



UNIVERSITY OF

St. Thomas

DAILY CATERING MENU

2022-2023

THREE EASY STEPS

1

PLACE YOUR ORDER

CALL 612.767.1765 | EMAIL UST@MINTAHOE.COM
NOT SURE WHAT YOU WANT? WE HAVE LOTS OF IDEAS!
WE APPRECIATE 5 DAY NOTICE

2

WE WILL CONFIRM

WE WILL TOUCH BASE ONE BUSINESS DAY PRIOR TO CONFIRM

3

ENJOY YOUR MEAL!

QUICK

- 2 BREAKFAST
- 5 BOX LUNCHES
- 7 LIGHT LUNCHES
- 8 THEMED BUFFETS
- 10 DESIGN YOUR BUFFET
- 12 SEMINAR PACKAGE

DIETARY SYMBOLS

GF : GLUTEN FRIENDLY - CONTAINS NO GLUTEN
V : VEGETARIAN - NO ANIMAL PROTEINS EXCEPT DAIRY
Vv : VEGAN - NO ANIMAL PRODUCTS OR BY-PRODUCTS
DF : DAIRY FRIENDLY - CONTAINS NO DAIRY PRODUCTS

ADDITIONAL DETAILS

INCLUDES COMPOSTABLE DINNERWARE
PROFESSIONAL STAFFING AVAILABLE FOR AN ADDITIONAL FEE

MINTAHOE TAKES PRECAUTIONS TO PREPARE MEALS FOR GUESTS WITH FOOD ALLERGIES,
BUT OUR KITCHEN IS NOT EXCLUSIVELY ALLERGEN FREE AND CROSS-CONTAMINATION MAY OCCUR.

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Sunny-Side Up BREAKFAST BUFFETS

PRICED PER PERSON

INCLUDES COMPOSTABLE PLATES, FLATWARE, SERVING UTENSILS AND NAPKINS
MINIMUM ORDER OF 10 REQUIRED

CLASSIC CONTINENTAL

\$9.25

FRESH FRUIT

YOUR CHOICE OF THREE

DANISH PASTRIES, ASSORTED BAGELS, STRUDEL STICKS, CAKE DONUTS,
SCONES, ICED CINNAMON ROLLS, ASSORTED MUFFINS OR ASSORTED FILLED CROISSANTS

FARMHOUSE COUNTRY BREAKFAST

\$13.75

SCRAMBLED EGGS, COUNTRY-FRIED POTATOES, DANISH PASTRIES,
BACON STRIPS OR SAUSAGE LINKS AND FRESH FRUIT
ADD SHREDDED CHEDDAR CHEESE OR SALSA FOR \$.50

VEGAN BREAKFAST SCRAMBLE Vv

\$13.75

SEASONED TOFU SCRAMBLED WITH VEGETABLES
COUNTRY-FRIED POTATOES WITH ONIONS
VEGAN MUFFIN WITH VEGAN BUTTER AND FRESH FRUIT

NEW! VEGAN BREAKFAST BURRITOS Vv

\$13.75 (2 PER PERSON)

CORN TORTILLAS WITH VEGAN SAUSAGE, SEASONED SCRAMBLED TOFU,
VEGAN SHREDDED CHEESE, DICED GREEN PEPPERS & ONIONS,
SALSA, VEGAN SOUR CREAM SERVED WITH POTATO ROUNDS,
VEGAN BAKERY ITEM AND FRESH FRUIT

ON THE GO BREAKFAST SANDWICHES

\$13.50

YOUR CHOICE OF BACON OR SAUSAGE WITH FLAKY CROISSANTS
OR ENGLISH MUFFINS, SCRAMBLED EGG, SLICE OF CHEESE, HASH BROWNS,
MINI MUFFINS AND FRESH FRUIT

FABULOUS FRENCH TOAST BAKE

\$13.75 INCREMENTS OF 12

WITH SCRAMBLED EGGS, BACON STRIPS OR SAUSAGE LINKS AND FRESH FRUIT

SAVORY BREAKFAST QUICHE

\$13.75 INCREMENTS OF 12

HAM OR SPINACH V QUICHE IN A BUTTERY
PASTRY CRUST SERVED WITH BACON STRIPS,
ICED CINNAMON ROLLS, DANISH PASTRIES AND FRESH FRUIT

