ALL-DAY PACKAGES

All Day Delicious $36.99 per person
Relax. We’ll keep the food coming! These 4 selections will keep your energy up throughout the day. Available for 15 guests or more. Includes appropriate condiments.

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

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 Tarragon White Wine Sauce 200 Cal/5.75 oz. serving
- New York Style 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
- 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

Meeting Wrap Up $31.99 per person
Serve these favorites and success is a wrap! This All-Day package includes the following 4 delights. Available for 15 guests or more. Includes appropriate condiments.

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
- 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
Includes choice of salad.
- 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
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

Mid-Day Munchies
Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fruit Bowl, Assorted Craveworthy™ Cookies and Beverages
- Tortilla Chips 90 Cal/2 oz. serving
- Salsa Roja 20 Cal/1 oz. serving
- Salsa Verde 20 Cal/1 oz. serving
- Pico De Gallo 10 Cal/1 oz. serving
- Assorted 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

Vegetarian  Vegan
ALL-DAY PACKAGES

Simple Pleasures $23.99 per person
Easy does it-Casually tasteful fare. This All-Day package includes 3 of our favorites. Available for 15 guests or more. Includes appropriate condiments.

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

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

Mid-Day Munchies
Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fruit Bowl, Assorted Craveworthy™ Cookies and Beverages
- Tortilla Chips 90 Cal/2 oz. serving
- Salsa Roja 20 Cal/1 oz. serving
- Salsa Verde 20 Cal/1 oz. serving
- Pico De Gallo 10 Cal/1 oz. serving
- Assorted 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

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

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BREAKFAST

Breakfast Collections
All prices are per person and available for 12 guests or more. Includes appropriate condiments.

Basic Beginnings $7.49 per person
Choice of one (1) Breakfast Pastry served with Iced Water, ecoGrounds™ Coffee, Decaf and Hot Tea
- Assorted Danish 200-430 Cal each
- Assorted Muffins 400-510 Cal each
- Assorted Scones 430-470 Cal each
- Assorted Bagels 170-360 Cal each
- Iced Water 0 Cal/8 oz. serving
- ecoGrounds™ Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

Quick Start $9.29 per person
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

Healthy Choice Breakfast $8.69 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
- 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
Includes appropriate condiments.
- Assorted Bagels (170-360 Cal each) $19.99 Per Dozen
- Assorted Muffins (400-510 Cal each) $19.99 Per Dozen
- Assorted Donuts (190-490 Cal each) $16.99 Per Dozen
- Assorted Pastries (200-510 Cal each) $19.99 Per Dozen
- Granola Bars (190 Cal each) $1.79 Each
- Assorted Individual Yogurt Cups (50-150 Cal each) $2.99 Each

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**BREAKFAST**

**Hot Breakfast**

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

**Ultimate Breakfast**  $14.99 per person
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

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories per serving</th>
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<tbody>
<tr>
<td>Assorted Muffins</td>
<td>400-510 Cal each</td>
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<tr>
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<tr>
<td>Assorted Bagels</td>
<td>170-360 Cal each</td>
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<tr>
<td>Scrambled Eggs</td>
<td>180 Cal/4 oz. serving</td>
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<tr>
<td>Cheddar and Onion Frittata</td>
<td>270 Cal each</td>
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<tr>
<td>Breakfast Potatoes</td>
<td>130-150 Cal/3 oz. serving</td>
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<tr>
<td>Crisp Bacon</td>
<td>45 Cal each</td>
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<tr>
<td>Breakfast Sausage</td>
<td>130-220 Cal each</td>
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<tr>
<td>Pancakes</td>
<td>50 Cal each</td>
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<tr>
<td>Maple Syrup</td>
<td>70 Cal/1 oz. serving</td>
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<tr>
<td>Fresh Seasonal Sliced Fruit</td>
<td>40 Cal/2.5 oz. serving</td>
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<tr>
<td>Assorted Juices</td>
<td>110-170 Cal each</td>
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<tr>
<td>Bottled Water</td>
<td>0 Cal each</td>
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<tr>
<td>ecoGrounds™ Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
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**American Breakfast**  $10.99 per person
Scrambled Eggs, Breakfast Potatoes, Crisp Bacon, Breakfast Sausage, choice of one (1) Breakfast Pastry, Iced Water, ecoGrounds™ Coffee, Decaf and Hot Tea

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**Sunrise Sandwich Buffet**  $11.49 per person
Choice of two (2) Breakfast Sandwiches served with Fresh Seasonal Sliced Fruit, Breakfast Potatoes, Iced Water, ecoGrounds™ Coffee, Decaf and Hot Tea

