

FLAVOURS

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CONCORDIA UNIVERSITY
ANN ARBOR



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 734-995-7572, email us at Kristen.Thomas@cuaa.edu or visit our website: <https://www.cuaa.edu/about/offices/catering/index.html>.

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 accommodate Gluten Free requests.


Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Freshly Brewed Nescafé Coffee (8 fluid oz. | 0 cal), Nescafé Decaffeinated Coffee (8 fluid oz. | 0 cal) and Tazo Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Tazo Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 5 or more.

CONTINENTAL

\$11.39 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 Muffins	(1 each 330-450 cal)


Butter

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

Chilled Carafes of Apple Juice (8 oz. | 90 cal)

BREAKFAST BUFFET



\$13.95 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)
Mini Scones	(1 each 180 - 210 cal)

Butter

Home Fries  (4 oz. | 150 cal) or Hashbrowns  (4 oz. | 130 cal)


CHOOSE TWO:

Crispy Bacon	(1 slice 50 cal)
Sausage	(2 links 100 cal)
Turkey Link Sausage	(2 links 70 cal)

CHOOSE ONE:

Cage-Free Scrambled Eggs 	(4 oz. 190 cal)
Scrambled Eggs with Cheddar 	(4 oz. 240 cal)
Western Scrambled Eggs	(4 oz. 160 cal)

ADD ON:

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

\$2.25 per guest

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






Chilled Carafes of Apple Juice (8 oz. | 90 cal)

A FRESH NEW START



HEALTHY START






\$10.95 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)
Assorted Low-Fat Muffins and Butter  	(1 each 160 - 210 cal)
Chilled Carafes of Orange Juice	(8 oz. 140 cal)
Chilled Carafes of Apple Juice	(8 oz. 90 cal)

OMELET STATION

\$8.99 per guest

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 15 or more.

Cage-Free Eggs 	(2 eggs 140 cal)	Egg Whites  	(4 oz. 60 cal)
Ham 	(2 tbsp. 20 cal)	Pork Sausage Links	(2 tbsp. 15 cal)
Shredded Cheddar	(1 oz. 110 cal)	Diced Tomatoes	(1 oz. 5 cal)
Seasonal Garden Vegetables	(varies by season)	Sweet Peppers 	(3 oz. 20 cal)
Scallions	(1 oz. 10 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 delivery, linen-draped service tables, set up and clean up. Waited Service is available upon request.

FROM THE BAKERY *per dozen*

ASSORTED FRESHLY HOUSE-BAKED MUFFINS *\$14.99 per dozen*

Blueberry	(1 muffin 390 cal)
Banana Walnut 	(1 muffin 430 cal)
Apple Cinnamon	(1 muffin 380 cal)
Cranberry Orange	(1 muffin 330 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES *\$15.79 per dozen*

Banana Nut Bread 	(1 slice 370 - 400 cal)
Blueberry Coffee Cake 	(1 square 110 cal)
Apple Streusel Coffee Cake 	(1 square 260 cal)
Double Lemon Poppy Seed Coffee Cake 	(1 square 240 cal)

ASSORTED DANISH *\$15.79 per dozen*

(1 each | 270 cal)

ASSORTED BAGELS with Cream Cheese and Jellies *\$20.59 per dozen*

(1 bagel | 210 - 310 cal)

HOUSE-BAKED COUNTRY BISCUITS with Butter, Honey and Jellies *\$15.79 per dozen*

(1 each | 160 - 450 cal)

ASSORTED DOUGHNUTS *\$15.79 per dozen*

(1 each | 280 - 310 cal)

ASSORTED MINI SCONES *\$15.79 per dozen*

(1 each | 180 - 210 cal)

CINNAMON ROLLS *\$15.79 per dozen*

(1 each | 110 - 450 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT

\$1.79 each

(1 each | 90 - 180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA

\$2.89 each

(1 each | 200 - 360 cal)

SEASONAL SLICED FRESH FRUIT

Small 15-25 \$34.00 per tray

Medium 25-50 \$70.00 per tray

Large 50-75 \$105.00 per tray

(4 oz. | 50 cal)

FIRST THINGS FIRST



BREAKFAST SANDWICH \$3.39 each

Choice of One:

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

Choice of One:


- Cage-Free Scrambled Eggs  (4 oz. | 190 cal)
- Scrambled Eggs and Cheese  (4 oz. | 240 cal)

Choice of One:

