

INTERACT FOR HEALTH

CONFERENCE CENTER

****All orders require a minimum order of 10 for each type of item requested****

Disposables Charges

The following charges apply to every order with the exception of boxed lunches, and are a one-time fee per order. The charges are to cover the caterer's costs on all heavy duty plastic disposable trays, bowls and chafing dish pans required for transport.

1 – 15 Guests	\$5.00
16 – 30 Guests	\$7.50
31 – 45 Guests	\$9.00
46 – 60 Guests	\$11.00
61 – 100 Guests	\$15.00

Delivery Charges

All orders are subject to a \$25.00 delivery charge to cover fuel and labor charges. One delivery fee will be added per meal (ex: one delivery fee for the breakfast order and one for the lunch order).

Finalized Orders

All orders must be finalized with the Conference Center Manager at least five business days before the event.

**Please let the Conference Center Manager know of any dietary needs or restrictions and we'll do everything we can to accommodate your needs.

Table of Contents

Breakfast Menu	1
Al La Carte Breakfast and Additions	5
Boxed Sandwiches	6
Boxed Lunch Sides.....	7
Boxed Salads	7
Lunch Favorites	9
Entree Salads	11
Hot Entrees	12
Pasta Options	13
Executive Entree	14
Vegetarian Entrees	15
Starch Side Items.....	15
Vegetable Side Items.....	16
Salad Options	16
Snacks	17
Hors D'Oeuvres	18
Platters	19
Hot Hors D'Oeuvres	19
Cold Hors D'Oeuvres	20
Pick Up Desserts	22
Cookies	23

BREAKFAST MENU

Breakfast Items Must Be Ordered For a Minimum of 10 People

The Lite Side (\$3.75)

Assorted individual Greek yogurts, assorted breakfast snacks, individually wrapped
See package for nutritional information

Continental Breakfast (\$3.50)

Select three options: Breakfast breads, muffins, cinnamon scones, fresh bagels, danish, whole wheat English muffin
Served with cream cheese, butter & jam

Continental Breakfast WITH fresh fruit salad (\$4.95)

Select three options: Breakfast breads, muffins, cinnamon scones, fresh bagels, danish, whole wheat English muffin
Served with cream cheese, butter & jam

Breakfast Bread (1 slice) - 97 calories, 5.6g fat, 0mg cholesterol, 12.2g carbohydrates, 0.7g. protein, 94mg. sodium

Muffin – 200 calories, 2.5g fat, 0mg cholesterol, 40g carbohydrates, 8g. protein, 400mg sodium

Cinnamon Scone- 230 calories, 15g fat, 10mg cholesterol, 24g carbohydrates, 9g. protein, 300mg. sodium

Bagel - 146 calories, 0.9g fat, 0mg cholesterol, 28.6g carbohydrates, 5.7g. protein, 254mg. sodium

Danish - 266 calories, 15.6g fat, 11mg cholesterol, 26.4g carbohydrates, 5.7g. protein, 320mg. sodium

Whole Wheat English Muffin - 134 calories, 1.4g fat, 0mg cholesterol, 26.7g carbohydrates, 5.8g protein, 312mg. sodium

Butter (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

Cream Cheese(1 ounce) - 99 calories, 9.9g. fat, 31mg cholesterol, 0.8g carbohydrates, 2.1g. protein, 84mg. sodium

Jam (0.5oz.)- 39 calories, 0g fat, 0mg cholesterol, 9.8g carbohydrates, 0.1g. protein, 5mg. sodium

Fruit salad(1/2 cup) - 61 calories, 0.2g fat, 0mg cholesterol, 15.4g carbohydrates, 0.6g. protein, 11mg. sodium

Bagel Bites (\$5.50)

Assorted bagels served with cream cheese, butter, fresh fruit salad and assorted yogurt

Bagel - 146 calories, 0.9g fat, 0mg cholesterol, 28.6g carbohydrates, 5.7g. protein, 254mg. sodium

Cream Cheese(1 ounce) - 99 calories, 9.9g. fat, 31mg cholesterol, 0.8g carbohydrates, 2.1g. protein, 84mg. sodium

Butter (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

Fruit salad(1/2 cup) - 61 calories, 0.2g fat, 0mg cholesterol, 15.4g carbohydrates, 0.6g. protein, 11mg. sodium

Assorted yogurt- See package for nutritional information,

Small Bite Breakfast (\$6.25)

Nutella and banana roll up; cheddar chive biscuit with sliced hardboiled egg, with/without turkey bacon; petite fresh fruit kabobs of strawberry, pineapple and melon

Nutella and Banana Roll Up(1/2 Rollup)261 calories, 34.6g carbohydrates, 11.7g fat, 3.6g protein, 80mg sodium, 0mg cholesterol

Biscuit w/Egg- 98 calories, 10.1g carbohydrates, 1.6g fat, 3.5g protein, 131mg sodium, 32mg cholesterol

Biscuit w/Egg/Bacon103 calories, 10.1g carbohydrates, 5g fat, 4.3g protein, 161mg sodium, 35mg cholesterol

Turkey Bacon 5 calories, 0g carbohydrates, 0.1g fat, 0.8. protein, 30mg sodium, 3mg cholesterol

Fruit Kabob 28 calories, 7g carbohydrates, 0.1g fat, 0.5g protein, 5mg sodium, 0mg cholesterol

Sunshine Breakfast (\$6.95)

Whole wheat English muffin with egg whites, mozzarella, fresh spinach, Canadian bacon, tomato jam served with fresh fruit salad

Sandwich-368 calories, 8.7g fat, 50mg cholesterol, 39.5 carbohydrates, 28.5g. protein, 1200mg. sodium

Fruit salad(1/2 cup) - 50 calories, 0g fat, 0mg cholesterol, 12g carbohydrates, 1g. protein, 15mg. sodium

Breakfast Scramble (\$8.50)

Egg casserole, Vermont cheddar, Italian turkey sausage, served with fresh fruit skewers and assorted muffins

Egg casserole-241 calories, 2.2g. carbohydrates, 17.6g. fat, 18.3g. protein, 734mg. sodium, 263mg. cholesterol

Fruit Skewers-28 calories, 7g. carbohydrates, 0.1g.fat, 0.5g. protein, 5mg. sodium, 0mg. cholesterol

Assorted Muffins: 178 calories, 31.9g. carbohydrates, 4.9g. fat, 4.6g. protein, 259mg. sodium, 0g. cholesterol

