

# FLAVOURS

TASTE : SUCCESS



LAKE SUPERIOR STATE  
UNIVERSITY



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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 exceed the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

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 906-635-2546, email us at [lssucatering@lssu.edu](mailto:lssucatering@lssu.edu) or visit our website: <http://sodexomyway.com>.

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    = Plant Based

*We can also accommodate Gluten Free requests.*



## BREAKFAST: MORNING BUFFETS

*Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. All breakfasts include coffee and hot tea service.*

### CLASSIC CONTINENTAL BREAKFAST

*12 guest minimum | \$9.99 per guest*

*Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.*

#### **INCLUDES:**

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)


*A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries*

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

#### **CHOICE OF TWO:**

Muffins  (each | 160-230 cal)

Croissants  (each | 200 cal)

Coffee Cakes  (each | 110-430 cal)

Mini Scones  (each | 190-200 cal)

Breakfast Breads  (each | 250 cal)

Butter and Assorted Jam

## PLANT POWERED CONTINENTAL BREAKFAST

20 guest minimum | \$12.99 per guest

Seasonal fresh fruit, avocado toast, farmer's market breakfast bowl, breakfast salad, coffee and hot tea.

### INCLUDES:

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Avocado, Hummus & Tomato Toast  (each | 210 cal)

Toasted Italian bread topped with hummus, avocado, cherry tomatoes and red pepper flakes

Farmer's Market Breakfast Bowl  (each | 320 cal)

Hash browns, quinoa, scrambled tofu, kale, avocado and green onions

Grape Tomato Salad  (each | 150 cal)

Fresh grape tomatoes tossed with shallots, garlic, dill and extra virgin olive oil

## HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$12.99 per guest

Seasonal fresh fruit, Greek yogurt, granola bars, hard-boiled eggs and oatmeal with toppings. Includes coffee and hot tea service.


### INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

Cage-Free Hard-Boiled Egg  (each | 80 cal)

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)


Granola Bars  (each | 90 cal)

Steel Cut Oatmeal  (8 oz. | 170 cal)


#### Served with:

2% Milk  (1 tbsp. | 10 cal)

Unsweetened Almond Milk  (1 tbsp. | 0 cal)

Cinnamon Brown Sugar Topping  (1 tsp. | 15 cal)

Sweetened Dried Cranberries  (1 tbsp. | 30 cal)

Pecan Pieces  (1 tbsp. | 50 cal)

Fresh Whole Strawberries  (1 tbsp. | 5 cal)

Fresh Blueberries  (1 tbsp. | 5 cal)

## BREAKFAST BUFFET

20 guest minimum | \$14.99 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish. Includes coffee, hot tea and condiments.


### INCLUDES:

Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)


A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

### CHOICE OF TWO:

Mini Butter Croissant  (each | 80 cal)

Mini Danish  (each | 130-170 cal)

Mini Scones  (each | 190-200 cal)

Muffins  (each | 160-230 cal)

### CHOICE OF ONE:

Home Fried Potatoes  (1/2 cup | 90 cal)

Classic Grits  (4 oz. | 70 cal)

Potato Roesti with Chives & Parsley  (1 slice | 70 cal)

Hash Browned Potato  (1/2 cup | 90 cal)

Root Vegetable Hash  (1/2 cup | 80 cal)

### CHOICE OF TWO:

Bacon Slices (1 slice | 35 cal)

Sausage Links (1 link | 110 cal)

Turkey Sausage Link (1 link | 45 cal)

Turkey Bacon (1 slice | 25 cal)

### CHOICE OF ONE:

Seasoned Scrambled Egg Whites  (1/2 cup | 90 cal)

Seasoned Scrambled Eggs  (1/2 cup | 180 cal)

Cholesterol Free Scrambled Eggs  (1/2 cup | 120 cal)

Scrambled Tofu  (1/2 cup | 130 cal)

BREAKFAST:  
BOXES



Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items.

## BAKERY BREAKFAST BOX

12 guest minimum | \$8.99 per guest

Each box includes selection of bakery items, granola bar and choice of yogurt or cage-free hard-boiled egg.

### INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

### CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant  (each | 80 cal)

Mini Chocolate Croissant  (each | 100 cal)

Classic Blueberry Muffin  (each | 170 cal)

### CHOICE OF ONE GRANOLA BAR:

Granola Bar  (each | 90 cal)

Peanut Butter Granola Bar  (each | 100 cal)

Oats & Honey Granola Bar  (each | 90 cal)

### CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)


Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

## BREAKFAST SANDWICH BOX

12 guest minimum | \$10.09 per guest

Includes seasonal fresh fruit, blueberry muffin and your choice of breakfast sandwich and a cage-free hard-boiled egg or yogurt.

### INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)

### CHOICE OF ONE BREAKFAST SANDWICH:

Ham and Gruyere on a Croissant (each | 240 cal)

BLT with Avocado on a Bagel (each | 310 cal)

### CHOICE OF ONE:

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

## ADD ON BEVERAGES

Bottled Water  \$2.19 each (20 oz. | 0 cal)

Orange Juice  \$2.79 each (12 oz. | 150 cal)

Apple Juice  \$2.79 each (12 oz. | 160 cal)



# BREAKFAST: A LA CARTE

Upgrade your breakfast with la carte selections.

## BREAKFAST BAKERY

A variety of mini and regular baked goods sold by the dozen.

Muffins <b>▼</b> \$16.99 per dozen	(1 each   160-230 cal)
Mini Danish <b>▼</b> \$19.49 per dozen	(1 each   130-170 cal)
Breakfast Breads <b>▼</b> \$16.99 per dozen	(1 each   250 cal)
Cinnamon Roll Flats <b>▼</b> \$19.49 per dozen	(1 each   120 cal)
Glazed Cinnamon Roll <b>▼</b> \$19.49 per dozen	(1 each   130 cal)




## YOGURT \$2.09 each

Chobani Non-Fat Blueberry Greek Yogurt <b>▼</b>	(1 each   90 cal)
Chobani Non-Fat Vanilla Greek Yogurt <b>▼</b>	(1 each   80 cal)
Chobani Non-Fat Strawberry Greek Yogurt <b>▼</b>	(1 each   90 cal)
Strawberry Banana Non-Fat Lite Yogurt	(1 each   90 cal)
Blueberry Non-Fat Lite Yogurt	(1 each   90 cal)
Vanilla Non-Fat Lite Yogurt	(1 each   90 cal)



## SEASONAL MINI GREEK YOGURT PARFAITS

12 guest minimum | \$3.39 each

Banana, Nutella, & Granola Yogurt Parfait 	(1 mini parfait   100 cal)
Tropical Fruit & Granola Yogurt Parfait 	(1 mini parfait   70 cal)
Blueberry, Lemon & Granola Yogurt Parfait 	(1 mini parfait   60 cal)

## OATMEAL BAR

12 guest minimum | \$3.99 per guest

Warm oatmeal served with a variety of toppings and milk.