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

BREAKFAST TACO \$3.19 each

Choice of One:

- Flour Tortilla  (1 each | 210 cal)

Choice of One:

- Cage-Free Scrambled Eggs  (4 oz. | 190 cal)

Choice of One:

- Pork Sausage Patty (1 patty | 140 cal)
- Ham  (1 slice | 30 cal)

Accompanied by

- Shredded Cheddar Cheese  (1 oz. | 110 cal)
- Sour Cream  (1 tbsp. | 30 cal)

- Scrambled Eggs and Cheese  (4 oz. | 240 cal)

- Bacon (1 slice | 50 cal)
- Turkey Sausage Patty (1 slice | 30 cal)

- Fresh Salsa  (2 oz. | 15 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  \$2.29 per guest	(4 oz. 150 cal)
ROASTED SWEET POTATOES  \$2.29 per guest	(4 oz. 170 cal)
CAGE-FREE HARD BOILED EGGS  \$2.29 per guest	(1 each 70 cal)
INDIVIDUAL BISCUIT QUICHES \$4.59 per guest	
Western Quiche	(1 each 370 cal)
Broccoli Cheddar Quiche 	(1 each 310 cal)
BREAD PUDDINGS \$3.39 per guest	
Ham, Mushroom and Swiss	(1 square 400 cal)
Apple Raisin French Toast 	(1 square 600 cal)
WHEAT BERRY PECAN CRUNCH FRENCH TOAST   \$4.59 per guest	(3 halves 380 cal)
OATMEAL BAR \$3.39 per guest	
Steel Cut Oatmeal 	(8 oz. 170 cal)
Served with a Choice Of Four:	
Sliced Bananas  	(1 banana 90 cal)
Blueberries  	(2 oz. 30 cal)
Ground Cinnamon	(1 oz. 0 cal)
Dark or Light Brown Sugar 	(1 oz. 110 cal)
Raisins  	(1 oz. 80 cal)
Honey 	(1 oz. 90 cal)
Chocolate Chips 	(1 oz. 150 cal)
Choice of Milk:	
2%	(3 oz. 45 cal)
Soy	(3 oz. 40 cal)



REFRESH AND
REJUVENATE

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

COFFEE AND TEA SERVICE

\$3.00 per guest

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

HOT BEVERAGES

16 servings per gallon

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

\$17.59 per gallon

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

\$19.59 per gallon

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

\$17.59 per gallon

Hot Chocolate *\$16.50 per gallon* (8 oz. | 200 cal)

Seasonal Hot or Cold Apple Cider *\$16.50 per gallon* (8 oz. | 110 cal)

COLD BEVERAGES

16 servings per gallon; 8 servings per half gallon

Orange Juice *\$14.99 per gallon* (8 oz. | 140 cal)

Apple Juice *\$14.99 per gallon* (8 oz. | 90 cal)

Lemonade *\$14.99 per gallon* (8 oz. | 130 cal)

Freshly Brewed Unsweetened Iced Tea *\$14.99 per gallon* (8 oz. | 0 cal)

Iced Water Service *\$9.99 per gallon* (8 oz. | 0 cal)

Iced Water Service with Fresh Quartered Oranges, Lemons and Limes *\$12.99 per gallon* (8 oz. | 0 - 60 cal)

Bottled Water *\$1.55 per guest* (12 oz. | 0 cal)

Bottled Fruit Juice: *\$2.29 per guest* (10 oz. | 35-170 cal)

Orange, Apple

Assorted Canned Soft Drinks, Regular and Diet *\$1.55 per guest* (12 oz. | 0 - 180 cal)



GREENS
TO GO

PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll (1 roll | 100 cal) and Butter, Pita Wedges (2 oz. | 190 cal) or Toasted Flatbread (1/2 flatbread | 70 cal), O'Goodness® Cookies 🍪 (2 each | 180 - 240 cal), Brownie (1 each | 170 - 180 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Bottled Water (20 oz. | 0 cal). High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 10 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)

\$9.29 per guest

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

Add Grilled Breast of Chicken \$3.00 per guest

Add Grilled Marinated Steak \$6.19 per guest

COBB SALAD (1 salad | 770 cal)

\$13.69 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)

\$12.29 per guest

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

SOUTHWESTERN GRILLED CHICKEN SALAD 🥗 (1 salad | 290 cal)

