



## 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 **TRAY (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

#### **EGG & BACON BREAKFAST** \$54.99 **SANDWICH TRAY (830 CAL EACH)**

Eggs, Gruyère cheese, nitrate free bacon, roasted tomato & house-made guacamole on croissant, english muffin or GF bread. SERVES 12

#### **YOGURT PARFAIT** \$3.99/PERSON **(220 CAL/SERVING)**

Organic yogurt, seasonal fruit, French Meadow granola.

#### **WHOLE FRESH FRUIT** \$11.99/DOZ. **(80-110 CAL)**

#### **ASSORTED BAGELS** \$17.99/DOZEN **(210 CAL/EACH)**

### BEVERAGES

#### **PEOPLES ORGANIC COFFEE** \$29.99 **JOE-TO-GO (0 CAL/8oz)**

Fair trade organic small batch roasted coffee. your choiceregular or decaf. SERVES 12-16

#### **HOT-TEA-TO-GO (0 CAL/8oz)** \$23.99

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 6 - 8

#### **BOTTLED JUICE** \$1.99/ea **(140-150 CAL/10oz)**

#### **BOTTLED WATER (0 CAL)** \$1.79/ea

#### **ASSORTED SODAS (12oz)** \$1.49/ea **(0-150 CAL)**

#### **LEMONADE (70 CAL/8oz)** \$15.99/gal

#### **ICED WATER (0 CAL/8oz)** \$6.99/gal

#### **ICED TEA (0 CAL/8oz)** \$15.99/gal

### SNACKS

*All snacks serve 10.*

#### **MIXED NUTS (175 CAL/10oz)** \$19.99

#### **CHEX MIX (120 CAL/10oz)** \$11.99

#### **POPCORN (110 CAL/10oz)** \$9.99

#### **CHICAGO-STYLE POPCORN** \$13.99 **(160 CAL/10oz)**

#### **CHIPS & SALSA // GF & V** \$12.99 **(150 CAL/2oz)**

#### **PRETZELS (110 CAL/10oz)** \$9.99

#### **COOKIES** \$10.29/DOZEN **(180-200 EACH)**

#### **DESSERT BARS** \$12.99/DOZEN

### GREENS

*Small serves 10. Large serves 16. All boxed lunches come w/chips and dessert bar or organic apple.*

#### **CITY COBB // GF** **(530-560 CAL/SERVING)** **S: \$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.

#### **SPA // GF & V** **(430-470 CAL/SERVING)** **S: \$43.99 L: \$87.99 BOX \$13.99**

Organic mixed greens, edamame, seasoned & grilled organic tofu, beets, red bell peppers, toasted sunflower seeds, carrots, scallions & avocado lime dressing.

#### **ZEN // GF & V** **(490-530 CAL/SERVING)** **S: \$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** **(360-420 CAL/SERVING)** **S: \$43.99 L: \$87.99 BOX: \$13.99**

Organic mixed greens, red cabbage, cucumbers, cilantro, red peppers, toasted sesame seeds & sesame vinaigrette.

## SANDWICHES AND WRAPS

Small serves 10. Large serves 16.

Boxed lunches come with chips and dessert bar or organic apple.

### WRAPS

#### MEDITERRANEAN (260 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Organic romaine, carrots, Feta Cheese, roasted red peppers, mixed olives & house-made hummus in a 100% sprouted organic tortilla.

#### CALIFORNIA (250 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

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)

S: \$38.99 L: \$63.99 BOX: \$13.99

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)

S: \$38.99 L: \$63.99 BOX: \$13.99

Curried chicken salad, roasted tomatoes & organic spinach in a 100% sprouted organic tortilla.

### RUSTIC SANDWICHES

#### CHICKEN CRANBERRY (230 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Grilled chicken breast, white Cheddar cheese, dried cranberries, red onion, organic romaine, and honey mustard on organic whole grain bread.

#### TUNA SALAD (260 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Tuna salad, white Cheddar cheese & organic greens on organic whole grain bread.

#### TURKEY & BACON CROISSANT (340 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

All natural turkey, nitrate free bacon, Swiss cheese, organic spinach, roasted tomatoes, & garlic aioli on a butter croissant.

### CIABATTA HOAGIES

#### THREE CHEESE & ROASTED TOMATOES (330 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Garlic aioli, roasted tomato, organic spinach, white Cheddar cheese, Swiss cheese & Fontina cheese on a ciabatta roll.

#### GRILLED CHICKEN & GOAT CHEESE (350 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Garlic aioli, roasted red peppers, organic spinach, herbed goat cheese and grilled chicken breast on a ciabatta roll.

#### HAM & WHITE CHEDDAR (250 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Maple Dijon mustard, roasted tomatoes, spinach, white Cheddar cheese and all natural sliced ham on a ciabatta roll.

#### ROAST BEEF & HAVARTI (310 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Wasabi aioli, roasted tomatoes, caramelized onions, spinach, Havarti cheese and all natural roast beef on a ciabatta roll.

#### TURKEY & SWISS (250 CAL/SERVING)

S: \$38.99 L: \$63.99 BOX: \$13.99

Cranberry aioli, roasted red peppers, spinach, Swiss cheese and all natural smoked turkey on a ciabatta roll.

## PLATTERS

Small serves 15-20.

Medium serves 30-35

Large serves 45-50

#### SEASONAL FRUIT TRAY (35 CAL/ 2.5oz SERVING)

S: \$39.99 M: \$59.99 L: \$89.99

#### FRUIT & CHEESE TRAY W/ CRACKERS (310 CAL/ 4.2oz SERVING)

S: \$49.99 M: \$69.99 L: \$89.99

#### DOMESTIC CHEESE TRAY W/ CRACKERS (290 CAL/ 2.75oz SERVING)

S: \$61.99 M: \$79.99 L: \$99.99

#### SEASONAL VEGETABLE TRAY (120 CAL/ 5oz SERVING)

S: \$37.99 M: \$58.99 L: \$76.99

With herb buttermilk dip

#### MEAT & CHEESE TRAY W/ CRACKERS (340 CAL/ 6.2oz SERVING)

S: \$69.99 M: \$79.99 L: \$99.99

 **DINING**  
UNIVERSITY OF MINNESOTA

 **1851 HERITAGE  
CATERING**  
UNIVERSITY OF MINNESOTA

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  
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