and Black Bean Salad 120 cal/4 oz. serving
- Cinnamon Cookie 180 cal each

Assorted Beverages for \$1.49.

The Vegetarian \$11.29

- Garden Vegetable and Boursin Sandwich 570 cal each
- Roasted Vegetables 120 cal/3.25 oz. serving
- Lemon Caper Cous Cous 110 cal/3 oz. serving
- Brownie 250 cal/2.25 oz. serving

Assorted Beverages for \$1.89.

side salads

Greek Penne Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (90 cal/3 oz. serving)

Tabbouleh with Ground Bulgur, Tomatoes, Parsley, and Scallions combined in an Olive Oil Mix (110 cal/3.25 oz. serving)

Toasted Barley Orange Cranberry Salad with Red Onions, Honey and Cinnamon (120 cal/3.5 oz. serving)

Grilled Vegetable Rotini Pasta Salad with a Balsamic Dressing (130 cal/3 oz. serving)

Traditional Coleslaw finely shredded with Carrots in a Mayonnaise and Celery Seed Dressing (170 cal/3.5 oz. serving)

premium sandwiches

Southwestern Turkey with Fajita Vegetables on Ciabatta Bread (350 cal each)

Roast Beef with Mediterranean Vegetables and Balsamic Dressing on Ciabatta Bread (410 cal each)

Tuna and Apple Salad with Fresh Tomatoes and Arugula on Ciabatta Bread (370 cal each)

Chicken Caesar and Asiago Bruschetta Baguette (740 cal each)

Ham and Swiss Ciabatta with a Red Onion Apricot Relish (530 cal each)

Mozzarella, Red Pepper, Balsamic and Kale Ciabatta (530 cal each)

Turkey, Bacon, Blue Cheese, Egg and Avocado Wrap (700 cal each)

Very Veggie Submarine Sandwich with Provolone and Honey Dijon Dressing (460 cal each)

salads

Traditional Caesar Salad with Shredded Parmesan Cheese and Seasoned Croutons (420 cal each)

Chicken Cobb Salad with Italian Herb Dressing (420 cal each)

Fresh Baby Spinach and Apple Salad with Grilled Chicken Breast, Crumbled Goat Cheese, Diced Bacon, and Country Apple Dressing (510 cal each)

Traditional Garden Salad with Fresh Iceberg and Romaine Lettuce, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (240 cal each)

Traditional Garden Tofu Salad with Fresh Iceberg and Romaine Lettuce, Sesame Marinated Tofu, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (290 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.