\$13.69 per guest

Crisp Romaine, Grilled Chicken, Black Bean Salsa, Cheddar Jack and Baked Tortilla Strips with Avocado Chipotle Dressing

EDAMAME NUT SALAD 🥗 🌱 (1 salad | 230 cal)

\$11.95 per guest

Shelled Edamame, Almonds, Sunflower Seeds, Diced Apples and Dried Cranberries on Crisp Lettuce with a Creamy Poppy Seed Dressing



MOVABLE
FEAST

PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips (1 bag | 130-220 cal) and a choice of one: Fresh Fruit Salad 🍏🥬 (3 oz. | 25 cal), Potato Salad (4 oz. | 45 cal), BLT Pasta Salad (3 oz. | 170 cal), Orzo and Pepper Salad 🍝 (3 oz. | 170 cal), Cole Slaw (3 oz. | 90 cal), O'Goodness® Cookies 🍪 (2 each | 180 - 240 cal), Brownie (1 each | 170 - 180 cal) or a Large Cookie (1 each | 160-170 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal), or Bottled Water (20 oz. | 0 cal). High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 10 guest minimum per menu selection.

THE DELI (1 sandwich | 280 cal)

\$12.39 per guest

Craft Your Own Deli Sandwich with Choice of Artisan Breads of White or Whole Wheat, Multigrain Sandwich Flat or Croissant, Deli Meats of Oven Roasted Turkey Breast, Low-Sodium Turkey, Roast Beef, Ham, Tuna Salad or Grilled Vegetables, a Selection of Cheeses of Provolone, American or Swiss and an Assortment of Fresh Toppings of Lettuce and Sliced Tomato

TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)

\$11.39 per guest

Classic Oven Roasted Turkey, Sharp Cheddar, Green Leaf Lettuce and Tomato Slice on a Hearty Kaiser Roll

ROAST BEEF AND CHEDDAR (1 sandwich | 500 cal)

\$13.19 per guest

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

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

\$12.25 per guest

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

HONEY BBQ CHICKEN SANDWICH 🍗 (1 sandwich | 490 cal)

\$12.25 per guest

Balsamic Garlic Chicken with Honey-BBQ Ranch Dressing, Roasted Onions, Green Lettuce and Fresh Tomato on a Multigrain Roll

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

\$11.95 per guest

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

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

\$11.39 per guest

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

PORTOBELLO RUSTICO 🍄🥑 (1 sandwich | 430 cal)

\$11.39 per guest

Roasted Balsamic Portobello Mushroom, Fresh Mozzarella and Basil, Roasted Tomato Salsa and Baby Spinach on a Multigrain Roll



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) Butter, and choice of Dessert, Freshly Brewed Nescafé Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal), Herbal and Non-Herbal Tazo Teas (8 oz. | 0 cal) with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include delivery, 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)

\$16.99 per guest

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

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

\$17.59 per guest

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

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

\$17.59 per guest

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

CHICKEN CORDON BLEU (1 plate | 910 cal)

\$19.39 per guest

Chicken Breast Stuffed with Swiss Cheese and Smoked Ham, Coated in Garlic Thyme Panko, then Baked Golden Brown

CRANBERRY DIJON CHICKEN & SWEET POTATOES (1 plate | 310 cal)

\$16.99 per guest

Sweet and Savory, Cranberry Dijon Basted Chicken Breast Plated with Spiced Sweet Potato Mash and Zesty Garlic Green Beans

BEEF AND PORK

BRAISED SHORT RIBS (1 plate | 390 cal)

\$26.39 per guest

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

BEEF TENDERLOIN STUFFED WITH SPINACH (1 plate | 390 cal)

\$34.99 per guest

Beef Tenderloin Roulades Brimming with Baby Spinach, Red Peppers and Tangy Asiago Cheese, Slow Roasted, Served Au Jus

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

\$20.99 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

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)

\$18.99 per guest

Pan-Seared Pork Tenderloin Covered in a Savory Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

COMBINATION PLATE

BEEF AND SALMON FILETS (1 plate | 340 cal)

\$39.99 per guest

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

SEAFOOD

BLACKENED COD WITH SALSA VERDE 🌶️ (1 plate | 280 cal)

\$29.99 per guest

Blackened Cod Drizzled with Green Tomatillo Sauce, Paired with a Colorful Watercress Salad and Fresh Cilantro

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

\$24.99 per guest

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

GRILLED TILAPIA WITH MANGO JICAMA RELISH 🌶️ (1 plate | 440 cal)

