# ELEVATED



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KUTZTOWN UNIVERSITY

# EVENT MENU





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VG VEGAN
V VEGETARIAN

EW EAT WELL

PF PLANT FORWARD



# **ALL-DAY PACKAGES**

# **ALL DAY DELICIOUS \$39.99**

Relax. We'll keep the food coming! These four (4) selections will keep your energy up throughout the day. All prices are per person and available for 20 quests or more.

# **DELICIOUS DAWN**

Assorted Muffins <b>v</b>	380-490 Cal each
Assorted Scones <b>v</b>	400-440 Cal each
Seasonal Fresh Fruit Platter VG PF	35 Cal/2.5 oz. serving
Assorted Fruit Juice	100-150 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

#### **AM PERK UP**

Granola Bars <b>v</b>	100-200 Cal each
Assorted Yogurt Cups <b>v</b>	40-80 Cal each
Iced Tea	0 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

# **POWER UP LUNCH**

Tomato and Cucumber Couscous Salad <b>vg</b>	120 Cal/3.75 oz. serving
Orange Fennel Spinach Salad <b>V EW</b>	210 Cal/6.5 oz. serving
Bakery-Fresh Rolls with Butter <b>v</b>	160 Cal each
Green Beans Gremolata <b>vg EW PF</b>	70 Cal/3 oz. serving
Three Pepper Cavatappi with Pesto <b>v EW</b>	270 Cal/7.5 oz. serving
Grilled Chicken and Artichokes with a Lemon Tarragon White Wine Sauce <b>EW</b>	210 Cal/5.75 oz. serving
New York- Style Cheesecake Iced Tea Iced Water	360 Cal/slice 0 Cal/8 oz. serving 0 Cal/8 oz. serving

# **PM PICK ME UP**

Spinach Dip (Hot Or Chilled) with Tortilla Chips <b>v</b>	230 Cal/2.25 oz. serving
Grilled Vegetable Tray <b>vg EW PF</b>	70 Cal/3 oz. serving
Bakery-Fresh Brownies <b>v</b>	250 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

# **MEETING WRAP UP \$33.99**

Serve these favorites and success is a wrap! This All-Day Package includes the following four (4) delights. All prices are per person and available for 20 quests or more.

# **MORNING MINI**

Miniature Muffins <b>v</b>	80-120 Cal each
Miniature Danish <b>v</b>	100-140 Cal each
Miniature Scones <b>v</b>	100-110 Cal each
Yogurt Parfait Cups <b>v</b>	360-410 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

# THE ENERGIZER

Donut Holes <b>v</b>	45-70 Cal each
Ripe Bananas <b>vg EW PF</b>	100 Cal each
Iced Tea	0 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

### IT'S A WRAP

II SA WKAI	
Chicken Caesar Wrap	630 Cal each
Pepper Jack Tuna Wrap	600 Cal each
Cran-Apple Turkey Wrap	660 Cal each
Grilled Vegetable Wrap <b>V PF</b>	620 Cal each
Seasonal Fresh Fruit Salad VG PF	35 Cal/2.5 oz. serving
Choice of One (1) Salad:	
Traditional Garden Salad with Fresh	
Seasonal Vegetables and Balsamic	
Vinaigrette and Ranch <b>v</b> EW PF	45 Cal/3.5 oz. serving
Grilled Vegetable Pasta Salad <b>vg</b>	120 Cal/3 oz. serving
Individual Bags of Chips <b>v</b>	100-160 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each
Bakery-Fresh Brownies <b>v</b>	250 Cal each
Iced Tea	0 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

#### **MID-DAY MUNCHIES**

Tortilla Chips	260 Cal/3 oz. serving
Choice of Two (2) Salsas:	
Salsa Roja <b>v</b> g	20 Cal/1 oz. serving
Salsa Verde <b>v</b> G	5 Cal/1 oz. serving
Pico De Gallo <b>vg</b>	5 Cal/1 oz. serving
Choice of One (1) Fruit Accompaniment:	
Seasonal Fresh Fruit Platter vg PF	35 Cal/2.5 oz. serving
Assorted Whole Fruit VG EW PF	45-100 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

# **ALL-DAY PACKAGES**

# **SIMPLE PLEASURES \$25.99**

Easy does it-casually tasteful fare. This All-Day Package includes three (3) of our favorites. All prices are per person and available for 20 guests or more.