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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Egg &amp; Cheese English Muffin</td>
<td>260 Cal each</td>
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<tr>
<td>Egg &amp; Cheese Croissant</td>
<td>370 Cal each</td>
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<tr>
<td>Sausage, Egg &amp; Cheese Biscuit</td>
<td>520 Cal each</td>
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<tr>
<td>Ham, Egg &amp; Cheese Biscuit</td>
<td>450 Cal each</td>
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<tr>
<td>Bacon, Egg &amp; Cheese Bagel</td>
<td>370 Cal each</td>
</tr>
<tr>
<td>Spicy Bacon, Egg, Potato &amp; Cheese Burrito</td>
<td>590 Cal each</td>
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<tr>
<td>Fresh Seasonal Sliced Fruit</td>
<td>40 Cal/2.5 oz. serving</td>
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<tr>
<td>Breakfast Potatoes</td>
<td>130-150 Cal/3 oz. serving</td>
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<tr>
<td>Iced Water</td>
<td>0 Cal/8 oz. serving</td>
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<td>ecoGrounds™ Coffee, Decaf and Hot Tea</td>
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</tbody>
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Egg Whites, Turkey Bacon and Turkey Sausage are available upon request - nominal fee may apply

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**ecoGrounds™ Coffee, Decaf and Hot Tea**

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. Includes appropriate condiments.

Yogurt Parfaits  $6.99 per person
Choose two (2) of our Yogurt Parfait flavors to add to your breakfast buffet!
- Blueberry Orange Yogurt Parfait  410 Cal each
- Apple, Raisin and Cranberry Yogurt Parfait  400 Cal each
- Honey Ginger Pear Yogurt Parfait  440 Cal each
- Strawberry Yogurt Parfait  370 Cal each

Assorted Cereal Cups served with Milk  $3.99
- Individual Cereal Cups  140-260 Cal each
- Milk  120 Cal each

Oatmeal Bar  $7.19 per person
Try our delicious Oatmeal served with a variety of toppings
- Oatmeal  150 Cal/8 oz. serving
- Dried Cranberries  20 Cal/0.5 oz. serving
- Raisins  40 Cal/0.5 oz. serving
- Walnuts  90 Cal/0.5 oz. serving
- Maple Syrup  70 Cal/1 oz. serving

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 12 guests or more. Includes appropriate condiments.

Deli Express  $11.49 per person
Build your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads, Chips, Assorted Craveworthy™ Cookies and Beverages

Deli Platter
(Turkey, Roast Beef, Ham, Tuna)  25-80 Cal/1 oz. serving
Cheese Tray (Cheddar & Swiss)  110 Cal/1 oz. serving
Relish Tray (Lettuce, Tomato, Onion, Pickles, Pepperoncini)  20 Cal/1 oz. serving
Assorted Baked Breads & Rolls  110-160 Cal each
Side Salads  25-330 Cal each
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

Premium Box Lunches

Asiago Roast Beef Focaccia  $13.99 each
Roast Beef, Asiago, Kale Spring Mix, Tomato and Onion on Focaccia with Spicy Mayonnaise  590 Cal each
Grilled Vegetable Pasta Salad  130 Cal/3 oz. serving
Individual Bag of Chips  100-160 Cal each
Freshly Baked Brownie  250 Cal/2.25 oz. serving
Bottled Water  0 Cal each
Salmon Caesar Salad  $13.99 each
Caesar Salad with Grilled Salmon, Shredded Parmesan Cheese, and Seasoned Croutons  590 Cal each
Bakery Fresh Roll  160 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

Sesame Tofu Garden Salad  $11.99 each
Grilled Tofu, Bell Pepper, Carrot and Cucumber on Greens with Balsamic Vinaigrette  290 Cal each
Bakery Fresh Roll  160 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

Classic Box Lunch  $10.29 each
Your choice of Classic Sandwich - served with Potato Chips, Craveworthy Cookies and Bottled Water

Classic Selection Sandwich  140-750 Cal each
Individual Bag of Chips  100-160 Cal each
Assorted Craveworthy™ Cookies  250-310 Cal each
Bottled Water  0 Cal each

Classic Selections Buffet  $15.49 per person
Your Choice of three (3) Sandwiches and two (2) Side Salads accompanied by Potato Chips, Mayonnaise and Mustard, Pickles, Assorted Craveworthy™ Cookies, Iced Water and Iced Tea

Classic Selection Sandwiches  140-750 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