\$19.39 per guest

Grilled Tilapia with Peppery Mango Jicama Relish, Garnished with Shredded Coconut and Lime Zest

VEGETARIAN

PORTOBELLO MUSHROOM NAPOLEON 🍆 (1 plate | 170 cal)

\$19.99 per guest

Layers of Portobello, Soft Mozzarella, Zucchini, Spinach and Red and Yellow Peppers Sitting on a Swirl of Roasted Tomato Coulis

SPAGHETTI SQUASH 🍆🌱 (1 plate | 340 cal)

\$14.25 per guest

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

VEGETARIAN PAELLA WITH EDAMAME 🍆 (1 plate | 250 cal)

\$16.99 per guest

Saffron Rice Baked with Tomatoes, Carrots, Edamame and Black Olives

ENTRÉE ACCOMPANIMENTS

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette	✓	(1 salad 110 cal)
Iceberg Wedge with Maytag Bleu Cheese	✓	(1 salad 130 cal)
Caesar Salad with Anchovies and Homemade Croutons	✓	(1 salad 160 cal)
Fresh Mozzarella and Tomato Stack with Fresh Basil	✓	(1 salad 430 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing	✓	(1 salad 740 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette	☺ ✓	(1 salad 190 cal)

SIDES

Choice of One:

French Green Beans and Carrot Medley	☺ ✓	(4 oz. 40 cal)
Roasted Root Vegetables	☺ ✓	(4 oz. 60 cal)
Sautéed Mushrooms	✓	(4 oz. 130 cal)
Fresh Spinach and Garlic Sauté	✓	(4 oz. 45 cal)
Chef's Choice of Seasonal Vegetable		(4 oz. 30 - 130 cal)

Choice of One:

Oven-Herbed Roasted Red Potatoes	✓	(4 oz. 130 cal)
Roasted Fingerling Potatoes	✓	(4 oz. 180 cal)
Caramelized Onion Mashed Yukon Potatoes	✓	(4 oz. 110 cal)
Mashed Sweet Potatoes	✓	(4 oz. 210 cal)
Basil Orzo	☺ ✓	(4 oz. 190 cal)
Chef's Choice of Side Pairing		(4 oz. 100 - 400 cal)

IN GOOD COMPANY



DESSERTS

New York Cheesecake with Seasonal Fresh Berries
Cora's Red Velvet Cake
Dutch Apple Pie
Chocolate Fudge Cake

(1 slice | 450 cal)
(1 slice | 760 cal)
(1 slice | 450 cal)
(1 slice | 590 cal)

ADDITIONAL OPTIONS:

Apple Caramel Bread Pudding *\$3.49 per guest*
White Chocolate Raspberry Creme Brulee *\$3.49 per guest*
German Chocolate Pecan Tart *\$3.49 per guest*

(1 each | 210 cal)
(1 each | 840 cal)
(1 each | 2260 cal)

BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal) are included. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Add Soup du Jour with Crackers for \$3.00 per guest. These menus are available for groups of 10 or more. Waited service is available upon request.

SIGNATURE SALADS

\$15.99 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 Portobello Mushroom	(4 oz. 60 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

\$15.99 per guest

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

Two Salads

Assorted Bags of Chips

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 bar | 190-510 cal)

(1 bar | 60-380 cal)

(1 cookie | 160-180 cal)

(4 oz. | 45 cal)

CHOOSE TWO HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser

Roast Beef and Cheddar on Ciabatta

Twisted Beef & Horseradish Wrapped in Whole Grain Tortilla 🍷

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 Pumpnickel Bread 🍷

(1/2 sandwich | 180 cal)

(1/2 sandwich | 250 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 delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. These menus are available for groups of 10 or more. Waited Service is available upon request.

