



FLAVOURS

by *sodexo*^{*}



FLAVOURS

TASTE : SUCCESS

In a world where time is at a premium, those instances where people come together deserve to be special. Whether celebrating achievement or planning future success, it is during these gatherings where the power of human connectivity is elevated. This same connectivity is what makes Flavours decidedly different.

Flavours is about more than great food. It's about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceeds the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

Our team of catering professionals are specially trained to assist you with planning your event, focusing on every aspect to ensure quality and consistency. Our culinary team has created a variety of healthy and delicious menus to fit a wide range of budgets and tastes, including choices featuring organic and/or sustainable selections. They also take great pride in using the best possible local and seasonal ingredients, regional favorites and specialty items that will make your event a complete success.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at 205-996-6565, email us at catering@uab.edu or visit our website: www.uab.edu/catering.

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

 = Mindful  = Vegetarian  = Vegan

We can also accomodate Gluten Free requests.

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; both high quality plastic serviceware and china are available, upon request. Freshly Brewed Starbucks Coffee (8 fluid oz. | 0 cal), Starbucks Decaffeinated Coffee (8 fluid oz. | 0 cal) and Numi Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Numi Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 15 or more.

CONTINENTAL

\$9.89 per guest

Seasonal Cubed Fresh Fruit   (4 oz. | 50 cal)

CHOOSE TWO:

Assorted Breakfast Breads	(1 slice 200 - 280 cal)	Coffee Cake	(1 square 240-450 cal)
Mini Scones	(1 each 180-210 cal)	Danish	(1 each 270 cal)
Cinnamon Rolls	(1 each 110 - 450 cal)	Assorted Bagels	(1 bagel 200-280 cal)

Cream Cheese, Butter and Assorted Jellies

Chilled Carafes of Orange Juice	(8 fluid oz. 140 cal)
Cranberry Juice	(8 fluid oz. 210 cal)
Apple Juice	(8 fluid oz. 90 cal)

BREAKFAST BUFFET

\$11.79 per guest

Seasonal Sliced Fresh Fruit (4 oz. | 50 cal)

CHOOSE TWO:

Mini Croissants	(1 each 280 - 310 cal)
Assorted Muffins	(1 each 330 - 450 cal)
Low-Fat Muffins	(1 each 160 - 210 cal)
Assorted Breakfast Breads	(1 slice 370 - 400 cal)
Coffee Cake	(1 square 240 - 450 cal)
Southern Style Biscuits	(1 each 290 cal)

Cream Cheese, Butter and Assorted Jellies

Hashbrowns (4 oz. | 130 cal) or O'Brien Potatoes (4 oz. | 190 cal)

CHOOSE TWO:

Crispy Bacon	(1 slice 50 cal)
Turkey Bacon	(1 slice 10 cal)
Breakfast Ham Steak	(1/2 slice 50 cal)
Sausage	(2 links 100 cal)
Turkey Link Sausage	(2 links 70 cal)

CHOOSE ONE:

Broccoli Cheddar Quiche	(1 wedge 330 cal)
Garden Vegetable Quiche	(1 wedge 350 cal)
Grilled Zucchini, Bacon and Swiss Frittata	(1 wedge 250 cal)
Scrambled Eggs	(4 oz. 190 cal)
Scrambled Eggs with Cheddar	(4 oz. 240 cal)

ADD ON:

Pancakes (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter (3 halves | 200 cal)

\$2.99 per guest

Chilled Carafes of Orange Juice	(8 fluid oz. 140 cal)
Cranberry Juice	(8 fluid oz. 210 cal)
Apple Juice	(8 fluid oz. 90 cal)

A FRESH NEW START



HEALTHY START

\$9.89 per guest

Seasonal Cubed Fresh Fruit 🍓 ✓

(4 oz. | 50 cal)

Non-Fat Greek Yogurt Parfaits Made with Fresh Berries and Low-Fat Granola (1 each | 200 - 360 cal)

Multi-Grain Bars and Granola Bars ✓

(1 each | 90 - 160 cal)

Whole Wheat Bagels, Low-Fat Cream Cheese and Assorted Jellies (1 each | 60 - 100 cal)

Chilled Carafes of Orange Juice (8 fluid oz. | 140 cal)

Cranberry Juice (8 fluid oz. | 210 cal)

Apple Juice (8 fluid oz. | 90 cal)

OMELET STATION

\$11.79 per guest

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 50 or more.

Cage-Free Eggs (2 eggs | 140 cal)

Ham (2 tbsp. | 20 cal)

Turkey Bacon (2 tbsp. | 35 cal)

Shredded Cheddar (1 oz. | 110 cal)

Diced Tomatoes (1 oz. | 5 cal)

Scallions (1 oz. | 10 cal)

Egg Whites (4 oz. | 60 cal)

Bacon (2 tbsp. | 50 cal)

Pork Sausage Links (2 tbsp. | 15 cal)

Feta Cheese (1 oz. | 70 cal)

Sweet Peppers (3 oz. | 20 cal)

All will be prepared by one of our talented culinarians.

A LA CARTE SELECTIONS

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up.

FROM THE BAKERY *per dozen*

ASSORTED FRESHLY HOUSE-BAKED MUFFINS *\$16.59 per dozen*

Cranberry Orange	(1 muffin 330 cal)
Lemon Poppy Seed	(1 muffin 400 cal)
Blueberry	(1 muffin 390 cal)
Cappuccino Chocolate Chunk	(1 muffin 450 cal)
Apple Cinnamon	(1 muffin 380 cal)
Banana Walnut	(1 muffin 430 cal)
Corn	(1 muffin 350 cal)
Honey Bran	(1 muffin 330 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES *\$16.59 per dozen*

Apple Streusel Coffee Cake	(1 square 260 cal)
Banana Nut Bread	(1 slice 370 - 400 cal)
Double Lemon Poppy Seed Coffee Cake	(1 square 240 cal)
Chocolate Espresso Coffee Crumble	(1 slice 450 cal)

ASSORTED DANISH *\$16.59 per dozen*

(1 each | 270 cal)

ASSORTED BAGELS with Whipped Cream Cheese and Jellies *\$19.99 per dozen*

(1 bagel | 210 - 310 cal)

SOUTHERN STYLE BISCUITS with Butter, Honey and Jellies *\$19.99 per dozen*

(1 each | 290 cal)

ASSORTED DOUGHNUTS *\$13.99 per dozen*

(1 each | 280 - 310 cal)

ASSORTED MINI SCONES *\$16.59 per dozen*

(1 each | 180 - 210 cal)

CINNAMON ROLLS *\$16.59 per dozen*

(1 each | 110 - 450 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT

\$17.89 per dozen

(1 each | 90 - 180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA

\$29.89 per dozen

(1 each | 200 - 360 cal)

SEASONAL SLICED FRESH FRUIT

(4 oz. | 50 cal)

Small 15-25 *\$46.59 per tray*

Medium 25-50 *\$66.99 per tray*

Large 50-75 *\$87.59 per tray*

FIRST THINGS FIRST

BREAKFAST SANDWICH \$35.89 per dozen

Choice of One:

Toasted English Muffins	(1 each 110 cal)
Biscuits	(1 each 290 cal)
Bagels	(1 each 280 cal)
Croissants	(1 each 280 - 310 cal)

Choice of One:

Scrambled Eggs	(4 oz. 190 cal)
Scrambled Egg Whites	(4 oz. 60 cal)
Scrambled Eggs and Cheese	(4 oz. 240 cal)

Choice of One:

Bacon	(1 slice 50 cal)
Ham	(1 slice 30 cal)
Pork Sausage Patty	(1 patty 140 cal)
Turkey Bacon	(1 slice 10 cal)
Turkey Sausage Patty	(1 slice 30 cal)

BREAKFAST TACO \$32.29 per dozen

Choice of One:

Flour Tortilla	(1 each 210 cal)
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Choice of One:

Scrambled Eggs	(4 oz. 190 cal)
Scrambled Eggs and Cheese	(4 oz. 240 cal)

Choice of One:

Bacon	(1 slice 50 cal)
Home Fried Potatoes	(4 oz. 150 cal)
Turkey Sausage Patty	(1 slice 30 cal)

Accompanied by

Guacamole	(2 oz. 80 cal)
Shredded Cheddar Cheese	(1 oz. 110 cal)
Fresh Salsa	(2 oz. 15 cal)

Wheat Tortilla	(1 each 180 cal)
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Scrambled Egg Whites	(4 oz. 60 cal)
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Ham	(1 slice 30 cal)
Pork Sausage Patty	(1 patty 140 cal)

Pico de Gallo	(2 oz. 15 cal)
Sour Cream	(1 tbsp. 30 cal)





FIRST
THINGS FIRST

A LA CARTE SELECTIONS

ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 15 or more.

HOME FRIES WITH CARAMELIZED ONIONS \$1.99 per guest (4 oz. | 150 cal)

ROASTED SWEET POTATOES \$1.99 per guest (4 oz. | 170 cal)

RODEO EGGS \$1.99 per guest (1 each | 340 cal)

INDIVIDUAL BISCUIT QUICHES \$3.89 per guest

Quiche Lorraine (1 each | 370 cal)

Western Quiche (1 each | 370 cal)

Sausage and Cheddar Quiche (1 each | 410 cal)

Garden Vegetable Quiche (1 each | 330 cal)

Broccoli Cheddar Quiche (1 each | 310 cal)

BREAD PUDDINGS \$2.99 per guest

Asparagus, Feta and Egg White Frittata (1 square | 250 cal)

Apple Raisin French Toast (1 square | 600 cal)

Bacon and Cheddar (1 square | 560 cal)

Ham, Mushroom and Swiss (1 square | 400 cal)

Garden Vegetable (1 square | 210 cal)

WHEAT BERRY PECAN CRUNCH FRENCH TOAST \$2.99 per guest (3 halves | 380 cal)

OATMEAL BAR \$4.99 per guest

Steel Cut Oatmeal  (8 oz. | 170 cal)

Served with a Choice Of Three:

Blueberries (2 oz. | 30 cal)

Strawberries (2 oz. | 15 cal)

Sliced Bananas (1 banana | 90 cal)

Dark or Light Brown Sugar (1 oz. | 110 cal)

Raisins (1 oz. | 80 cal)

Honey (1 oz. | 90 cal)

Choice of Milk:

Whole (3 fluid oz. | 60 cal)

2% (3 fluid oz. | 45 cal)

Non-Fat (3 fluid oz. | 30 cal)

Soy (3 fluid oz. | 40 cal)

REFRESH AND
REJUVENATE



Eco-friendly serveware is included; both high quality plastic serveware and china are available, upon request. Services include linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

COFFEE AND TEA SERVICE

\$2.49 per guest

Coffee Service includes Freshly Brewed Starbucks Coffee, Decaffeinated Coffee and Numi Herbal and Non-Herbal Teas to include Decaffeinated Numi Tea with Hot Water (8 oz. | 0 cal)

HOT BEVERAGES

16 servings per gallon

Freshly Brewed Starbucks Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

\$19.99 per gallon

Freshly Brewed Flavoured Starbucks Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

\$19.99 per gallon

Numi Herbal and Non Herbal Teas to include Decaffeinated Numi Tea with Hot Water (8 oz. | 0 cal)

\$19.99 per gallon

Hot Chocolate *\$20.69 per gallon* (8 oz. | 200 cal)

Seasonal Hot Apple Cider *\$23.59 per gallon* (8 oz. | 110 cal)

COLD BEVERAGES

16 servings per gallon

Orange Juice *\$12.89 per gallon* (10 oz. | 150 cal)

Cranberry Juice *\$12.89 per gallon* (10 oz. | 140 cal)

Apple Juice *\$12.89 per gallon* (10 oz. | 170 cal)

Lemonade *\$12.89 per gallon* (8 oz. | 130 cal)

Strawberry Lemonade *\$18.99 per gallon* (8 oz. | 100 cal)

Freshly Brewed Unsweetened Iced Tea *\$12.89 per gallon* (8 oz. | 0 cal)

Freshly Brewed Iced Sweet Tea *\$12.89 per gallon* (8 oz. | 20 cal)

Orange Blossom Punch *\$15.99 per gallon* (8 oz. | 110 cal)

Sparkling White Grape Punch *\$15.99 per gallon* (8 oz. | 100 cal)

Iced Water Service with Fresh Quartered Oranges, Lemons and Limes *\$5.99 per gallon* (8 oz. | 0 - 60 cal)

Iced Water Service *\$2.99 per gallon* (8 oz. | 0 cal)

Bottled Water *\$2.49 per guest* (12 oz. | 0 cal)

Bottled Fruit Juice: *\$2.49 per guest* (8 oz. | 35-170 cal)

Orange, Cranberry, Apple

Assorted Canned Soft Drinks, Regular and Diet *\$1.79 per guest* (20 oz. | 0 - 270 cal)



GREENS
TO GO

PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll and Butter, Pita Wedges or Toasted Flatbread, Large Cookie (1 each | 160 - 170 cal, Brownie (1 each | 170 - 180 cal, Bar (1 cut | 60 - 380 cal, Seasonal Fresh Fruit Cup 🍌🍌 (4 oz. | 45 cal, Specialty Bar (1 cut | 60 - 380 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. Eco-friendly serviceware is included; china is also available, upon request. Services include linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)

\$9.89 per guest

Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing

Add Grilled Breast of Chicken \$1.99 per guest

Add Grilled Marinated Steak \$5.29 per guest

COBB SALAD (1 salad | 770 cal)

\$11.79 per guest

Mounds of Smoked Turkey, Avocado, Cage-Free Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

GREEK SALAD 🍌🍌 (1 salad | 190 cal)

\$8.89 per guest

Classic Greek Salad of Firm Tomatoes, Cucumbers, Red Onion, Kalamata Olives and Feta Drizzled with a Light Vinaigrette

TRIO-SALAD COMBO (1 salad | 410 cal)

\$10.59 per guest

Select Your Favorite Trio of Hummus or Chef's Own Tuna, Chicken, Cage-Free Egg or Ham Salads on a Bed of Fresh Field Greens

GRILLED CHICKEN TABBOULEH SALAD 🍌🍌 (1 salad | 240 cal)

\$11.79 per guest

Lemon Sage Chicken, Traditional Tabbouleh, Grape Tomatoes and Kalamata Olives on a Bed of Greens with Baked Pita Croutons

ANTIPASTO SALAD 🍌🍌 (1 salad | 1650 cal)

\$14.39 per guest

Balsamic-Drizzled Roasted Eggplant, Zucchini, Red Peppers and Mushrooms Served with Pesto-Tossed Pasta and Lemony Asparagus



MOVABLE
FEAST

PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips and a choice of one: Country-Style Potato Salad (3 oz. | 140 cal), Broccoli and Cavatelli Salad (4 oz. | 120 cal), BLT Pasta Salad (3 oz. | 170 cal), Orzo and Pepper Salad 🍴 (3 oz. | 170 cal), Italian Cucumber Salad (4 oz. | 90 cal), Cole Slaw (3 oz. | 90 cal), Pasta Salad (3 oz. | 120 cal), Potato Salad (4 oz. | 45 cal), Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal), Bar (1 cut | 60 - 380 cal), Specialty Bar (1 cut | 60 - 380 cal), Seasonal Fresh Fruit Cup 🍷 🍷 (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. Eco-friendly serviceware is included; china is also available, as is plated service, upon request. Services include linen-draped service tables, set up and clean up. 15 guest minimum per menu selection.