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BREAKFAST A LA CARTE

HEALTHY CHOICES

INDIVIDUAL YOGURT (includes Greek yogurt)
\$2.50

YOGURT & GRANOLA STRAWBERRY OR VANILLA (10 person minimum)
\$3.00

HEALTHY SNACK BARS (kashi, belvita, kind & assorted protein bars) \$3.80

HARD BOILED EGG
\$1.95

FRESH FRUIT (10 person minimum)
FRESH CUT FRUIT BOWL or SLICED FRUIT TRAY
\$4.15

FRESH WHOLE FRUIT (10 person minimum)
APPLE, BANANA, ORANGE & PEARS
\$2.15

WARM UP YOUR MORNING

SCRAMBLED EGGS
\$3.30

BACON STRIPS (2 PER)
\$3.30

SAUSAGE LINKS (2 PER)
\$3.30

TURKEY SAUSAGE LINKS (2 PER)
\$3.30

VEGAN BREAKFAST PATTIES (2 PER)
\$3.60

COUNTRY-FRIED POTATOES WITH ONIONS
\$3.30

BAKED GOODIES

ASSORTED MINI PASTRY TRAY (2 PER) BAGELS, MUFFINS, STRUDEL STICKS & DANISH
\$24.15 PER 12 GUESTS

COFFEE CAKE
\$15.35 (per 12 slices)

FRUIT BREAD
\$15.35 (per 12 slices)

ASSORTED CAKE DONUTS
\$1.45

ASSORTED MUFFINS WITH BUTTER AND HONEY
\$3.25

ASSORTED BAGELS WITH CREAM CHEESE
\$2.50

CROISSANTS STRAWBERRY OR CHOCOLATE
\$2.50

ICED CINNAMON ROLLS
\$2.50

HAVE DIETARY RESTRICTIONS? HERE YOU GO!

CAKE DONUT GF, DF
\$2.75

MINI MUFFIN (2 per) GF, DF
\$4.25

BAGEL GF, DF
\$4.25

MUFFIN GF, DF
\$4.25

SCONE GF
\$4.25

SOY YOGURT GF, DF
\$3.05

VEGAN MUFFIN Vv
\$4.25

ASSORTED SCONES
\$3.85

ASSORTED DANISH
\$2.50

ASSORTED STRUDEL STICKS
\$2.50

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BOX BREAKFAST

MINIMUM ORDER OF 10 REQUIRED

\$12.95

INDIVIDUAL YOGURT (INCLUDES GREEK YOGURT) AND HARD BOILED EGG WITH SALT & PEPPER PACKETS

CHOOSE ONE

MUFFIN WITH BUTTER & HONEY, BAGEL WITH CREAM CHEESE OR BREAKFAST BAR

CHOOSE ONE

RED GRAPES, BANANA, ORANGE OR APPLE



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CLASSIC

\$13.25

SERVED WITH LEAF LETTUCE, MAYO & MUSTARD PACKETS AND FRESH COOKIE OR BAR

SANDWICH	BREAD	CHEESE	SIDE
SMOKED TURKEY BREAST	WHOLE WHEAT	SWISS	POTATO CHIPS GF, DF
SMOKED HAM	WHITE KAISER ROLL	CHEDDAR	DESSERT
ROAST BEEF	MARBLE RYE	PROVOLONE	CHEF'S CHOICE COOKIE
CHICKEN SALAD	PRETZEL BUN Vv	PEPPER JACK	OR BAR
TUNA SALAD	WHEATBERRY		FRUIT
GARDEN V	MULTI-GRAIN GF, DF		SEASONAL FRUIT

VEGAN SANDWICH WITH HUMMUS, SPROUTS, CUCUMBER, TOMATO, AVOCADO & LEAF LETTUCE IN A PITA
SERVED WITH SWEET POTATO TORTILLA CHIPS, SEASONAL WHOLE FRUIT AND A VEGAN COOKIE OR DESSERT BAR

\$13.75

VIP

\$16.40

SANDWICHES ARE SERVED WITH ASSORTED FRUIT, SIDE AND DESSERT. SALADS ARE SERVED WITH A BREADSTICK OR CROISSANT. BOAR'S HEAD MEATS AVAILABLE FOR AN ADDITIONAL CHARGE.