### INCLUDES:

Steel Cut Oatmeal  	(8 oz.   170 cal)
Brown Sugar  	(1 tbsp.   45 cal)
Cinnamon 	(1 tsp.   5 cal)
Walnut Pieces 	(1 tbsp.   50 cal)
Seedless Raisins  	(1 tbsp.   25 cal)
Fresh Blueberries  	(1 tbsp.   5 cal)

### CHOICE OF TWO:

2% Milk 	(1 tbsp.   10 cal)
Whole Milk 	(1 tbsp.   10 cal)
Unsweetened Almond Milk 	(1 tbsp.   0 cal)



## DONUT HOLES

\$10.99 per two dozen

Glazed Donut Holes 	(6 donut holes   280 cal)
Cinnamon Sugar Donut Holes 	(6 donut holes   290 cal)

## BREAKFAST BURRITOS

20 guest minimum | \$5.29 each

Rajas & Chorizo Breakfast Burrito	(each   650 cal)
Carnitas Verde Breakfast Burrito	(each   480 cal)
Roasted Vegetable Breakfast Burrito 	(each   400 cal)
Cage-Free Egg, Cheese & Potato Breakfast Burrito 	(each   470 cal)

## BAGELS & SCHMEARS

20 guest minimum | \$3.29 per guest

Select two bagel flavors along with your choice of chef-prepared schmears.

### CHOICE OF TWO BAGELS:






Plain Bagel  	(each   290 cal)
Sesame Bagel  	(each   300 cal)
Cinnamon Raisin Bagel  	(each   290 cal)

### INCLUDED:

Cream Cheese 	(2 tbsp.   70 cal)
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### CHOICE OF TWO SPECIALTY

#### SCHMEAR CHEESES:

Everything Schmeer 	(2 tbsp.   70 cal)
Lemon Dill Schmeer 	(2 tbsp.   50 cal)
Honey Walnut Schmeer 	(2 tbsp.   80 cal)
Blueberry Schmeer 	(2 tbsp.   60 cal)
Smoked Salmon & Caper Schmeer	(2 tbsp.   70 cal)
Furikake Schmeer 	(2 tbsp.   60 cal)

## HOT BREAKFAST SANDWICHES

20 guest minimum | \$2.99 each

Cage-Free Egg & Cheese Bagel 	(each   200 cal)
Bacon, Cage-Free Egg & Cheese Bagel	(each   240 cal)
Ham, Cage-Free Egg & Cheese Bagel	(each   230 cal)
Sausage, Cage-Free Egg & Cheese Bagel	(each   390 cal)
Cage-Free Egg & Cheese Biscuit 	(each   280 cal)
Bacon, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Ham, Cage-Free Egg & Cheese Biscuit	(each   310 cal)
Sausage, Cage-Free Egg & Cheese Biscuit	(each   470 cal)

## EGG DISHES

Cage-Free Hard-Boiled Eggs 	(each   80 cal)
\$12.99 per dozen	(each   80 cal)

BREAKS:  
MORNING BREAKS





Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up & clean up.

## MORNING MOXY

20 guest minimum | \$11.99 per guest

Includes coffee & hot tea service. Includes condiments.

### INCLUDES:

- Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries
- Coffee & Tea Hot Service  (12 oz. | 0-5 cal)

### CHOICE OF TWO PARFAITS:

- Maple Oats with Spiced Apples  (1 mini parfait | 100 cal)  
Nutella Oats with Banana  (1 mini parfait | 260 cal)  
Carrot Cake Oats  (1 mini parfait | 80 cal)  
PB&J Overnight Oats  (1 mini parfait | 110 cal)  
Tropical Overnight Oats  (1 mini parfait | 80 cal)

### CHOICE OF TWO BAKED GOODS:

- Mini Butter Croissant  (each | 80 cal)  
Apple Mini Danish  (each | 130 cal)  
Cheese Mini Danish  (each | 140 cal)  
Mini Maple Pecan Danish  (each | 170 cal)  
Mini Raspberry Danish  (each | 130 cal)  
Apple Cinnamon Muffin  (each | 180 cal)  
Banana Streusel Muffin  (each | 230 cal)



BREAKS:  
AFTERNOON  
BREAKS







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

## TEA TIME

20 guest minimum | \$8.99 per guest

Tea Time comes with grissini, candied pecans, brownie bites and a refreshing Arnold Palmer.


- Grissini  (2 breadsticks | 45 cal)  
A thin crispy breadsticks brushed with olive oil and coarse salt
- Candied Cinnamon Pecans  (2 oz. | 160 cal)
- Truffled Brownie Bites  (2 each | 110 cal)
- Arnold Palmer (Iced Tea & Lemonade)  (8 oz. | 130 cal)

## DIPS AND CHIPS

20 guest minimum | \$5.99 per guest

Start with a crudité platter and add your choice of house-made chips and three dips.

### INCLUDES:

- Crudité Platter  (3 oz. | 20 cal)

### CHOICE OF THREE CHIPS:

- House-made Tortilla Chips  (12 chips | 90 cal)
- Sea Salt Dusted Deli Chips  (2 oz. | 90 cal)
- BBQ Dusted Deli Chips  (2 oz. | 90 cal)
- Ranch Dusted Deli Chips  (2 oz. | 100 cal)
- Chipotle Dusted Deli Chips  (2 oz. | 90 cal)

### CHOICE OF THREE DIPS

- Dijon Ranch Dip  (2 tbsp. | 190 cal)
- Onion Cheese Dip (2 tbsp. | 70 cal)
- Roasted Red Pepper Hummus  (2 tbsp. | 60 cal)
- Baba Ghanoush  (2 tbsp. | 30 cal)

## SNACK PACK







20 guest minimum | \$7.99 per guest

Snack Pack includes whole fruit, packaged snacks, granola bars and beverages.




### CHOICE OF TWO:

- Apple  (each | 90 cal)
- Banana  (each | 140 cal)
- Orange  (each | 70 cal)

### CHOICE OF FOUR:



- Almonds  (1.5 oz. | 250 cal)
- Rold Gold Tiny Twist Pretzels  (1 oz. | 110 cal)
- Potato Chips  (1.5 oz. | 240 cal)
- Cheeze-It Original  (1.5 oz. | 220 cal)
- Sunburst Trail Mix  (1.5 oz. | 220 cal)
- Grandma's Big Chocolate
- Chip Cookies  (2.5 oz. | 340 cal)

### CHOICE OF TWO:

- Granola Bar  (1 bar | 90 cal)
- Peanut Butter Granola Bar  (1 bar | 100 cal)
- Oats & Honey Granola Bar  (1 bar | 90 cal)
- Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)


Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery & set up. Each option features a curated selection of the most popular salads or sandwich items.

## SIGNATURE SANDWICH LUNCH BOX 12 guest minimum | \$14.99 per guest

Includes choice of sandwiches or wraps, apple , baked or regular potato chips  (1 bag | 140-220 cal), dessert (126-230) and beverage (0-250 cal).

### SELECT UP TO THREE:

**HAM & GRUYERE ON SOURDOUGH** (each | 620 cal)  
Smoked ham with gruyere cheese, lettuce, tomato and Dijonnaise on sourdough bread

**MEDITERRANEAN BAGUETTE**  (each | 360 cal)  
Roasted eggplant rings with hummus and roasted red peppers on a baguette

**ROAST BEEF & WATERCRESS SANDWICH** (each | 420 cal)  
Roast beef & cheddar cheese with horseradish, tomato and watercress on sourdough bread

**CITRUS FLANK STEAK & CHIMICHURRI SANDWICH**  
(each | 660 cal)  
Grilled lime marinated flank steak, red onion, lettuce, tomato with chimichurri sauce and mayonnaise on sourdough bread

### CHOICE OF ONE:

Chocolate Brownie  (each | 60 cal)  
Two Cookies  (2 cookies | 310-330 cal)  
Blondie Bar  (each | 60 cal)  
Rice Krispies Bar (each | 280 cal)  
Peanut Butter Chocolate Oreo Brownie  (each | 320 cal)

### CHOICE OF ONE:

Bottled Water (each | 0 cal)  
Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-150 cal)






### UPGRADE TO A SIGNATURE SIDE:

Quinoa Cucumber Salad  \$1.99 per guest (1/2 cup | 140 cal)  
Azifa (Green Lentil Salad)  \$1.99 per guest (1/2 cup | 120 cal)  
Wild Rice, Quinoa & Lentil Salad  \$1.99 per guest (1/2 cup | 240 cal)  
Chickpea Chaat Salad  \$1.99 per guest (1/2 cup | 60 cal)  
Super Bean Salad Mix  \$1.99 per guest (1/2 cup | 80 cal)

## BOXED MEALS



### CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$12.99 per guest

The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips   (1 bag | 140-220 cal), an apple    (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal).