A LA CARTE BREAKFAST AND ADDITIONS

A La Carte Breakfast Items Must Be Ordered For a Minimum of 10 People

(V) Nutrigrain Bars and Fruit Bars See package for nutritional information	\$1.00/bar
(V + GF) Fresh Whole Fruit Bananas, apples, oranges, pears Banana -105 calories, 27g. carbohydrates, 0.4g fat, 1.3g protein, 1mg. sodium, 0mg. cholesterol Apple -116 calories, 30.8g. carbohydrates, 0.4g. fat, 0.6g. protein, 2mg. sodium, 0g. cholesterol Orange -86 calories, 21.6g. carbohydrates, 0.2gfat, 1.7g. protein, 0mg. sodium, 0mg. cholesterol Pear -80 calories, 21.2g. carbohydrates, 0.2g fat, 0.5g. protein, 2mg. sodium, 0mg. cholesterol	\$1.00/piece
(V + GF) Hard Boiled Eggs Kosher salt, fresh black pepper (1 Egg) -63 calories, 0.3g. carbohydrates, 4.4g fat, 5.5g. protein, 62mg. sodium, 164mg. cholesterol	\$1.75/each
(V) Freshly Baked Breakfast Breads Breads (1 slice) - 97 calories, 5.6g fat, 12.2g. carbohydrates, 0.7g. protein, 94mg. sodium, 0mg. cholesterol	\$1.95/guest
(V + GF) Seasonal Fresh Fruit Salad Fruit (1/2 cup) - 61 calories, 0.2g fat, 0mg cholesterol, 15.4g carbohydrates, 0.6g. protein, 11mg. sodium	\$2.00/guest
(V) Fruit & Yogurt Parfait 1 parfait – 150 calories, 2g fat, 30g. carbohydrates, 4g. protein, 70mg. sodium, 5mg.cholesterol	\$2.45/guest
(V) Iced Cinnamon Rolls 1 Roll with Icing -222calories, 41.7g. carbohydrates, 3.7g. fat, 5g. protein, 205mg. sodium, 7mg. cholesterol	\$2.65/guest
(V) Assorted Chilled Greek Yogurt with Granola Greek Yogurt -130 calories, 20g. carbohydrates, 0g. fat., 12g. protein, 50mg. sodium, 5mg. cholesterol Granola (1oz.)-33 calories, 15.1g. carbohydrates, 6.8g. fat, 4.2g. protein, 7mg. sodium, 0mg. cholesterol	\$2.90/guest

BOXED SANDWICHES

All lunch boxes include one accompaniment, a bagged snack & a signature Fresh baked cookie
All Boxed Sandwich/Salad Types must be ordered for a minimum of 5 guests with no more than three sandwiches types per order (excluding vegetarian), & the same accompaniment will complement each lunch in any single order.

Must be ordered for a minimum of 10 people

BASIC BOX LUNCHES (\$8.50)

Served on whole wheat bread. Includes lettuce, tomato and condiments. Lunch includes fresh whole fruit, a bagged salty snack and a fresh baked chocolate chip cookie

Sandwich options:

Oven roasted turkey breast with Havarti

Sliced Virginia ham and Swiss

Roast beef and cheddar

EF BOX LUNCH SANDWICHES (\$9.50)

Includes one side, dessert square or jumbo cookie

(V) Caprese

Fresh mozzarella, thyme roasted tomatoes, spinach, balsamic drizzle, Pesto Mayo

Serving 1 sandwich-634 calories, 38g. fat, 41g. cholesterol, 48.6g. carbohydrates, 24.7g. protein, 1159mg. sodium

(V) Hummus Vegetable

Hummus, sweet bell pepper, arugula, radishes on wheat berry bread

Serving 1 sandwich-608 calories, 15g. fat, 0g. cholesterol, 108g. carbohydrates, 20.4g. protein, 893mg. sodium

Blackened Roast Beef

Shaved roast beef, spring mix, sliced tomato, provolone, low fat horsey mayo on rye bread

Serving 1 sandwich-404 calories, 27.7g. fat, 87g. cholesterol, 9.3g. carbohydrates, 27.3g. protein, 390mg. sodium

Chicken Banh Mi

Grilled chicken, shredded chicken, sliced radishes, cucumbers, sriracha mayo/rice wine vinegar on a hoagie bun

Serving 1 sandwich-797 calories, 17g. fat, 71g. cholesterol, 196.1g. carbohydrates, 41.3g. protein, 2984mg. sodium

Southwest Turkey

Sliced turkey breast, lettuce, roasted red pepper, pepper jack cheese, chipotle mayonnaise on wheat berry bread

Serving 1 sandwich-648 calories, 24.9g. fat, 61g. cholesterol, 86.9g. carbohydrates, 22g. protein, 1878mg. sodium

Italian

Smoked mozzarella, salami, capicola, tomato, spinach, marinated roasted red peppers, basil aioli, rosemary-olive oil on a baguette

Serving 1 sandwich-266 calories, 8g. fat, 10g. cholesterol, 40g. carbohydrates, 14g. protein, 622mg. sodium

Tzatziki Tuna Salad

Lettuce, tomato on hoagie bun

Serving 1 sandwich-388 calories, 5.1g. fat, 20g. cholesterol, 68.3g. carbohydrates, 25.8g. protein, 572mg. sodium

BOX LUNCH SANDWICH TRAY (\$11.95/guest)

Choose three EF sandwich types and two sides, served with a dessert tray

BOXED LUNCH SIDES

(V)Roasted Red Skin Potato Salad- Watercress, herbed Dijon vinaigrette

231 calories, 13.5g fat, 0mg cholesterol,26g carbohydrates, 2g protein, 301mg sodium

(V)Bowtie Pasta Salad- Tomato, green beans, red onion, black olive, feta, basil vinaigrette

166 calories, 7.8g fat, 3mg cholesterol,23.3g carbohydrates, 2.9g protein, 55mg sodium

(V)Roasted Vegetable Couscous Salad

106 calories, 1.6g fat, 0mg cholesterol,18.2g carbohydrates, 3.6g protein, 102mg sodium

(V)Fresh Fruit Salad(Seasonal fruit)

1/2 cup – 20 calories, 0.1g fat, 0mg. cholesterol, 5.1g. carbohydrates, 6.3g. protein, 3mg. sodium

(V)Pretzels

Serving 1oz, 107 calories, 0.7g. fat , 0mg. cholesterol, 22.4g. carbohydrates, 2.9g. protein, 384mg. sodium

(V)Potato Chips

Serving 1oz, 105 calories, 106g. fat, 0mg. cholesterol 0mg, 14.1g. carbohydrates, 1.9g. protein, 149mg. sodium

(V)Fresh Whole Fruit

Banana – Calories 110, fat 0g, cholesterol 0mg, carbohydrates 30g

Apple – Calories 130, fat 0g, cholesterol 0mg, carbohydrates 34g

Orange – Calories 180, fat 0g, cholesterol 0mg, carbohydrates 19g

Pear – Calories 100, fat 0g, cholesterol 0mg, carbohydrates 15g

BOXED SALADS

Includes whole wheat roll, dessert square or jumbo cookie

Chicken Caesar Salad (\$9.50)

Hearts of romaine, grilled chicken, shredded parmesan, croutons, creamy Caesar dressing

458 calories, 26.5g fat, 100mg cholesterol, 17.9g. carbohydrates, 33.5g protein, 743mg sodium

(V) Superfood Crunch Salad (\$9.50)

Super green mix with kale, edamame, shredded carrots, green cabbage, blueberries, dried cranberries, sunflower seeds and red onion, raspberry vinaigrette
468 calories, 24.5g fat, 0mg cholesterol, 51g carbohydrates, 10g protein, 605mg sodium

Fresh Lemon Greek Salad (\$9.50)

With turkey, romaine, endive, red onion, radishes, tomatoes, red wine vinaigrette
291 calories, 9.4g fat, 47mg cholesterol, 39.1g carbohydrates, 16.7g protein, 1171mg sodium

LUNCH FAVORITES

Items Must Be Ordered For a Minimum of 10 People

Keep it “Lite” (\$11.15/guest)

House made salads with petite topknot rolls:

Cranberry pecan chicken salad

Sandwich-275 calories, 9.5g fat, 127mg cholesterol,1.5g carbohydrates, 42.7g protein, 121mg sodium

Albacore tuna salad

Sandwich-83 calories, 4.9g fat, 12mg cholesterol,3.9g carbohydrates, 6.2g protein, 141mg sodium

Egg salad

Sandwich-243 calories, 20.5g fat, 46mg cholesterol,14.3g carbohydrates, 1.7g protein, 452mg sodium