# SIMPLE CONTINENTAL

Assorted Donuts <b>v</b>	240-540 Cal each
Assorted Bagels <b>v</b>	290-450 Cal each
Orange Juice	120 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

# **BOX LUNCH**

Choice of Sandwich accompanied by Chips, Mustard, Mayo, Assorted Craveworthy® Cookies and Bottled Water

Choice of Two (2) Sandwiches:

Tuna Salad Ciabatta	520 Cal each
Deli Sliced Ham with Honey Mustard Ciabatta	390 Cal each
Turkey and Swiss Sandwich	520 Cal each
Roasted Pepper and Mozzarella Ciabatta EW PF	500 Cal each
Individual Bag of Chips <b>v</b>	100-160 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each
Bottled Water	0 Cal each

### **MID-DAY MUNCHIES**

Tortilla Chips	260 Cal/3 oz. serving
Choice of Two (2) Salsas:	
Salsa Roja <b>v</b> g	20 Cal/1 oz. serving
Salsa Verde <b>v</b> g	5 Cal/1 oz. serving
Pico De Gallo <b>vg</b>	5 Cal/1 oz. serving
Choice of One (1) Fruit Accompaniment:	
Seasonal Fresh Fruit Platter VG PF	35 Cal/2.5 oz. serving
Assorted Whole Fruit <b>VG EW PF</b>	45-100 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

 $^*\mbox{All packages include necessary accompaniments and condiments.}$ 

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.





# **BREAKFAST**

# **BREAKFAST COLLECTIONS**

All prices are per person and available for 12 guests or more. All appropriate condiments included.

### **QUICK START \$9.79**

Choice of Three (3) Breakfast Pastries:

Assorted Danish v 250-420 Cal each Assorted Muffins v 380-550 Cal each 400-440 Cal each Assorted Scones v Assorted Bagels v 290-450 Cal each Buttery Croissants v 370 Cal each Seasonal Fresh Fruit Platter vg PF 35 Cal/2.5 oz. serving Assorted Fruit Juice 100-150 Cal/8 oz. serving Iced Water 0 Cal/8 oz. serving Gourmet Coffee. Decaf and Hot Tea O Cal/8 oz. serving

### **HEALTHY CHOICE BREAKFAST \$9.29**

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day

Individual Cereal Cups

Milk

120 Cal/8 oz. serving

Bananas VG EW PF

100 Cal each

Assorted Yogurt Cups V

40-80 Cal each

Iced Water

Gourmet Coffee, Decaf and Hot Tea

180-230 Cal each

120 Cal/8 oz. serving

40-80 Cal each

0 Cal/8 oz. serving

#### **NEW YORKER \$12.99**

Assorted Bagels **v** 290-450 Cal each

Smoked Salmon Platter with Hard-Boiled Eggs, Sliced Tomato, Cucumber, Slivered

Red Onion and Cream Cheese 280 Cal/9 oz. serving

Seasonal Fresh Fruit Platter **VG PF**Assorted Fruit Juice

lced Water

Gourmet Coffee, Decaf and Hot Tea

35 Cal/2.5 oz. serving
100-150 Cal/8 oz. serving
0 Cal/8 oz. serving
0 Cal/8 oz. serving

# À LA CARTE BREAKFAST

Assorted Bagels with Butter, Cream Cheese and

Jam **v \$2.29** Per Person 290-450 Cal each

Assorted Donuts \$2.09 Per Person 240-540 Cal each

Assorted Pastries **v** \$2.19 Per Person 210-530 Cal each

Seasonal Fresh Fruit Platter **vg PF \$3.19 Per Person** 35 Cal/2.5 oz. serving

Assorted Yogurt Cups \$2.69 Each 40-80 Cal each

Vegan Blueberry Banana Breakfast Bread vg PF

\$14.49 Serves 12 250 Cal slice

# **BREAKFAST**

# **HOT BREAKFAST**

All prices are per person and available for 12 guests or more. All appropriate condiments included.

# **AMERICAN BREAKFAST \$12.49**

Choice of One (1) Breakfast Pastry:	
Assorted Danish <b>v</b>	250-420 Cal each
Assorted Muffins <b>v</b>	380-490 Cal each
Assorted Scones <b>v</b>	400-440 Cal each
Assorted Bagels <b>v</b>	290-450 Cal each
Buttery Croissants <b>v</b>	370 Cal each
Breakfast Potatoes	120-140 Cal/3 oz. serving
Crisp Bacon	60 Cal each
Breakfast Sausage	120-180 Cal each
Cage-Free Scrambled Eggs <b>v</b>	180 Cal/4 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

#### **SUNNYSIDE SCRAMBLE \$13.99**

Seasonal Fresh Fruit Platter <b>vg pf</b>	35 Cal/2.5 oz. serving
Breakfast Potatoes	120-140 Cal/3 oz. serving
Country Ham	60 Cal each
Choice of One (1) Cage-Free Egg Scramble:	
Country Egg Scramble <b>v</b>	140 Cal/4 oz. serving
California Scramble	330 Cal/6 oz. serving
Western Scramble	300 Cal/6 oz. serving
Chorizo and Egg Scramble	100 Cal/4 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