DELI BUFFET








\$12.95 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)	Provolone Cheese	(1 slice 70 cal)
Sliced Swiss Cheese	(1 slice 50 cal)	Sliced Tomato	(1 slice 0 cal)
American Cheese	(1 slice 50 cal)	Dill Pickles	(1 spear 5 cal)
Leaf Lettuce	(1 slice 0 cal)		
Sliced Onions	(2 rings 0 cal)		
Mayonnaise	Dijon Mustard		
Bulk Chips	(2 oz. 140-320 cal)		
Assorted Cookies	(1 cookie 160-180 cal)	Brownies	(1 brownie 190-510 cal)
Freshly Brewed Iced Tea (8 oz. 0 cal)			

OLD FASHIONED BBQ

\$15.99 per guest

Seasonal Fresh Fruit Salad  	(4 oz. 45 cal)
Country Potato Salad  	(4 oz. 120 cal)
Cornbread  	(4 oz. 120 cal)
and Butter	
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)
Freshly Brewed Iced Tea (8 oz. 0 cal) or Lemonade (8 oz. 70 cal)	



FESTIVE FLAIR

BACKYARD COOK OUT

\$13.95 per guest

Country Potato Salad
Potato Chips
Vegetarian Baked Beans
Hamburger and Hot Dog Buns to Include Whole Wheat
Grilled Hamburgers
Grilled Hot Dogs
Leaf Lettuce
Sliced Tomato
Dill Pickles
Relish
Onions
Ketchup, Mustard and Mayonnaise
Assorted Cookies
Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

(4 oz. | 160 cal)
(1 bag | 160 cal)
(4 oz. | 120 cal)
(1 each | 380 cal)
(1 sandwich | 330 cal)
(1 sandwich | 320 cal)
(1 slice | 0 cal)
(1 slice | 5 cal)
(5 chips | 0 cal)
(1 tbsp. | 20 cal)
(2 rings | 0 cal)

(1 cookie | 160-180 cal)



FESTIVE
FLAIR

SPECIALTY BUFFETS

ASIAN FUSION

\$22.95 per guest

Asian Salad	(4 oz. 120 cal)
Garlic Lemon Ginger Broccoli	(4 oz. 45 cal)
Sticky Rice	(4 oz. 210 cal)
Vegetable Lo Mein	(4 oz. 130 cal)
Cilantro Breast of Chicken	(1 breast 110 cal)
Teriyaki Glazed Salmon Filet	(1 filet 220 cal)
Coconut Lemon Almond Gourmet Bar	(1 cut 320 cal)
Fortune Cookies	(1 cookie 35 cal)
Assorted Canned Soft Drinks, Regular and Diet (12 oz. 0-180 cal) or Freshly Brewed Iced Tea (8 oz. 0 cal)	

BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; both eco-friendly serviceware and china are available, upon request. Build Your Own Buffet by selecting - One Salad, One Entrée, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for \$5.00 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 \$15.95 per guest (1 entrée | 280 cal)

Lemon Parmesan Chicken with White Wine Chive Sauce \$15.95 per guest (1 entrée | 530 cal)

Apricot Glazed Roasted Turkey \$15.95 per guest (1 entrée | 140 cal)

BEEF

Braised Beef Sicilian \$16.70 per guest (1 entrée | 310 cal)

Caramelized Onion Meatloaf \$15.79 per guest (1 entrée | 210 cal)

Beef Stroganoff \$15.99 per guest (1 entrée | 410 cal)

PORK

Asian Marinated Pork Loin with Honey and Soy Glaze \$15.95 per guest (1 entrée | 220 cal)

Roast Pork Loin with Mustard Herb Crust \$15.95 per guest (1 entrée | 300 cal)

SEAFOOD

Broiled Salmon with Dill Butter \$19.99 per guest (1 entrée | 270 cal)

Citrus Baked Tilapia \$15.95 per guest (1 entrée | 180 cal)

Garlic Shrimp Skewers \$19.39 per guest (1 entrée | 440 cal)

VEGETARIAN

Vegetarian Lasagna \$15.79 per guest (1 entrée | 290 cal)

Stuffed Peppers with Herbed Tomato Sauce \$14.09 per guest (1 entrée | 210 cal)

Vegetarian Pad Thai *Contains Peanuts \$14.99 per guest (1 entrée | 280 cal)

CUSTOMIZED
CREATIONS



SIDES

CHOOSE ONE (4 oz. serving):

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

CHOOSE ONE (4 oz. serving):

Balsamic Herb Roasted Vegetables VG	(4 oz. 110 cal)
Lemon Garlic Broccoli V	(4 oz. 60 cal)
Sautéed Zucchini VG V	(1 each 50 cal)
Glazed Carrots VG V	(4 oz. 120 cal)
Fresh Green Beans V	(4 oz. 40 cal)
Variety of Seasonal Vegetables V	(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)
Assorted Cookies and Brownies	(1 serving 160-510 cal)
Assorted Pies	(1 slice 350-520 cal)
Apple Crisp	(1 serving 150 cal)