Fresh Seasonal Fruit Salad

20 calories, 0.1g fat, 0mg cholesterol,5.1g carbohydrates, 0.3g protein, 3mg sodium

Roasted Vegetable Couscous Salad

202 calories, 0.4g fat, 0mg cholesterol,41.8g carbohydrates, 6.9g protein, 712mg sodium

It’s a Wrap (\$11.95/guest)

Assorted wrap sandwiches (**select 3 varieties**) served with a hearty garden salad, assorted dressings and fresh melons with honey mint drizzle

Salad-19 calories, 0.2g fat, 0mg cholesterol,4.1g carbohydrates, 1g protein, 12mg sodium

Dressing-See Package

Melon/Drizzle-156 calories, 0.3g fat, 0mg cholesterol,39.9g carbohydrates, 1.4g protein, 29mg sodium

Buffalo Chicken with celery & bleu cheese

1/2 Wrap-515 calories, 14.8g fat, 177mg cholesterol, 27.2g carbohydrates, 62.95g protein, 540mg sodium

Roast Beef with sharp cheddar, tomato, caramelized onion, horseradish cream cheese

254 calories, 15.5g fat, 83mg cholesterol, 8.9g carbohydrates, 20.1g protein, 303mg sodium

Blackened Salmon with shredded lettuce, arugula, roasted red onions, creole aioli

371 calories, 23.7g fat, 7mg cholesterol, 31.6g carbohydrates, 7.6g protein, 590mg sodium

Cobb with chicken, bleu cheese, tomatoes, spinach

499 calories, 33.5g fat, 116mg cholesterol, 9.9g carbohydrates, 38.9g protein, 495mg sodium

(V) Mediterranean Vegetable with roasted vegetables, Havarti, tabbouleh, olive tapenade

267 calories, 9.7g fat, 15mg cholesterol, 36g carbohydrates, 7.4g protein, 296mg sodium

California BLT with turkey, bacon, avocado, artichoke mayonnaise

548 calories, 42.1g fat, 42mg cholesterol,26.4g carbohydrates, 11.3g protein,957mg sodium

Cuban with ham, roasted pork, Swiss cheese, pickle, mustard
250.5 calories, 11g fat, 43mg cholesterol, 18.5g carbohydrates, 39g protein, 615mg sodium

Mandarin Chicken with mandarin oranges, lettuce, carrots, citrus vinaigrette
222 calories, 5.9g fat, 31mg cholesterol, 26.9g carbohydrates, 10g protein, 45mg sodium

Deli Buffet (\$9.50/guest)

Served with a hearty garden salad, fresh fruit skewers and pretzels

Includes turkey, roast beef and ham

Breads: Marbled rye, white and wheatberry breads

Cheeses: Cheddar & Swiss cheese,

Sandwich toppings: Lettuce, tomato, pickle mayo and mustard

Turkey (Serving 3oz)-76 calories, 0g fat, 28mg cholesterol, 3.8g carbohydrates, 13.2g. protein, 813mg. sodium
Roast Beef (Serving 3oz)-158 calories, 5.3g fat, 76mg cholesterol, 0g carbohydrates, 13.2g. protein, 25.8mg. sodium
Ham (Serving 3oz)-139 calories, 7.3g fat, 48mg cholesterol, 3.3g carbohydrates, 14.1g. protein, 1109mg. sodium
Wheat Bread (Serving 1 Slice)-180 calories, 2.5g fat, 0mg cholesterol, 21g carbohydrates, 7g. protein, 320mg. sodium
Rye Bread (Serving 1 Slice)-120 calories, 1g fat, 0mg cholesterol, 23g carbohydrates, 4g. protein, 220mg. sodium
Cheddar (Serving 1oz)-49 calories, 2g fat, 6mg cholesterol, 0.5g carbohydrates, 6.9g. protein, 174mg. sodium
Swiss (Serving 1oz)-50 calories, 1.5g fat, 10mg cholesterol, 0g carbohydrates, 9g. protein, 680mg. sodium
Tomato (Serving 2)-5 calories, 0.1g fat, 0mg cholesterol, 1.2g carbohydrates, 13.2g. protein, 0.3mg. sodium
Lettuce (Serving 1)-1 calories, 0g fat, 0mg cholesterol, 0.2g carbohydrates, 0g. protein, 0mg. sodium
Pickle (Serving 1)-5 calories, 0g fat, 0mg cholesterol, 1g carbohydrates, 0g. protein, 330mg. sodium
Mustard (Serving 1 TPS.)-53 calories, 3.2g fat, 0mg cholesterol, 3.9g carbohydrates, 2.8g. protein, 1mg. sodium
Lowfat Mayo (Serving 1 Package)-15 calories, 1g fat, 0mg cholesterol, 2g carbohydrates, 0g. protein, 130mg. sodium
Nonfat Mayo (Serving 1 Package)-11 calories, 0.4g fat, 2mg cholesterol, 2g carbohydrates, 0g. protein, 120mg. sodium
Dressing-See Package
Fresh Fruit Skewers--28 calories, 7g. carbohydrates, 0.1g.fat, 0.5g. protein, 5mg. sodium, 0mg. cholesterol
Pretzels- Serving 1oz, 107 calories, 0.7g. fat, 0mg. cholesterol, 22.4g. carbohydrates, 22.4mg carbohydrates, 2.9g protein, 384mg sodium

Petite Deli Sandwich Tray (\$8.50/guest)

Served on assorted petite rolls with sliced cheese, lettuce, tomato and condiments with a hearty garden salad, assorted dressings and fresh fruit salad or bowtie pasta salad

Choose three types:

Oven Roasted Turkey Breast

Serving 3oz-75 calories, .75g fat, 30mg cholesterol, 3g carbohydrates, 26.5g protein, 615mg sodium

Virginia Ham

Serving 3oz-90 calories, 2.5g fat, 40mg cholesterol, 5g carbohydrates, 12g protein, 1100mg sodium

Roast Beef

Serving 3oz-105 calories, 3g fat, 37.5mg cholesterol, 8.6 g carbohydrates, 16.5g protein, 615mg sodium

Homemade Albacore Tuna Salad

Serving 2oz-83 calories, 4.9g fat, 12mg cholesterol, 3.9g carbohydrates, 6.2g protein, 141mg sodium

Homemade Egg Salad

Serving 3oz-243 calories, 20.5g fat, 46mg cholesterol,14.3g carbohydrates, 1.7g protein, 452mg sodium

Roasted Vegetables & Spicy Red Pepper Hummus

210 calories, 10.5g fat, 0mg cholesterol,19g carbohydrates, 7g protein, 540mg. sodium

ENTRÉE SALADS

Must Be Ordered For a Minimum of 10 People

Tomato Mozzarella Caprese & Greens (\$9.00/guest)

Tomatoes, fresh mozzarella, artisan greens, red onions, pesto-balsamic vinaigrette served with rosemary olive oil bread with butter

Caprese Salad-(13.1oz Serving)-211 calories, 14g.fat, 0mg cholesterol, 7.6g carbohydrates,11.4g. protein, 198mg. sodium
Rosemary Olive Oil Bread (1 slice) – 120 calories, 1.5g fat, 10mg cholesterol, 19g carbohydrates, 4g. protein, 280mg. sodium
Butter (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

Chicken or Salmon Caesar Salad (Chicken: \$9.75; Salmon: \$12.85)

Marinated grilled chicken breast or roasted salmon filet served over romaine lettuce hearts, creamy Caesar dressing, focaccia croutons, shaved parmesan and roasted tomato wedges served with crusty rolls with butter