#### SELECT UP TO THREE:

##### ITALIAN TUNA AND PROVOLONE WRAP (each | 540 cal)

Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing

##### CLASSIC TURKEY CLUB (each | 550 cal)

Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread

##### GRILLED CHICKEN CAESAR WRAP (each | 560 cal)

Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

##### TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH

(each | 550 cal)

Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

##### CURRIED CHICKEN SALAD & ALMOND SANDWICH

(each | 510 cal)

Oven roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

##### SMOKED HAM, BRIE AND APPLE ON SOURDOUGH

(each | 520 cal)

Smoked ham with brie cheese, Granny Smith apple, baby arugula & Dijonnaise on sourdough bread

##### LEMON BASIL ROASTED VEGETABLE SANDWICH

(each | 580 cal)

Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

##### VEGETABLE TARRAGON WRAP (each | 400 cal)

Grilled zucchini, provolone, baby spinach and roasted red peppers with herb mayonnaise in a hearty grain tortilla

##### TANDOORI CAULIFLOWER AND PEPPER WRAP

(each | 300 cal)

Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

##### HUMMUS WRAP WITH ZUCCHINI & DUKKAH

(each | 330 cal)

Non GMO tortilla with grilled zucchini, hummus, red pepper, baby spinach, red onion and dukkah seasoning

BOXED MEALS,  
continued





## SIGNATURE SALAD LUNCH BOX 12 guest minimum | \$13.99 per guest

The Signature Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 110 cal), an apple 🍏🌱 (1 piece | 80 cal), dessert (126-230) and drink (0-250 cal). Includes condiments.

### CHOICE OF THREE:

**CAESAR SALAD WITH GRILLED STEAK** (each | 710 cal)  
Romaine lettuce topped with grilled steak, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED SHRIMP** (each | 650 cal)  
Romaine lettuce topped with grilled shrimp, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD WITH GRILLED STEAK** (each | 240 cal)  
Romaine lettuce and spring mix topped with grilled steak, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH GRILLED SHRIMP** (each | 190 cal)  
Romaine lettuce and spring mix topped with grilled shrimp, grape tomatoes, cucumbers & shredded carrots

**BLT SALAD** (each | 290 cal)  
Iceberg lettuce topped with crispy bacon & grape tomatoes, served with green goddess dressing

## CLASSIC SALAD LUNCH BOXES 12 guest minimum | \$11.99 per guest

The Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), an apple 🍏🌱 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal). Includes condiments.

### CHOICE OF THREE:

**CAESAR SALAD** (each | 510 cal)  
Romaine lettuce topped with homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED CHICKEN** (each | 670 cal)  
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH PORTOBELLO** (each | 660 cal)  
Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD WITH PORTOBELLO** 🌱 (each | 190 cal)  
Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers and shredded carrots

**GREEK SALAD** (each | 100 cal)  
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers, shredded carrots and feta cheese

**MANDARIN ORANGE SPINACH SALAD** 🌱🍊 (each | 150 cal)  
Spinach, romaine and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas

**MINDFUL QUINOA SALAD** 🌱🌱 (each 190 cal)  
Quinoa with tomato, red pepper, hominy, cilantro and sherry vinaigrette over mixed greens



COLD BUFFETS



## JR. EXECUTIVE BUFFET


20 guest minimum | \$17.99 per guest

Our Junior Executive Buffet includes choice of mini sandwiches, side salad, dinner roll with butter, fruit tray, dessert, condiments and selection of cold beverages. Includes condiments.

### INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Assorted House Baked Dinner Rolls with Butter  (1 roll | 150 cal)

### CHOICE OF THREE:

Classic Turkey Club Slider (each | 270 cal)

Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)

Grilled Chicken Caesar Wrap  (each | 280 cal)

Bacon, Lettuce & Tomato Slider (each | 250 cal)

Smoked Ham, Brie & Apple Slider (each | 300 cal)

Lemon Basil Roasted Vegetable Slider  (each | 290 cal)

Tandoori Cauliflower & Pepper Wrap   (each | 150 cal)

Hummus Wrap with Zucchini & Dukkah   (each | 170 cal)

### UPGRADE YOUR SANDWICH:

\$1.79 per guest

Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)

Roast Beef, Gruyere & Arugula Slider (each | 230 cal)

Lemon Chive Shrimp Salad Slider  (each | 190 cal)

Italian Tuna & Provolone (each | 270 cal)

### CHOICE OF ONE SALAD:

Classic Caesar Salad (1 cup | 180 cal)

Garden Salad   (1 cup | 10 cal)

Greek Salad   (1 cup | 20 cal)

### CHOICE OF TWO DESSERTS:

Rice Krispie Bar (each | 70 cal)

Two Cookies  (2 cookies | 150-160 cal)


Chocolate Brownie  (each | 60 cal)

Blondie Bar  (each | 60 cal)


Lemon Bar  (1 piece | 80 cal)

### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea   (8 oz. | 0 cal)

Sweet Tea   (8 oz. | 15 cal)

Lemonade   (8 oz. | 15 cal)

Orange Infused Water   (8 oz. | 0 cal)

Cucumber Mint Infused Water   (8 oz. | 0 cal)

# HOT BUFFET

30 guest minimum

Design the perfect buffet with your choice of salad, entrée, side dishes, dessert, rolls and beverages. Includes condiments.

## INCLUDES:

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

## CHOICE OF ONE ENTRÉE:

### POULTRY \$21.99 per guest

Cajun Chicken Breast 🍗 (1 breast | 230 cal)  
Buttermilk Fried Chicken Thigh (1 thigh | 310 cal)  
Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)  
Piri Piri Chicken (4 oz. | 250 cal)

### VEGETARIAN & VEGAN \$21.99 per guest

Roasted Root Vegetable Tagine 🌿🥕 (1/2 cup | 90 cal)  
Almond Butter, Spelt & Mushroom Risotto 🌿🌱 (1 bowl | 260 cal)  
Crabless Crab Cake 🌱 (1 cake | 350)

### PORK \$21.99 per guest

Honey & Five Spice Pork Loin (4 oz. | 280 cal)  
Spring Herb & Dijon Pork Tenderloin 🍷 (4 oz. | 160 cal)  
Cuban Mojo Pork (4 oz. | 280 cal)

### BEEF \$27.99 per guest

BBQ Rubbed Eye of Round (4 oz. | 240 cal)  
BBQ Beef Brisket (4 oz. | 240 cal)  
Braised Beef Short Ribs (4 oz. | 330 cal)

### SEAFOOD \$27.99 per guest

Parmesan Tilapia with Red Pepper Sauce (1 fillet | 230 cal)  
Citrus & Herb Crusted Wild Salmon (1 fillet | 170 cal)  
Shrimp & Grits (1 entrée | 590 cal)

## CHOICE OF ONE SALAD:

Herbed Salad Greens 🌿🥗 (1 cup | 10 cal)  
Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad 🌿🥗 (1 cup | 10 cal)  
Greek Salad 🍷🌱 (1 cup | 20 cal)

