ALL-DAY PACKAGES

All Day Delicious $42.59
Relax. We’ll keep the food coming! These four (4) selections will keep your energy up throughout the day. All prices are per person and available for 10 guests or more.

DELICIOUS DAWN
- Assorted Muffins  400-510 Cal each
- Assorted Scones  430-470 Cal each
- Seasonal Fresh Fruit Platter  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

AM PERK UP
- Granola Bars  190 Cal each
- Assorted Individual Yogurt Cups  50-150 Cal each
- Iced Tea  5 Cal/8 oz. serving
- Bottled Water  0 Cal each
- 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 with Butter  160 Cal each
- Green Beans Gremolata  70 Cal/3 oz. serving
- Three Pepper Cavatappi with Pesto  310 Cal/7.5 oz. serving
- Grilled Chicken and Artichokes with a Lemon Tarragon 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

PM PICK ME UP
- Chilled Spinach Dip with Tortilla Chips  230 Cal/2.25 oz. serving
- Grilled Vegetable Tray  70 Cal/3 oz. serving
- Bakery-Fresh Brownies  250 Cal/2.25 oz. serving
- Bottled Water  0 Cal each
- ecoGrounds Coffee, Decaf and Hot Tea  0 Cal/8 oz. serving

Meeting Wrap Up $25.49
Serve these favorites and success is a wrap! This All-Day Package includes the following four (4) delights. All prices are per person and available for 10 guests or more.

MORNING MINI
- Miniature Muffins  80-120 Cal each
- Miniature Danish  140-170 Cal each
- Miniature Scones  110-120 Cal each
- Yogurt Parfait Cups  370-400 Cal each
- Bottled Water  0 Cal each
- ecoGrounds Coffee, Decaf and Hot Tea  0 Cal/8 oz. serving

THE ENERGIZER
- Donut Holes  45-90 Cal each
- Bananas  110 Cal each
- Iced Tea  5 Cal/8 oz. serving
- Bottled Water  0 Cal each
- 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
- Seasonal Fresh Fruit Salad  40 Cal/2.5 oz. serving
Choice of One (1) Salad:
- 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 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

MID-DAY MUNCHIES
- Tortilla Chips  90 Cal/1 oz. serving
Choice of Two (2) Salsas:
- Salsa Roja  20 Cal/1 oz. serving
- Salsa Verde  20 Cal/1 oz. serving
- Pico De Gallo  10 Cal/1 oz. serving
- Assorted Whole Fruit  50-110 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
## ALL-DAY PACKAGES

### Simple Pleasures $26.89

Easy does it-casually tasteful fare. This All-Day Package includes three (3) of our favorites. All prices are per person and available for 10 guests or more.

### SIMPLE CONTINENTAL

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories/serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Donuts</td>
<td>190-490 Cal</td>
</tr>
<tr>
<td>Assorted Bagels</td>
<td>170-360 Cal</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>120 Cal/8 oz.</td>
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<tr>
<td>Bottled Water</td>
<td>0 Cal</td>
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<tr>
<td>ecoGrounds Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz.</td>
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</tbody>
</table>

### BOX LUNCH

Choice of Sandwich accompanied by Chips, Mustard, Mayo, Assorted Craveworthy Cookies and Bottled Water

<table>
<thead>
<tr>
<th>Choice of One (1) Sandwich:</th>
<th>Calories/serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna Salad Ciabatta</td>
<td>540 Cal</td>
</tr>
<tr>
<td>Ham and Swiss Sub</td>
<td>380 Cal</td>
</tr>
<tr>
<td>Turkey and Swiss Sandwich</td>
<td>490 Cal</td>
</tr>
<tr>
<td>Roasted Pepper and Mozzarella Ciabatta</td>
<td>530 Cal</td>
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<table>
<thead>
<tr>
<th>Individual Bag of Chips</th>
<th>Calories/serve</th>
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<tbody>
<tr>
<td>100-160 Cal</td>
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<thead>
<tr>
<th>Assorted Craveworthy Cookies</th>
<th>Calories/serve</th>
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<tbody>
<tr>
<td>250-310 Cal</td>
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<table>
<thead>
<tr>
<th>Bottled Water</th>
<th>Calories/serve</th>
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</thead>
<tbody>
<tr>
<td>0 Cal</td>
<td></td>
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</table>