SANDWICH	BREAD	CHEESE	SIDES	DECADENT DESSERTS
SMOKED TURKEY BREAST	WHOLE WHEAT	SWISS	COLESLAW GF	ZESTY LEMON BAR
SMOKED HAM	WHITE	CHEDDAR	POTATO SALAD GF	HEAVENLY BROWNIE
ROAST BEEF	WHITE KAISER ROLL	PROVOLONE	BROCCOLI SALAD	SEVEN LAYER BAR
CHICKEN SALAD	MARBLE RYE	PEPPER JACK	PASTA SALAD	APRICOT ALMOND BAR
TUNA SALAD	WHEAT BERRY	COLBY-JACK	MARINATED VEGETABLE SALAD Vv	CHERRY SOUR CREAM BAR
GRILLED CHICKEN BREAST	CROISSANT			CHOCOLATE CHIP BAR
CLASSIC CLUB	FRENCH ROLL	FRUIT		
SUPER-SUBMARINE	GLUTEN FREE AVAILABLE	FRUIT CUP OR KABOB		
GARDEN V		RED GRAPES		

VEGAN B.E.S.T. WITH VEGAN BACON, ROASTED AND SEASONED EGG PLANT, SPINACH, SLICED TOMATOES,
WITH VEGAN MAYO ON VEGAN BREAD SERVED WITH CHOPPED VEGETABLE SALAD, RED GRAPES AND VEGAN DESSERT

CLASSIC CHICKEN CAESAR SALAD GRILLED DICED CHICKEN,
CRISP ROMAINE LETTUCE, GRATED PARMESAN, CROUTONS AND CAESAR DRESSING

TACO SALAD GF SEASONED CHICKEN OR BEEF, TORTILLA STRIPS,
SHREDDED LETTUCE, DICED TOMATOES, SHREDDED CHEDDAR, SALSA, SOUR CREAM
& TACO SAUCE, PICO DE GALLO AND GUACAMOLE

RAINBOW VEGGIE VEGAN SALAD Vv SHREDDED ROMAINE,
HALVED CHERRY TOMATOES, SLICED ZUCCHINI, SLICED RADISHES, RED & ORANGE
BELL PEPPERS, SHREDDED CARROTS, SLICED AVOCADO AND FRESH
ALFALFA SPROUTS SERVED WITH VEGAN BREADSTICK AND ORIENTAL ORANGE
SESAME GINGER DRESSING

BEST OF THE BEST MANDARIN CHICKEN SALAD
GRILLED DICED CHICKEN, STRAWBERRIES, MANDARIN ORANGES, CASHEWS, SPRING
GREENS, WONTON NOODLES AND ASIAN GINGER DRESSING

REFRESHING STRAWBERRY SPINACH SALAD GF Vv
SLICED STRAWBERRIES, BABY SPINACH, ALMOND SLIVERS, RED ONION, DRIED
CRANBERRIES AND RASPBERRY VINAIGRETTE

PRESIDENTIAL

\$19.00

SANDWICHES: FEATURING BOAR'S HEAD MEATS, SERVED WITH ASSORTED FRUIT, SIDE AND DESSERT

SALADS: SERVED WITH A BREADSTICK OR CROISSANT, ASSORTED FRUIT AND DESSERT

SMOKED TURKEY KAISER ROLL

WITH SWISS CHEESE, SLICED TOMATO, RED ONION, SPRING GREENS, CRANBERRY RELISH

ROAST BEEF CIABATTA

WITH PEPPER JACK CHEESE, SLICED TOMATO, RED ONION, SPRING GREENS, GARLIC AIOLI

SMOKED HAM FOCACCIA

WITH CHEDDAR CHEESE, SLICED TOMATO, RED ONION, SPRING GREENS, HONEY MUSTARD

CLUB ON FRENCH BREAD

SMOKED TURKEY BREAST AND HAM ON A FRENCH ROLL WITH SMOKED GOUDA, SLICED TOMATO,
RED ONION, SPRING GREENS, SMOKY BACON AIOLI