## CHOICE OF ONE SIDE:

Simply Steamed Brown Rice 🌿🍚 (1/2 cup | 180 cal)  
Steamed Basmati Rice 🌿🍚 (1/2 cup | 120 cal)  
Herbed Roasted Potato Wedges 🌿🥔 (4 oz. | 100 cal)  
Simply Roasted Red Bliss Potatoes 🌿🥔 (1/2 cup | 130 cal)  
Whipped Fresh Potatoes with Butter 🍷 (1/2 cup | 80 cal)  
Sweet Potato Hash with Shallots & Kale 🌿🥔 (1/2 cup | 110 cal)

## CHOICE OF ONE VEGETABLE:








Grilled Zucchini with Coriander 🌿🥒 (4 oz. | 20 cal)  
Simply Sautéed Kale 🌿🥬 (1/2 cup | 60 cal)  
Grilled Broccolini 🌿🥦 (4 oz. | 110 cal)  
Charred Tri Color Baby Carrots 🌿🥕 (1/2 cup | 70 cal)  
Grilled Fresh Asparagus 🌿🥬 (5 spears | 20 cal)  
Braised Collard Greens 🌿🥬 (1/2 cup | 90 cal)  
Charred Brussels Sprouts 🌿🥬 (1/2 cup | 25 cal)  
Sautéed Green Beans 🍷 (4 oz. | 60 cal)

# BUFFETS: HOT BUFFETS






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



## CHOICE OF THREE DESSERTS:

Seasonal Sliced Fresh Fruit Platter 	(3 oz.   35 cal)
Pecan Pie	(1 slice   540 cal)
Chocolate Cream Pie 	(1 slice   300 cal)
Double Chocolate Layer Cake	(1 slice   410 cal)
Carrot Cake 	(1 piece   230 cal)
Devil's Food Cake 	(1 piece   70 cal)
Carrot Cupcake 	(1 cupcake   260 cal)
Confetti Cupcake 	(1 cupcake   280 cal)
Strawberry Brioche Bread Pudding 	(1 pudding   150 cal)

## CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 	(8 oz.   0 cal)
Sweet Tea 	(8 oz.   20 cal)
Lemonade 	(8 oz.   70 cal)
Orange Infused Water 	(8 oz.   0 cal)
Cucumber Mint Infused Water 	(8 oz.   0 cal)

## BUFFET ADD ONS

### ADDITIONAL ENTREE (per guest attendance)

- Poultry Entree \$6.49 per guest
- Vegetarian Entree \$6.49 per guest
- Pork Entree \$6.49 per guest
- Beef/Lamb Entree \$10.79 per guest
- Seafood Entree \$10.79 per guest

BUFFET  
TRADITIONS



Traditions buffet features comfort-style entrée paired with your choice of vegetable, side dish, salad and dessert. Includes dinner rolls with butter, cold beverages and appropriate condiments.

30 guest minimum | \$21.99 per guest

**INCLUDES:**

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

**CHOICE OF ONE ENTRÉE:**

**POULTRY**

Kansas City BBQ Chicken Quarter (each | 430 cal)  
 Grilled Jerk Chicken Breast 🍷 (each | 170 cal)  
 Buttermilk Fried Chicken Thigh (each | 610 cal)  
 Rotisserie Style Chicken with Gravy (each | 600 cal)

**BEEF**

Beef Meatloaf (4 oz. | 280 cal)  
 Braised Pot Roast (4 oz. | 450 cal)  
 Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)  
 Homestyle Meat Lasagna (each | 350 cal)

**PORK**

Baked Ziti with Italian Sausage (entrée | 650 cal)  
 Chicken & Andouille Sausage Gumbo (4 oz. | 170 cal)  
 Herb Roasted Pork Loin w/ Pan Gravy (serving | 310 cal)

**SEAFOOD**

Beer Battered Fresh Pollock (1 fillet | 290 cal)  
 Grilled Salmon (1 fillet | 180 cal)  
 Flounder Piccata (1 entrée | 250 cal)  
 Crispy Baked Catfish 🍷 (1 fillet | 220 cal)

**VEGETARIAN/VEGAN**

Mushroom & Okra Stew with Brown Rice 🍷🌱 (serving | 270 cal)  
 Vegetarian Lentil Shepherd's Pie 🍷🌱 (serving | 310 cal)

Add an additional entrée for \$4.00 per guest.

**CHOICE OF ONE VEGETABLE:**

Sliced Roasted Carrots 🍷🌱 (4 oz. | 70 cal)  
 Sautéed Broccoli & Garlic 🍷🌱 (4 oz. | 45 cal)  
 Roasted Cauliflower 🍷🌱 (4 oz. | 70 cal)  
 Braised Collard Greens 🍷🌱 (4 oz. | 90 cal)  
 Charred Brussels Sprouts 🍷🌱 (4 oz. | 25 cal)  
 Roasted Garlic Green Beans 🍷🌱 (4 oz. | 60 cal)

**CHOICE OF ONE SIDE:**

Roasted Rosemary Red Bliss Potatoes 🍷🌱 (4 oz. | 120 cal)  
 Garlic Mashed Potatoes 🌱 (4 oz. | 170 cal)  
 Macaroni & Cheese 🌱 (4 oz. | 140 cal)  
 Au Gratin Potato 🌱 (4 oz. | 200 cal)  
 Grits with Cheese 🌱 (4 oz. | 200 cal)  
 Steamed Brown Rice 🍷🌱 (4 oz. | 100 cal)

**CHOICE OF ONE SALAD:**

Mandarin Orange Spinach Salad 🍷🌱 (1 cup | 70 cal)  
 Classic Caesar Salad (1 cup | 180 cal)  
 Garden Salad 🍷🌱 (1 cup | 10 cal)  
 Greek Salad 🌱 (1 cup | 20 cal)  
 BLT Green Goddess Salad (1 cup | 130 cal)

**CHOICE OF ONE COLD SIDE:**

German Potato Salad 🍷 (4 oz. | 140 cal)  
 Country Potato Salad 🌱 (4 oz. | 180 cal)  
 Classic Carolina Cole Slaw 🍷🌱 (4 oz. | 160 cal)  
 Classic Macaroni Salad 🌱 (4 oz. | 280 cal)

**CHOICE OF ONE DESSERT:**

Dutch Apple Pie 🌱 (1 slice | 430 cal)  
 Pecan Pie (1 slice | 540 cal)  
 Chocolate Cream Pie 🌱 (1 slice | 300 cal)  
 Lemon Meringue Pie 🌱 (1 slice | 340 cal)  
 Double Chocolate Layer Cake (1 slice | 410 cal)  
 Carrot Cupcake 🍷🌱 (1 cupcake | 260 cal)  
 Maple, Cinnamon, Chocolate Bread Pudding 🌱 (1 pudding | 360 cal)

**CHOICE OF TWO BEVERAGES:**

Brewed Iced Tea 🍷🌱 (8 oz. | 0 cal)  
 Sweet Tea 🍷🌱 (8 oz. | 15 cal)  
 Lemonade 🍷🌱 (8 oz. | 15 cal)  
 Orange Infused Water 🍷🌱 (8 oz. | 0 cal)  
 Cucumber Mint Infused Water 🍷🌱 (8 oz. | 0 cal)  
 Honeydew Cucumber Mint Infused Water 🍷🌱 (8 oz. | 0 cal)






BUFFETS:  
THEMED BUFFETS





Take a culinary journey around the world with Flavours' themed buffets. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.







### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 	(8 oz.   0 cal)	Orange Infused Water 	(8 oz.   0 cal)
Sweet Tea 	(8 oz.   15 cal)	Cucumber Mint Infused Water 	(8 oz.   0 cal)
Lemonade 	(8 oz.   15 cal)		

## SOUTHERN BBQ

30 guest minimum | \$21.99 per guest



Celebrate the south with BBQ, comforting sides, salad, entree, dessert and condiments.

Pulled BBQ Chicken 	(3 oz.   140 cal)
Cattleman's BBQ Sauce 	(2 tbsp.   50 cal)
Baked Beans	(1/2 cup   160 cal)
Carolina Slaw 	(1/2 cup   30 cal)
Country-Style Potato Salad 	(1/2 cup   190 cal)
Cornbread 	(1 piece   200 cal)
Chocolate Brownie 	(1 piece   60 cal)

## TEX MEX

30 guest minimum | \$21.99 per guest








Tex Mex tacos with sides, dessert and condiments.

6" Pressed Flour Tortillas 	(2 tortillas   180 cal)
6" White Corn Table Tortillas 	(2 tortillas   110 cal)
Beef Taco Meat	(3 oz.   160 cal)
Cumin Grilled Chicken 	(3 oz.   150 cal)
Spanish Rice 	(1/4 cup   90 cal)
Tex Mex Veggies 	(1/2 cup   80 cal)
Shredded Lettuce 	(1/4 cup   0 cal)
Fresh White Onions 	(1 tbsp.   15 cal)
Pico De Gallo 	(2 tbsp.   5 cal)
Sour Cream 	(2 tbsp.   60 cal)
Shredded Cheddar Cheese 	(2 tbsp.   60 cal)
Western Style Guacamole 	(2 tbsp.   50 cal)
Sliced Jalapeno Peppers 	(2 tbsp.   0 cal)
Mexican Chocolate Chile Cookie 	(2 cookies   220 cal)

## SOUTHERN ITALIAN

30 guest minimum | \$21.99 per guest

Buon appetito of Southern Italian sides, salads, entrée, dessert and condiments.

Orecchiette Puttanesca 	(1 cup   200 cal)
Calabrian Chile Roasted Chicken 	(4 oz.   170 cal)
Caponata 	(3 oz.   60 cal)
Cannellini Beans w/Tomato & Rosemary 	(1/2 cup   80 cal)
Fennel, Arugula & Ricotta Salad 	(3 oz.   120 cal)
Herb Focaccia Bread 	(1 piece   240 cal)
Tiramisu Sweet Shot 	(each   240 cal)

## PLANT-BASED MEXICAN

30 guest minimum | \$21.99 per guest








Take a trip south of the border with plant-based salads, sides, entrée, dessert and condiments.

Vegetable & Black Bean Quesadilla 	(1 quesadilla   500 cal)
Roasted Chili & Sweet Corn Tamale 	(2 tamale   90 cal)
Spanish Rice 	(1/2 cup   90 cal)
Baja Black Beans 	(1/2 cup   100 cal)
Tri-Color Corn Tortilla Chips 	(1/2 cup   80 cal)
Pico De Gallo 	(2 tbsp.   0 cal)
Western Style Guacamole 	(2 tbsp.   50 cal)
Mexican Chocolate Chile Cookie 	(1 cookie   220 cal)

## ASIAN

30 guest minimum | \$21.99 per guest

Selection of Asian sides, entrée, dessert, condiments and beverages.

Sweet & Sour Chicken	(8 oz.   470 cal)
Cantonese Stir-Fry with Snow Peas 	(8 oz.   110 cal)
Jasmine Steamed Rice 	(1/2 cup   100 cal)
Tangy Asian Slaw 	(1/2 cup   250 cal)
Sesame Ginger Green Beans 	(1/2 cup   70 cal)
Vegetable Egg Roll 	(1 egg roll   180 cal)
Soy Sauce 	(2 tbsp.   20 cal)
Sweet Thai Chili Sauce 	(2 tbsp.   80 cal)
Chinese Hot Mustard 	(2 tsp.   15 cal)
Mango Mint Mousse Sweet Shot 	(each   220 cal)

PLATED  
MEALS



Plated meals offer an elegant option to welcome guests and celebrate important milestones. Entrées are paired with sides, chef-selected sauces and beverages. Select the perfect soup or salad and dessert for your guests. Selections are presented on china and pricing includes linen cloths and napkins for guest seating. Includes condiments.

### INCLUDES

Assorted House Baked Dinner Rolls with Butter 🍞	(1 roll   150 cal)
Coffee & Hot Tea Service 🍵	(12 oz.   0-5 cal)

### CHOICE OF

Brewed Iced Tea 🍵	(8 oz.   0 cal)
Sweet Tea 🍵	(8 oz.   15 cal)

### CHOICE OF ONE SOUP OR SALAD:

#### SOUP

Amaranth & Chickpea Soup with Pesto 🍲	(6 oz.   300 cal)
Tuscan Chickpea & Tomato Stew 🍲	(6 oz.   70 cal)
Curry Cauliflower Soup 🍲	(6 oz.   45 cal)
New England Clam Chowder	(6 oz.   170 cal)
Old Fashioned Chicken Noodle Soup 🍲	(6 oz.   100 cal)
Chicken Posole	(6 oz.   130 cal)

#### SALAD SERVED WITH A CHOICE OF DRESSING

Traditional Caesar Salad	(1 salad   350 cal)
Traditional Garden Salad 🍃	(1 salad   25 cal)
Romaine Wedge Salad 🍷	(1 salad   270 cal)
Baby Kale Salad 🍃	(1 cup   70 cal)
Mixed Italian Salad 🍃	(1 salad   300 cal)

### CHOICE OF ONE DESSERT:

Southern Pecan Pie 🍰	(1 slice   520 cal)
Iced Carrot Layer Cake 🍰	(1 slice   460 cal)
Double Chocolate Layer Cake 🍰	(1 slice   410 cal)
Tiramisu 🍰	(1 slice   540 cal)
Fresh Fruit Tart 🍰	(1 slice   280 cal)
Tropical Mojito Fruit Salad 🍹	(1 serving   70 cal)
Mango & Passion Fruit Fool Parfait 🍓	(1 mini parfait   110 cal)
Toasted Angel Food Cake with Strawberries 🍰	(1 dessert cup   350 cal)



## PLATED MEALS, continued

### POULTRY

- CALABRIAN CHILE ROASTED CHICKEN** \$27.99 per guest (1 entrée | 380 cal)  
Roasted chicken breast with grilled lemon and Calabrian chile vinaigrette served with charred broccoli rabe and creamy polenta seasoned with garlic and parmesan
- HOISIN GLAZED CHICKEN** \$27.99 per guest (1 entrée | 370 cal)  
Seared airline chicken breast coated with a spicy hoisin and soy sauce, ginger glaze
- LEBANESE AIRLINE CHICKEN BREAST** \$27.99 per guest (1 entrée | 270 cal)  
Grilled airline chicken breast marinated with lemon, olive oil and garlic

### PORK

- HONEY & FIVE SPICE PORK LOIN** \$22.99 per guest (1 entrée | 280 cal)  
Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder served with sesame shiitake bok choy and jasmine steamed rice
- APPLE CIDER GLAZED PORK TENDERLOIN** 🍷 \$22.99 per guest (1 entrée | 220 cal)  
Rosemary, orange and ginger pork tenderloin poached in apple cider broth served with charred Brussels sprouts and smashed sweet potatoes
- COFFEE CRUSTED PORK LOIN** \$22.99 per guest (1 entrée | 290 cal)  
Coffee crusted pork tenderloin served with grilled broccolini and whipped sweet potatoes. Served with choice of sauce.