### MID-DAY MUNCHIES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories/serve</th>
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</thead>
<tbody>
<tr>
<td>Tortilla Chips</td>
<td>90 Cal/1 oz.</td>
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<tr>
<th>Choice of Two (2) Salsas:</th>
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<tbody>
<tr>
<td>Salsa Roja</td>
<td>20 Cal/1 oz.</td>
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<tr>
<td>Salsa Verde</td>
<td>20 Cal/1 oz.</td>
</tr>
<tr>
<td>Pico De Gallo</td>
<td>10 Cal/1 oz.</td>
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<table>
<thead>
<tr>
<th>Assorted Whole Fruit</th>
<th>Calories/serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-110 Cal</td>
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<table>
<thead>
<tr>
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<th>Calories/serve</th>
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<tr>
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</thead>
<tbody>
<tr>
<td>0 Cal</td>
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<table>
<thead>
<tr>
<th>ecoGrounds Coffee, Decaf and Hot Tea</th>
<th>Calories/serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Cal/8 oz.</td>
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</tbody>
</table>

*All packages include necessary accompaniments and 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.
BREAKFAST

Breakfast Collections
All prices are per person and available for 10 guests or more. All appropriate condiments included.

**MINI CONTINENTAL $10.99**
- Miniature Muffins 80-120 Cal each
- Miniature Danish 140-170 Cal each
- Miniature Bagels 110-160 Cal each
- Seasonal Fresh Fruit Platter 40 Cal/2.5 oz. serving
- Bottled Water 0 Cal each
- ecoGrounds Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**QUICK START $10.39**
Choice of Three (3) Breakfast Pastries:
- Assorted Danish 120-530 Cal each
- Assorted Muffins 400-510 Cal each
- Assorted Scones 430-470 Cal each
- Assorted Bagels 170-360 Cal each
- Seasonal Fresh Fruit Platter 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

**HEALTHY CHOICE BREAKFAST $9.59**
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

**À la Carte Breakfast**
- Assorted Bagels $21.59 Per Dozen 170-360 Cal each
- Assorted Donuts $18.99 Per Dozen 190-490 Cal each
- Assorted Pastries $22.39 Per Dozen 200-510 Cal each
- Granola Bars $2.39 Each 190 Cal each
- Assorted Individual Yogurt Cups $3.09 Each 50-150 Cal each
- Wheat, Dairy & Nut Free Muffin $3.99 270 Cal each

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BREAKFAST

Hot Breakfast
All prices are per person and available for 10 guests or more. All appropriate condiments included.

**ULTIMATE BREAKFAST** $16.79
Choice of Three (3) Breakfast Pastries:
- Assorted Danish 120-530 Cal each
- Assorted Muffins 400-510 Cal each
- Assorted Scones 430-470 Cal each
- Assorted Bagels 170-360 Cal each
- Seasonal Fresh Fruit Platter 40 Cal/2.5 oz. serving
- Scrambled Eggs 180 Cal/4 oz. serving
- Breakfast Potatoes 130-150 Cal/3 oz. serving
- Bacon 45 Cal each
- Breakfast Sausage 130-220 Cal each
- Maple Syrup 70 Cal/1 oz. serving
- Assorted Juices 110-170 Cal each
- Pancakes 50 Cal each
- Iced Water 0 Cal/8 oz. serving
- ecoGrounds Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**AMERICAN BREAKFAST** $12.19
Choice of One (1) Breakfast Pastry:
- Assorted Danish 120-530 Cal each
- Assorted Muffins 400-510 Cal each
- Assorted Scones 430-470 Cal each
- Assorted Bagels 170-360 Cal each
- Breakfast Potatoes 130-150 Cal/3 oz. serving
- Bacon 45 Cal each
- Breakfast Sausage 130-220 Cal each
- Scrambled Eggs 180 Cal/4 oz. serving
- Iced Water 0 Cal/8 oz. serving
- ecoGrounds Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**SUNRISE SANDWICH BUFFET** $12.89
Choice of Two (2) Sunrise Breakfast Sandwiches:
- Egg and Cheese English Muffin 260 Cal each
- Egg and Cheese Croissant 370 Cal each
- Sausage, Egg and Cheese Biscuit 520 Cal each
- Ham, Egg and Cheese Biscuit 450 Cal each
- Bacon, Egg and Cheese Bagel 370 Cal each
- Spicy Bacon, Egg, Potato and Cheese Burrito 590 Cal each
- Spicy Veggie Sausage Biscuit 370 Cal each
- Spicy Southern Chicken Biscuit 640 Cal each
- Iced Water 0 Cal/8 oz. serving
- ecoGrounds Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request - Nominal Fee May Apply

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**ecoGrounds' Story**

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 10 guests or more.