Classic Sandwich Options

(Available Sandwich Choices for the Classic Boxed Lunch and Classic Selections Buffet)

Thinly Sliced Pastrami with Slaw and Thousand Island Dressing on Rye Bread (440 Cal each)
Ham with Black Bean Spread, Roasted Corn Salad and Barbecue Chipotle Dressing on Ciabatta (430 Cal each)
Chicken, Pepper Jack Baguette with Pico and Guacamole (740 Cal each)
Turkey, Bacon and Cheddar Baguette with a Mesquite Mayonnaise (600 Cal each)
Meditteranean Veggie Ciabatta (480 Cal each)

Additional Premium Box Lunch options available upon request! Please contact your catering professional at 612.624.7173
SANDWICHES & SALADS

Classic Collections

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

The Executive Luncheon $17.79 per person
Choice of three (3) Sandwiches and two (2) Side Salads accompanied by Potato Chips, Mayonnaise 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

Executive Luncheon Sandwiches
(Available Sandwich Choices for the Executive Luncheon Buffet)

Garden Vegetables with Boursin, Aged Provolone and Roasted Garlic Aioli on Ciabatta (570 Cal each)
Granny Smith Apples and Brie with Fresh Baby Spinach on a French Baguette (760 Cal each)
Chicken Teriyaki with Pineapple Salsa on a Ciabatta (510 Cal each)
Ham and Swiss Ciabatta with a Red Onion Apricot Relish (530 Cal each)
Southwest Smoked Turkey Ciabatta with Fresh Spinach and Chipotle Mayonnaise (500 Cal each)
Roast Beef, Caramelized Onion and Kale Ciabatta (500 Cal each)

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

Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (90 Cal/3 oz. serving)
Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapeños, Fresh Cilantro and Fresh Garlic (120 Cal/4 oz. serving)
White Bean Herb Salad with Bell Peppers, Green Onions, Fresh Basil & Parsley tossed in a Balsamic Vinaigrette (90 Cal/3.33 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)
Chilled Dill Cucumber Salad with Onions tossed in Italian Dressing (60 Cal/3.75 oz. serving)
Red-skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing (240 Cal/4 oz. serving)
Traditional Garden Salad with a Balsamic Vinaigrette Dressing (50 Cal/3.5 oz. serving)
Fresh Fruit Salad (40 Cal/2.5 oz. serving)

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BUFFETS

Themed Buffets
12 Person Minimum. Includes appropriate condiments and choice of beverages.

**All-American Picnic**  $14.49 per person
- 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
- Garnish Tray (Lettuce, Onions, Pickles, Tomatoes) 0-10 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
- Lemonade 90 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

**Baked Potato Bar**  $16.49 per person
Top your own Baked Potatoes. Served 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, Crumbled 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
- Lemonade 90 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving
- Add on Cheddar Cheese Sauce 60 Cal/1 oz. serving

**Taste of Spain**  $17.49 per person
- 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
- Lemon Cheesecake Bars 300 Cal/2.75 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Lemonade 90 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving
BUFFETS

Themed Buffets

12 Person Minimum. Includes appropriate condiments and choice of beverages.

**Yucatan Bowl** $17.49 per person
Create your own Yucatan Bowls with White or Brown Rice, Charro Beans, Braised Chicken & Beef, Roasted Portobello Mushrooms, Toppings Bar including two (2) salsas, and sides

- Romaine Lettuce Salad 0 Cal/0.25 oz. serving
- Avocado Ranch Dressing 80 Cal/1 oz. serving
- 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
- Braised Chicken 180 Cal/3 oz. serving
- Braised Beef 160 Cal/3 oz. serving
- Roasted Portobello Mushrooms 20 Cal/2.25 oz. serving
- Guacamole 40 Cal/1.33 oz. serving
- Pico De Gallo 10 Cal/1 oz. serving
- Salsa Verde 10 Cal/1 oz. serving
- Salsa Roja 20 Cal/1 oz. serving
- Dulce de Leche Brownie 220 Cal/2.25 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Lemonade 90 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

**East Asian Eats** $17.49 per person
Jasmine Rice, LoMein Noodles, Lemongrass Chicken, Asian Tofu with Teriyaki Sauce and sides with two (2) dipping sauces

- Egg rolls 190 Cal each
- Crispy Wontons 25 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
- LoMein Noodles Yakisoba 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
- Iced Tea 5 Cal/8 oz. serving
- Lemonade 90 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

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

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BUFFETS

Themed Buffets
12 Person Minimum. Includes appropriate condiments and choice of beverages.