# **FRENCH TOAST BUFFET \$12.99**

Breakfast Potatoes	120-140 Cal/3 oz. serving
Crisp Bacon	60 Cal each
Breakfast Sausage	120-180 Cal each
Orange Cinnamon French Toast <b>v</b>	100 Cal each
Maple Syrup <b>vg</b>	80 Cal/1 oz. serving
Bottled Water	0 Cal each
Java City Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

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# **TACOS FOR BREAKFAST \$14.99**

Seasonal Fresh Fruit Platter <b>VG PF</b>	35 Cal/2.5 oz. serving
Flour Tortilla - 6" <b>vg</b>	90 Cal each
Corn Tortilla - 6" <b>vg</b>	35 Cal each
Scrambled Eggs <b>v</b>	180 Cal/4 oz. serving
Bacon and Eggs Scramble	270 Cal/4 oz. serving
Sauteed Peppers and Onions <b>vg</b>	40 Cal/2 oz. serving
Shredded Cheddar Cheese v	110 Cal/1 oz. serving
Hashbrown Potatoes <b>v</b>	120 Cal/3 oz. serving
Guacamole <b>vG</b>	35 Cal/1 oz. serving
Choice of Two (2) Salsas:	
Salsa Verde <b>vg</b>	5 Cal/1 oz. serving
Salsa Roja <b>v</b> g	10 Cal/1 oz. serving
Pico De Gallo <b>vg</b>	5 Cal/1 oz. serving
Sour Cream <b>v</b>	60 Cal/1 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request -Nominal Fee May Apply



# **BREAKFAST**

# **BREAKFAST ENHANCEMENTS**

All prices are per person and available for 12 guests or more.

# **EUROPEAN BREAKFAST CHARCUTERIE DISPLAY** \$62.99 PER 12

Platter of Gruyere, Blue Cheese, Genoa Salami, Prosciutto, Orange Marmalade, Fig Cranberry Jam, Whole Grain Mustard, Hard-Boiled Egg, Red Grapes and Crostini

400 Cal/4.5 oz. serving

# **YOGURT PARFAIT BAR \$8.99 PER PERSON**

Choice of Two (2) Yogurt Flavors:	
Greek Yogurt <b>v</b>	60 Cal/4 oz. serving
Strawberry Yogurt <b>v</b>	80 Cal/4 oz. serving
Vanilla Yogurt 🗸	80 Cal/4 oz. serving
Diced Pineapple <b>vg PF</b>	30 Cal/2 oz. serving
Fresh Strawberries <b>VG PF</b>	20 Cal/2 oz. serving
Walnuts <b>v</b>	100 Cal/0.5 oz. serving
Honey <b>v</b>	50 Cal/0.5 oz. serving
Granola <b>v</b>	110 Cal/1 oz. serving

### TRADITIONAL SANDWICHES \$5.99 PER PERSON

Choice of Two (2) Sunrise Breakfast Sandwiches:

Egg and Cheese English Muffin v 270 Cal each
Egg and Cheese Croissant 370 Cal each
Sausage, Egg and Cheese Biscuit 490 Cal each
Ham, Egg and Cheese Biscuit 450 Cal each
Bacon, Egg and Cheese Bagel 410 Cal each
Spicy Veggie Sausage Biscuit with Maple Sriracha Syrup V PF 440 Cal each

#### **JUST PANCAKES \$4.99**

Silver Dollar Pancakes **v**Maple Syrup **vg**80 Cal/1 oz. serving

Butter

35 Cal each

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request - Nominal Fee May Apply

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# SANDWICHES & SALADS

### CLASSIC COLLECTIONS

All prices are per person and available for 10 guests or more.

#### **DELI EXPRESS \$12.99**

Build your own Sandwich. Includes Two (2) Side Salads, Chips and Beverages.