YOGURT PARFAIT BAR $8.79
Choice of Two (2) Yogurt Flavors:
- Greek Yogurt 70 Cal/4 oz. serving
- Strawberry Yogurt 100 Cal/4 oz. serving
- Vanilla Yogurt 110 Cal/4 oz. serving
- Diced Pineapple 30 Cal/2 oz. serving
- Fresh Strawberries 20 Cal/2 oz. serving
- Walnuts 90 Cal/0.5 oz. serving
- Granola 110 Cal/1 oz. serving

PANCAKE SANDWICHES $4.79
Choice of Two (2) Pancake Sandwiches:
- Bacon, Egg and Cheese Pancake Sandwich 310 Cal each
- Ham, Egg and Cheese Pancake Sandwich 270 Cal each
- Sausage, Egg and Cheese Pancake Sandwich 340 Cal each
- Egg and Cheddar Pancake Sandwich 280 Cal each

HAND WRAPPED BREAKFAST BURRITOS $5.79
Choice of Two (2) Breakfast Burritos:
- Meat Lover’s Breakfast Burrito with Bacon, Sausage and Ham 810 Cal each
- Potato, Cheese and Pico De Gallo Breakfast Burrito 440 Cal each
- Florentine Breakfast Burrito 580 Cal each
- Sweet Potato Burrito 470 Cal each

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request - Nominal Fee May Apply

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**SANDWICHES & SALADS**

**Classic Collections**
All prices are per person and available for 10 guests or more.

**DELI EXPRESS** $12.69
- Choice of Two (2) Side Salads
- Individual Bags of Chips
- Assorted Baked Breads and Rolls
- Deli Platter (Sliced Oven-Roasted Turkey, Sliced Roast Beef, Deli Ham and Tuna)
- Cheese Tray (Cheddar and Swiss)
- Relish Tray (Lettuce, Tomato, Onion, Pickles, Pepperoncini)
- Assorted Craveworthy Cookies

**PREMIUM BOX LUNCHES**

**CLASSIC BOX LUNCH** $11.39
Your choice of Classic Sandwich served with Mustard, Mayo, Potato Chips, Assorted Craveworthy Cookies and Bottled Water

**CLASSIC SELECTIONS BUFFET** $17.29
Choice of Three (3) Classic Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages

**CLASSIC SANDWICH OPTIONS**
(Available Sandwich choices for the Classic Boxed Lunch and Classic Selections Buffet)

**Additional Premium Box Lunch options available upon request! Please contact your catering professional.**
SANDWICHES & SALADS

Classic Collections
All prices are per person and available for 10 guests or more.

THE EXECUTIVE LUNCHEON  $19.79
Choice of Three (3) Executive Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages
Choice of Two (2) Side Salads  25-330 Cal each
Dill Pickle Slices  0 Cal/1 oz. serving
Individual Bags of Chips  100-160 Cal each
Choice of Three (3) Executive Luncheon Sandwiches  370-760 Cal each
Assorted Craveworthy Cookies  250-310 Cal each
Choice of Two (2) Beverages:
  Lemonade  90 Cal/8 oz. serving
  Iced Tea  5 Cal/8 oz. serving
  Iced Water  0 Cal/8 oz. serving

EXECUTIVE LUNCHEON SANDWICHES
(Available Sandwich choices for The Executive Luncheon Buffet)
Ham and Brie with Fresh Pear, Spinach and Caramelized Onions on Wheatberry Bread  700 Cal each
Turkey Feta Ciabatta with Spinach and Sun-Dried Tomato Aioli  620 Cal each
Salmon, Arugula, Jalapeno Slaw and Tomato Lavash  620 Cal each
Roast Beef, Caramelized Onion and Kale Ciabatta  500 Cal each
Tarragon Chicken Salad and Chive Cream Cheese Wrap  590 Cal each
Garden Vegetables with Boursin, Aged Provolone and Roasted Garlic Aioli on Ciabatta  570 Cal each
Sliced Portobello Mushroom with Arugula and Olive Pesto Spread on a French Baguette  570 Cal each

