2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request. The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles (i.e., 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.

LIMITED TIME OFFER
Menu Available January 1 – February 28, 2020

Get It Before It’s Gone!

To order or for more information, contact us today
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go1851@umn.edu
www.1851heritage.catertrax.com

Let us create the perfect menu.
Call us today to place your order!

Winter Garden
Authentically Inspired Global Bowls & Platters

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### International Favorites

**Sweet Tastes**

**5 SPICE VEGGIE QUINOA BOWL**
- Sweet potatoes, peas, carrots, kale, quinoa
- 240 Cal per 6 oz. serving

**SHAWARMA BEEF BOWL**
- Shawarma-spiced beef, tumeric and quinoa, basmati rice, slaw, zhug, Tzatziki sauce
- 470 Cal per 11 oz. serving

**CHICKEN SHAWARMA AND HUMMUS BOWL**
- Chicken & Chickpea Shawarma, Broccoli, Beet Slaw, Hummus, Tahini, Zhug Sauce, Pita
- 390 Cal per 6.7 oz. serving

**GOCHUJANG SALMON SUSHI RICE BOWL**
- Flaked salmon, cucumber, sushi rice and quinoa blend
- 370 Cal per 12 oz. serving

**KALE QUINOA PANZANELLA SALAD**
- Quinoa, tomato, red onion, kale, spring mix, baguette chips, sun-dried tomato vinaigrette
- 490 Cal per 12 oz. serving

**MEDITERANEAN GRAIN BOWL**
- Chicken, farro, roasted cauliflower, feta cheese, kalamata olives, lemon garlic vinaigrette
- 710 Cal per 16 oz. serving

**BEET, ORANGE AND ALMOND SALAD**
- With herb vinaigrette
- 80 Cal per 2.5 oz. serving

**APPLE WALNUT SALAD**
- Honey-cinnamon-yogurt dressing
- 80 Cal per 4 oz. serving

**HUMMUS AND PITA WEDGES**
- 150 Cal per 1.75 oz. serving

**CHICKEN SHAWARMA AND HUMMUS BOWL**
- Chicken & Chickpea Shawarma, Broccoli, Beet Slaw, Hummus, Tahini, Zhug Sauce, Pita
- 390 Cal per 6.7 oz. serving

**PEAR AND PECAN**
- 390 Cal each

**BLUESTRAWBERRY**
- 390 Cal each

**ROASTED STRAWBERRY**
- 360 Cal each

**PEAR AND PECAN**
- 390 Cal each

**ADD OVERNIGHT CHIA OATS**
- 3.99 USD per guest

**WINTER GARDEN GRAIN BOWLS & PLATTERS**
- 13.99 USD per guest

Choose 2 Bountiful Grain Bowls or Platters, & 1 Savory Side accompanied by a Tray of Assorted Cookies and Beverages.

**MEDITERANEAN GRAIN BOWL**
- Chicken, farro, roasted cauliflower, feta cheese, kalamata olives, lemon garlic vinaigrette
- 710 Cal per 16 oz. serving

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- Quinoa, tomato, red onion, kale, spring mix, baguette chips, sun-dried tomato vinaigrette
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- Chicken & Chickpea Shawarma, Broccoli, Beet Slaw, Hummus, Tahini, Zhug Sauce, Pita
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### Fresh & Seasonal

**SAVORY SIDES**

*Included with the Winter Garden Grain Bowls*

- **APPLE WALNUT SALAD**
  - Honey-cinnamon-yogurt dressing
  - 80 Cal per 4 oz. serving

- **BEET, ORANGE AND ALMOND SALAD**
  - With herb vinaigrette
  - 80 Cal per 2.5 oz. serving

- **HUMMUS AND PITA WEDGES**
  - 150 Cal per 1.75 oz. serving

- **ASIAN SLAW**
  - 20 Cal per 2.5 oz. serving

- **MOROCCAN CARROT SALAD**
  - 130 Cal per 2.5 oz. serving

**ASSORTED COOKIES & BEVERAGES**

*Included with the Winter Garden Grain Bowls*

- **TRAY OF ASSORTED COOKIES**
  - 270-290 Cal each

- **ICED TEA AND WATER**
  - 0 Cal per 8 oz. serving

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### The Shakshuka Special

- **$9.99 per guest**

  **SHAKSHUKA**
  - Poached eggs with spiced tomato sauce
  - 230 Cal per 4.5 oz. serving

  **GRILLED NAAN**
  - 250 Cal each

  **ROASTED RED BLISS POTATOES**
  - 80 Cal per 3 oz. serving

  **SEASONAL SLICED FRUIT**
  - 40 Cal per 2.5 oz. serving

**ADD OVERNIGHT CHIA OATS**
- 3.99 USD per guest

**ADDITIONAL ITEMS**

- **COFFEE**
  - 0 Cal per 8 oz. serving

- **ICED WATER**
  - 0 Cal per 8 oz. serving