Chicken(Serving 6oz)-194 calories, 4.3g fat, 109mg cholesterol, 0g carbohydrates, 36g. protein, 87mg. sodium
Salmon-(Serving 6oz)-225 calories, 10.5g fat, 75mg cholesterol, 0g carbohydrates, 33g. protein, 75mg. sodium
Whole Wheat Roll (1 roll)– 96 calories, 1.7g fat, 0mg cholesterol, 18.4g carbohydrates, 3.1g. protein, 128mg. sodium
Butter (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium
Salad-354 calories, 26.4g fat, 21 mg cholesterol, 20.9g. carbohydrates, 5.4g. protein, 803mg. sodium

Grilled Chicken Avocado Salad (\$9.50/guest)

Grilled chicken breast with mixed greens, carrots, crispy tortilla strips, fresh avocado, honey lime vinaigrette served with whole wheat roll with butter

Salad-272 calories, 12g fat, 0mg cholesterol, 25.6g carbohydrates, 2.5g.protein, 113mg. sodium
Chicken(Serving 6oz)-194 calories, 4.3g fat, 109mg cholesterol, 0g carbohydrates, 36g. protein, 87mg. sodium
Whole Wheat Roll (1 roll)– 96 calories, 1.7g fat, 0mg cholesterol, 18.4g carbohydrates, 3.1g. protein, 128mg. sodium
Butter (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

Summer Fresh Salad (\$9.25/guest)

Mixed greens, herb roasted chicken breast, strawberry, mandarin oranges, blueberries, toasted sunflower seeds, crumbled feta, strawberry lemonade vinaigrette served with rolls and butter

Serving 14oz-192 calories, 5.1g fat, 81mg cholesterol,8.6 g carbohydrates, 26.5g protein, 113mg. sodium
Whole Wheat Roll (1 roll)– 96 calories, 1.7g fat, 0mg cholesterol, 18.4g carbohydrates, 3.1g. protein, 128mg. sodium
Butter (0.5oz.) – 50 calories, 5.5g fat, 15 mg cholesterol, 0 carbohydrates, 0g. protein, 45mg. sodium

HOT ENTREES

Baked Potato Bar (\$8.50/guest)

Tender baked potatoes served with a hearty garden salad and dressing with toppings: cheddar cheese, crunchy bits of bacon, chopped green onions, salsa and sour cream

Add Chili or Vegetarian Chili potato topping - \$1.50 per guest

Tender Baked Potato – 110 Calories, 0g fat, 26 g carbohydrates, 0mg cholesterol, 3g protein, 0mg sodium
Cheddar Cheese 1oz –114 Calories, 9.4g fat,0.4g carbohydrates, 30mg cholesterol, 7.4g protein, 176mg sodium
Bacon Bits .33oz– 51 Calories, 3.9g fat, 0.1g carbohydrates, 10mg cholesterol, 3.5g protein, 216mg sodium
Green Onions 0.5oz. – 5Calories,0 g fat,.1g carbohydrates, 0mg cholesterol, 0.3g protein,2 mg sodium
Salsa 1oz – 4 Calories, 0g fat,.1g carbohydrates, 0mg cholesterol, 0.3g protein, 98mg sodium
Sour Cream 1oz – 51Calories, 5g fat,.1g carbohydrates, 11mg cholesterol, 0.8g protein, 13mg sodium
Hearty Garden Salad – 49 Calories, 0.5g fat,.11.2g carbohydrates, 0mg cholesterol, 2.3g protein, 20mg sodium
Chili 1.5oz: 27 Calories, 0.6g fat,. 4.3g carbohydrates, 2mg cholesterol, 1.2g protein, 182mg sodium
Vegetarian Chili 4.5oz: 26Calories, 0.5g fat,. 4.3g carbohydrates, 0mg cholesterol, 1.5g protein, 114mg sodium

Taco Bar or Taco Salad Bar (\$12.25/guest)

*Served with Margarita fruit salad and crisp corn and zucchini slaw

Soft corn or flour tortillas or crisp flour tortilla shells,

seasoned ground beef, chopped tomatoes, shredded lettuce,

jalapeno peppers, black olives cheddar cheese, salsa and sour cream

Replace beef with shredded chicken, add \$1.65 per guest

Flour Tortilla bowl-Serving, 390 calories, 22g fat, 4.5g saturated fat, 0 cholesterol, 40g carbohydrates
Corn Tortillas – 100Calories, 4.4g fat,. 13.2g carbohydrates, 0mg cholesterol, 1.5g protein, 82mg sodium
Flour Tortillas 8"– 140Calories, 3g fat,.24g carbohydrates, 0mg cholesterol, 4g protein, 400mg sodium
Ground Beef3oz– 155 Calories, 7.7g fat,.4.6g carbohydrates, 46mg cholesterol, 17g protein, 479mg sodium
Tomatoes 2oz –10Calories, 0.1g fat,.2.2g carbohydrates, 0mg cholesterol, 0.5g protein, 3mg sodium
Lettuce 3oz – 12 Calories, 0.2g fat,.2.6g carbohydrates, 0mg cholesterol, 0.4g protein, 5mg sodium
Jalapenos 0.5oz – 4 Calories, 0.1g fat,.0.8g carbohydrates, 0mg cholesterol, 0.2g protein, 0mg sodium
Black Olives 0.5oz – 16Calories, 1.5g fat,.0.9g carbohydrates, 0mg cholesterol, 0.1g protein, 124mg sodium
Cheddar Cheese 1.5oz – 171Calories, 14.1g fat,.0.5g carbohydrates, 45mg cholesterol, 10.6g protein, 264mg sodium
Salsa 1.5oz – 11 Calories, 0.1g fat,.2.7g carbohydrates, 0mg cholesterol, 0.7g protein, 255mg sodium
Sour Cream 1.5oz – 91 Calories, 8.9g fat,.1.8g carbohydrates, 19mg cholesterol, 1.3g protein, 23mg sodium
Shredded Chicken 3oz–300 Calories, 10.5g fat,.0g carbohydrates, 90mg cholesterol, 15g protein, 405mg sodium
Margarita Salad- 1/2 cup - 100 calories, 0g fat, .0g saturated fat, cholesterol 0mg, carbohydrates 21g
Corn Zucchini Slaw 4oz–456Calories, 17.3g fat,.73.5g carbohydrates, 12mg cholesterol, 8.5g protein, 465mg sodium

Taste of the South (\$9.50/guest)

House Smoked Pulled Pork or Chicken

Blackberry BBQ sauce & Carolina BBQ Sauce

Petite Yeast Rolls

Bread & Butter Pickle Slaw

Creamy Macaroni & Cheese

Pulled Pork- 150Calories, 9g fat,.2g carbohydrates, 50mg cholesterol, 13g protein, 290mg sodium
Chicken– 100Calories, 7g fat,. 0g carbohydrates, 60mg cholesterol, 10g protein, 270mg sodium
Blackberry BBQ140Calories, 0g fat,.18g carbohydrates, 0mg cholesterol, 0g protein, 290mg sodium
Carolina BBQ– 140Calories, 1g fat,.30g carbohydrates, 0mg cholesterol, 2g protein, 760mg sodium
Yeast Roll (1)–140 Calories, 1.5g fat,. 28g carbohydrates, 0mg cholesterol,4g protein, 270 mg sodium
Pickle Slaw-1.5oz. –10Calories, 0g fat, 2.4g carbohydrates, 0mg cholesterol, 0.3g protein, 61mg sodium
Mac&Cheese-3oz – 170 Calories, 8.3g fat,. 16.5g carbohydrates,13mg cholesterol, 7.5g protein, 410 mg sodium