SIDE SALAD SELECTIONS
(Included with Deli Express, Classic Selections and The Executive Luncheon Sandwich Buffets)
Traditional Garden Salad with a Balsamic Vinaigrette Dressing  50 Cal/3.5 oz. serving
Red-Skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing  240 Cal/4 oz. serving
Fresh Fruit Salad  40 Cal/2.5 oz. serving
Toasted Cranberry Apple Couscous with Apricots, Granny Smith Apples, Almonds, Red Onions, Fresh Spinach and Scallions  180 Cal/3 oz. serving
Grilled Vegetable Pasta Salad with a Balsamic Dressing  130 Cal/3 oz. serving
Tomato Corn Grain Salad  140 Cal/4.25 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
Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapenos, Fresh Cilantro and Fresh Garlic  120 Cal/4 oz. serving

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BUFFETS

Themed Buffets
All prices are per person and available for 10 guests or more. Includes choice of beverages.

ALL-AMERICAN PICNIC $16.29
- Traditional Potato Salad 240 Cal/4 oz. serving
- Fresh Country Coleslaw 170 Cal/3.5 oz. serving
- Home-Style Kettle Chips 240 Cal/1.25 oz. serving
- Grilled Hamburgers with Buns 330 Cal each
- Hot Dogs with Buns 310 Cal each
- Garnish Tray (Lettuce, Onions, Pickles and Tomatoes) 0-10 Cal/1 oz. serving
- Assorted Craveworthy Cookies 250-310 Cal each
- Bakery-Fresh Brownies 250 Cal/2.25 oz. serving
Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving
- Add on Vegetarian Burgers for an Additional Fee
- Add on Grilled Chicken Breast for an Additional Fee

TASTE OF SPAIN $19.19
- Mesclun Salad 15 Cal/3 oz. serving
- Shallot Sherry Vinaigrette 80 Cal/1 oz. serving
- Rosemary Sea Salt Flatbread 220 Cal/2.25 oz. serving
- Spanish Rice 110 Cal/3.5 oz. serving
- Steamed Asparagus 20 Cal/3 oz. serving
- Paprika Chicken 200 Cal/5 oz. serving
- Braised Pork 360 Cal/3.5 oz. serving
- Roasted Portobello Mushrooms 300 Cal/2.75 oz. serving
Choice of Two (2) Salsas:
- Pico De Gallo 10 Cal/1 oz. serving
- Salsa Verde 10 Cal/1 oz. serving
- Salsa Roja 20 Cal/1 oz. serving
Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

YUCATAN BOWL $19.19
- Romaine Lettuce Salad 0 Cal/0.25 oz. serving
- Avocado Ranch Dressing 80 Cal/1 oz. serving
Choice of One (1) Rice:
- Cilantro Lime White Rice 120 Cal/3 oz. serving
- Cilantro Lime Brown Rice 140 Cal/3.5 oz. serving
- Charro Beans 90 Cal/3 oz. serving
- Spanish Rice 180 Cal/3 oz. serving
- Charro Beans 160 Cal/3 oz. serving
- Roasted Portobello Mushrooms 20 Cal/2.25 oz. serving
- Guacamole 40 Cal/1.33 oz. serving
Choice of Two (2) Salsas:
- Pico De Gallo 10 Cal/1 oz. serving
- Salsa Verde 10 Cal/1 oz. serving
- Salsa Roja 20 Cal/1 oz. serving
Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

1851 Heritage Catering
BUFFETS

Themed Buffets
All prices are per person and available for 10 guests or more. Includes choice of beverages.