Eastern Influences  $18.49 per person
- Coriander Peanut Ramen Noodles  200 Cal/3 oz. serving
- Szechuan Green Beans  110 Cal/4 oz. serving
- Teriyaki Salmon on Sweet Chili Cucumber  80 Cal/2.25 oz. serving
- Orange Glazed Chicken with Sesame Spinach  230 Cal/5.5 oz. serving
- Gourmet Dessert Bars  300-370 Cal/2.75-3.25 oz. serving
- Iced Tea  5 Cal/8 oz. serving
- Lemonade  90 Cal/8 oz. serving
- Iced Water  0 Cal/8 oz. serving

Tasty Tex Mex  $17.49 per person
Create your own Fajitas with our Tex Mex sides including choice of two (2) salsas!
- Tortilla Chips  90 Cal/1 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
- Pico De Gallo  10 Cal/1 oz. serving
- Salsa Verde  10 Cal/1 oz. serving
- Salsa Roja  20 Cal/1 oz. serving
- Cinnamon Crisps  20 Cal each
- Iced Tea  5 Cal/8 oz. serving
- Lemonade  90 Cal/8 oz. serving
- Iced Water  0 Cal/8 oz. serving

Heartland Buffet  $15.49 per person
- 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
- Lemonade  90 Cal/8 oz. serving
- Iced Water  0 Cal/8 oz. serving
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 Two Beverages. Includes appropriate condiments.

Buffet Starters

- Seasonal Garden Salad with Balsamic Vinaigrette (50 Cal/3.5 oz. serving)
- Classic Caesar Salad (160 Cal/2.7 oz. serving)
- Baby Spinach Salad with Bacon, Hard Boiled Eggs and Balsamic Vinaigrette (60 Cal/2.15 oz. serving)
- Greek Salad with Crumbled Feta (120 Cal/3.25 oz. serving)
- Autumn Vegetable Salad with Red Wine Vinaigrette (80 Cal/3 oz. serving)
- Traditional Hummus with Toasted Pita (130 Cal/1.75 oz. serving)

Buffet Entrées

- Grilled Chicken Breast with Cider Marinade (120 Cal/3 oz. serving) $17.49 per person
- Lemon Artichoke Chicken Breast (200 Cal/5.75 oz. serving) $17.49 per person
- Grilled Salmon in a Moroccan Herb Sauce (120 Cal/2.75 oz. serving) $18.99 per person
- Beef Pot Roast with Dijon Shallot Sauce (330 Cal/5 oz. serving) $17.99 per person
- Quinoa Cake topped with Tomato Chutney (270 Cal/4.25 oz. serving) $15.99 per person
- Cavatappi a la Toscana (430 Cal/15.75 oz. serving) $15.99 per person
- Slow-Roasted Turkey Breast rubbed with Sage and Thyme (130 Cal/3 oz. serving) $17.49 per person

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)
- Quinoa and Wild Rice Blend (110 Cal/2.6 oz. serving)
- Mashed Sweet Potatoes (110 Cal/4.25 oz. serving)
- Fresh Herbed Vegetables (100 Cal/3.5 oz. serving)

Buffet Desserts

- Bread Pudding with Caramel Apple Sauce (370 Cal/6.75 oz. serving)
- Cherry Cheesecake Tarts (170 Cal/1.75 oz. serving)
- Assorted Miniature Cool Citrus Cheesecakes (80 Cal/4.25 oz. serving)
- Dulce de Leche Brownie (220 Cal/2.25 oz. serving)
- Individual Vanilla Raspberry Bundt Cake (520 Cal each)
- Spiced Carrot Cake (370 Cal/slice)
RECEPTIONS

Hors d’oeuvres

Hors d’oeuvres are priced per dozen. Includes appropriate condiments.

Reception Hors d’oeuvres (Hot)
- Balsamic Fig and Goat Cheese Flatbread (80 Cal each) $25.99
- Beef Satay (35 Cal each) $25.99
- Brie, Pear and Almond Beggar’s Purses (90 Cal each) $29.99
- Chicken Empanadas (70 Cal each) $23.99
- Chicken Satay (20 Cal each) $23.99
- Chili Lime Chicken Kabobs (40 Cal each) $29.99
- Crispy Asiago Asparagus (50 Cal each) $22.99
- Spanakopita (70 Cal each) $22.99
- Vegetable Spring Rolls (15 Cal each) $33.99