Burrito Bowl(\$9.50/guest)

Brown rice with charred corn & black beans, seasoned grilled chicken, chopped romaine, Monterey jack cheese, pico de gallo, sour cream, guacamole and tri color tortilla chips

Brown Rice w/ Corn & Black Beans-4oz-414Calories, 2.8g fat,. 84.1g carbohydrates, 0mg cholesterol, 17.9g protein, mg sodium

Grilled Chicken-4oz-129 calories, 2.8g fat, 73mg cholesterol, 0g carbohydrates, 58mg. sodium, 24g. protein

Chopped Romaine – 3oz-300 Calories, 10.5g fat,.0g carbohydrates, 90mg cholesterol, 15g protein, 405mg sodium

Monterey Jack-1oz.-85 Calories, 5.7g fat,. 0.9g carbohydrates, 19mg cholesterol, 7.6g protein, 246mg sodium

Pico de Gallo-1.5oz- 15Calories, 0g fat,.1.5g carbohydrates, 0mg cholesterol, 0g protein, 289mg sodium

Sour Cream -1.5oz- 91 Calories, 8.9g fat,. 1.8g carbohydrates,19mg cholesterol, 0.8g protein, 23mg sodium

Guacamole-1.5oz-63 Calories, 6.1g fat,. 3g carbohydrates, 0mg cholesterol, 0.8g protein, 130mg sodium

Tortilla Chips-1oz. -140 Calories, 7g fat,18g carbohydrates, 0mg cholesterol, 2g protein, 120mg sodium

PASTA OPTIONS

Served with choice of salad, rolls/bread with butter

Lasagna Rolls (\$9.50 per guest)

Garden vegetable turkey lasagna rolls with garlic basil marinara

1 Piece, 314 Calories; 12.4g fat; 68mg cholesterol, 25.4g protein, 654mg sodium, 26.8g carbohydrates

(V) Cajun Pasta (\$9.00/guest)

Penne pasta, asparagus, roasted tomatoes, arugula, parmesan tossed in a Cajun Alfredo sauce with a touch of heat

Add chicken \$2.30 per guest

Pasta (1 cup)-694 calories, 36.8g fat, 119mg cholesterol, 68.7g carbohydrates, 24.9g protein, 644mg sodium

(V) Summer Penne Pesto Primavera (\$8.50/guest)

Penne pasta, assorted summer vegetables to include carrots, zucchini, yellow squash, red onion, tomato tossed with nut free pesto, shredded parmesan

Add chicken \$2.30 per guest

Pasta w/o Chicken:649 Calories, 29.5g fat,.71.4 g carbohydrates, 22mg cholesterol, 26.1g protein, 513mg sodium

Pasta w/ Chicken: 778 Calories, 32.3g fat, 71.4g carbohydrates, 94mg cholesterol, 50.1g protein, 570mg sodium

EXECUTIVE ENTREES

All entrees below served with one starch, one vegetable, rolls & butter unless otherwise noted

Add a salad for \$1.75 per guest

Must Be Ordered For a Minimum of 10 People

Turkey Apple Meatloaf (\$9.95)

Mango glazed seasoned turkey, sautéed apples, onion & garlic
6oz.-397 calories, 7.8g fat, 32mg cholesterol, 65.2g carbohydrates, 734mg. sodium, 13.4g. protein

Smoked Pork Loin (\$9.95)

With black raspberry mustard sauce

Served with Carolina Slaw (green cabbage, broccoli, snap peas, rainbow carrots, kale) and ONE additional side item of your choice

Pork Loin-6oz.-203 calories, 8.1g fat, 91mg cholesterol, 0g carbohydrates, 1964mg. sodium, 3.4g. protein
Black Rasp. Sauce 1.5oz.-97 calories, 0g fat, 0mg cholesterol, 21.3g carbohydrates, 418mg. sodium, 0.2g. protein
Carolina Slaw-3oz.-245 calories, 16.9g fat, 0mg cholesterol, 16g carbohydrates, 27mg. sodium, 0.5g. protein

Beef Tips Portobello (\$11.50)

In a rich burgundy wine sauce

Beef Tips-6oz.-580 calories, 24.6g fat, 180mg cholesterol, 11.7g carbohydrates, 623mg. sodium, 58.6g. protein

Stuffed Sole (\$11.50)

Seasoned crab & scallop stuffed sole, light lemon sauce

Stuffed Sole-5oz.-250 calories, 12g fat, 50mg cholesterol, 20g carbohydrates, 680mg. sodium, 16g. protein
Lemon Sauce 1.5oz.-8 calories, 0g fat, 0mg cholesterol, 1g carbohydrates, 73mg. sodium, 0.2g. protein

Golden Pan Seared Boneless Chicken Breast (\$10.50)

Blistered corn, red onion and red pepper salsa, black pepper butter sauce
6oz./2oz.-688 calories, 6.3g fat, 390mg cholesterol, 6g carbohydrates, 475mg. sodium, 156.9g. protein

Mediterranean Chicken Breast (\$10.50)

Mediterranean spices with a roasted vegetable salsa

6oz./2oz.-236 calories, 6.9g fat, 109mg cholesterol, 4.7g carbohydrates, 386mg. sodium, 36.8g. protein

Island Chicken Breast (\$10.50)

Mango glazed chicken breast, mango chili salsa

Island Chicken-6oz.-254 calories, 4.3g fat, 109mg cholesterol, 14g carbohydrates, 257mg. sodium, 36.1g. protein
Mango Salsa-2oz.-72 calories, 3.6g fat, 10.3mg cholesterol, 6g carbohydrates, 29mg. sodium, 0.7g. protein

Grilled BBQ Chicken Breast (\$10.50)

With bourbon barbecue sauce

Chicken 6oz./ Sauce 2oz.-435 calories, 4.3g fat, 109mg cholesterol, 46.6g carbohydrates, 931mg. sodium, 0g. protein

VEGETARIAN ENTREES: Can be ordered for less than 10 guests to accommodate guests with dietary restrictions

(V) Spinach, Garlic and Pinenut Parcels (\$9.00)

With sundried tomato sauce and balsamic syrup

1 Portion-612 calories, 27.3g fat, 0mg cholesterol, 68.8g carbohydrates, 957mg. sodium, 20g. protein

(V) Wild Mushroom and Tofu Enchiladas (\$9.50)

With a mild green chili & tomatillo sauce topped with roasted corn

826 Calories, 18.2g fat,. 138.9g carbohydrates, 0mg cholesterol, 41.4g protein, 364 mg sodium

(V) Spinach & Tofu Masala (\$9.50)

Served with basmati rice with cashews, edamame and currants

Spinach & Tofu Masala-157 Calories, 11.9g fat,. 8.9g carbohydrates, 0mg cholesterol, 7.9g protein, 61mg sodium
Basmati Rice, Edamame & Currants-302 Calories, 10.4g fat,. 44.9g carbohydrates, 0mg cholesterol, 8.6g protein, 8mg sodium

STARCH SIDE ITEMS

Creamy Macaroni & Cheese

4oz.-759 Calories, 50.1g fat,. 57.8g carbohydrates, 172mg cholesterol, 19.8g protein, 319mg sodium

Tri Color Roasted Potatoes

6oz.-180 Calories, 1g fat,. 19g carbohydrates, 0mg cholesterol, 2g protein, 330 mg sodium

Creamy Mashed Potatoes(choice of plain, buttermilk, garlic, white cheddar, chive)