ITALIAN DELI SUB

HARD SALAMI, PEPPERONI, THINLY SLICED PROSCIUTTO, PROVOLONE, SLICED TOMATO,
SHREDDED LETTUCE, AND ITALIAN DRESSING ON A PARMESAN HOAGIE

VEGGIE MUFFALETTA CIABATTA Vv

MARINATED GRILLED EGGPLANT, ROASTED RED PEPPER, THINLY SLICED PICKLED RED ONION, TOMATO AND
BLACK OLIVE TAMPENADE

WILDBERRY TURKEY SALAD GF

JULIENNE SMOKED PEPPER TURKEY BREAST, WALNUTS, AND STRAWBERRIES ON SPRING GREENS WITH
RASPBERRY VINAIGRETTE

SOUTHWESTERN CHICKEN SALAD

CAJUN DICED GRILLED CHICKEN BREAST, BLACK BEAN & CORN RELISH, TOMATO, EGG SLICES, AND
AVOCADO ON SPRING GREENS WITH SOUTHWEST DRESSING

BLUEBERRY SPRING SALAD V, GF, Vv

BLUEBERRIES, DRIED CHERRIES, TOASTED WALNUTS, AND BLEU CHEESE CRUMBLES ON SPRING
GREENS WITH AGED BALSAMIC VINAIGRETTE
ADD GRILLED CHICKEN BREAST \$3.30

NEW! VEGGIE HUMMUS WRAP Vv

BROWN RICE, BLACK BEANS, SPINACH, CARROTS, BELL PEPPERS, CUCUMBER AND AVOCODO ON A WHEAT WRAP

SIDES	FRUIT	DESSERTS
KALE BROCCOLI SLAW GF, Vv	FRUIT CUP	PECAN CARAMEL SWIRL BAR
POTATO SALAD GF	RED GRAPES	HEAVENLY BROWNIE
BROCCOLI SALAD	FRUIT KABOB	CHEESECAKE
PASTA SALAD		ROCKY ROAD BAR
MARINATED VEGETABLE GF, Vv		APPLE SOURCREAM BAR
		RASPBERRY BAR



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LIGHT LUNCHES

PRICED PER PERSON

LUNCH BUFFET INCLUDES COMPOSTABLE PLATES, FLATWARE, SERVING UTENSILS & NAPKINS

THEMED BUFFETS

PRICED PER PERSON

THEMED BUFFETS ARE DESIGNED TO PLEASE!
COMPOSTABLE PLATES, FLATWARE, SERVING UTENSILS AND NAPKINS.

BUFFETS

MANDARIN CHICKEN SALAD

GRILLED DICED CHICKEN
STRAWBERRIES
MANDARIN ORANGES
CASHEWS
SPRING GREENS
WONTON NOODLES
ASIAN GINGER DRESSING
BREADSTICKS
\$12.40

TACO SALAD

SEASONED CHICKEN, BEEF OR BEYOND BEEF
TORTILLA STRIPS
SHREDDED LETTUCE
DICED TOMATOES
RED ONION
SHREDDED CHEDDAR
SALSA
SOUR CREAM
PICO DE GALLO & GUACAMOLE
TACO SAUCE
FRESH FRUIT
\$14.10

BAKED POTATOES

POTATOES WITH BACON
BEEF OR VEGGIE CHILI
SHREDDED CHEDDAR
RED ONION
BUTTER
SALSA
SOUR CREAM
CHIVES
TOSSED SALAD, DRESSING
BARS & COOKIES
\$12.40

COBB SALAD

GRILLED DICED CHICKEN
SPRING GREENS
BLEU CHEESE CRUMBLES
EGG SLICES
BACON
DICED TOMATO
BLACK OLIVES
ASSORTED DRESSINGS
BREADSTICKS
\$12.40

SANDWICHES

FULL (cut in half)