## BEEF

- LIME MARINATED FLANK STEAK** \$28.99 per guest (1 entrée | 250 cal)  
Char-grilled flank steak marinated in lime juice, garlic and fresh cilantro served with coconut jasmine rice and grilled corn succotash
- BRAISED BEEF SHORT RIBS** \$35.99 per guest (1 entrée | 330 cal)  
Boneless beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection served with braised kale and roasted sweet and spicy root vegetables
- PEPPERY BEEF TENDERLOIN** \$42.99 per guest (1 entrée | 330 cal)  
Beef tenderloin oven roasted with a coating of cracked black pepper

## SEAFOOD

- SIMPLY GRILLED SALMON** \$31.99 per guest (1 entrée | 270 cal)  
Fresh salmon grilled with only extra virgin olive oil, kosher salt and black pepper served with sesame lemongrass jasmine rice and shitake bok choy
- PARMESAN PANKO CRUSTED TILAPIA** \$27.99 per guest (1 entrée | 170 cal)  
Tilapia baked with a parmesan and chili powder panko breadcrumb topping served with sautéed kale and oven-roasted Greek fries
- GRILLED MAHI MAHI** 🌱 \$34.99 per guest (1 entrée | 100 cal)  
Grilled mahi mahi seasoned with kosher salt, black pepper and parsley

## VEGETARIAN/VEGAN

- PENNE PASTA WITH ASPARAGUS & FONTINA** 🌱 \$22.99 per guest (1 entrée | 630 cal)  
Penne pasta with asparagus, fresh basil and oregano in a fontina cheese cream sauce
- BUTTERNUT SQUASH QUINOA CAKES WITH MORNAY** 🌱🌱 \$22.99 per guest (1 entrée | 490 cal)  
Quinoa cake made with butternut squash, ground flaxseed, kale, gluten free flour & sage served with mornay sauce and grilled fresh asparagus
- ALMOND BUTTER, SPELT & MUSHROOM RISOTTO** 🌱🌱🌱 \$22.99 per guest (1 entrée | 260 cal)  
Wild mushrooms, creamy almond butter and spelt risotto
- GINGER MISO TOFU** 🌱 \$22.99 per guest (1 entrée | 310 cal)  
Tofu seared with ginger, miso, mirin, green onions and red chile served with sesame lemongrass jasmine rice and grilled broccolini.

# PLATTERS, DESSERTS & SNACKS

A perfect addition to a reception, meeting or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

## PLATTERS

### **FRESH FRUIT CATERING PLATTER** (3 oz. | 35 cal)

12 guest minimum | \$3.29 per guest

A seasonal array of sweet melon, pineapple, oranges, grapes and berries

### **CRUDITÉ PLATTER** (3 oz. | 20-160 cal)

12 guest minimum | \$3.29 per guest

Seasonal vegetable crudité served with dip

### **FRUIT & CHEESE PLATTER**

(3 oz. fruit + 1 oz. cheese | 140-190 cal)

12 guest minimum | \$4.29 per guest

Platter heaped with cubed cheeses, cheddar, swiss and provolone, & an arrangement of fresh sliced melon, berries, and grapes. Served with crisp bread

### **IMPORTED & DOMESTIC CHEESE PLATTER**

20 guest minimum | \$4.99 per guest

Wedges of imported & domestic cheeses with clusters of grapes and whole wheat crackers

### **CHEESE & CHARCUTERIE PLATTER** (1 serving | 5-180 cal)







20 guest minimum | \$12.39 per guest

Domestic and imported cheese with cured meats, olives, whole grain mustard, fig spread, grissini and crostini




## DESSERTS




### COOKIES \$11.99 per dozen

Peanut Butter Cookie 	(1 cookie   150 cal)
Oatmeal Raisin Cookie 	(1 cookie   150 cal)
Butter Sugar Cookies 	(1 cookie   160 cal)
Carnival Cookie 	(1 cookie   170 cal)
Chocolate Chip Cookies 	(1 cookie   160 cal)
Double Chocolate Chip Cookies 	(1 cookie   160 cal)

### PETITE BROWNIES AND BARS

Blondie Bar  \$9.99 per dozen	(1 piece   60 cal)
Chocolate Brownie Bar  \$9.99 per dozen	(1 piece   60 cal)
Rice Krispie Bar \$9.99 per dozen	(1 piece   70 cal)
Lemon Bar  \$11.99 per dozen	(1 piece   80 cal)
Totally Oreo Brownie \$11.99 per dozen	(1 piece   110 cal)

### CUPCAKES \$22.99 per dozen

Carrot Cupcake 	(1 cupcake   260 cal)
Yellow Cupcakes with Fudge Icing 	(1 cupcake   300 cal)
Red Velvet Cupcakes 	(1 cupcake   310 cal)
Rocky Road Cupcakes	(1 cupcake   280 cal)

## SNACKS

### TRAIL MIX

\$16.99 per pound

(1 oz. | 150 cal)

### MIXED NUTS







\$19.99 per pound

(1 oz. | 170 cal)






### GRANOLA BARS \$12.99 per dozen

Granola Bar  	(1 bar   90 cal)
Peanut Butter Granola Bar  	(1 bar   100 cal)
Oats & Honey Granola Bar  	(1 bar   90 cal)

### FRUIT 12 guest minimum

Mixed Fruit Cup   \$3.29 per guest	(each   35 cal)
Seasonal Sliced Fresh Fruit Platter 	(3 oz.   35 cal)
Apples   \$1.19 each	(each   90 cal)
Bananas  \$1.19 each	(each   140 cal)
Orange  \$1.19 each	(each   70 cal)
Grapes   \$1.19 per guest	(3 oz.   60 cal)

### CHIPS & PRETZELS \$20.29 per dozen

Assorted Bagged Chips 	(1 bag   190-230 cal)
Rold Gold Tiny Twist Pretzels 	(1 bag   110 cal)
Baked Potato Chips 	(1 bag   140 cal)
Assorted SunChips  	(1 bag   210 cal)

CHEF ATTENDED  
CARVING STATIONS













Chef Attended stations give your guests something extra special to enjoy at your event. These stations require an attendant; our team will reach out to you to discuss. Carving Stations are prepared for a minimum of 30 guests.

## THE CARVERY: BEEF CARVING STATION

Beef carved to order by one of our chefs. Accompanied by roasted potatoes, green beans almandine, Caesar salad and dinner rolls with butter. Includes horseradish mayonnaise and whole grain mustard.

Roasted Rosemary Red Bliss Potatoes  	(4 oz.   120 cal)
Fresh Green Beans Almandine  	(5 oz.   60 cal)
Classic Caesar Salad	(1/2 cup   90 cal)
White Dinner Rolls  	(1 roll   80 cal)
Au Jus	(2 tbsp.   0 cal)
Horseradish Mayonnaise	(1 tbsp.   80 cal)
Whole Grain Mustard  	(1 tbsp.   20 cal)

### Choice of One Beef Selection:

Beef Tenderloin with Herb Crust	(3 oz.   240 cal)	Market Price
Roasted Strip Loin	(3 oz.   220 cal)	Market Price

## THE CARVERY: PORK CARVING STATION Market Price

BBQ Pork Loin with Texas Smokehouse BBQ sauce, carved to order by one of our chefs. Accompanied by baked beans, country-style potato salad, classic Carolina slaw, Greek salad and dinner rolls with butter.