BEVERAGES

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

CHOOSE TWO:

Iced Water Station	(8 oz. 0 cal)
Lemonade	(8 oz. 70 cal)
Freshly Brewed Iced Tea	(8 oz. 0 cal)
Assorted Canned Soft Drinks, Regular and Diet	(12 oz. 0-180 cal)

HOT HORS D'OEUVRES

FROM PLATTERS TO PASSED

High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

CHICKEN

Greek Chicken Skewers <i>\$15.59 per dozen</i>	(1 each 90 cal)
Grilled Jerk Chicken Skewers <i>\$15.79 per dozen</i>	(1 each 45 cal)
Chipotle Maple Bacon-Wrapped Chicken <i>\$17.59 per dozen</i>	(1 each 50 cal)
Ginger Chicken Satay with Coconut Peanut Sauce <i>\$16.95 per dozen</i>	(1 each + 1 oz. sauce 110 cal)
Blackened Chicken Sliders <i>\$30.99 per dozen</i>	(1 each 140 cal)

PORK

Pork Pot Stickers with Garlic Soy Sauce <i>\$15.79 per dozen</i>	(1 each + 3 oz. sauce 50 cal)
Ham and Cheese Pinwheels <i>\$14.95 per dozen</i>	(1 each 50 cal)
Sausage Bites with White Wine and Dijon Mustard <i>\$15.79 per dozen</i>	(1 each 300 cal)
Maple-Glazed Apple Rumaki <i>\$15.95 per dozen</i>	(1 each 60 cal)
Sausage-Stuffed Mushrooms <i>\$18.95 per dozen</i>	(1 each 20 cal)

SEAFOOD

Bacon Wrapped Scallops with BBQ Sauce <i>\$40.49 per dozen</i>	(1 each 45 cal)
Grilled Sugar Cane Shrimp & Scallop Skewers <i>\$49.99 per dozen</i>	(1 each 150 cal)
Mini Crab Cakes with Cajun Rémoûlade Sauce <i>\$34.99 per dozen</i>	(1 each 70 cal)



SAVORY SELECTIONS

BEEF

Chipotle Beef on Tortillas with Avocado Crème

\$17.59 per dozen

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

\$13.19 per dozen

Beef Satay with Sweet & Spicy Sauce

\$31.69 per dozen

Beef Short Ribs in a Potato Cup

\$19.99 per dozen

(1 each | 120 cal)

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

(1 each + sauce | 110 cal)

(1 each | 140 cal)

VEGETARIAN

Spanakopita

\$17.59 per dozen

Onion and Smoked Gouda Quesadilla

\$16.99 per dozen

Mini Eggplant Parmesan with Smoked Chutney

\$13.99 per dozen

(1 each | 45 cal)

(1 each + sauce | 350 cal)

(1 each | 90 cal)



MAGNIFICENT
MORSELS

COLD HORS D'OEUVRES

High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

Prosciutto-Wrapped Melon with Dijon Dipping Sauce <i>\$21.99 per dozen</i>	(1 wedge + 1 tsp. sauce 100 cal)
Shrimp Cocktail with Cajun Rémolade and Cocktail Sauce <i>\$21.99 per dozen</i>	(shrimp + sauce 150 cal)
Roasted Garlic Hummus and Smoked Salmon Bruschetta <i>\$40.49 per dozen</i>	(1 each 110 cal)
Goat Cheese and Honey Phyllo Cups <i>\$17.59 per dozen</i>	(1 each 100 cal)
Black Currant and Brie Crostini <i>\$13.99 per dozen</i>	(1 slice 90 cal)
White Bean Crostini <i>\$13.19 per dozen</i>	(1 slice 120 cal)
Charred Peaches Wrapped in Prosciutto <i>\$21.99 per dozen</i>	(1 each 60 cal)
Cool Salmon Canapés <i>\$17.99 per dozen</i>	(1 each 60 cal)
Broccoli Rabe & Fresh Mozzarella Crostini <i>\$13.99 per dozen</i>	(1 each 200 cal)



DELECTABLE
DELIGHTS

GOURMET DIPS AND MORE

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

HOT DIPS

Sold per person

- Warm Parmesan Artichoke Dip with Bagel or Pita Chips **\$2.99 per person** (1 oz. + 2 oz. chips | 250 cal)
Spinach and Crab Dip with Baguette Rounds **\$3.99 per person** (1 oz. + 1 chip | 120 cal)