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)

\$11.79 per guest

Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef's Hot Pepper Mayonnaise

DIJON Cage-Free EGG SALAD SANDWICH 🍷 (1 sandwich | 360 cal)

\$7.89 per guest

Savory Dijon Mustard Cage-Free Egg Salad Whipped with Fresh Chives, Baby Spinach and Plum Tomatoes on Pumpernickel Bread

HUMMUS, AVOCADO AND ROASTED VEGETABLE WRAP 🍷 🍷 (1 sandwich | 340 cal)

\$9.89 per guest

Balsamic Roasted Eggplant, Zucchini, Red Peppers and Onions Finished with Lettuce, Avocado and Hummus Spread on a Tortilla

ROAST BEEF AND CHEDDAR (1 sandwich | 500 cal)

\$9.89 per guest

Medium Rare Roast Beef and Mild Cheddar, Leaf Lettuce and Tomato on a Ciabatta Topped with a Tangy Horseradish Cream Spread

TWISTED TURKEY WRAP 🍷 (1 sandwich | 300 cal)

\$11.79 per guest

Roast Turkey, Cranberry Sauce, Bistro Sauce, Spinach and Tomato Rolled in a Flax Seed and Herb Encrusted Whole Grain Tortilla

TUSCAN GRILLED CHICKEN SANDWICH 🍷 (1 sandwich | 530 cal)

\$11.79 per guest

Balsamic Coated Chicken, Grilled, Paired with Fat-Free Hummus, Bistro Sauce, Roasted Onions and Peppers on a Multigrain Roll

THE LIGHTER CHICKEN CAESAR WRAP (1 sandwich | 350 cal)

\$11.79 per guest

Grilled Chicken Breast, Romaine, Whole Wheat Croutons, Parmesan and Low-Fat Caesar Dressing in a Tortilla

BUFFALO CHICKEN WRAP (1 sandwich | 370 cal)

\$11.79 per guest

Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Fat-Free Ranch in a Carb-Friendly Whole Wheat Wrap



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter, choice of Dessert, Freshly Brewed Starbucks Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Numi Teas with Hot Water and Freshly Brewed Iced Tea or Freshly Brewed Iced Sweet Tea (8 oz. | 0 - 20 cal). China service is also available. Services include linen-draped service tables, set up and clean up. All entrées are available buffet style, upon request.

CHICKEN

SESAME CHICKEN BREAST (1 plate | 340 cal)

\$14.99 per guest

Chicken Breast in a Marinade of Soy, Fresh Garlic and Ginger, Cilantro and Scallions Grilled and Finished with Sesame Seeds

TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)

\$14.99 per guest

Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST 🍅 (1 plate | 680 cal)

\$15.19 per guest

Panko-Encrusted Chicken Breast Served with a Sautéed Garlic Cream Sauce and Sun-Dried Tomato Strips

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)

\$15.19 per guest

Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

APRICOT AND GOAT CHEESE CHICKEN BREAST (1 plate | 160 cal)

\$16.69 per guest

Chicken Roulades Brimming with Diced Apricots and Fresh Goat Cheese Placed over a Light Warm Sauce with Tarragon

BEEF AND PORK

BRAISED SHORT RIBS (1 plate | 390 cal)

\$22.79 per guest

Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks and a Splash of Orange Juice Braised to Perfection

BALSAMIC GRILLED FLANK STEAK WITH ROASTED ROSEMARY MUSHROOM SAUCE (1 plate | 360 cal)

\$15.99 per guest

Chef-Selected Flank Steak Tenderized in Classic Balsamic Vinaigrette Marinade Served with Mushrooms Sautéed with Olive Oil, Fresh Rosemary and Garlic Added to a Simmering Plum Tomato Base

BEEF TENDERLOIN BOLOGNESE (1 plate | 200 cal)

\$26.59 per guest

Choice Tenderloin Steaks Grilled to Perfection and Dressed with a Classic Ragu Bolognese of Fresh Tomatoes and Herbs

CORIANDER RUBBED PORK TENDERLOIN WITH A GREEN PEPPERCORN MUSTARD SAUCE (1 plate | 290 cal)

\$17.49 per guest

Lean Pork Tenderloin Rubbed with Chef's Own-Made Coriander Spice Blend Served with Sautéed Onions and Garlic Blended with Dijon Mustard and Green Peppercorns for Piquant Creamy Sauce

ROASTED PORK TENDERLOIN WITH SWEETENED RASPBERRY VINEGAR SAUCE (1 plate | 290 cal)

\$18.19 per guest

Slow-Roasted Pork Tenderloin Dressed with a Tart Red Wine Vinegar Sauce and Accented with Raspberry, Horseradish and Garlic



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

LAMB

ROASTED LAMB WITH RISOTTO (1 plate | 840 cal)

\$40.29 per guest

Rosemary and Achiote Roasted Lamb Rack Plated with a Classic Risotto Prepared Using White Wine, Parmesan and Heavy Cream

COMBINATION PLATE

BEEF AND SALMON FILETS (1 plate | 340 cal)

\$31.89 per guest

Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

SEAFOOD

BARBECUED SHRIMP WITH BACON-CHEDDAR GRITS (1 plate | 840 cal)

\$30.39 per guest

BBQ Shrimp and Plum Tomatoes atop Creamy Stone Ground Grits with Bits of Applewood Smoked Bacon and Cheddar Cheese

GARLIC SHRIMP SKEWERS (1 plate | 350 cal)

\$18.99 per guest

Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)

\$16.69 per guest

Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter

CITRUS SALMON, COUSCOUS & GREEN BEANS (1 plate | 120 cal)

\$21.29 per guest

Citrus and Herb Crusted Salmon Served with Couscous Primavera and Lemon Garlic Green Beans

BROILED SALMON WITH TWO SALSAS 🌶️ (1 plate | 310 cal)

\$21.29 per guest

Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives

VEGETARIAN

EGGPLANT ROULADE WITH WILD MUSHROOMS AND TOFU 🌱 🌿 (1 plate | 580 cal)

\$15.19 per guest

Eggplant Roulade with a Peppery Wild Mushroom and Tofu Medley, a Roasted Plum Tomato Sauce and Caramelized Onion Polenta

BALSAMIC MARINATED PORTOBELLO MUSHROOMS 🌿 (1 plate | 580 cal)

\$14.99 per guest

Balsamic-Sweetened Portobello Mushrooms with a Quinoa and Zucchini Pilaf Seasoned with Fresh Basil, Rosemary and Garlic

SPAGHETTI SQUASH 🌱 🌿 (1 plate | 340 cal)

\$14.99 per guest

Spaghetti Squash with a Spanish-Inspired Sofrito of Peppers, Onion, Garlic and Select Herbs Served with Vegan Pinto Beans

TERIYAKI TOFU, QUINOA AND PINEAPPLE 🌿 (1 plate | 290 cal)

\$14.99 per guest

White Quinoa, Celery, Onions and Tomatoes Tossed in Ponzu Sauce and Served with Teriyaki Tofu and Grilled Pineapple Salsa