ASSORTED DELI SANDWICHES
WITH PICKLES, OLIVES &
CONDIMENTS
\$8.65

HALF

ASSORTED DELI SANDWICHES
WITH PICKLES, OLIVES &
CONDIMENTS
\$4.60

PRESIDENTIAL (cut in half)

(CHOOSE UP TO 4)
MARINATED VEGGIE WRAP V
ITALIAN DELI SUB ON PARMESAN HOAGIE
CLUB ON FRENCH ROLL
SMOKED TURKEY ON KAISER ROLL
ROAST BEEF ON CIABATTA
SMOKED HAM ON FOCACCIA
\$10.35

ADDITIONS

HOUSEMADE SOUPS | \$4.95

CREAM OF CHICKEN WILD RICE
GARDEN VEGETABLE Vv, GF
CHEESY POTATO V
CHICKEN NOODLE
TOMATO BASIL V
BEEF CHILI
BLACK BEAN VEGGIE Vv, GF
VEGGIE CHILI Vv, GF

SALADS | \$3.25

POTATO SALAD V, GF
BROCCOLI & BACON SALAD
MARINATED VEGETABLE SALAD Vv, GF
TOSSED GREEN SALAD V
PASTA SALAD V
CHOPPED VEGETABLE SALAD Vv, GF
SEVEN LAYER SALAD GF

SIDES

ASSORTED SNACK BAGS | \$2.15
CHIPS, PRETZELS, POPCORN, FRITOS,
MINI GOLD FISH, CHEEZE-ITS, CHEX MIX, TRAIL MIX Vv
SWEET POTATO TORTILLA CHIPS GF, Vv, DF
FRESH FRUIT | \$4.15
CUT FRUIT BOWL or SLICED FRUIT TRAY
FRESH VEGGIE TRAY | \$3.00
WITH DILL DIP OR HUMMUS
ASSORTED 1/2 BARS & COOKIES | \$2.50
ASSORTED BARS | \$2.20
ASSORTED COOKIES | \$2.20
CHIPS, GUACAMOLE & SALSA | \$4.15

FIRE ROASTED SOUTHWEST

\$16.70

SERVED WITH FRESH CUT FRUIT AND BARS & COOKIES

TACO BAR

YOUR CHOICE OF SEASONED CHICKEN, BEEF, SHREDDED PORK OR BEYOND BEEF, SOFT & HARD SHELLS, SPANISH RICE, LETTUCE, DICED TOMATO, ONION, SHREDDED CHEDDAR, SALSA, SOUR CREAM, PICO DE GALLO, GUACAMOLE & HOT SAUCE

CHICKEN OR BEEF FAJITAS

WITH SOFT TORTILLA SHELLS, SAUTÉED PEPPERS AND ONIONS, SPANISH RICE, SHREDDED CHEDDAR CHEESE, SALSA, SOUR CREAM, PICO DE GALLO & HOT SAUCE

ENCHILADAS

YOUR CHOICE OF BEEF, CHICKEN, OR CHEESE ENCHILADAS
SERVED WITH SPANISH RICE, REFRIED BEANS, SOUR CREAM, AND SALSA
ADD BLACK OR REFRIED BEANS \$1.65

NEW! VEGAN ALMOST CHICKEN ENCHILADAS (2 PER PERSON)

VEGAN ALMOST CHICKEN, VEGAN CHEESE, VEGAN SOUR CREAM & SALSA WITH SPANISH RICE,
VEGAN REFRIED BEANS, FRESH FRUIT CUP AND FRESH BAKED VEGAN DESSERT

MINNESOTA MEALS

\$16.70

SERVED WITH A TOSSED GREEN SALAD, FRESH VEGGIE TRAY, DINNER ROLLS, AND ASSORTED DESSERTS

TATER TOT HOT DISH

GROUND BEEF, TATER TOTS, CHEDDAR CHEESE AND MUSHROOM SAUCE
ADD GREEN BEANS \$1.65

TURKEY WILD RICE CASSEROLE

TURKEY, CHEDDAR CHEESE, WILD RICE, CELERY, ONIONS, AND TURKEY GRAVY

PASTA PRIMAVERA V

FETTUCCINE, BROCCOLI, CAULIFLOWER, CARROTS, ONIONS AND WHITE SAUCE



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THEMED BUFFETS

THEMED BUFFETS ARE DESIGNED TO PLEASE!
COMPOSTABLE PLATES, FLATWARE, SERVING UTENSILS AND NAPKINS.