COLD DIPS

Sold per person

- Tzatziki Cucumber Yogurt Dip (1 tbsp. | 5 cal), Hummus (1 oz. | 50 cal) or Baba Ghanoush (1 oz. | 15 cal) with Pita Chips (2 oz. | 190 cal)
\$2.99 per person
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)
\$6.99 per person

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)
\$44.89 Small/\$87.99 Medium/\$160.00 Large
Seasonal Cubed Fresh Fruit  (4 oz. | 50 cal)
\$35.99 Small/\$70.99 Medium/\$96.99 Large
Domestic Cheeses with Crackers  (2 oz. + 6 crackers | 340 cal)
\$43.99 Small/\$87.99 Medium/\$184.79 Large
Artisan Cheeses with Crackers and Baguette Rounds  (2 oz. + 6 crackers | 280 cal)
\$70.39 Small/\$140.79 Medium/\$211.19 Large
Antipasto Platter with Crackers and Baguette Rounds (1 serving + 1 cracker | 390 cal)
\$87.99 Small/\$175.99 Medium/\$263.99 Large
Vegetarian Antipasto Platter with Crackers and Baguette Rounds (1 serving + 1 cracker | 240 cal)
\$75.00 Small/\$140.00 Medium/\$200.00 Large
California Rolls with Soy Sauce and Wasabi (2 slices | 70 cal)
\$50.00 Small/\$90.00 Medium/\$130.00 Large

SAVORY CHEESECAKES

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

- Roasted Vegetable Cheesecake (serves 15-20 guests) **\$45.69 each** (1 cracker | 25-70 cal)
Savory Pesto and Sun-Dried Tomato Torte (serves 50-75 guests) **\$99.95 each** (1 slice | 360 cal)
(1 slice | 310 cal)

WINGS AND THINGS BAR

\$11.29 per guest

CHOOSE TWO WING STYLES (1 wing serving):

- Buffalo (80 cal)
BBQ (100 cal)
Boneless (120 cal)
Celery and Carrot Sticks (6 sticks, 3 each | 15 cal)
Bleu Cheese (2 oz. | 280 cal)
Ranch Dressing (2 oz. | 190 cal)
Steak Fries (4 oz. | 270 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.

FAJITA SMALL PLATE STATION

\$15.99 per guest

Classic Chicken (3 oz. | 110 cal), Beef (3 oz. | 170 cal) or Veggie (1 oz. | 10 cal) Fajitas Accompanied with Mexican Rice (1/2 cup | 170 cal) Refried Beans (4 oz. | 140 cal), Tortilla Chips (2 oz. | 260 cal) and Appropriate Toppings.

SLIDER STATION

\$14.99 per guest

CHOOSE THREE:

Cheeseburger (1 sandwich | 180 cal), Hamburger (1 sandwich | 170 cal), Pork BBQ (1 sandwich | 330 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).

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)

\$6.29 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)

\$10.29 per guest



GRAND
FINALE

SWEET AND SALTY

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

ASSORTED HOME-STYLE COOKIES (1 cookie per serving) \$9.99 per dozen

Chocolate Chip	(180 cal)	Sugar	(170 cal)
Oatmeal Raisin	(160 cal)	Double Chocolate Chip with White Chips	(170 cal)

BROWNIES (1 cut per serving) \$12.95 per dozen

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

GOURMET DESSERT BARS (1 cut per serving) \$17.99 per dozen

Luscious Lemon Bar	(70 cal)	Raspberry Almond Bar	(190 cal)
Goopy Chocolate Peanut Butter Bar	(290 cal)	Chocolate Chess Bar	(260 cal)

ASSORTED MINI PETIT FOURS AND PASTRIES

(1 each | 140 cal)

\$25.99 per dozen

ASSORTED MINI CANDY BARS

(3 pieces | 130 cal)

\$2.29 per guest

MULTI-GRAIN BARS AND GRANOLA BARS

(1 bar | 90-160 cal)

\$1.69 per item

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

(1 bag | 110-230 cal)

\$1.59 per item

TOSS POPCORN STATION \$6.25 per guest

(1 cup | 40 cal)

MIXED NUTS WITH PEANUTS \$18.99 per pound

(1 oz. | 120 cal)

CHEX MIX \$15.99 per pound

(1 oz. | 120 cal)