6oz.-192 Calories, 7.1g fat,. 28.8g carbohydrates, 2mg cholesterol, 3.4g protein, 566mg sodium

Basil Scented Rice Pilaf

4oz.-218 Calories, 7.7g fat,. 33.4g carbohydrates, 20mg cholesterol, 3.2g protein, 55mg sodium

Smashed Red Skins with Olive Oil, Sea Salt & Scallions

6oz.-348 Calories, 26.7g fat,. 27.5g carbohydrates, 0mg cholesterol, 3.3g protein, 2337mg sodium

Garlic and Herb Rubbed Red Skin Potatoes

6oz.-348 Calories, 26.7g fat,. 27.5g carbohydrates, 0mg cholesterol, 3.3g protein, 2337mg sodium

Toasted Orzo with Roasted Red Pepper & Charred Corn

4oz.-291 Calories, 4.5g fat,. 28.8g carbohydrates, 56.6mg cholesterol, 9.7g protein, 77mg sodium

Vegetable Rice Pilaf

4oz.-151 Calories, 0.3g fat,. 33.1g carbohydrates, 0mg cholesterol, 3.4g protein, 25mg sodium

VEGETABLE SIDE ITEMS

Roasted Tri Color Cauliflower

4oz.-40 Calories, 0.5g fat, . 5g carbohydrates, 0mg cholesterol, 3g protein, 40mg sodium

Summer Squash Sauté with Onions & Tomatoes

4oz.-73 Calories, 5.8g fat, . 4.7g carbohydrates, 0mg cholesterol, 1.2g protein, 707mg sodium

Green Bean, Carrot & Red Pepper with Basil Butter

4oz.-134 Calories, 8.4g fat, . 15.8g carbohydrates, 20mg cholesterol, 2.5g protein, 80mg sodium

Bountiful Roasted Seasonal Vegetables, Sea Salt, Fresh Herbs, Balsamic Reduction

4oz.-205 Calories, 9.9g fat, . 28.8g carbohydrates, 28.9mg cholesterol, 5g protein, 875mg sodium

Broccoli, Red Pepper, Carrot & Snow Pea Sautee

4oz.-195 Calories, 14.5g fat, . 15.7g carbohydrates, 0mg cholesterol, 3.2g protein, 1196mg sodium

Orange Spiked Carrots

4oz.-113 Calories, 3.1g fat, . 21.3g carbohydrates, 8mg cholesterol, 0.9g protein, 259mg sodium

SALAD OPTIONS

Fruited Spinach Salad

With apples, mandarin oranges, mushrooms, red onion, golden raisins, walnuts and honey thyme vinaigrette

Salad 212 calories, 6.2g fat, 0mg cholesterol, 39.8g carbohydrates, 50mg. sodium, 5.2g. protein

Vinaigrette Dressing - 2oz. -117 calories, 5.7g fat, 0mg cholesterol, 16.6g carbohydrates, 510mg sodium, 6.6g. protein

Traditional Caesar Salad

Romaine with garlic toasted croutons & freshly grated parmesan, with a creamy Caesar dressing

Salad -140 calories, 6.2g fat, 17mg cholesterol, 13.1g carbohydrates, 307mg. sodium, 8.3g. protein

Dressing - 2oz.-220 calories, 22g fat, 20mg cholesterol, 4g carbohydrates, 620mg. sodium, 2g. protein

Garden Salad

With romaine & iceberg, shredded red cabbage, grated carrots, sliced cucumbers, green pepper strips and tomato wedges, with ranch & vinaigrette dressings

Salad 19 calories, 0.2g fat, 0mg cholesterol, 4.1g carbohydrates, 12mg. sodium, 1g. protein

Vinaigrette 2oz.- 171 calories, 16.7g fat, 0mg cholesterol, 6.1g carbohydrates, 973mg. sodium, 0.2g. protein

Ranch Dressing 2oz.-280 calories, 28g fat, 10mg cholesterol, 4g carbohydrates, 480mg. sodium, 0g. protein

Mixed Greens Salad

With chopped tomatoes, cucumbers, sliced black olives & crumbled feta with herbed vinaigrette

Salad 73 calories, 3.1g fat, 8mg cholesterol, 10.6g carbohydrates, 21mg. sodium, 3.8g. protein

Vinaigrette 2oz.- 171 calories, 16.7g fat, 0mg cholesterol, 6.1g carbohydrates, 973mg. sodium, 0.2g. protein

Spinach Salad

With pickled onions, sultanas, spiced pecans, and honey thyme vinaigrette

Salad - 78 calories, 4.2g fat, 0mg cholesterol, 9.9g carbohydrates, 89mg. sodium, 2.1g. protein

Vinaigrette 2oz.- 171 calories, 16.7g fat, 0mg cholesterol, 6.1g carbohydrates, 973mg. sodium, 0.2g. protein

SNACKS

Must Be Ordered For a Minimum of 10 People

Carrot & Celery Sticks with Dip (\$1.50/guest)

1oz.- 74 calories, 1.9g fat, 0mg. cholesterol, 12.8g.carbohydrates, 355mg. sodium, 1g. protein

Herbed Feta Dip with Melba Toast & Carrots (\$2.50/guest)

1oz.- 35 calories, 1.5g fat, 6mg. cholesterol, 1.3g.carbohydrates, 148mg. sodium, 3.9g. protein

Hummus with Whole Wheat Pita Bread & Carrots (\$2.50/guest)

1.5oz.- 172 calories, 4.5g fat, 0mg. cholesterol, 29g.carbohydrates, 345mg. sodium, 6.1g. protein

2 Carrots/2Pita-41 calories, 0.2g fat, 0mg. cholesterol, 8.6g.carbohydrates, 90mg. sodium, 1.2g. protein

Trail Mix (\$1.75/guest)

¼ cup - 233 calories, 14.8g fat, 4mg. cholesterol 0mg, 22.6g. carbohydrates, 52mg. sodium, 6g. protein

Fresh Whole Fruit(\$1.00/piece)

Banana-105 calories, 27g. carbohydrates, 0.4g fat, 1.3g protein, 1mg. sodium, 0mg. cholesterol

Apple-116 calories, 30.8g. carbohydrates, 0.4g. fat, 0.6g. protein, 2mg. sodium, 0g. cholesterol

Orange-86 calories, 21.6g. carbohydrates, 0.2gfat, 1.7g. protein, 0mg. sodium, 0mg. cholesterol

Pear-80 calories, 21.2g. carbohydrates, 0.2g fat, 0.5g. protein, 2mg. sodium, 0mg. cholesterol

Traditional Salsa and Whole Grain Tortilla Chips (\$2.75/guest)

Serving-1 oz, 0.75oz-113 calories, 5.3g. fat, 0mg. cholesterol,13.8g. carbohydrates , 275mg. sodium, 1.9g. protein

Cheese Display with Crackers (\$1.75/guest)

Serving-3oz./3 Crackers- 403 calories, 31.2g. fat, 89mg. cholesterol,8.4g. carbohydrates , 630mg. sodium, 22.1g. protein

Cheese & Fruit Display with Crackers (\$2.75/guest)

Serving 1.5 oz, ¼ cup fruit-282 calories, 17.1g.fat, 45mg. cholesterol, 19.9g. carbohydrates, 381mg. sodium, 12.5g. protein

Popcorn (\$1.00/guest)

Serving-1 package-270 calories, 16g. fat, 10mg. cholesterol, 25g. carbohydrates , 1mg. sodium, 1g. protein