PRICED PER PERSON

SEE PAGE 11
TO CHOOSE YOUR
SIDES!

DESIGN YOUR BUFFET

YOUR BUFFET WILL INCLUDES
COMPOSTABLE PLATES, FLATWARE, AND NAPKINS. ALL BUFFETS INCLUDE DINNER ROLLS WITH BUTTER.

PRICED PER PERSON

ITALIAN DISHES

PASTA BAR
\$17.90

MOSTACCIOLI & FETTUCCINE NOODLES
ROMA TOMATO MARINARA

GRATED PARMESAN CHEESE
TOSSED ITALIAN SALAD
GARLIC BREAD
ASSORTED DESSERTS

INCLUDED
JULIENNE CHICKEN STRIPS
ITALIAN SAUSAGE

SERVED WITH A CAESAR SALAD, RELISH TRAY, FRENCH BREAD AND BARS & COOKIES

SPAGHETTI & MEATBALLS
\$15.25

WITH MARINARA SAUCE AND PARMESAN CHEESE

CHICKEN ALFREDO
\$16.70

SEASONED CHICKEN BREAST WITH CREAMY ALFREDO SAUCE

LASAGNA
\$16.70

YOUR CHOICE OF BEEF, SPINACH, CHEESE OR ROASTED VEGETABLE **Vv, GF** (INCREMENTS OF 12)

CHICKEN PENNE PASTA
\$16.70

WITH JULIENNE CHICKEN BREAST IN A GARLIC CREAM SAUCE
VEGAN CAESAR SALAD WITH VEGAN CHEESE, NO CROUTONS, VEGAN DRESSING, RELISH TRAY AND VEGAN DESSERT

NEW! VEGAN SPAGHETTI & PLANT-BASED MEATBALLS
\$15.25

WITH MARINARA SAUCE, VEGAN PARMESAN, VEGAN BREADSTICK & VEGAN BUTTER

ALL-AMERICAN FARE

YANKEE POT ROAST | \$17.55
HEARTY POT ROAST WITH POTATOES, ONIONS, CARROTS,
AND GRAVY SERVED WITH TOSSED GREEN SALAD, DINNER ROLLS & BUTTER, AND
ASSORTED DESSERTS

TRADITIONAL BEEF STEW | \$16.70
WITH TOSSED GREEN SALAD, CORNBREAD WITH BUTTER & HONEY
AND FRESH BAKED COOKIES

ASIAN STYLE

\$16.70

SERVED WITH STEAMED WHITE RICE, ASIAN COLESLAW, SOY SAUCE,
FRESH BAKED BARS AND FORTUNE COOKIES.
UPGRADE TO VEGETABLE FRIED RICE \$1.65

STIR-FRY

BEEF, CHICKEN, OR VEGETABLE SERVED WITH CHOW MEIN NOODLES

TERIYAKI CHICKEN

PINEAPPLE GINGER TERIYAKI CHICKEN SERVED WITH CHOW MEIN NOODLES

PIZZA

SERVED WITH TOSSED ITALIAN SALAD, BREADSTICKS, BARS & COOKIES

APPROXIMATELY 2 PIECES PER PERSON
ALL PIZZAS ARE SERVED ON A 16" TRADITIONAL CRUST. PERSONAL SIZED GLUTEN FREE PIZZAS
AVAILABLE UPON REQUEST