EAST ASIAN EATS $19.49
- Egg Rolls 190 Cal each
- Crispy Wontons 25 Cal each
Choice of Two (2) Dipping Sauces:
  - Sweet Soy Sauce 50 Cal/1 oz. serving
  - Sweet and Sour Sauce 40 Cal/1 oz. serving
  - Chili Garlic Sauce 45 Cal/1 oz. serving
- Yakisoba Noodles 120 Cal/2.5 oz. serving
- Jasmine Rice 130 Cal/3 oz. serving
- Lemongrass Chicken 190 Cal/3 oz. serving
- Asian Tofu 120 Cal/3 oz. serving
- Teriyaki Sauce 25 Cal/0.5 oz. serving
- Raspberry Coconut Bars 370 Cal/3.25 oz. serving
Choice of Two (2) Beverages:
  - Lemonade 90 Cal/8 oz. serving
  - Iced Tea 5 Cal/8 oz. serving
  - Iced Water 0 Cal/8 oz. serving

HEARTLAND BUFFET $18.29
- Baby Spinach Salad with Bacon, Egg, Mushroom and Tomato and Balsamic Vinaigrette 110 Cal/3.75 oz. serving
- Bakery-Fresh Rolls with Butter 160 Cal each
- Fresh Herbed Vegetables 110 Cal/2.75 oz. serving
- Grilled Lemon Rosemary Chicken 100 Cal/3.5 oz. serving
- Oreo Blondies 130 Cal/3 oz. serving
- Roasted New Potatoes 270 Cal/1.75 oz. serving
Choice of Two (2) Beverages:
  - Lemonade 90 Cal/8 oz. serving
  - Iced Tea 5 Cal/8 oz. serving
  - Iced Water 0 Cal/8 oz. serving

*All packages include necessary accompaniments and condiments

Looking to create your own Themed Buffet or Unique Custom Buffet?
Contact us at Go1851@umn.edu / 612.624.7173 or 612.625.4162 to explore more options and personalize your buffet to fit your event.

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BUFFETS

**Themed Buffets**

All prices are per person and available for 10 guests or more. Includes choice of beverages.

**SOUP AND SALAD BUFFET**  $17.09

- 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
- Bakery-Fresh Rolls with Butter 160 Cal each
- Soup Du Jour 80-420 Cal/8 oz. serving
- Assorted Craveworthy Cookies 250-310 Cal each

Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

**MEDI EATS BUFFET**  $18.09

- Israeli Couscous 120 Cal/3.5 oz. serving
- White Pita Flatbread 250 Cal each
- Whole Wheat Pita Flatbread 250 Cal each
- Roasted Eggplant 100 Cal/3 oz. serving
- Sautéed Spinach 60 Cal/3.25 oz. serving
- Choice of One (1) Chicken Entrée:
  - Chicken Souvlaki Skewers 210 Cal each
  - Baked Paprikash Chicken 200 Cal/6 oz. serving
- Falafel 60 Cal each
- Tzatziki 15 Cal/1 oz. serving
- Cinnamon Custard 110 Cal/2.75 oz. serving

Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

**ASIAN ACCENTS**  $19.49

- Peanut Lime Ramen Noodles
- Egg Rolls
- Choice of Two (2) Dipping Sauces:
  - Sweet Soy Sauce
  - Sweet and Sour Sauce
  - Chili Garlic Sauce
- Steamed Brown Rice 210 Cal/5.5 oz. serving
- General Tso's Chicken 370 Cal/8 oz. serving
- Teriyaki Salmon with Lemon Green Beans 100 Cal/3 oz. serving
- Fortune Cookies 30 Cal each

Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

1851 Heritage Catering
BUFFETS

Create Your Own Buffet
Customize Your Own Buffet: Select (1) Starter, (1) Entrée, (2) Sides and (1) Dessert. Served with Assorted Rolls and Butter and choice of Beverages.

BUFFET STARTERS
- Seasonal Garden Salad with Balsamic Vinaigrette: 50 Cal/3.5 oz. serving
- Classic Caesar Salad: 160 Cal/2.7 oz. serving
- Greek Salad with Crumbled Feta: 120 Cal/3.25 oz. serving
- Italian Green Salad with Penne and Prosciutto: 110 Cal/3.25 oz. serving
- Autumn Vegetable Salad with Red Wine Vinaigrette: 80 Cal/3 oz. serving
- Seasonal Fresh Fruit Salad: 40 Cal/2.25 oz. serving

