

Our talented catering Culinaricians have taken advantage of spring FLAVOURS by creating delightfully new dishes featuring the best of the season. These delicious dishes are available only for a limited time. Contact our catering department to schedule your next event with delicious food and impeccable service.

To place an order or speak with the catering department please call 996-6565, email [catering@uab.edu](mailto:catering@uab.edu) or order online at [uab.edu/catering](http://uab.edu/catering)

## FLAVOURS OF SPRING



### BREAKFAST Á LA CARTE SELECTIONS & ADD ONS



TRAIL MIX PARFAIT

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310 cal | 1 parfait  
Vanilla Greek yogurt layered with dark cherry compote, with house made trail mix of almonds, walnuts, flax & sesame seed.

#### MINDFUL EGGS BENEDICT AND FRESH FRUIT

150 cal | 1 Benedict + ¼ cup fruit  
Toasted whole wheat English muffin, mashed avocado, ham, sautéed spinach & onion, steamed egg beaters, hollandaise sauce.

15 person minimum on Breakfast selection

### PREMIUM ADVENTURE BOX TAKEAWAYS

#### SALMON COBB CRUDITE ADVENTURE BOX

420 cal | 1 box  
Salmon, bacon, hard cooked egg, cucumbers, banana peppers and tomatoes with crostini and pickle dip.

#### SEOUL ADVENTURE BOX

560 cal | 1 box  
Korean grilled chicken, Asian noodles, pickled carrots, wilted spinach, toasted sesame seeds, edamame & lemongrass sauce.

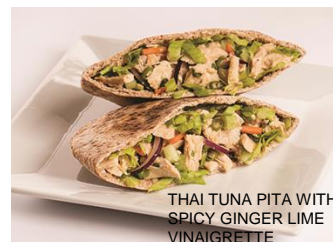
15 person minimum on Adventure box



### PREMIUM TAKEAWAYS SALADS & SANDWICHES

#### TAHINI GINGER CRUNCH WRAP

330 cal | 1 wrap  
Non GMO tortilla, cucumber, peppers, snap peas, apple cider cabbage slaw, tossed with a tahini almond ginger dressing.



THAI TUNA PITA WITH SPICY GINGER LIME VINAIGRETTE

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420 cal | 2 pita halves  
Thai tuna salad with spicy ginger lime vinaigrette, cucumbers, cilantro, red onions and carrots in a pita pocket.

#### KOREAN NOODLE SALAD WITH CHICKEN

650 cal | 1 salad  
Korean style noodles, stir fry vegetables and chicken with a Korean barbecue sauce.

15 person minimum on salads & takeaways

### LUNCHEONS & DINNERS

#### MEXICAN MEATLOAF WITH ROASTED WEDGE POTATOES

530 cal | 1 plate  
Meatloaf seasoned with bread crumbs, taco seasoning, onions, carrots and peppers with Mexican glaze served with potatoes.

#### SPICY TOASTED JASMINE RICE AND CHICKEN

570 cal | 12 oz.  
Jasmine rice with chicken breast, jalapeño peppers, dried cranberries, green onions and cilantro.

#### BAKED TILAPIA WITH ANCHOVY LEMON BUTTER

190 cal | 1 fillet + 1 tablespoon sauce  
Baked tilapia with an anchovy lemon butter sauce.

#### SPINACH, BEETS AND CABBAGE SALAD WITH PUFFED AMARANTH

190 cal | 8 oz.  
Baby spinach, red onion, cabbage, jicama, beets, pineapple, avocado and puffed amaranth with a soy and cider vinaigrette.

15 person minimum on Luncheon & Dinner meals

Consult with our catering team on adding a soup du jour to your package.

 VEGAN  VEGETARIAN  MINDFUL



**UAB Flavours Catering**  
(205) 996-6565  
[catering@uab.edu](mailto:catering@uab.edu)





# FLAVOURS OF SPRING



## HORS D'OEUVRES

Minimum group size 25.

### GINGER SHRIMP WITH TOMATO RELISH 25 cal | 1 skewer + 1 teaspoon relish

Skewered Shrimp Marinated in Ginger, Garlic and Cilantro, Served with a Sweet Tomato Relish.

### FRENCH GREEN LENTIL CANAPE 45 cal | 1 canape

Pan Crusted Italian Seasoned Lentil and Navy Bean Patty on a Flat Bread Triangle Topped with Charred Tomato Jam.

15 person minimum Hors D'oeuvres



## SPECIALTY STATIONS

Minimum group size 25.

### HAPPY DAYS 50'S DINER

#### MINI GRILLED CHEESE SANDWICH 370 cal | 1 sandwich

The classic grilled cheese Texas style...gooey melted American cheese between crunchy golden brown slices of Texas toast.

#### MINI CREAMY TOMATO BASIL SOUP 70 cal | 4 oz.

Creamy tomato soup with fresh vegetables and basil.

#### MINI CHEESEBURGER SLIDERS 180 cal | 1 slider

Mini burgers topped with American cheese and our Signature Sauce.

#### CORNDOGS 360 cal | 1 corndog

#### POTATO SALAD 142 cal | 3 oz.

Red potatoes, hard-cooked eggs, celery, green onion and sweet pickle blended with Mayonnaise.

#### FRIZZLED ONION RINGS 30 cal | 1 oz.

#### GOURMET ROOTBEER FLOAT 100 cal | 4 oz.

## BEVERAGES & DESSERTS

### CUCUMBER LIME AQUA FRESCA 150 cal | 8 oz.

Cucumber, lime juice, spearmint and sugar.

### AMARETTO CHEESECAKE WITH OREO 470 cal | 1 slice

Cheesecake with Oreo crust and almond filling, topped with sour cream and toasted almonds.



### BUTTERY RUM PECAN BROWNIES 430 cal | 1 PIECE

Buttery rum infused brownie studded with pecans and butterscotch chips.

15 person minimum on  
Beverages & Desserts

Spring Catering Specials and Prices are available through May 31, 2017. Please contact our catering department directly with any questions.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information available

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