Menu available March 1–May 31, 2018

LIMITED TIME OFFER
OFFERS GUESTS HEALTHY AND DELICIOUS CHOICES THAT CELEBRATE NATURE’S BOUNTY

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.

To order or for more information, contact us today
go1851@umn.edu
www.1851heritage.catertrax.com
612.624.7173

EMBRACE NATURE’S VIBRANT BOUNTY AT YOUR NEXT SPRING EVENT

Flavor in Bloom
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Carne Asada
Marinated in a blend of red wine vinegar, orange juice, oregano, cumin and garlic
160 Cal per 3-oz. serving

Grilled Ancho-Lime Chicken
Marinated in a blend of lime juice, cilantro, ancho pepper and garlic
120 Cal per 4-oz. serving

Grilled Montreal Salmon
Encrusted with Montreal steak seasoning
160 Cal per 4-oz. serving

Crispy Tofu
Panko-coated, pan-fried, seasoned with Chinese five–spice powder
270 Cal per 4-oz. serving

Savory Lentil Meatballs
Spicy lentil–and–oat vegetarian meatballs
360 Cal per 4-oz. serving

Thai Basil–Mango Salsa
Tangy salsa made with mango, lime juice and sweet Thai chili sauce
30 Cal per 1-oz. serving

Chermoula Crema
Refreshing blend of sour cream, yogurt, fresh cilantro, parsley, cumin, ginger and lemon
40 Cal per 1-oz. serving

Kale Chimichurri
Chopped kale and parsley with garlic, oregano, crushed red pepper, red wine vinegar and oil
190 Cal per 2-oz. serving

Chickpea Salad
With fresh cucumbers, red onions, green and red peppers, celery and garlic in a spicy lemon dressing
130 Cal per 2.5-oz. serving

Asian Edamame Salad
With shiitake mushrooms, bean sprouts, radishes, scallions, fresh basil and mint, tossed in homemade ginger dressing
130 Cal per 3-oz. serving

Greek Quinoa Salad
With cucumber, tomato, feta and fresh herbs in a lemony balsamic vinaigrette
100 Cal per 3.5-oz. serving

Coconut Mango Parfait
Sweet, coconut-infused jasmine rice layered with mango puree and topped with toasted coconut
230 Cal per 3-oz. serving

Dulce de Leche Brownie
Fudgy brownie bites with creamy dulce de leche swirls
220 Cal per 2-oz. serving

Arugula Salad
With cauliflower, beets, farro and shredded Parmesan cheese
140 Cal per 2.5-oz. serving

Grilled Spring Vegetables
Vegetable selection lightly dressed in balsamic vinaigrette
70 Cal per 3-oz. serving

Roasted Yukon Gold Potatoes
Potatoes are lightly seasoned and roasted to perfection
110 Cal per 2.75–oz. serving

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