1 cup Air Pop-31 calories, 0.4g. fat, 0mg. cholesterol,6.2g. carbohydrates, 1mg. sodium, 1g. protein

Power Balls (\$1.50/guest)

Oats rolled with honey, flax seeds, chocolate chips, nuts, raisins, dried cranberries and peanut butter

82 calories, 3.9g fat, 1mg cholesterol, 10.4g carbohydrates, 30mg. sodium, 2.1g. protein

Bagged Snacks (\$1.00/bag)

Choice of: Pretzels, potato chips, Fritos, Sun Chips

See package for nutritional information

Assorted 100 Calorie Snack Packs (\$1.00/package)

See package for nutritional information

HORS D'OEUVRES

Must Be Ordered For a Minimum of 10 People

DIPS

Hummus Trio (\$2.75/guest)

Traditional, Spicy Red Pepper, Edamame with fresh vegetable strips, toasted pita chips

4 Strips/4 Pitas-255 calories, 10.1g fat, 0mg cholesterol, 28.1g carbohydrates, 555mg. sodium, 6.8g. protein

Bacon, Tomato & Chive Dip (\$2.60/guest)

With Bagel Chips, Assorted Crackers

3 Chips/3 Crackers-125 calories, 11.7g fat, 17mg cholesterol, 1.1g carbohydrates, 327mg. sodium, 4.2g. protein

Homemade Guacamole (\$2.60/guest)

With tri-color tortilla chips

Guacamole 1.5oz/Tortilla 1 1/4oz.--236 calories, 14.3g fat, 0mg cholesterol, 26.2g carbohydrates, 279mg. sodium, 3.5g. protein

Warm Spinach Artichoke Dip (\$2.20/guest)

With tortilla chips

Spinach/Artichoke-1.5oz/1 1/4oz. Tortilla-235 calories, 14.9g fat, 30mg cholesterol, 20.4g carbohydrates, 248mg. sodium, 5.2g. protein

Concasse of Tomato, Basil and Garlic (\$2.45/guest)

With Shredded Mozzarella & Crostini

Chips and Salsa (\$2.00/guest)

Choice of: Traditional or Mango Chili

Served with tri-color tortilla chips

152 calories, 4g fat, 2mg cholesterol, 24.1g carbohydrates, 27mg. sodium, 4.2g. protein

PLATTERS

Must Be Ordered For a Minimum of 10 People

Bountiful Domestic Cheese Display (\$2.65/guest)

Artistically presented with fresh fruit and assorted crackers

Cheese-1 oz.-185 calories, 14.6g fat, 43mg cholesterol, 1.3g carbohydrates, 264mg. sodium, 11.5g. protein
Crackers (4)-80 calories, 4.1g fat, 0mg cholesterol, 9.8g carbohydrates, 136mg. sodium, 1.2g. protein

International Cheese Board (\$4.20/guest)

Variety of imported cheeses garnished with fresh fruit

Served with nuts and artisan crackers, crusty bread

Cheese-1 oz.-157 calories, 12.9g fat, 47mg cholesterol, 0.6g carbohydrates, 284mg. sodium, 9.9g. protein
Nuts-1/4oz.-44 calories, 4g fat, 0mg cholesterol, 1.6g carbohydrates, 22mg. sodium, 1.1g. protein

Fresh Cut Crudités (\$1.40/guest)

Cherry tomatoes, red & yellow peppers, French cut carrots,
celery, green beans & jicama served with fresh dips

Crudite-22 calories, 0.1g fat, 0mg cholesterol, 5g carbohydrates, 21mg. sodium, 0.7g. protein
Ranch Dip-1oz.- 320 calories, 34g fat, 20mg cholesterol, 2g carbohydrates, 400mg. sodium, 2g. protein
Tomato Aioli Dip-1oz.- 169 calories, 18g fat, 0mg cholesterol, 1.8g carbohydrates, 161mg. sodium, 0.2g. protein

Cascading Fresh Fruit Display (\$3.00/guest)

Carved pineapple, melon, grapes, strawberries and other seasonal fruits

1 oz.-42 calories, 0.1g fat, 0mg cholesterol, 10.7g carbohydrates, 6mg. sodium, 0.7g. protein

HOT HORS D'OEUVRES

Petite Maryland Crab Cakes (\$1.85 each)

Creole mayonnaise or tomato ginger jam

Crab Cake (1).- 55 calories, 4.25g fat, 15mg cholesterol, 2g carbohydrates, 95mg. sodium, 2.5g. protein
Tomato Jam-0.16oz.- 3.6calories, .016g fat, 0mg cholesterol, 4.9g carbohydrates, 84mg. sodium, 0.6g. protein
Creole Mayo.-0.16oz.- 1.9 calories,1.58g fat, 1.16mg cholesterol, 1.13g carbohydrates, 33.6mg. sodium, 0.05g. protein

(V) Three Cheese & Caramelized Onion Tartlets (\$1.35 each)

In phyllo cup

Tart- 273 calories, 11.05g fat, 65mg cholesterol, 69.4g carbohydrates, 263mg. sodium, 15.3g. protein

Choice of Meatballs (\$2.25/guest-3 per person)

Choice of: Italian, sweet & sour, teriyaki pineapple or blackberry BBQ sauce

Meatball (3)-115 calories, 9g fat, 35mg cholesterol, 2g carbohydrates, 170mg. sodium, 8g. protein
Marinara-1oz.-25 calories, 0.8g fat, 1mg cholesterol, 3.9g carbohydrates, 116mg. sodium, 0.5g. protein
Sweet/Sour-1oz.-60 calories, 0g fat, 0mg cholesterol, 4g carbohydrates, 130mg. sodium, 0g. protein
Teriyaki Pineapple-1oz.-109 calories, 0.1g fat, 0mg cholesterol, 27.1g carbohydrates, 723mg. sodium, 0.2g. protein
Blackberry BBQ-1oz.-95 calories, 0g fat, 0mg cholesterol, 21.4g carbohydrates, 303mg. sodium, 0g. protein

(V) New Age Spanakopita (\$1.85 each)

Spinach, toasted pinenuts and asiago cheese wrapped in phyllo
74 calories, 6g fat, 9.5mg cholesterol, 2.85g carbohydrates, 5.9mg. sodium, 2.95g. protein

Bacon wrapped Scallops (\$1.85 each)

Choice of: orange glaze or raspberry glaze

Bacon Wrapped Scallops (1)-190 calories, 11g fat, 50mg cholesterol, 2g carbohydrates, 550mg. sodium, 18g. protein
Raspberry or Orange Glaze-0.5oz.-32 calories, 0g fat, 0mg cholesterol, 7.9g carbohydrates, 185mg. sodium, 0g. protein

(V) Vegetable Spring Rolls (\$1.35 each)

Sweet & spicy red chili sauce

Roll (1)-100 calories, 4.5g fat, 0mg cholesterol, 13.5g carbohydrates, 265mg. sodium, 1.5g. protein
Sweet & Spicy Chili Sauce-0.5oz.-32 calories, 0g fat, 0mg cholesterol, 7.9g carbohydrates, 185mg. sodium, 0g. protein

Coconut Chicken Satay (\$1.35 each)

Mango chili sauce

Chicken Satay-1oz.-45 calories, 1.3g fat, 11mg cholesterol, 4g carbohydrates, 93mg. sodium, 4.5g. protein
Mango Chili Sauce-1 oz.- 31 calories, 1.8g fat, 0mg cholesterol, 4.3g carbohydrates, 15mg. sodium, 0.3g. protein

Spinach, Goat Cheese & Apple Wood Smoked Bacon Tarts (\$1.35 each)