Choice of Two (2) Side Salads (pg 10) 20-240 Cal each Individual Bags of Chips v 100-160 Cal each Assorted Baked Breads and Rolls v 110-230 Cal each

Deli Platter (Sliced Oven-Roasted Turkey, Sliced Roast

Beef, Deli Ham and Choice of Tuna Salad, Egg Salad,

50-230 Cal/2-4.5 oz. serving Chicken Salad, or Hummus with Vegetables) Cheese Tray (Cheddar and Swiss) v 110 Cal/1 oz. serving

Relish Tray (Lettuce, Tomato, Onion, Pickles,

Pepperoncini) vg 10 Cal/1 oz. serving Assorted Craveworthy® Cookies v 210-230 Cal each

Choice of Two (2) Beverages:

Lemonade 80 Cal/8 oz. serving Iced Tea O Cal/8 oz. serving Iced Water 0 Cal/8 oz. serving

#### PREMIUM BOX LUNCHES

#### Salmon Caesar Salad \$18.99

Caesar Salad with Grilled Salmon, Shredded Parmesan Cheese and Seasoned Croutons

660 Cal/10.5 oz. serving Bakery-Fresh Roll with Butter v 160 Cal each Fresh Fruit Cup VG PF 35 Cal/2.5 oz. serving Dessert Bar v 240-370 Cal each **Bottled Water** O Cal each

#### Steakhouse Chop Salad \$17.99

Grilled Beef Steak tossed with Blue Cheese, Vegetables

and Romaine tossed with Dijon Vinaigrette 220 Cal each Bakery-Fresh Roll with Butter v 160 Cal each Fresh Fruit Cup VG PF 35 Cal/2.5 oz. serving Dessert Bar v 240-370 Cal each

**Bottled Water** 

O Cal each

O Cal each

#### Mediterranean Quinoa Salad \$16.99

Quinoa, Toasted Chickpeas, Cucumber, Tomato

and Kalamata Olives with Hummus and Pita V EW PF 560 Cal/15 oz. serving Bakery-Fresh Roll with Butter **v** 160 Cal each Fresh Fruit Cup vg pF 35 Cal/2.5 oz. serving Dessert Bar v 240-370 Cal each

**Bottled Water** 

**CLASSIC BOX LUNCH \$12.29** 

Your choice of Classic Sandwich served with Mustard, Mayo, Potato Chips, Assorted Craveworthy® Cookies and Bottled Water

Choice of One (1) Classic Sandwich (See Below) Individual Bag of Chips v

Assorted Craveworthy® Cookies v 210-230 Cal each **Bottled Water** 0 Cal each

130-790 Cal each

100-160 Cal each

### **CLASSIC SELECTIONS SANDWICH BUFFET \$15.49**

Choice of Three (3) Classic Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy® Cookies and Choice of Two (2) Beverages

Choice of Two (2) Side Salads (pg 10) 20-240 Cal each Dill Pickle Slices vg 5 Cal/1 oz. serving Individual Bags of Chips V 100-160 Cal each Choice of Three (3) Classic Sandwiches 130-790 Cal each Assorted Craveworthy® Cookies v 210-230 Cal each

Choice of Two (2) Beverages:

Lemonade 80 Cal/8 oz. serving Iced Tea O Cal/8 oz. serving Iced Water 0 Cal/8 oz. serving

#### **CLASSIC SANDWICH OPTIONS**

(Available Sandwich choices for the Classic Boxed Lunch and Classic Selections Buffet)

Deli Sliced Ham with Swiss on Ciabatta Bread 410 Cal each

Deli Sliced Turkey and Cheddar on Hearty Wheat

520 Cal each

Chicken Caesar Wrap 630 Cal each

Greek Salad Wrap with Crumbled Feta, Black Olives,

Fresh Cucumbers, Plum Tomatoes and Red Onion v 430 Cal each

620 Cal each Grilled Vegetable Wrap with Hummus VPF

Additional premium box lunch options available upon request! Please contact your catering professional.

# **SANDWICHES & SALADS**

# CLASSIC COLLECTIONS

All prices are per person and available for 10 guests or more.

#### THE EXECUTIVE LUNCHEON \$17.99

Choice of Three (3) Executive Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy® Cookies and choice of Two (2) Beverages

30-240 Cal each Choice of Two (2) Side Salads (pg 10) Dill Pickle Slices vg 5 Cal/1 oz. serving Individual Bags of Chips v 100-160 Cal each Choice of Three (3) Executive 310-790 Cal each Luncheon Sandwiches Assorted Craveworthy® Cookies v 210-230 Cal each

Choice of Two (2) Beverages:

Lettuce, Tomato and Mayo vg PF

Lemonade 80 Cal/8 oz. serving Iced Tea 0 Cal/8 oz. serving Iced Water O Cal/8 oz. serving

#### **EXECUTIVE LUNCHEON SANDWICHES**

(Available Sandwich choices for The Executive Luncheon Buffet)