ENTRÉE ACCOMPANIMENTS

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette	V	(1 salad 110 cal)
Iceberg Wedge with Maytag Bleu Cheese	V	(1 salad 130 cal)
Caesar Salad with Anchovies and Homemade Croutons	V	(1 salad 160 cal)
Fresh Mozzarella and Tomato Stack with Fresh Basil	V	(1 salad 430 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing	V	(1 salad 740 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette	V	(1 salad 190 cal)
Roasted Beets with Soft Goat Cheese and Drizzled with Nuts and Balsamic Glaze		(1 salad 350 cal)

SIDES

Choice of One:

Chef's Choice of Seasonal Vegetable		(4 oz. 30 - 130 cal)
Braised Red Cabbage	V	(4 oz. 90 cal)
Broccoli with Sautéed Carrots	V	(4 oz. 60 cal)
Sautéed Fennel and Brussels Sprouts	V	(4 oz. 70 cal)
French Green Beans and Carrot Medley	V	(4 oz. 40 cal)
Fresh Green Beans	V	(4 oz. 40 cal)
Sautéed Broccoli Rabe or Zucchini	V	(4 oz. 130 cal)
Herb Crusted Broiled Tomatoes	V	(1 half 35 cal)
Oven-Roasted Butternut Squash	V	(4 oz. 50 cal)
Roasted Fresh Seasonal Asparagus	V	(4 oz. 30 cal)
Roasted Root Vegetables	V	(4 oz. 60 cal)
Sautéed Mushrooms	V	(4 oz. 130 cal)
Fresh Spinach and Garlic Sauté	V	(4 oz. 45 cal)
Grilled Balsamic Zucchini	V	(4 oz. 60 cal)

Choice of One:

Caramelized Onion Mashed Yukon Potatoes	V	(4 oz. 110 cal)
Horseradish Mashed Yukon Potatoes	V	(4 oz. 120 cal)
Mashed Sweet Potatoes	V	(4 oz. 210 cal)
Oven-Herbed Roasted Red Potatoes	V	(4 oz. 130 cal)
Oven-Roasted Sweet Potatoes	V	(4 oz. 100 cal)
Potatoes O'Gratin	V	(4 oz. 400 cal)
Basil Orzo	V	(4 oz. 190 cal)
Roasted Potatoes O'Brien	V	(4 oz. 190 cal)
Roasted Fingerling Potatoes	V	(4 oz. 180 cal)
Lemon Rice	V	(4 oz. 140 cal)
Ginger Jasmine Rice	V	(4 oz. 180 cal)
Vegetable Risotto	V	(4 oz. 210 cal)
Fontina Risotto Cake	V	(1 cake 210 cal)
Black Beans and Rice	V	(4 oz. 180 cal)
Chef's Choice of Side Pairing		(4 oz. 100 - 400 cal)

IN GOOD COMPANY



DESSERTS

Chocolate Fudge Cake
Molten Choc Cake w/ Bittersweet Ganache
Lemon Meringue Pie
New York Cheesecakes
Cora's Red Velvet Cake

(1 slice | 590 cal)
(1 cake | 560 cal)
(1 slice | 300 cal)
(1 slice | 450 cal)
(1 slice | 760 cal)

ADDITIONAL OPTIONS:

Authentic Mexican Fruit Cake *\$1.99 per guest*
Apple Caramel Bread Pudding *\$1.99 per guest*
White Chocolate Bread Pudding *\$1.99 per guest*
Chocolate Almond Ganache Cake *\$2.99 per guest*
Tropical Fruit Napoleon & Caramel Sauce *\$2.99 per guest*
White Chocolate Raspberry Creme Brulee *\$2.99 per guest*

(1 slice | 390 cal)
(1 each | 210 cal)
(1 each | 850 cal)
(1 slice | 360 cal)
(1 each | 1750 cal)
(1 each | 840 cal)

BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Coca-Cola Soft Drinks, Regular and Diet are included. Services include linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; both high quality plastic serviceware and china are available, upon request. Add Soup du Jour with Crackers \$2.99 per guest. These menus are available for groups of 15 or more. Waited service is available upon request.

SIGNATURE SALADS

\$15.79 per guest

These Delicious Salad Creations Have Been Proven to be Most Popular with Our Customers and Come Complete with:

Fresh Baked Crusty Rolls	(1 roll 100 cal)
Crispy Pita Wedges	(2 oz. 190 cal)
Flatbreads	(1/4 flatbread 70 cal)
Assorted Crackers	(1 package 25 cal)
Butter	(2 chips 110 cal)
A Selection of Oversized Cookies	(1 cookie 160-180 cal)
Scrumptious Brownies	(1 bar 190-510 cal)
or Assorted Bars	(1 bar 60-380 cal)

CHOOSE ONE SALAD:

Classique Niçoise Salad 🍷	(1 salad 200 cal)
Napa Valley Chicken Salad 🍷	(1 salad 290 cal)
Grilled Chicken Tabbouleh Salad 🍷	(1 salad 240 cal)
Greek Salad 🍷	(1 salad 190 cal)
Cobb Salad	(1 salad 770 cal)
Italian House Wedge Salad	(1 salad 180 cal)
Caesar Salad 🍷	(1 salad 490 cal)
with Grilled Chicken	(3 oz. 110 cal)
with Shrimp	(4 shrimp 110 cal)
with Portobello Mushroom	(4 oz. 60 cal)
with Salmon	(1 filet 250 cal)

CHOOSE TWO ADDITIONAL SALADS:

Market Salad with Balsamic Vinaigrette 🍷	(1 salad 110 cal)
Italian Cucumber Salad 🌱	(4 oz. 90 cal)
Seasonal Fresh Fruit Salad 🍷	(4 oz. 45 cal)
Apple Fennel Slaw 🍷	(4 oz. 90 cal)
Minted Cucumber Salad 🍷	(4 oz. 20 cal)
Orzo and Pepper Salad 🍷	(4 oz. 170 cal)
Artichoke Hearts with Italian Parsley 🍷 🌱	(4 oz. 60 cal)
Broccoli & Cavatelli Salad 🍷	(4 oz. 120 cal)
Farmhouse Potato Salad 🍷	(4 oz. 220 cal)
Antipasto Platter 🍷	(1 serving 340 cal)
Vegetarian Antipasto Platter 🍷	(1 serving 190 cal)
Seasonal Crudité with	(2 oz. 15 cal)
Hummus 🌱	(1 oz. 50 cal)
Ranch Dip 🌱	(2 oz. 110-190 cal)

HANDCRAFTED SANDWICHES

\$16.99 per guest

Your Choice of Four Delicious Sandwich Creations are Skillfully Arranged and Accompanied by:

Two Salads

Assorted Bags of Chips

Oversized Cookies

Scrumptious Brownies

Assorted Bars

A Selection of Oversized Cookies

or Fresh In-Season Fruit Cups

Sandwiches are Cut Diagonally Enabling Guests to Mix & Match their Choices.