BBQ Pork Loin	(3 oz.   230 cal)
Baked Beans	(1/2 cup   160 cal)
Country-Style Potato Salad 	(1/2 cup   190 cal)
Classic Carolina Cole Slaw  	(1/2 cup   160 cal)
Greek Salad 	(1/2 cup   10 cal)
White Dinner Rolls  	(1 roll   80 cal)
Texas Smokehouse BBQ Sauce	(2 tbsp.   20 cal)

## THE CARVERY: TURKEY CARVING STATION Market Price

Roasted turkey breast, carved to order by one of our chefs. Served with gravy, chutney, whipped sweet potatoes, braised collard greens and dinner rolls.

Roasted Turkey Breast 	(3 oz.   90 cal)
Whipped Sweet Potatoes 	(1/2 cup   150 cal)
Braised Collard Greens  	(1/2 cup   90 cal)
Cranberry Chutney	(1 tbsp.   20 cal)
White Dinner Rolls  	(1 roll   80 cal)
Whole Grain Mustard  	(1 tbsp.   20 cal)
Turkey Gravy	(2 tbsp.   10 cal)



A selection of hors d'oeuvres by the dozen. Mix and match to create the perfect event. Paired with chef-selected sauce where appropriate. Pricing is based on a minimum of 3 dozen per selection.

## POULTRY

- LEMONGRASS CHICKEN POTSTICKER** (1 each | 50 cal)  
\$19.69 per dozen
- COCONUT CHICKEN SATAY** (each | 30 cal)  
\$24.99 per dozen
- TERIYAKI CHICKEN POTSTICKER** 🍷 (1 each | 90 cal)  
\$19.69 per dozen
- GREEK TURKEY MEATBALL** (1 canape | 50 cal)  
\$19.69 per dozen

## PORK

- BACON WRAPPED DATE** (each | 45 cal)  
\$21.79 per dozen
- BACON, FIG & SMOKED GOUDA TARTLET** (each | 60 cal)  
\$19.69 per dozen
- SERRANO HAM & MANCHEGO CHEESE CROQUETTE** (each | 80 cal)  
\$19.69 per dozen
- ASIAN STYLE PORK MEATBALL** (1 canape | 45 cal)  
\$16.39 per dozen

## SEAFOOD

- CRISPY COCONUT SHRIMP** (each | 80 cal)  
\$24.99 per dozen
- CRAB, ARTICHOKE & SPINACH TARTLET** (each | 50 cal)  
\$21.79 per dozen

## BEEF

- CENTER CUT FILET OF BEEF CANAPE** (1 canape | 50 cal)  
\$24.99 per dozen
- CHEESEBURGER SLIDERS** (each | 190 cal)  
\$26.29 per dozen
- BURGER SLIDER** (each | 180 cal)  
\$26.29 per dozen
- BARBEQUE MEATBALLS** (1 meatball + sauce | 70 cal)  
\$16.39 per dozen

## VEGETARIAN/VEGAN

- SICILIAN ARANCINI** 🍷 (each | 90 cal)  
\$21.79 per dozen
- VEGETABLE SAMOSAS** 🍷🌱🌿 (1 samosa | 130 cal)  
\$26.29 per dozen
- EDAMAME POTSTICKER** 🍷🌱🌿 (1 potsticker | 50 cal)  
\$21.79 per dozen
- VEGETABLE EGG ROLL** 🍷 (1/2 egg roll | 180 cal)  
\$21.79 per dozen
- FRIED RAVIOLI** 🍷 (1 ravioli | 90 cal)  
\$19.69 per dozen
- ALOO TIKKI WITH PEAS** 🌱🌿 (each | 160)  
\$19.69 per dozen





# HORS D'OEUVRES: A LA CARTE

## PREMIUM SELECTIONS

**JUMBO LUMP CRAB CAKE** (each | 70 cal)  
\$39.29 per dozen

**MINI BEEF WELLINGTON** (each | 70 cal)  
\$60.19 per dozen

**SEAFOOD STUFFED MUSHROOM CAPS** 🍷 (each | 15 cal)  
\$39.99 per dozen

## COLD HORS D'OEUVRES

**COOL SALMON CANAPES** (1 canapé | 60 cal)  
\$21.79 per dozen

**CURRIED CHICKEN & GOLDEN RAISIN TARTLETS** (1 phyllo cup | 140 cal)  
\$26.29 per dozen

**CUCUMBER ROUNDS WITH FETA & TOMATO** 🍷 (1 piece | 40 cal)  
\$21.79 per dozen

**CARAMELIZED ONION & WHITE BEAN CROSTINI** 🍷 (1 slice | 120 cal)  
\$19.69 per dozen

**GOAT CHEESE & HONEY PHYLLO CUPS** 🍷 (1 phyllo cup | 90 cal)  
\$24.99 per dozen

**SHRIMP COCKTAIL WITH CAJUN REMOULADE** (shrimp + sauce | 190 cal)  
\$24.99 per dozen

BEVERAGES



### HOT BEVERAGES - PER GALLON

Served with appropriate condiments.

Coffee and Hot Tea Service	(12 oz.   0-5 cal)
\$3.59 per guest	
Brewed Regular Coffee	(12 oz.   0-5 cal)
\$18.99 per gallon	
Brewed Decaffeinated Coffee	(12 oz.   0-5 cal)
\$18.99 per gallon	
Tea Bags with Hot Water	(12 oz.   0-5 cal)
\$15.99 per gallon	
Hot Cocoa Mix with Hot Water	(1 pack   80 cal)
\$15.99 per gallon	
Hot Chocolate Supreme	(8 oz.   190 cal)
\$18.99 per gallon	
Hot Apple Cider	(8 oz.   120 cal)
\$23.99 per gallon	

### JUICE

Orange Juice	(8 oz.   15 cal)
\$18.99 per gallon	
Apple Juice	(8 oz.   110 cal)
\$18.99 per gallon	
Cranberry Juice	(8 oz.   25 cal)
\$18.99 per gallon	
Cranberry Juice Cocktail	(8 oz.   100 cal)
\$18.99 per gallon	
Fresh Orange Juice	(8 oz.   110 cal)
\$18.99 per gallon	
Chilled Apple Cider	(8 oz.   110 cal)
\$23.99 per gallon	

### PUNCH

Orange Blossom Punch	(8 oz.   170 cal)
\$24.99 per gallon	
White Sparkling Punch	(8 oz.   100 cal)
\$24.99 per gallon	
Sangria Punch	(8 oz.   120 cal)
\$24.99 per gallon	

### TEA & LEMONADE

Brewed Iced Tea	(8 oz.   0 cal)
\$15.99 per gallon	
Sweet Iced Tea	(8 oz.   15 cal)
\$15.99 per gallon	
Country Time Lemonade	(8 oz.   5 cal)
\$15.99 per gallon	
Strawberry Lemonade	(8 oz.   90 cal)
\$27.99 per gallon	

### WATER STATION

Ice Water with Lemons, Limes & Oranges	(8 oz.   0 cal)
\$9.99 per gallon	
Orange Infused Water	(8 oz.   0 cal)
\$9.99 per gallon	
Cucumber Mint Infused Water	(8 oz.   0 cal)
\$9.99 per gallon	

### INDIVIDUAL BEVERAGES

Assorted Juice	(each   80-170 cal)
\$2.79 each	
Bottled Water	(each   0 cal)
\$2.19 each	
Sparkling Water	(each   0 cal)
\$2.79 each	
Assorted Canned Soda, Regular and Diet	(each   5-160 cal)
\$1.79 each	



## PLANNING YOUR EVENT

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. Use this information 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 are happy to answer your questions and assist you in planning every detail. We look forward to serving you!