Ham and Brie with Fresh Pear, Spinach and Caramelized Onions on Wheatberry Bread 720 Cal each Salmon, Cucumber and Cilantro Coleslaw Ciabatta 670 Cal each Gourmet Turkey Sandwich with Baby Arugula, Creamy Brie and Cranberry-Fig Jam 420 Cal each Roast Beef, Provolone, Artichoke Relish and Pesto Mayo Baguette 680 Cal each Chicken Teriyaki Ciabatta with Pineapple Salsa on a 470 Cal each Ciabatta Shiitake "Bacon" VLT with Vegan Shiitake "Bacon",

510 Cal each

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#### SIDE SALAD SELECTIONS

(Included with Deli Express, Classic Selections and The Executive Luncheon Sandwich Buffets)

Traditional Garden Salad with a Balsamic

Vinaigrette Dressing and Ranch **v EW PF** 45 Cal/3.5 oz. serving

Red-Skinned Potato Salad with Egg, Celery and

Spanish Onion in a Seasoned Mayonnaise Dressing 240 Cal/4 oz. serving

Traditional Coleslaw Finely Shredded with Carrots

170 Cal/3.5 oz. serving in a Mayonnaise and Celery Seed Dressing **V EW** 

Sweet Chili Cucumber Salad with Red Onion, Fresh Cilantro and a Sweet and Spicy Chili Sauce VG EW

20 Cal/3 oz. serving

Fresh Fruit Salad vg PF 35 Cal/2.5 oz. serving

Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives v

80 Cal/3 oz. serving

Cilantro Peanut Noodle Salad in a Pesto Cilantro Sauce combined with Radishes, Scallions and

Chopped Peanuts vo 230 Cal/3 oz. serving

Toasted Cranberry Apple Couscous with Apricots, Granny Smith Apples, Almonds, Red Onions, Fresh Spinach and Scallions vg PF

Tomato Corn Grain Salad vg PF 150 Cal/4.25 oz. serving

Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapenos, Fresh Cilantro and Fresh Garlic vg

120 Cal/4 oz. serving

190 Cal/3 oz. serving

# **THEMED BUFFETS**

All prices are per person and available for 12 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

# **SPRING FLING \$22.99**

Choice of Two (2) Sides:	
Asian Edamame Salad <b>v Ew</b>	130 Cal/3 oz. serving
Red Quinoa & Pickled Onion Salad V EW PF	50 Cal/2 oz. serving
Roasted Beet & Arugula Salad EW PF	120 Cal/2.5 oz. serving
Asparagus, Mushroom & Farro Caesar EW PF	110 Cal/4 oz. serving
Roasted Red Potatoes <b>v</b>	100 Cal/2.75 oz. serving
Asparagus Vegetable Sauté <b>vg Ew PF</b>	60 Cal/4 oz. serving
Choice of Two (2) Entrées:	
Grilled BBQ Pork Chops EW	180 Cal each
Grilled Montreal Cod EW	80 Cal/3 oz. serving
Crispy Five Spice Tofu EW	340 Cal/5 oz. serving
Eggplant Meatball vg EW PF	50 Cal each
Beef Tri-Tip Chimichurri	210 Cal/3 oz. serving
Grilled Peri Peri Chicken	140 Cal/3 oz. serving
Choice of Two (2) Sauces:	
Chimichurri Mayonnaise <b>v</b>	150 Cal/1 oz. serving
Green Chile Relish <b>v</b> <sub>6</sub>	15 Cal/1 oz. serving
Chermoula Crema v	40 Cal/1 oz. serving
Harissa Aioli <b>v</b>	160 Cal/1 oz. serving
Peri Peri Sauce <b>vg</b>	40 Cal/1 oz. serving
Chocolate Chip Cookie Brownies <b>vg</b>	280 Cal each

# **LATIN FLAVORS \$22.99**

Citrus Tex -Mex Salad: Oranges, Tomatoes, Jicama, Romaine and Cilantro topped with Tortilla Straws served with Salsa Ranch <b>Y EW PF</b>	110 Cal/7.25 oz. serving
Grilled Flatbread <b>vs</b> Choice of One (1) Rice:	110 Cal each
Cilantro Lime White Rice <b>vg</b>	120 Cal/3 oz. serving
Cilantro Lime Brown Rice vg EW	140 Cal/3.5 oz. serving
Mexican Rice <b>vg</b>	130 Cal/3 oz. serving
Cumin Black Beans <b>VG EW PF</b>	90 Cal/3 oz. serving
Chipotle Orange Roasted Chicken	350 Cal/6 oz. serving
Carne Asada con Papas Ranchero	250 Cal/6 oz. serving
Chili Relleno <b>v</b>	310 Cal/6 oz. serving
Sopapillas <b>v</b> g	130 Cal/1.5 oz. serving