Tart- 294 calories, 11.85g fat, 65mg cholesterol, 69.4g carbohydrates, 425mg. sodium, 15.8g. protein

(V) Herb & Mozzarella Risotto Balls (\$1.50 per guest)

With diablo sauce

Risotto Ball (1)-29 calories, 1.5g fat, 3mg cholesterol, 3.1g carbohydrates, 106mg. sodium, 0.9g. protein
Diablo Sauce-1/6oz.-5.25 calories, 0.24g fat, 0.58mg cholesterol, 15.4g carbohydrates, 16.4mg. sodium, 2.9g. protein

COLD HORS D'OEUVRES

(V) Thai Julienne Vegetable Pinwheels (\$1.75 each)

With mae ploy (sweet chili)& sambal cream cheese

131 calories, 5.9g fat, 14mg cholesterol, 3.9g carbohydrates, 358mg. sodium, 0.5g. protein

Smoked Salmon Pinwheels (\$1.90 each)

With cucumber & arugula cucumber dill cream cheese

63 calories, 2.4g fat, 5mg cholesterol, 6.9g carbohydrates, 245mg. sodium, 2.5g. protein

Chilled Shrimp Cocktail (\$1.55 each)

With lemon wedges and Stoli orange vodka cocktail sauce

Shrimp-70 calories, 0g fat, 135mg cholesterol, 0g carbohydrates, 250mg. sodium, 17g. protein
Cocktail Sauce (0.33oz.)-9 calories, 0.2g fat, 0mg cholesterol, 1.6g carbohydrates, 94mg. sodium, 0g. protein
Lemon Wedge (1/8)-2 calories, 0g fat, 0mg cholesterol, 0.7g carbohydrates, 0mg. sodium, 0.1g. protein

Asian Chicken Skewers (\$1.40 each)

With pineapple and red pepper, Asian barbecue sauce

138 calories, 0.6g fat, 10mg cholesterol, 28.8g carbohydrates, 323mg. sodium, 5g. protein

Chicken Biscuit (\$1.85 each)

Herb roasted chicken, mini fontina biscuit pear shallot jam

Biscuit (1)-88 calories, 1.2g fat, 5mg cholesterol, 10.1g carbohydrates, 121mg. sodium, 2.6g. protein

Chicken (1oz.)-49 calories, 1.3g fat, 24mg cholesterol, 0g carbohydrates, 22mg. sodium, 8.8g. protein

Pear Shallot Jam (1 1/2oz.)-14.5 calories, 0.05g fat, 0mg cholesterol, 2.6g carbohydrates, 0.75mg. sodium, 0.125g. protein

Grilled Goat Cheese Tomato Bite (\$1.35 each)

With bacon & black sea salt

101 calories, 6g fat, 16mg cholesterol, 7.5g carbohydrates, 143mg. sodium, 5.8g. protein

(V) Stuffed Potatoes (\$1.35 each)

Roasted Red Skin Potatoes

Filled with roasted poblano pepper cream cheese topped with fresh cilantro

126 calories, 5.1g fat, 16mg cholesterol, 17.3g carbohydrates, 52mg. sodium, 3.1g. protein

Italian Skewer (\$1.35 each)

Salami, artichoke, grape tomato skewer

Drizzled with balsamic basil vinaigrette

173 calories, 11.9g fat, 20mg cholesterol, 11.3g carbohydrates, 587mg. sodium, 5.9g. protein

Flank Steak Rolls (\$1.85 each)

With herbed feta, asparagus, fresh basil

79 calories, 3.9g fat, 22mg cholesterol, 1.2g carbohydrates, 96mg. sodium, 9.4g. protein

PICK UP DESSERTS

Power Balls (\$1.00 each)

72 calories, 3.7g fat, 1mg cholesterol, 8.6g carbohydrates, 28mg. sodium, 1.8g. protein

Cheesecake Bites (\$1.00 each)

Choice of: Raspberry, Vanilla, Blueberry

Raspberry-145.5 calories, 7.4g fat, 30mg cholesterol, 19.1g carbohydrates, 89mg. sodium, 1.7g. protein
Vanilla-113 calories, 7.4g fat, 30mg cholesterol, 10.5g carbohydrates, 89mg. sodium, 1.7g. protein
Blueberry-127.2 calories, 7.4g fat, 30mg cholesterol, 14.2g carbohydrates, 90.7mg. sodium, 1.8g. protein

Fruit Crunch Bars (\$1.00 each)

115 calories, 6.7g fat, 13mg cholesterol, 23.2g carbohydrates, 53mg. sodium, 1.5g. protein

Lemon Bars (\$1.00 each)

89calories, 3.3g fat, 21mg cholesterol, 14.5g carbohydrates, 42mg. sodium, 1g. protein

Fudge Brownies (\$1.00 each)

88 calories, 2.59g fat, 5.45mg cholesterol, 15.9g carbohydrates, 80.8mg. sodium, 1.3g. protein

French Apple Bars (\$1.00 each)

74 calories, 0.9g fat, 1mg cholesterol, 16.7g carbohydrates, 25mg. sodium, 0.5g. protein

Pecan Tassies(\$1.00 each)

126 calories, 8.1g fat, 16mg cholesterol, 13.7g carbohydrates, 50mg. sodium, 0.8g. protein

Turtle Tarts (\$1.30 each)

307 calories, 21g fat, 51mg cholesterol, 26.7g carbohydrates, 59mg. sodium, 3.2g. protein

Carrot Cake Bites (\$1.30 each)

73 calories, 3.8g fat, 9mg cholesterol, 8.8g carbohydrates, 135mg. sodium, 0.8g. protein

Chocolate Decadence Bites (\$1.30 each)

Flourless chocolate cake bite with chocolate ganache

181 calories, 11.5g fat, 42mg cholesterol, 18.5g carbohydrates, 35mg. sodium, 2.6g. protein

Mini Berry Short Cakes (\$1.30 each)

181 calories, 11.5g fat, 42mg cholesterol, 18.5g carbohydrates, 35mg. sodium, 2.6g. protein

Mousse Cups (\$1.30 each)

Choice of: White chocolate, raspberry or milk chocolate in chocolate cup

270 calories, 19g fat, 10mg cholesterol, 22g carbohydrates, 20mg. sodium, 2g. protein

Fresh Angel Food Cake w/ Seasonal Berries & Berry Sauce (\$3.75/guest)

Cake/1oz. Berries/1oz. Sauce-188 calories, 0.3g fat, 0mg cholesterol, 44.6g carbohydrates, 210mg. sodium, 1.9g. protein

COOKIES

\$1.00 each

Sugar

407 calories, 18g fat, 43mg cholesterol, 57.8g carbohydrates, 304mg. sodium, 4.3g. protein

Chocolate Chip

360 calories, 18.8g fat, 18mg cholesterol, 56g carbohydrates, 291mg. sodium, 4.5g. protein

Oatmeal Raisin

368 calories, 13.8g fat, 23mg cholesterol, 52.9g carbohydrates, 299mg. sodium, 4.6g. protein

Peanut Butter

113 calories, 7.4g fat, 30mg cholesterol, 10.5g carbohydrates, 89mg. sodium, 1.7g. protein

Black & White Shortbread

285 calories, 13.7g fat, 11mg cholesterol, 36.6g carbohydrates, 258mg. sodium, 3.5g. protein

Snickerdoodles

371 calories, 15.3g fat, 22mg cholesterol, 50.2g carbohydrates, 262mg. sodium, 4.4g. protein

Prices are subject to change due to availability and fluctuation of food cost.