(1 bag | 130-320 cal)

(1 cookie | 60-380 cal)

(1 bar | 190-510 cal)

(1 bar | 60-380 cal)

(1 cookie | 160-180 cal)

(4 oz. | 45 cal)

CHOOSE FOUR HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser

Roast Beef and Cheddar on Ciabatta

Twisted Beef & Horseradish Wrapped in Whole Grain 🍷

Tuscan Grilled Chicken Breast on Multigrain Roll 🍷

Picnic Grilled Chicken Sandwich on Parisian Roll

Southwestern BBQ on Ciabatta

Roasted Vegetables on Multigrain Roll 🍷

Tabbouleh Hummus Pita 🍷

Dijon Cage-Free Egg Salad on Pumpernickel Bread 🍷

(1/2 sandwich | 180 cal)

(1/2 sandwich | 1000 cal)

(1/2 wrap | 160 cal)

(1/2 sandwich | 260 cal)

(1/2 sandwich | 220 cal)

(1/2 sandwich | 310 cal)

(1/2 sandwich | 200 cal)

(1/2 sandwich | 280 cal)

(1/2 sandwich | 180 cal)

CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette 🍷

Seasonal Fresh Fruit Salad 🍷

Apple Fennel Slaw 🍷

Minted Cucumber Salad 🍷

Orzo and Pepper Salad 🍷

Artichoke Hearts with Italian Parsley 🍷🌱

Farmhouse Potato Salad 🍷

Seasonal Crudit  with

Hummus 🌱

Ranch Dip 🌱

(1 salad | 110 cal)

(4 oz. | 45 cal)

(4 oz. | 90 cal)

(4 oz. | 20 cal)

(4 oz. | 170 cal)

(4 oz. | 60 cal)

(4 oz. | 220 cal)

(2 oz. | 15 cal)

(1 oz. | 50 cal)

(2 oz. | 110-190 cal)

MAGNIFICENT
MORSELS



SPECIALTY BUFFETS

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; both high quality plastic serviceware and china are available, upon request. These menus are available for groups of 15 or more. Waited Service is available upon request.

DELI BUFFET

\$12.99 per guest

Choice of Two Salads:

Creamy Cole Slaw with Apples	(4 oz. 100 cal)	Seasonal Fresh Fruit Salad 	(4 oz. 45 cal)
Potato Salad	(4 oz. 190 cal)	Market Salad with Homemade Croutons 	(1 salad 110 cal)
Balsamic Vinaigrette	(2 oz. 90 cal)	Low-Fat Ranch Dressing	(2 oz. 110 cal)
Assorted Breads and Rolls	(2 slices 140-200 cal) (1 roll 160-180 cal)	Multigrain Sandwich Wrap	(1 wrap 180 cal)
Sliced Roasted Turkey	(3 oz. 90 cal)	Low-Sodium Turkey	(3 oz. 90 cal)
Buffet Ham	(3 oz. 90 cal)	Roast Beef	(3 oz. 140 cal)
Salami	(3 oz. 200 cal)		
Sliced Swiss Cheese	(1 slice 50 cal)	Provolone Cheese	(1 slice 70 cal)
American Cheese	(1 slice 50 cal)		
Leaf Lettuce	(1 slice 0 cal)	Sliced Tomato	(1 slice 0 cal)
Sliced Onions	(2 rings 0 cal)	Dill Pickles	(1 spear 5 cal)
Mayonnaise	Dijon Mustard		
Assorted Individual Bags of Chips	(1 bag 130-320 cal)		
Assorted Cookies	(1 cookie 160-180 cal)	Bars	(1 bar 310 cal)
Brownies	(1 brownie 190-510 cal)		








Freshly Brewed Iced Tea or Sweet Tea

*Add Soup du Jour with Crackers (1 package | 25 cal)

\$2.99 per guest

OLD FASHIONED BBQ

\$14.79 per guest

Seasonal Fresh Fruit Salad  	(4 oz. 45 cal)
Roasted Vegetable Bow Tie Pasta Salad  	(4 oz. 120 cal)
Cornbread  	(4 oz. 120 cal)
Rolls and Butter	(1 roll 90 cal)
Vegetarian Baked Beans 	(4 oz. 120 cal)
Baked Barbecued Chicken	(1 quarter 290 cal)
Barbecued Beef Brisket	(4 oz. 310 cal)
Assorted Cookies	(1 cookie 160-180 cal)
Brownies	(1 brownie 200 cal)
Freshly Brewed Iced Tea and Lemonade	

*Add a chef for BBQs held outside; weather permitting \$50.00 per hour



FESTIVE FLAIR

BACKYARD COOK OUT

\$11.79 per guest

Country Potato Salad
Potato Chips
Vegetarian Baked Beans
Grilled Hamburgers
Grilled Hot Dogs
Veggie Burgers
Sliced Tomato
Relish
Onions
Ketchup, Mustard and Mayonnaise
Leaf Lettuce
Dill Pickles
Brownies
Assorted Cookies

**Add a chef for BBQs held outside; weather permitting \$50.00 per hour*

(4 oz. | 160 cal)
(1 bag | 160 cal)
(4 oz. | 120 cal)
(1 sandwich | 330 cal)
(1 sandwich | 320 cal)
(1 sandwich | 320 cal)
(1 slice | 5 cal)
(1 tbsp. | 20 cal)
(2 rings | 0 cal)

(1 slice | 0 cal)
(5 chips | 0 cal)
(1 cut | 190-220 cal)
(1 cookie | 160-180 cal)



FESTIVE
FLAIR

SPECIALTY BUFFETS

BARBECUE NATION

\$19.79 per guest

Seasonal Fresh Fruit Salad  

Apple Fennel Slaw

Farmhouse Potato Salad

Cornbread and Butter

Root Beer Baked Beans

Macaroni & Cheese

(4 oz. | 45 cal)

(4 oz. | 90 cal)

(4 oz. | 220 cal)

(1 cut | 210 cal)

(4 oz. | 130 cal)

(1 cut | 400 cal)

Choice of Two Entrées:

Apricot Glazed Turkey

Baked Barbecue Chicken

BBQ Turkey Breast with Ancho Mango BBQ

Grilled Salmon with Mango Salsa

Hot Apple Crisp

Assorted Cookies

Brownies

(4 oz. | 140 cal)

(1 quarter | 290 cal)

(4 oz. | 120 cal)

(1 filet | 230 cal)

(1 serving | 150 cal)

(1 cookie | 150-180 cal)

(1 brownie | 180-220 cal)

LITTLE ITALY

\$14.99 per guest

Vegetarian Antipasto Platter

Caesar Salad with Homemade Croutons

Assorted Rolls and Butter

Sautéed Fresh Zucchini

Pasta Bar with Spaghetti (4 oz. | 200 cal) and Penne Pasta (4 oz. | 200 cal)

Marinara Sauce (2 oz. | 20 cal) and Pesto Cream Sauce (2 oz. | 150 cal)

Home-Style Meatballs in Marinara Sauce

Traditional Chicken Cacciatore

Parmesan Cheese

Tiramisu

(1 serving | 190 cal)

(1 salad | 460 cal)

(1 roll | 90 cal)

(4 oz. | 50 cal)

(2 meatballs + 1 oz. sauce | 190 cal)

(1 quarter | 400 cal)

(1 oz. | 120 cal)

(1 slice | 490 cal)

ASIAN FUSION

\$14.79 per guest

Asian Salad

Garlic Lemon Ginger Broccoli

Sticky Rice

Vegetable Lo Mein

Cilantro Breast of Chicken

Teriyaki Glazed Salmon Filet

Tropical Rice Pudding

(4 oz. | 120 cal)

(4 oz. | 45 cal)

(4 oz. | 210 cal)

(4 oz. | 130 cal)

(1 breast | 110 cal)

(1 filet | 220 cal)

(4 oz. | 770 cal)

BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include linen-draped service tables, set up and clean up. Eco-friendly serviceware is included; both high quality plastic serviceware and china are available, upon request. Build Your Own Buffet by selecting - One Salad, Two Entrées, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for \$3.00 per guest. Waited service is available upon request. These menus are available for groups of 15 or more.