# **POWER BOOST BOWLS \$23.49**

Choice of One (1) Grain:	
Lemon Herbed Farro VG EW PF	150 Cal/4 oz. serving
Quinoa and Lentils vg EW PF	90 Cal/3 oz. serving
Choice of One (1) Greens:	
Kale Mix vg pf	10 Cal/1.25 oz. serving
Romaine Arugula Mix <b>vg PF</b>	5 Cal/1.25 oz. serving
Choice of Two (2) Proteins:	
Lemon Garlic Chicken	130 Cal/3 oz. serving
Hard-Cooked Egg <b>v</b>	80 Cal each
Grilled Sumac Salmon	120 Cal/2.75 oz. serving
Choice of Three (3) Toppings:	
Spicy Roasted Broccoli <b>vg EW PF</b>	45 Cal/1.5 oz. serving
Sliced Avocado <b>v</b>	90 Cal/2 oz. serving
Turmeric Roasted Cauliflower <b>vg EW PF</b>	35 Cal/2 oz. serving
Garbanzo Beans <b>v</b>	140 Cal/3 oz. serving
Roasted Butternut Squash VG EW PF	80 Cal/2 oz. serving
Roasted Mushrooms <b>vg EW PF</b>	90 Cal/3 oz. serving
Shredded Beets <b>v</b> <sub>G</sub>	30 Cal/2 oz. serving
Edamame <b>v</b> g	80 Cal/2 oz. serving
Choice of Two (2) Sauces:	
Greek Yogurt Ranch Dressing <b>v</b>	90 Cal/1 oz. serving
Pesto Vinaigrette <b>v</b>	120 Cal/1 oz. serving
Tahini Tzatziki Dressing <b>v</b>	30 Cal/1 oz. serving
Choice of Two (2) Garnishes:	
Feta Cheese Crumbles 🗸	80 Cal/1 oz. serving
Pickled Red Onion <b>vg</b>	20 Cal/1 oz. serving
Toasted Walnuts <b>v</b> g	190 Cal/1 oz. serving
Shaved Parmesan <b>v</b>	110 Cal/1 oz. serving
Brown Butter Pumpkin Seeds <b>v</b>	170 Cal/1 oz. serving
Choice of One (1) Dessert:	
Baklava <b>v</b>	70 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each

# **CURRY AND SPICE \$23.49**

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# THEMED BUFFETS

All prices are per person and available for 12 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

# **ALL-AMERICAN PICNIC \$17.99**

Traditional Potato Salad <b>v</b>	240 Cal/4.25 oz. serving
Fresh Country Coleslaw <b>V EW</b>	150 Cal/3 oz. serving
Home-Style Kettle Chips	190 Cal/1.25 oz. serving
Grilled Hamburgers with Buns	320 Cal each
Vegetarian Burger <b>vg PF</b>	170 Cal each
Hot Dogs with Buns	300 Cal each

Garnish Tray (Lettuce, Onions, Pickles

and Tomatoes) **vg** 0-5 Cal/0.5 oz. serving

Assorted Craveworthy\* Cookies **v** 210-230 Cal each Bakery-Fresh Brownies **v** 250 Cal each Add on Grilled Chicken Breast for an Additional Fee 160 Cal/3 oz. serving

#### **TASTY TEX MEX \$21.99**

Tortilla Chips	260 Cal/3 oz. serving
Mexican Rice <b>vg</b>	130 Cal/3 oz. serving
Charro Beans <b>vg EW PF</b>	80 Cal/3 oz. serving
Sauteed Peppers and Onions <b>vg</b>	140 Cal/2 oz. serving
Choice of One (1) Type of Fajitas:	

Beef Fajitas with Tortillas,

Shredded Cheddar and Sour Cream 670 Cal/9 oz. serving

Chicken Fajitas with Tortillas,

Shredded Cheddar and Sour Cream 570 Cal/9 oz. serving

Citrus Braised Pork with Tortillas,

Shredded Cheddar and Sour Cream 490 Cal/6 oz. serving

Vegan Chorizo with Tortillas and Vegan Cheese v 440 Cal/6.5 oz. serving

Choice of Two (2) Salsas:

Pico De Gallo **v6** 10 Cal/1 oz. serving Salsa Verde **v6** 5 Cal/1 oz. serving Salsa Roja **v6** 20 Cal/1 oz. serving Cinnamon Crisps **v** 250 Cal/2.75 oz. serving

# **THEMED BUFFETS**

All prices are per person and available for 12 guests or more. Choice of Two (2) Beverages; Iced Water, Lemonade and Iced Tea.