### HOW TO CONTACT US

**When you have a catered event in mind, please contact us as soon as possible. Even if you are not sure of all details such as exact date, location and number of guests, planning early ensures a smooth process.**

**Event Spaces:** Please reserve your event space prior to scheduling catering. The Walker/Cisler Student & Conference Center office reserves space on campus.

**Contact: LSSU Catering Manager**

Phone Number: 906-635-2546

Email Address: [Issucatering@lssu.edu](mailto:Issucatering@lssu.edu)

Office Location: Walker/Cisler Student & Conference Center  
Front Desk

**Seating, Facilities, Audio Visual:** Please reserve tables, chairs, trash receptacles and audio visual needed for your event.

**Flavours Catering:** It's easy to get in touch with Flavours about your catering needs.

**Send us an Email:** You may email us at [Issucatering@lssu.edu](mailto:Issucatering@lssu.edu)

**Give us a Call:** You may speak with an event planning specialist by calling 906-635-2541

**Schedule a Consultation:** An event consultation is recommended for complex events or events with complex logistics. Contact our office to schedule a consultation or site visit.

## MENU PLANNING AND PRICING

Our menu feature offerings to meet a wide range of preferences and dietary needs including Sodexo's healthy, award-winning Mindful menus. Please advise the catering coordinator of all dietary restrictions that require accommodation.

**Note:** Walker/Cisler Student & Conference Center is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary issues while maintaining seamless service.

List pricing includes eplastic serviceware; a quote can be provided for alternate serviceware. Prices are subject to change based on meeting guest minimums and product availability. Prices reflect services available during normal business days in accordance with the university calendar. Please contact the catering office for pricing for events held on campus holidays and breaks.

We are proud of our stewardship in providing fresh sustainable offerings and purchasing seasonal regionally sourced ingredients whenever possible. Please discuss your menu preferences with our event specialists; a quote will be provided upon request for a chef-designed menu focusing on local, seasonal ingredients.

## CONFIRMATIONS, REVISIONS & CANCELLATIONS

**Confirmations:** A catering confirmation is provided upon placing an order. Please review the confirmation for accuracy including the date, times, menu selections, guest attendance and additional details.

**Revisions:** Please request an online revision or contact us immediately to update needed information. Final revisions are due 5 business days prior to the event.

**Cancellations:** Cancellations are due a minimum of 5 business days prior to the event. Cancellation of custom items may be billed should the expense be incurred.

**Weather Cancellations:** Please be in touch if a weather event may impact a planned event. If the University closes or delays due to inclement weather, all impacted catering events are automatically canceled. Weather impacted cancellation of custom items may be billed for expenses incurred.

## GUEST COUNTS & GUARANTEES

A guest attendance estimate is provided upon booking an event. The guaranteed or final guest count is due 5 business days prior to the event. If no guarantee or final guest count is provided, your estimated attendance becomes your guarantee. Final billing is based on your guarantee or actual guest attendance, whichever is greater.

Last minute event needs are inevitable, and we make every effort to accommodate your requests. Menus and list pricing are based on minimum guest counts and meeting our planning deadlines. Your final event confirmation will include requested revisions and pricing may be updated to accommodate your needs.

## EVENT PAYMENT

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

### **If your group is not part of College/University Name:**

A deposit of 50% is required two weeks prior to your scheduled event with the balance due on the day of the event.

- Weddings must pay 100% of there remain invoice 1 week prior to the event.
- 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.

## DELIVERY FEES

Standard deliveries and pickups are made at your convenience. Please reserve spaces at least 30 minutes (before and after) guest arrival and departure for delivery and pick up and plan a minimum of 2 hours (before and after) for attended receptions and meals. Please arrange for building and room availability for deliveries and pickups to include access to locations. There is no delivery fee for catering services held within Walker/Cisler Student & Conference Center. Deliveries outside the building will be subject to a \$15.00 drop off and a \$15.00 pick up fee. Deliveries off the campus of Lake Superior State University will be subject to a dollar amount determined by distance and extra labor that is needed to complete the order.

## SERVICE STAFF

Catering staff will be provided for all served meals and added to the event order. One server per twenty guests is the standard for staffing for served meals. Additional servers are available for an additional fee. Continental breakfasts, breaks, buffets and receptions are priced for self-service; servers may be added for an additional fee. The addition of china and glassware may require the addition of service staff; a quote will be provided.

### **The charge for each staff member for a one or two-hour function is:**

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

Station Chefs \$18.00 per each additional hour per station chef (minimum 4 hours)

Bartenders \$16.00 per each additional hour per bartender (minimum 4 hours)

Expedited Orders Expedited Orders often incur additional labor and overtime of our staff. This labor will be outlined within the event order.

## CATERING EQUIPMENT

We offer a full range of catering equipment to provide a professional image while serving your event. A quote for rental equipment can be provided for any service items not available through our department. All event equipment must be picked up at the conclusion of your event. Replacement fees will be applied for any damaged or missing equipment upon event pick up.

## CHINA SERVICEWARE

We provide eco-friendly serviceware/high-quality plastic serviceware unless otherwise requested.

China service may be added at the below rates. The addition of china and glassware may require the addition of service staff; a quote will be provided.

Full Meal China, Glassware and Silverware	\$3.00 per guest
Coffee or Beverage China Service	\$1.00 per guest
Full Bar Glass Service	\$1.00 per guest
Reception China and Silverware	\$3.00 per guest



## LINENS

Our signature service includes complimentary linens for all food service tables. Complimentary house linens for guest seating tables accompany all plated breakfasts, lunches and dinners. Additional house linens can be rented; rental rates are provided. We are happy to accommodate your décor theme with two week's notice; please indicate linen color preferences when booking your event. Specialty linens and fabric swatches can be provided from our catering sales specialists. Request a quote for an event linen plan to enhance the event space.

### House Linens:

85 x 85" Tablecloth	\$12.00 per linen
90 x 90" Tablecloth	\$12.00 per linen
52 x 52" Tablecloth	\$8.00 per linen
52 x 120" (fits 6' banquet to floor)	\$12.00 per linen
Napkin	\$1.00 per napkin
Skirting 7 ft sections	\$20.00 per 7 ft section

### Specialty Linens: Quoted upon request

## BAR SERVICES

Bars are provided following university policies and state law.

All alcoholic beverages must be provided and served by Lake Superior State Catering that are ServSafe and TIPS trained personnel and consumed in designated areas. Guest proof of age will be required. Flavours reserves the right to refuse service of alcoholic beverages to any person. Shots or pitchers of alcohol are not available for events hosted on campus.

Responsible hosting requires the addition of non-alcoholic beverages and food provided by Lake Superior State catering for the duration of alcohol service. Bar service ceases 30 minutes prior to the end of the event.

Bar Service Packages are available within the catering menu.

## GUEST ACCOMMODATION

Lake Superior State University is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary requests while maintaining seamless service. Dietary restrictions are requested a minimum of one (1) week in advance. Questions about dietary accommodations should be directed to the catering coordinator, manager or chef in advance of the event.

Please advise of any guests requiring mobility accommodation for proper set up for safety and comfort.

## FLOWERS AND DECOR

We are happy to recommend floral and décor services by our local vendor partnerships or provide you with a quote based on your décor preferences.

We look forward to collaborating with you to create a memorable event and welcome your guests.

# FLAVOURS

TASTE : SUCCESS

LSSU Catering

906-635-2546

[lssucatering@lssu.edu](mailto:lssucatering@lssu.edu)

<http://lssu.sodexomyway.com>