SALADS

CHOOSE ONE:

Market House Salad with a Choice of Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing 
(1 salad | 110-370 cal)

Greek Salad   (1 salad | 190 cal)

Caesar Salad  (1 salad | 460 cal)

Includes Assorted Dinner Rolls with Butter (1 roll | 90 cal)

ENTRÉES

POULTRY

Chicken Marsala  \$14.99 per guest (1 entrée | 280 cal)

Lemon Parmesan Chicken with White Wine Chive Sauce \$14.99 per guest (1 entrée | 530 cal)

BEEF

Beef Stroganoff \$14.99 per guest (1 entrée | 410 cal)

Braised Beef Sicilian \$15.99 per guest (1 entrée | 310 cal)

PORK

Roast Pork Loin with Mustard Herb Crust \$17.49 per guest (1 entrée | 300 cal)

Asian Marinated Pork Loin with Honey and Soy Glaze \$17.49 per guest (1 entrée | 220 cal)

SEAFOOD

Citrus Baked Tilapia \$16.69 per guest (1 entrée | 180 cal)

VEGETARIAN

Stuffed Peppers with Herbed Tomato Sauce  \$14.99 per guest (1 entrée | 210 cal)






Vegetarian Lasagna  \$14.99 per guest (1 entrée | 290 cal)

CUSTOMIZED CREATIONS











SIDES

CHOOSE ONE (4 oz. serving):

Oven-Roasted Herbed Red Potatoes 	(4 oz. 130 cal)
Garlic-Mashed New Potatoes 	(4 oz. 120 cal)
Rice Pilaf 	(4 oz. 150 cal)
Olive Oil and Garlic Spaghetti 	(4 oz. 380 cal)
White Rice 	(4 oz. 140 cal)

CHOOSE ONE (4 oz. serving):

Balsamic Herb Roasted Vegetables 	(4 oz. 110 cal)
Lemon Garlic Broccoli 	(4 oz. 60 cal)
Sautéed Zucchini  	(1 each 50 cal)
Glazed Carrots  	(4 oz. 120 cal)
Fresh Green Beans 	(4 oz. 40 cal)
Variety of Seasonal Vegetables 	(4 oz. 40-120 cal)

DESSERTS

CHOOSE TWO:

Double Chocolate Layer Cake	(1 slice 350 cal)
Chocolate Mousse	(1 scoop 90 cal)
Cora's Red Velvet Cake	(1 slice 760 cal)
Apple Crisp	(1 serving 150 cal)
Assorted Cookies and Brownies	(1 serving 160-510 cal)
Assorted Pies	(1 slice 350-520 cal)

BEVERAGES

Freshly Brewed Starbucks Coffee	(8 fluid oz. 0 cal)
Decaffeinated Coffee	(8 fluid oz. 0 cal)
Numi Herbal and Non-Herbal Teas	(1 tea bag 0 cal)
Decaffeinated Numi Tea with Hot Water	(1 tea bag 0 cal)

CHOOSE TWO:

Iced Water Station
Freshly Brewed Iced Tea

HOT HORS D'OEUVRES

FROM PLATTERS TO PASSED

Eco-friendly serviceware is included; both high quality plastic serviceware and china are available, upon request. Waited or butlered services are available upon request. Services include linen-draped service tables, set up and clean up. Minimum of 4 dozen.

CHICKEN

Greek Chicken Skewers	(1 each 90 cal)
\$24.92 per dozen	
Chipotle Maple Bacon-Wrapped Chicken	(1 each 50 cal)
\$19.99 per dozen	
Coconut Chicken with Orange Dipping Sauce	(1 each 60 cal)
\$19.99 per dozen	
Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce	(1 each + 1/2 tbsp. sauce 45 cal)
\$15.99 per dozen	
Ginger Chicken Satay with Coconut Peanut Sauce	(1 each + 1 oz. sauce 110 cal)
\$15.99 per dozen	
Chicken Diablo Empanadas with Chipotle Ranch Dipping Sauce	(1 each + 1 oz. sauce 230 cal)
\$15.99 per dozen	

PORK

Pork Pot Stickers with Garlic Soy Sauce	(1 each + 3 oz. sauce 50 cal)
\$13.99 per dozen	
Mini Ham Biscuits with Mustard Sauce	(1 each 150 cal)
\$13.99 per dozen	
Sausage Bites with White Wine and Dijon Mustard	(1 each 300 cal)
\$13.99 per dozen	
Sausage-Stuffed Mushrooms	(1 each 20 cal)
\$18.99 per dozen	
Ham and Cheese Pinwheels	(1 each 50 cal)
\$13.99 per dozen	

SEAFOOD

Bacon Wrapped Scallops with BBQ Sauce	(1 each 45 cal)
\$34.99 per dozen	
Mini Crab Cakes with Cajun Rémoûlade Sauce	(1 each 70 cal)
\$34.99 per dozen	
Seafood Stuffed Mushrooms	(1 each 15 cal)
\$18.99 per dozen	
Crab and Risotto Balls	(1 each 80 cal)
\$17.19 per dozen	



SAVORY SELECTIONS

BEEF

Chipotle Beef on Tortillas with Avocado Crème

\$15.99 per dozen

Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour

\$11.99 per dozen

Beef Satay with Sweet & Spicy Sauce

\$26.99 per dozen

Petite Beef Wellington

\$34.99 per dozen

Beef Short Ribs in a Potato Cup

\$26.99 per dozen

(1 each | 120 cal)

(1 each + 3 oz. sauce | 45-130 cal)

(1 each + sauce | 110 cal)

(1 each | 70 cal)

(1 each | 140 cal)

VEGETARIAN

Artichoke Parmesan with Roasted Tomato Sauce

\$19.89 per dozen

Spanakopita

\$19.99 per dozen

Mini Vegetable Samosas

\$15.99 per dozen

Mini Eggplant Parmesan with Smoked Chutney

\$15.99 per dozen

Mini Grilled Cheese and Tomato Soup

\$15.99 per dozen

(1 each | 110 cal)

(1 each | 45 cal)

(1 each | 90 cal)

(1 each | 90 cal)

(1 sandwich + 6 oz. soup | 700 cal)



MAGNIFICENT
MORSELS

COLD HORS D'OEUVRES

Eco-friendly serveware is included; both high quality plastic serveware and china are available, upon request. Waited or butlered services are available upon request. Services include linen-draped service tables, set up and clean up. Minimum of 4 dozen.

Assorted Finger Sandwiches \$11.99 per dozen	(1 each 40 cal)
CHOOSE TWO: Ham Salad, Chicken Salad, Tuna Salad and Cage-Free Egg Salad on White, Wheat or Silver Dollar Rolls	
Black Currant and Brie Crostini \$11.99 per dozen	(1 slice 90 cal)
Broccoli Rabe & Fresh Mozzarella Crostini \$18.99 per dozen	(1 each 200 cal)
Goat Cheese and Honey Phyllo Cups \$15.99 per dozen	(1 each 100 cal)
Mini Curried Chicken Tart \$18.99 per dozen	(1 each 140 cal)
Prosciutto-Wrapped Melon with Dijon Dipping Sauce \$18.99 per dozen	(1 wedge + 1 tsp. sauce 100 cal)
Cool Salmon Canapés \$15.99 per dozen	(1 each 60 cal)
Shrimp Cocktail with Cajun Rémolade and Cocktail Sauce \$19.99 per dozen	(shrimp + sauce 150 cal)
Corn Blini with Smoked Salmon and Chive Butter \$15.99 per dozen	(1 each 50 cal)
Fresh Mozzarella and Shrimp Skewers \$26.99 per dozen	(1 each 230 cal)
Cucumber Rounds with Feta and Tomatoes \$13.99 per dozen	(1 each 30 cal)
Sun-Dried Tomato and Gorgonzola Bruschetta \$11.99 per dozen	(1 slice 100 cal)
Roasted Garlic Hummus and Smoked Salmon Bruschetta \$29.99 per dozen	(1 each 110 cal)



DELECTABLE
DELIGHTS

GOURMET DIPS AND MORE

Services include linen-draped service tables, set up and clean up.