DECORATED SHEET CAKES

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

Full \$125.00 each Half \$65.00 each Quarter \$35.00 each

S'MORE'S STATION \$8.99 per guest

S'more's Pizza (1 each | 200 cal), Chai Spice S'more's (1 each | 400 cal) and Classic S'more's (1 each | 240 cal)

ICE CREAM SUNDAE BAR \$7.19 per guest

10 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 One Sauces:

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

Choice of Two Toppings: Sprinkles (130 cal), Cookie Crumbs (130 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. 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 by Sodexo 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 by Sodexo about your catering needs. Here are the options:

Visit Our Office: You may visit us in person at the Concordia Cafeteria. Our office hours are Monday through Friday, 9am-5pm. Please be aware that we are closed on some holidays.

Visit us on the Web: You may contact us about your catering needs through our online catering Website at <https://www.cuaa.edu/about/offices/catering/index.html>. The ultimate in convenience, this site will enable you to easily view our fabulous catering menus.

Give us a Call: You may speak with an event planning specialist by calling 734-995-7572.

Send us an Email: You may email us at Kristen.Thomas@cuaa.edu.

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. You will need to officially "reserve" the space in order for us to be permitted to serve you in this location. To reserve a room for an event, please contact 734-995-7572.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact 734-995-7341 to make these arrangements.

EVENT CONFIRMATIONS & GUARANTEES

No less than 7 days from the scheduled catered event, you must sign a Banquet Event Order. You will also be asked to provide us with a "final" number of guests that will attend your event; the "estimated" number will be used if you don't know the "final" number. This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including time, date, location, menu selections, number of attendees, professional services, equipment, and staffing. If you do not provide us with a final number, we use the estimated number.

EVENT CHANGES AND CANCELLATIONS

No less than 5 days from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees) or if your event needs to be canceled. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for expenses already incurred by the Catering Office.

EVENT PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include Visa, Master Card, American Express, cash, check, purchase order, and department accounts.

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

- A deposit of 50% is required two months prior to your scheduled event with the balance due two weeks prior to the event.
- A Gratuity fee of 18% will be added to your bill.
- Sales tax of 6% 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.



PLAN FOR
SUCCESS

DELIVERY FEES

There is no delivery fee for catering services held within the Main Campus. Deliveries to the North Campus will be subject to a 10% delivery fee for Disposable Service and 20% delivery fee for China Service.

SERVICE STAFF AND ATTENDANTS

To ensure that your event is a success, catering staff will be provided for all served meals and some buffets. Continental breakfasts, breaks, and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 25 guest. Served meals are priced on an individual basis.

THE CHARGE FOR EACH STAFF MEMBER IS:

Attendants/Waitstaff \$15.00 per hour (minimum 4 hours)

Station Chefs \$25.00 per hour (minimum 4 hours)

Bartenders \$20.00 per hour (minimum 4 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

We provide high quality plastic products unless otherwise requested. We offer china service for any event at an additional charge.

Full Meal Service and Silverware \$2.99 per guest

Coffee or Beverage China Service \$1.99 per guest

Full Bar Glass Service \$1.99 per guest

Eco-friendly \$2.00 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

We provide linens and skirting for food and beverage tables at no charge.

If you need more linens for Guests Tables, Registration Tables, etc., see below pricing:

90X156 Linen for 8 Foot Tables: \$10.00 each

85X85 Linen for Guest Tables: \$4.00 each

120" Round Linen for Guest Tables: \$11.00 each

Colored Linen Napkins: \$1.00 each

Specialty linens are available upon request for an additional charge.

FOOD REMOVAL POLICY

Due to health regulations, it is the policy of Flavours by Sodexo at Concordia University that excess food items from events cannot be removed from the event site. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.

ALCOHOL POLICY

All alcoholic beverages must be served by our personnel and consumed in designated areas. Proof of age will be required. Sodexo at Concordia University reserves the right to refuse service of alcoholic beverages to any person. All personnel have completed the Serve Safe Training Program for Service.

ALCOHOL SERVICE

A full bar setup at a dinner or reception is \$2.99 per guest. All necessary bar items, except the alcohol, are provided with this charge, including nonalcoholic beverages, ice mixers, napkins and plastic cups. An additional charge for glasses will apply. We recommend at least one bartender for every 75-100 guests for Beer and Wine service.



FLAVOURS

by *sodexo**