# **ASIAN ACCENTS \$23.49**

230 Cal/3 oz. serving
180 Cal each
50 Cal/1 oz. serving
35 Cal/ 1 oz. serving
110 Cal/1 oz. serving
130 Cal/3 oz. serving
130 Cal/3 oz. serving
110 Cal/2.75 oz. serving
370 Cal/8 oz. serving
120 Cal/3.6 oz. serving
140 Cal/3 oz. serving
20 Cal each

# **SUNDAY BBQ \$23.49**

Apple Bacon Coleslaw vg EW PF	150 Cal/3.25 oz. serving
Baked Sweet Potatoes	120 Cal each
Sautéed Green Beans and Peppers <b>VG EW PF</b>	90 Cal/3.5 oz. serving
BBQ Beef Brisket	140 Cal/3 oz. serving
Black Bean Slider <b>v</b>	190 Cal each
Slider Buns <b>vG</b>	80 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each
Bakery-Fresh Brownies <b>v</b>	250 Cal each

# **HARVEST BOUNTY \$23.49**

Traditional Mixed Green Salad with	
Balsamic and Ranch V EW PF	45 Cal/3.5 oz. serving
Southern Biscuits with Butter <b>v</b>	230 Cal each
Buttermilk Mashed Potatoes <b>v</b>	120 Cal/3.75 oz. serving
Sautéed Dill Green Beans vg EW PF	30 Cal/3 oz. serving
Vegetable Lasagna Alfredo <b>v</b>	470 Cal/11 oz. serving
Choice of One (1) Entrée:	
Herb Roasted Butterball® Turkey	170 Cal/3 oz. serving
Baked Ham	120 Cal/3 oz. serving
Apple Pie <b>vg</b>	410 Cal/slice

# **TAVOLINO BUFFET \$21.99**

Caesar Salad	240 Cal/5.5 oz. serving
Garlic Breadsticks <b>v</b>	110 Cal each
Eggplant Parmesan PF	340 Cal/7.7 oz. serving
Rigatoni Marinara <b>v</b>	120 Cal/4.5 oz. serving
Italian Sausage and Peppers	470 Cal/4.74 oz. serving
Miniature Cheesecake Tarts <b>v</b>	170 Cal each
Add on Grilled Chicken Breast for an Additional Fee	160 Cal/3 oz. serving

\*All packages include necessary accompaniments and condiments.

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# **CREATE YOUR OWN BUFFET**

Customize Your Own Buffet: Select (1) Starter, (1) Entrée, (2) Sides and (1) Dessert. Served with Assorted Rolls and Butter and choice of Beverages. Pricing is based on entrée selection.

### **BUFFET STARTERS**

Traditional Garden Salad with Balsamic Vinaigrette	
and Ranch <b>v EW PF</b>	45 Cal/3.5 oz. serving
Classic Caesar Salad	170 Cal/2.7 oz. serving
Greek Salad with Crumbled Feta ${f v}$	110 Cal/3.25 oz. serving
Traditional Hummus with Toasted Pita ${f v}$	130 Cal/1.75 oz. serving
Roasted Vegetable Platter with Chimichurri Mayo ${\bf v}$ ${\bf PF}$	200 Cal/4 oz. serving
Seasonal Fresh Fruit Salad <b>VG PF</b>	35 Cal/2.25 oz. serving

# **BUFFET ENTREES**

Extra Buffet Entree \$5.99

Lemon Artichoke Chicken Breast Ew \$18.99	210 Cal/5.75 oz. serving
Brie and Mushroom Chicken \$19.99	310 Cal/7.5 oz. serving
Maple Dijon Salmon EW \$23.99	270 Cal/3.25 oz. serving
Beef Pot Roast with Dijon Shallot Sauce \$21.99	330 Cal/5 oz. serving
Pesto Flank Steak \$23.99	250 Cal/3 oz. serving
Quinoa Cake Topped with Tomato Chutney <b>VG PF</b> \$18.99	280 Cal/4.25 oz. serving
Late Harvest Veggie Cavatappi with Zucchini, Spinach, Tomato and White Beans in a Pepper-Garlic Sauce <b>V EW PF</b> \$18.99	420 Cal/15.75 oz. serving

# **BUFFET SIDES**

Fresh Herbed Vegetables <b>VG EW PF</b>	100 Cal/3.5 oz. serving
Italian Seasoned Green Beans <b>V EW PF</b>	40 Cal/3.25 oz. serving
Garlic Roasted Broccoli <b>VG EW PF</b>	40 Cal/1.76 oz. serving
Creamy Garlic Mashed Potatoes <b>v</b>	120 Cal/3.75 oz. serving
Roasted Red Potatoes <b>vg</b>	100 Cal/2.75 oz. serving
Toasted Orzo with Spinach and Cranberries <b>vg</b>	160 Cal/4 oz. serving
Penne with Marinara Sauce <b>vg</b>	100 Cal/3 oz. serving
Extra Buffet Side \$3.49	