BUFFET ENTREES
- Asiago Chicken in a Roasted Red Pepper Sauce: $19.49, 310 Cal/5 oz. serving
- Slow-Roasted Turkey Breast Rubbed with Sage and Thyme: $18.79, 130 Cal/3 oz. serving
- Bruschetta Tilapia: $20.19, 200 Cal/5.5 oz. serving
- Grilled Salmon in a Moroccan Herb Sauce: $20.19, 120 Cal/2.75 oz. serving
- Beef Pot Roast with Dijon Shallot Sauce: $20.19, 330 Cal/5 oz. serving
- Fireside Herbed Steak Marinated in Dijon Mustard, Thyme and Cider Vinegar: $20.79, 170 Cal/3 oz. serving
- Late Harvest Veggie Cavatappi with Zucchini, Spinach, Tomato and White Beans in a Pepper-Garlic Sauce: $19.59, 440 Cal/15 oz. serving

BUFFET SIDES
- Roasted Root Vegetables: 100 Cal/2.75 oz. serving
- Italian Seasoned Green Beans: 40 Cal/3.25 oz. serving
- Goat Cheese and Roasted Garlic Mashed Potatoes: 170 Cal/4.25 oz. serving
- Oven-Roasted Fingerling Potatoes: 130 Cal/3.5 oz. serving
- Marinated Roasted Red Potatoes: 120 Cal/2.75 oz. serving
- Toasted Orzo with Spinach and Cranberries: 170 Cal/4 oz. serving
- Ginger Honey Glazed Carrots: 110 Cal/3.25 oz. serving

BUFFET FINISHES
- 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
- Assorted Craveworthy Cookies: 250-310 Cal each

*All packages include necessary accompaniments and 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.
RECEPTIONS

Hors d’oeuvres
Hors d’oeuvres are priced per dozen.

RECEPTION HORS D’OEUVRES (HOT)

Beef Satay $28.09 35 Cal each
Italian Meatballs $25.69 100 Cal each
Chicken Satay $27.49 20 Cal each
Coconut Chicken $27.49 40 Cal each
Assorted Mini Quiche $23.69 70-90 Cal each
Spanakopita $25.79 70 Cal each
Vegetable Spring Rolls $24.89 15 Cal each

RECEPTION HORS D’OEUVRES (COLD)

Assorted Petit Fours $25.99 60-140 Cal each
Mediterranean Antipasto Skewers $31.99 70 Cal each
Bruschetta Crostini $17.19 50 Cal each
Roasted Butternut Tartine $17.19 100 Cal each
Strawberry Ricotta Toast Points $17.19 60 Cal each
Herbed Flatbread with Balsamic Hummus and Roasted Vegetables $27.99 130 Cal each

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

Reception Platters and Dips

All prices are per person and available for 10 guests or more.

CLASSIC SLICED CHEESE TRAY $46.69 Serves 12
- Classic Sliced Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini
  - 290 Cal/2.75 oz. serving

SEASONAL FRESH FRUIT PLATTER $40.29 Serves 12
- 40 Cal/2.5 oz. serving

ANTIPASTO PLATTER $67.99 Serves 12
- Antipasto Platter with Marinated Vegetables, Italian Meats and Cheese
  - 250 Cal/5 oz. serving

BLACK BEAN, CORN AND PICO GUACAMOLE $33.39 Serves 12
- Black Bean, Corn and Pico Guacamole served with Tortilla Chips
  - 330 Cal/6.75 oz. serving

FLATBREAD CRISPS $36.99 Serves 12
- Flatbread Crisps served with Hummus, Harissa and Tzatziki
  - 420 Cal/6.18 oz. serving

May we suggest a Served Meal or Reception?

Hot menu items require service staff and equipment. We are delighted to assist you with all of your event needs from equipment, linens, floral arrangements, service staff and everything in between. - Additional fees apply.

*All packages include necessary accompaniments and 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.
RECEPTIONS

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 10 guests or more.