HOT DIPS

Sold per guest

Warm Parmesan Artichoke Dip with Bagel or Pita Chips **\$2.39 per guest**

(1 oz. + 2 oz. chips | 250 cal)

Spinach and Crab Dip with Baguette Rounds **\$2.99 per guest**

(1 oz. + 1 chip | 120 cal)

COLD DIPS

Sold per guest

Vegetable Layer Dip with Tortilla Chips

(1 oz. + 2 oz. chips | 360 cal)

\$2.39 per guest

Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso (2 oz. | 60 cal) accompanied by Tortilla Chips (2 oz. | 260 cal)

\$2.49 per guest

COLD DISPLAYS

Small (15-25), Medium (25-50) and Large (50-75)

Fresh Farm Crudités with Ranch Dip 

(2 oz. + 2 oz. dressing | 15-190 cal)

Small \$46.99/ Medium \$75.99/Large \$107.99

Seasonal Cubed Fresh Fruit 

(4 oz. | 50 cal)

Small \$46.59/Medium \$66.99/Large \$87.59

Domestic Cheeses with Crackers 

(2 oz. + 6 crackers | 340 cal)

Small \$37.99/ Medium \$75.99/Large \$113.99

Artisan Cheeses with Crackers and Baguette Rounds 

(2 oz. + 6 crackers | 280 cal)

Small \$60.79/Medium \$120.99/Large \$182.99

California Rolls with Soy Sauce and Wasabi

(2 slices | 70 cal)

Small \$73.69/ Medium \$114.39/Large \$212.79

Antipasto Platter with Crackers and Baguette Rounds

(1 serving + 1 cracker | 390 cal)

Small \$75.99/ Medium \$151.99/Large \$227.99

Vegetarian Antipasto Platter with Crackers and Baguette Rounds

(1 serving + 1 cracker | 240 cal)

Small \$73.69/ Medium \$144.39/Large \$220.39

SAVORY CHEESECAKES

Please order by the Cheesecake and Torte. Served with Crackers and Baguette Rounds.

(1 cracker | 25-70 cal)

Roasted Vegetable Cheesecake **\$39.49 each**

(1 slice | 360 cal)

Savory Pesto and Sun-Dried Tomato Torte **\$51.69 each**

(1 slice | 310 cal)

Crawfish Rémoulade Cheesecake **\$115.99 each**

(1 slice | 500 cal)

WINGS AND THINGS BAR

\$3.99 per guest

CHOOSE TWO WING STYLES (6 wing serving):

Buffalo

(510 cal)

BBQ

(630 cal)

Cajun Style

(570 cal)



CHEF'S
FARE

SPECIALTY AND CARVING STATIONS

Create a delightful culinary experience for your guests by adding an interactive flair. Add one or more of these chef – attended action or bar stations and watch your event come alive! Services include delivery, linen-draped service tables, set up and clean up.

SLIDER STATION

\$8.39 per guest

CHOOSE THREE:

Cheeseburger (1 sandwich | 180 cal), Hamburger (1 sandwich | 170 cal), Pork BBQ (1 sandwich | 330 cal), Crab Cake (1 sandwich | 70 cal), Buffalo Chicken (1 sandwich | 290 cal)

Served with Pickles (1 chip | 0 cal), Chipotle Mayonnaise (1 tbsp. | 40 cal), Ketchup (1 tbsp. | 15 cal), Lettuce (1 leaf | 0 cal), Tomato (1 slice | 0 cal), Relish (1 tbsp. | 20 cal), Grainy Mustard (1 tbsp. | 20 cal), Honey Mustard (2 oz. | 310 cal) and Potato Chips (2 oz. | 110 cal) with Ranch Dip (1 oz. | 50-90 cal).

MASHED POTATO BAR

\$4.59 per guest

Yukon Gold Sweet Potatoes (4 oz. | 210 cal) Served with Whipped Margarine and Sour Cream.

CHOOSE FIVE:

Chopped Scallions (1 tbsp. | 0 cal) Crumbled Bacon (1 oz. | 160-170 cal), Shredded Cheddar Cheese (1 oz. | 110 cal), Country Brown Gravy (1 oz. | 10 cal), Caramelized Onions (1 oz. | 30 cal), Fried Onion Crisps (1 oz. | 50 cal), Grated Parmesan Cheese (1 oz. | 120 cal), Crumbled Gorgonzola Cheese (1 oz. | 100 cal), Toasted Pecans (1 oz. | 200 cal) or Horseradish Sauce (1 tbsp. | 20 cal).

CARVING STATIONS

Our Beef, Poultry, and Pork selections are cooked to perfection and carved by an experienced uniformed Chef. Served with wonderful sauces and condiments, as well as assorted Mini Rolls (1 roll | 70-160 cal).

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp. | 180 cal)

\$6.79 per guest

Roasted Beef Tenderloin (3 oz. | 220 cal) with Horseradish Aioli (1 oz. | 50 cal) and Stone Ground Mustard Sauce (1 oz. | 20 cal)

\$13.99 per guest

Roast Prime Rib of Beef (3 oz. | 230 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 70-160 cal)

\$8.99 per guest

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)

\$5.99 per guest

Roast Beef (3 oz. | 140 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 25 cal)

\$4.99 per guest

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp. | 80 cal)

\$3.99 per guest



GRAND
FINALE

SWEET AND SALTY

Services include linen-draped service tables, set up and clean up.

ASSORTED HOME-STYLE COOKIES (2 cookies per serving) \$11.79 per dozen

Chocolate Chip	(360 cal)	Sugar	(330 cal)
Oatmeal Raisin	(310 cal)	White Chocolate Macadamia Nut	(340 cal)

BROWNIES (1 cut per serving) \$13.79 per dozen

Plain	(200 cal)	Cream Cheese	(220 cal)
Blondie	(220 cal)	Fudge	(350 cal)

GOURMET DESSERT BARS (1 cut per serving) \$15.99 per dozen

Luscious Lemon Bar	(70 cal)	Chocolate Chess Bar	(260 cal)
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ASSORTED MINI PETIT FOURS AND PASTRIES

(1 slice | 140 cal)

\$22.79 per dozen

MULTI-GRAIN BARS AND GRANOLA BARS

(1 bar | 90-160 cal)

\$1.39 per item

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

(1 bag | 110-230 cal)

\$1.39 per item

ASSORTED POPCORN \$2.99 per guest

(1 bag | 120 cal)

MIXED NUTS WITH PEANUTS \$19.79 per pound

(1 oz. | 120 cal)

TRAIL MIX \$13.69 per pound

(1 oz. | 150 cal)

DECORATED SHEET CAKES

(1 slice + 2 tbsp. icing | 140-150 cal + 120-140 cal)

Quarter Sheet \$24.99 each Half Sheet \$46.99 each Full sheet \$85.99 each

CHEESECAKE STATION \$5.99 per guest

N.Y. Style Cheesecake (1 slice | 450 cal) Topped with Your Choice of Fresh Strawberries (2 oz. | 15 cal), Caramelized Apples (2 oz. | 140 cal), Fresh Blueberries (2 oz. | 30 cal) Peppermint Crunch (1 oz. | 120 cal) and Your Favorite Sauces (2 oz. | 140-200 cal)

ICE CREAM SUNDAE BAR \$5.99 per guest

45 guest minimum

Choice of Ice Cream Flavours (One per 45 guests):

Chocolate	(1 scoop 90 cal)
Vanilla	(1 scoop 90 cal)
Strawberry	(1 scoop 80 cal)

Choice of Two Sauces:

Chocolate	(2 oz. 200 cal)
Strawberry	(2 oz. 140 cal)

Choice of Three Toppings: Sprinkles (130 cal), Cookie Crumbs (130 cal), Heath Bar™ Pieces (150 cal), Crushed Peanuts (170 cal), M&M's® (140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180-200 cal) are included.