TRADITIONAL	
CHEESE.....	\$11.75
PEPPERONI.....	\$12.25
SAUSAGE.....	\$12.25
VEGGIE.....	\$12.50
Onions, Green Peppers, Mushrooms, Black Olives	
BUFFALO CHICKEN.....	\$14.25
Chicken, diced celery and Mozzarella-Bleu Cheese Blend on Buffalo Sauce	
CHICKEN ALFREDO.....	\$14.25
Chicken, Mozzarella-Parmesan Cheese, Green Onions, Red Bell Peppers on Alfredo Sauce	
MARGHERITA.....	\$14.00
Fresh Mozzarella, Parmesan Cheese, Tomatoes, Garlic and Fresh Basil on Olive Oil	
SUPREME.....	\$14.25
Spicy Italian Sausage, Pepperoni, Red Pepper, Green Pepper, Onion and Mushrooms	
BBQ CHICKEN.....	\$14.25
Grilled Chicken Bacon, Red Onions, Tomatoes and Monterey Jack Cheese Blend on a Bed of BBQ Sauce	

ENTICING ENTRÉES

ALL PRICED AT \$17.20

POULTRY

HERB ROASTED CHICKEN **GF**
TWO BONE-IN OR ONE BONELESS

BONELESS CHICKEN BREAST
CHOOSE FROM LEMON HERB SAUCE,
SUN DRIED TOMATO CREAM SAUCE, OR
CREAMY SUPREME SAUCE (WHITE SAUCE, WINE, MUSHROOMS & PIMENTOS)

FRIED CHICKEN (2 PER)

CHICKEN PARMESAN

BAKED TURKEY WITH SAGE DRESSING

PORK

BAKED HAM **GF**
WITH PINEAPPLE RINGS

STUFFED PORK CHOPS

ROASTED PORK LOIN
WITH APPLE-JACK SAUCE

PORK CHOPS
WITH GOLDEN MUSHROOM SAUCE

BEEF

CHAR-BROILED CHOPPED SIRLOIN
WITH SAUTÉED MUSHROOMS & ONIONS

SLICED ROAST BEEF AU JUS **GF**

BURGUNDY MUSHROOM SIRLOIN TIPS (CHOOSE THREE SIDES)
OVER PARSLEY BUTTERED NOODLES

6OZ RIB-EYE STEAK **GF** (TO UPGRADE ADD \$6 PER PERSON)

SEAFOOD

BAKED COD **GF**
TORTILLA ENCRUSTED TILAPIA **GF**

ALL PRICED AT \$16.70

SIZZLIN' HOT SANDWICHES

SHREDDED PHILLY BEEF
WITH PEPPERS, ONIONS, PROVOLONE, AND FRENCH ROLLS

PULLED PORK CARNITAS
ON KAISER ROLLS

HERB GRILLED CHICKEN BREAST
WITH TOMATO, RED ONION, LEAF LETTUCE, CONDIMENTS & CIABATTA

NEW! VEGAN SLOPPY JOES
WITH BEYOND MEAT ON A VEGAN BUN, ROASTED NEW RED POTOATOES,
GREEN BEANS WITH HERBS, TOSSED SALAD WITH VEGAN DRESSING AND VEGAN DESSERT

NEW! VEGAN HOT SANDWICH
VEGAN CHICKEN BREAST WITH CIABATTA, LETTUCE, TOMATO, & ONIONS
SERVED WITH BROWN RICE, CARROTS, MARINATED VEGETABLE SALAD AND VEGAN DESSERT

ALL PRICED AT \$16.40

VEGETARIAN OPTIONS

PORTOBELLO MUSHROOMS **GF, Vv, DF**
BAKED WITH POTATOES AND SPINACH

EGGPLANT PARMESAN **Vv**

CHEESE TORTELLINI **V**
WITH SUN-DRIED TOMATO PESTO SAUCE



SALADS

- TOSSED GREEN SALAD AVAILABLE GF
- CAESAR SALAD AVAILABLE GF
- TOSSED ITALIAN SALAD
- MARINATED VEGETABLE SALAD GF, Vv
- CHOPPED VEGETABLE SALAD GF, Vv
- COLESLAW GF
- BROCCOLI-SLAW SALAD GF, V
- SEVEN LAYER SALAD GF