MEZZE DELIGHT  $11.99
- Pita Chips 140 Cal/2 oz. serving
- Hummus 80 Cal/2 oz. serving
- Baba Ghanoush 120 Cal/4 oz. serving
- Tabbouleh Salad 110 Cal/3.25 oz. serving
- Marinated Olives 150 Cal/2.75 oz. serving
- Seasonal Vegetables 70 Cal/3 oz. serving
- Falafel 60 Cal each

DIM SUM  $11.99
- Egg Rolls 190 Cal each
- Pot Stickers 45 Cal each
Choice of Two (2) Dipping Sauces:
- Sweet Soy Sauce 50 Cal/1 oz. serving
- Sweet and Sour Sauce 40 Cal/1 oz. serving
- Chili Garlic Sauce 45 Cal/1 oz. serving
Sweet and Spicy Boneless Chicken Wings with Celery Sticks 600 Cal/7.5 oz. serving
- Gourmet Dessert Bars 300-370 Cal/2.75-3.25 oz. serving

HAPPY HOUR  $16.09
- Chilled Spinach Dip served 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
- Gourmet Dessert Bars 300-370 Cal/2.75-3.25 oz. serving

Breaks
All prices are per person and available for 10 guests or more.

ENERGY BREAK  $3.79
- Granola Bars 190 Cal each
- Fruit Filled Bars 160 Cal each
- Breakfast Bars 250 Cal each

SNACK ATTACK  $7.09
- Individual Bags of Chips 100-160 Cal each
- Roasted Peanuts 170 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

BREADS AND SPREADS  $6.49
- Tortilla Chips 190 Cal/2 oz. serving
- Pita Chips 140 Cal/2 oz. serving
- Crostini 40 Cal each
Choice of Four (4) Spreads:
- Korean Roja Guacamole 90 Cal/2 oz. serving
- Ginger Verde Guacamole 90 Cal/2 oz. serving
- Chilled Spinach Dip 200 Cal/2 oz. serving
- Feta and Roasted Garlic Dip 260 Cal/2 oz. serving
- Traditional Hummus 80 Cal/2 oz. serving
- Artichoke and Olive Dip 140 Cal/2 oz. serving
- Seasonal Fresh Fruit Platter 40 Cal/2.5 oz. serving
## Beverages

Includes appropriate accompaniments

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Price</th>
<th>Calories/Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottled Water</td>
<td>$1.99</td>
<td>0 Cal each</td>
</tr>
<tr>
<td>Assorted Sodas (Can)</td>
<td>$1.99 Each</td>
<td>0-150 Cal each</td>
</tr>
<tr>
<td>Assorted Individual Fruit Juices $2.29 Each</td>
<td></td>
<td>110-170 Cal each</td>
</tr>
<tr>
<td>Sparkling Water</td>
<td>$1.99 Each</td>
<td>0 Cal each</td>
</tr>
<tr>
<td>Hot Water with Assorted Tea Bags $21.39 Per Gallon</td>
<td></td>
<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>EcoGrounds Regular Coffee $22.69 Per Gallon</td>
<td></td>
<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>EcoGrounds Decaffeinated Coffee $22.69 Per Gallon</td>
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<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Iced Tea $19.39 Per Gallon</td>
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<td>5 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Lemonade $19.39 Per Gallon</td>
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<td>90 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Strawberry Basil Infused Lemonade $21.39 Per Gallon</td>
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<td>95 Cal/8 oz. serving</td>
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</tbody>
</table>

## Desserts

<table>
<thead>
<tr>
<th>Dessert</th>
<th>Price</th>
<th>Calories/Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Craveworthy Cookies $14.79 Per Dozen</td>
<td></td>
<td>250-310 Cal each</td>
</tr>
<tr>
<td>Bakery-Fresh Brownies $16.49 Per Dozen</td>
<td></td>
<td>250 Cal/2.25 oz. serving</td>
</tr>
<tr>
<td>Gourmet Dessert Bars $17.39 Per Dozen</td>
<td></td>
<td>300-370 Cal/2.75-3.25 oz. serving</td>
</tr>
<tr>
<td>Chocolate Covered Strawberries $29.99 Per Dozen</td>
<td></td>
<td>40 Cal each</td>
</tr>
<tr>
<td>New York Cheesecake $21.99 Serves 8</td>
<td></td>
<td>440 Cal/slice</td>
</tr>
</tbody>
</table>

### Vegetarian 🌼 Vegan 🌽 Eat Well 🌿 Plant Forward

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.

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## Ordering Information

### Lead Time

Notice of 48 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. We are delighted to assist you with all of your event needs from rental equipment, linens, florals to service staff and everything in between. - Additional fees may apply

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Contact Us Today
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Prices effective until 07/01/2022
Prices may be subject to change

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