Reception Hors d’oeuvres (Cold)
- Assorted Petit Fours (60-140 Cal each) $25.99
- Black and White Petit Fours (70 Cal each) $23.99
- Chocolate-Caramel Mini Cheesecakes (80 Cal each) $23.99
- Antipasto Kabobs (45 Cal each) $30.99
- Mediterranean Antipasto Skewers (70 Cal each) $31.99
- Mushroom Profiterole (45 Cal each) $33.99

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

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 Platters and Dips

**Classic Sliced Cheese Tray** $41.99 Serves 12
- Classic Sliced Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini (290 Cal/2.75 oz. serving)

**Fresh Garden Crudités** $35.99 Serves 12
- Fresh Garden Crudités with Ranch Dill Dip (120 Cal/5 oz. serving)

**Fresh Seasonal Fruit** $35.99 Serves 12
- Fresh Seasonal Fruit Tray (40 Cal/2.5 oz. serving)

**Grilled Vegetables** $27.79 Serves 12
- Grilled Vegetables served with Balsamic Vinaigrette (70 Cal/3 oz. serving)

**Flatbread Crisps served with Spreads** $34.99 Serves 12
- Flatbread Crisps served with Hummus, Harissa and Tzatziki (420 Cal/6.18 oz. serving)

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**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 your Catering Professional at (612) 624-7173 to create a menu customized for your special event.

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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 12 guests or more. Includes appropriate condiments.

Dim Sum $10.99
A little afternoon Dim Sum to spice up your afternoon meeting or evening reception served with two (2) dipping sauces

- 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
- Sweet & 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 $15.49
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
- Gourmet Dessert Bars 300-370 Cal/2.75-3.25 oz. serving

Breaks

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

Chocoholic $7.69
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 $3.59
Raise the bar!

- Granola Bars 190 Cal each
- Fruit Filled Bars 160 Cal each
- Breakfast Bars 250 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

Grown Up Mac and Cheese $15.49
Our gourmet Mac & Cheese topped your way

- Chipotle Macaroni and Cheese 460 Cal/8 oz. serving
- Grilled Chicken Breast 160 Cal/3 oz. serving
- Roasted Mushrooms 90 Cal/3.5 oz. serving
- Sautéed Shrimp 130 Cal/4 oz. serving

Breads and Spreads $5.49
Looking for a variety of flavors to spice up your meeting? Try dipping our Tortilla Chips, Pita Chips and Crusty Crostini into your choice of four (4) spreads, accompanied by a Fresh Fruit Tray

- Tortilla Chips 190 Cal/2 oz. serving
- Pita Chips 140 Cal/2 oz. serving
- Crostini 40 Cal each
- 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 & Roasted Garlic Dip 260 Cal/2 oz. serving
- Traditional Hummus 80 Cal/2 oz. serving
- Artichoke & Olive Dip 140 Cal/2 oz. serving
- Fresh Fruit Tray 40 Cal/2.5 oz. serving

1851 Heritage Catering
BEVERAGES & DESSERTS

Beverages
Includes appropriate accompaniments

- Bottled Water (0 Cal each) $1.99 Each
- Assorted Sodas (Can) (0-150 Cal each) $1.79 Each
- Assorted Individual Fruit Juices (110-170 Cal each) $2.29 Each
- Regular Coffee, Decaf and Hot Water with Assorted Tea Bags (0 Cal/8 oz. serving) $19.99 Per Gallon
- Iced Tea (5 Cal/8 oz. serving) $17.99 Per Gallon
- Lemonade (90 Cal/8 oz. serving) $17.99 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
- Peach Mint Infused Lemonade (95 Cal/8 oz. serving) $19.99 Per Gallon
- Lemon Ginger Infused Iced Tea (5 Cal/10 oz. serving) $19.99 Per Gallon
- Raspberry Lime Infused Iced Tea (15 Cal/8 oz. serving) $19.99 Per Gallon

Desserts
Available for 12 guests or more

- Assorted Blondies (240-300/1.875-2.38 oz.) $14.49 Per Dozen
- Assorted Craveworthy™ Cookies (250-310 Cal each) $13.49 Per Dozen
- Bakery-fresh Brownies (250 Cal/2.25 oz. serving) $14.49 Per Dozen
- Gourmet Dessert Bars (300-370 Cal/2.75-3.25 oz. serving) $16.49 Per Dozen
- Chocolate Covered Strawberries (40 Cal each) $20.49 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. 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.

Contact Us Today
612.624.7173
Go1851@umn.edu
www.1851heritage.catertrax.com
Prices effective until 08/01/2019
Prices may be subject to change

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.