STARCHES

- MASHED POTATOES WITH GRAVY
- BROWN RICE GF
- SKIN-ON GARLIC MASHED POTATOES GF
- AU GRATIN POTATOES
- SCALLOPED POTATOES
- ROASTED NEW RED POTATOES GF
- QUARTER CHEESY JO JO FRIES
- STEAMED WHITE RICE GF
- RICE PILAF GF
- PARSLEY BUTTERED NOODLES
- PENNE PASTA IN GARLIC CREAM SAUCE

VEGETABLES

- CARROTS IN A BUTTERY DILL SAUCE GF
- SEASONED CORN GF
- GLAZED CARROTS GF
- GREEN BEANS WITH HERBS GF
- ROASTED BRUSSELS SPROUTS GF
- KEY LARGO VEGETABLE MEDLEY GF

DESSERTS

- SALTED CARAMEL APPLE POKE CAKE
- CHOCOLATE MOUSSE CAKE
- MOCHA CAKE
- CREAM HORNS
- DOUBLE CHOCOLATE CAKE BOWLS FILLED WITH CHOCOLATE MOUSSE
- KEY LIME CHEESECAKE
- ASSORTED DESSERTS
- ASSORTED BARS & COOKIES
- GLUTEN FREE DESSERTS AVAILABLE
- VEGAN DESSERTS AVAILABLE

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SEMINAR PACKAGE

CHOOSE YOUR BREAKFAST
CHOOSE YOUR LUNCH BUFFET
CHOOSE YOUR SNACK
WE'LL DO THE REST!

PRICED PER PERSON
\$23.60

BREAKFAST

SELECT ONE

HOT BREAKFAST BUFFET UPGRADE \$4.95

CLASSIC CONTINENTAL

FRESH FRUIT AND YOUR CHOICE OF (3)

DANISH, BAGELS, MUFFINS, STRUDEL STICKS, FILLED CROISSANTS, ICED CINNAMON ROLLS, SCONES OR CAKE DONUTS

LUNCH BUFFET

SELECT ONE

SOUP & SANDWICH

CHOICE OF SOUP FROM PAGE 8
ASSORTED SANDWICH PLATTER
VEGGIES & DILL DIP OR HUMMUS
TOSSED GREEN SALAD
ASSORTED DESSERTS

TACO BAR

CHICKEN, BEEF,
BEYOND BEEF OR
SHREDDED PORK
SPANISH RICE
PICO DE GALLO
FRESH FRUIT BOWL
ASSORTED BARS & COOKIES

PULLED PORK CARNITAS

BARBECUE SAUCE & KAISER ROLLS
NEW RED POTATOES
GREEN BEANS WITH HERBS
COLESLAW
ASSORTED BARS & COOKIES

MANDARIN CHICKEN SALAD BAR

BREADSTICKS
ASSORTED BARS & COOKIES

LASAGNA

INCREMENTS OF 12
RELISH TRAY
CAESAR SALAD
BREADSTICKS
ASSORTED BARS & COOKIES

BAKED POTATO BAR

TOSSED GREEN SALAD
ASSORTED BARS

CHICKEN DINNER

SEASONED BONELESS CHICKEN BREAST
TOPPED WITH CHOPPED BACON
POTATOES, CARROTS, ONIONS, AND
GRAVY

TOSSED GREEN SALAD

FRESH ROLLS & BUTTER
ASSORTED DESSERTS

VIP BOX LUNCHES

ASSORTED SIDES & DESSERTS

AFTERNOON SNACK

SELECT ONE

DELIVERED WITH LUNCH

INDIVIDUAL SNACK BAGS
SLICED CHEESE & CRACKERS
ASSORTED BARS & COOKIES
TORTILLA CHIPS & SALSA

HUMMUS & FLATBREAD
SWEET POTATO TORTILLA CHIPS Vv, GF, DF
YOGURT PRETZELS

DESSERTS

DECORATED CAKES CHOCOLATE, MARBLE, OR WHITE
QUARTER SHEET CAKE (20 SERVINGS) ... \$57.50
HALF SHEET CAKE (40 SERVINGS) ... \$97.75
FULL SHEET CAKE (80 SERVINGS) ... \$143.75

ASSORTED CUPCAKES ... \$3.45

ASSORTED GOURMET DESSERTS ... \$4.00

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