PLAN FOR
SUCCESS

PLANNING YOUR EVENT

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure things are as perfect as possible for your special occasion! Please use this guide to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event.

Our experienced event planning specialists are very consultative and will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT FLAVOURS BY SODEXO

When you have a catered event in mind, please contact us as soon as possible to insure availability. Even if you are not yet sure of such details as the exact event date, event location and number of guests that will be in attendance, it's a good idea to touch base with us as early on in the process as possible.

Some catering arrangements through Flavours Catering at UAB can be made by phone, email or online; other catering arrangements require an in-person appointment with one of our event planning specialists. It's easy to get in touch with Flavours Catering at UAB about your catering needs. Here are the options: Visit Our Office: 1400 University Blvd. Suite 125, Birmingham, AL 35233. Our office hours are Monday through Friday, 8:00am - 5:00pm. Please be aware that we are closed on some holidays. Visit us on the Web: www.uab.edu/catering. Give us a Call: 205-996-6565. Send us an Email: catering@uab.edu.

EVENT LOCATION RESERVATION

Whether on or off campus the event location needs to be reserved before we plan your event. When reserving a room in the Hill Student Center (our exclusive location) please contact reservations office at (205)996-1841. All other room reservations need to be reserved through the Dean's office of that specific building.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs, Trash cans and other equipment you may need for your event. Please contact your event venue to request these needs. Catering tables will need to be in place two hours prior to event time to insure staff has adequate time to set up. When reserving the location please allow 2 hours for set up and one hour for cleaning time. In order for your event to be set up in a timely manner, it is the event organizers responsibility to ensure facilities are accessible and requested equipment is in place (tables, chairs & trash cans). Flavours Catering cannot guarantee your event will be set up on time if these arrangements are not put in place. We reserve the right to assess additional fees in the event these arrangements are not made in advance. Event set up and breakdown is based on a two hour event. Any event over two hours will be subject to additional attendant fees.

EVENT CONFIRMATIONS & GUARANTEES

Once an order is confirmed via the online CaterTrax system, our staff will prepare for the menu selections, guaranteed number of guests and resources outlined in the final BEO. Final BEO approval is required within 72 business hours of your scheduled event and the client will be held liable for the associated revenue upon its receipt. Any changes (guarantee counts, menu or additional requested resources) made within 72 business hours of your scheduled event will be subject to Flavours Catering approval and will incur a \$25 penalty/change fee. These change requests should be made via the CaterTrax system to ensure such requests are documented (date/time stamped) and to confirm adequate arrangements are made to accommodate any BEO revision as needed once approved.

EVENT CANCELLATIONS

Cancellations must be confirmed 72 business days prior to your scheduled event. Functions cancelled with less than 72 business hours notice are accountable for 75% of the associated revenue due. Any/all cancellations or BEO changes made within 24 hrs are accountable for 100% of the associated revenue of the confirmed order.

Any exception to the policies outlined above (i.e. unforeseen circumstances, inclement weather, and campus closing) will be made by the Director of Catering on a specific case basis. These exceptions are made in an effort to minimize loss of revenue to Flavours Catering and allocated resources should an event cancel outside of the guidelines presented above. If the campus is closed then Flavours Catering will also be closed and any events that were reserved will automatically be cancelled.

EVENT PAYMENT

Functions being paid via Third- Party (Non-UAB Oracle/GA Account) must present CC Authorization, and 100% payment is due prior to your scheduled event. For outside vendor functions (i.e. non-University events) additional payment methods are excepted: Non-University check, Visa, MasterCard and or American Express.

If your group is not a university, college or school:

- A deposit of 75% is required two weeks prior to your scheduled event with the balance due 24 hrs before your event.
- An administrative fee 18% will be added to your bill.
- Sales tax of 10% will be added to your bill.

If you are a tax-exempt organization:

- You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event

Flavours Catering will prepare and invoice for the estimated number and charge accordingly should a final count not be confirmed.



PLAN FOR
SUCCESS

DELIVERY FEES

There is no delivery fee for catering services held within Hill Student Center. All outside deliveries must meet a minimum order of \$250.00 plus delivery (Monday - Friday) 7:00am - 6:00pm. Weekend orders must meet a minimum order of \$500.00 plus delivery. Deliveries outside the building, client will be subject to a \$25.00 dollar or 10% delivery fee, whichever is greater, and not to exceed \$500.00.

SERVICE STAFF AND ATTENDANTS

To ensure that your event is a success, catering staff will be added at an additional fee for all served meals and some buffets. Continental breakfasts, breaks, and receptions are priced for self-service buffets. Buffet style functions exceeding 50 guest an additional staff member will be added per every 50 guest. Served meals are priced on an individual basis.

The charge for each staff member is:

Attendants \$20.00 per hour (minimum 4 hours)

Station Chefs \$25.00 per hour (minimum 2 hours)

CATERING EQUIPMENT

As the host of the catered event, you are responsible for the equipment we have provided for the service of your catered event. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account. For very large events, specialty equipment may need to be rented at an additional charge.

CHINA CHARGES

Our Catering Department offers an eco-friendly service-ware unless otherwise requested or noted. We also offer a high quality plastic ware for any event at an additional fee. Please call the catering office for details.

Full Meal China and Silverware Service \$5.50 per guest

Reception China and Silverware Services \$2.25 per guest

Coffee or Beverage China Service \$1.75 per guest

Full Bar Glass Service \$2.50 per guest

Disposable Masterpiece plates and Reflection Silverware \$2.50 per guest

Disposable Acrylic plates and Reflection Silverware \$1.50 per guest

FLORAL CHARGES

We will be happy to order, receive, and handle floral arrangements for you. For decorative requests, an additional fee will be determined in accordance with your specific needs.

LINENS AND SKIRTING

As a standard, we provide tablecloths for all food and beverage tables. Linens for guest tables, registration tables, name tags, head tables and any additional tables that will not be directly used for food and beverage set up are available at an additional fee.

Below pricing is based on Black or White linens

85" square for round tables (not to the floor) \$3.00 per table

114" rectangle for 6' and 8' banquet tables \$3.00 per table

120" round tablecloths (floor length) \$10.00 per cloth

90 x 132" rectangle cloth for 6ft table (floor length) \$11.00 per cloth

90 x 156" rectangle cloth for 8ft table (floor length) \$12.00 per cloth

Napkins \$1.00 per napkin

Other linen colors, depending on availability, may be placed as special orders. Specialty linens are also available for your food and guest tables at an additional cost. Please set up an appointment to view swatches.

FOOD REMOVAL POLICY

Due to food safety liability, guests may not remove food from the function site without signing a waiver of liability provided by Flavours Catering. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.

NOTES

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FLAVOURS

by *sodexo**