# **BUFFET FINISHES**

Cherry Cheesecake Tarts <b>v</b>	170 Cal/1.75 oz. serving
New York-Style Cheesecake	440 Cal slice
Dulce De Leche Brownie <b>v</b>	230 Cal/2.25 oz. serving
Chocolate Cake <b>v</b>	320 Cal slice
Glazed Strawberry Bars <b>vg</b>	380 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each

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# **RECEPTIONS**

# **HORS D'OEUVRES**

Hors d'oeuvres are priced per dozen. As appropriate hors d'oeuvres are accompanied by delicious salsas, chutneys, remoulades and sauces. Contact your catering team to discuss your options.

# **RECEPTION HORS D'OEUVRES (HOT)**

Franks in a Blanket \$21.99	45 Cal each
Beef Empanadas \$23.99	150 Cal each
Buffalo Style Chicken Spring Rolls \$23.99	50 Cal each
Coconut Chicken \$22.99	40 Cal each
Truffle & Wild Mushroom Arancini \$34.99	60 Cal each
Spanakopita Mushrooms <b>v</b> \$22.99	30 Cal each
Assorted Mini Quiche \$19.99	100 Cal each
Vegetable Spring Rolls \$21.99	50 Cal each
Vegan Chorizo Stuffed Mushroom vs \$29.99	45 Cal each

# **RECEPTION HORS D'OEUVRES (COLD)**

Smoked Salmon Mousse Cucumber Rounds \$22.99	100 Cal each
Veggie Hummus Cups <b>VG EW PF</b> \$22.99	170 Cal each
Traditional Tomato Bruschetta Crostini <b>vg</b> \$17.99	50 Cal each
Strawberry Ricotta Toast Points <b>V PF</b> \$18.99	60 Cal each
Pimento Cheese & Bacon Toast Points \$18.99	110 Cal each
Candied Bacon Topped Deviled Eggs \$23.99	80 Cal each

# UNSURE OF HOW MANY ITEMS AND HOW MUCH TO ORDER FOR YOUR RECEPTION?

Contact your catering events specialist to discuss the proper amounts needed for a reception.





# RECEPTIONS

# **RECEPTION PLATTERS AND DIPS**

All prices are per person and available for 12 guests or more.

# FRESH GARDEN CRUDITÉS \$3.49 PER PERSON

Fresh Garden Crudités with Ranch Dill Dip V PF

120 Cal/5 oz. serving

### SEASONAL FRESH FRUIT PLATTER \$3.19 PER PERSON

Seasonal Fresh Fruit vg PF

35 Cal/2.5 oz. serving

#### **ASSORTED MINI SANDWICHES \$5.99 PER PERSON**

An assortment of our most popular Mini Sandwiches

Ham & Cheese270 Cal eachRoast Beef & Brie260 Cal eachTurkey & Swiss320 Cal eachFresh Mozzarella240 Cal each

### **HOUSE-MADE SPINACH DIP \$3.49 PER PERSON**

House-Made Spinach Dip served with Fresh Pita

Chips **v** 230 Cal/2.25 oz. serving

# **CLASSIC CHEESE DISPLAY \$3.79 PER PERSON**

Cheese, Grapes and Crackers

Swiss, Cheddar and Muenster Cheese **v** 280 Cal/3 oz. serving Grapes **vg** 20 Cal/1 oz. serving Crackers **v** 20 Cal each

# CHEF'S CHOICE CHARCUTERIE BOARD MARKET PRICE PER PERSON

Charcuterie Board

Calories Vary Per Assortment

# **RED PEPPER KALE DIP \$3.79 PER PERSON**

Red Pepper Kale Dip **V** Pita Chips **V**  130 Cal/1.75 oz. serving 140 Cal/2oz. serving

 $^*\mbox{All packages include necessary accompaniments and condiments.}$ 

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# **RECEPTIONS**

# **RECEPTION STATIONS**

Chef-Inspired Stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 12 guests or more.

# **HAPPY HOUR \$18.99**

Chilled Spinach Dip served with Pita Chips <b>v</b> Mini Cheesesteaks	230 Cal/2.25 oz. serving 180 Cal each
Buffalo Chicken Tenders served with Blue Cheese Dip	560 Cal/6.75 oz. serving
Pretzels Bites with Beer Cheese <b>v</b> Assorted Craveworthy* Cookies <b>v</b> Assorted Dessert Bars <b>v</b>	390 Cal/6 oz. serving 210-230 Cal each 240-370 Cal each

# **SOFT PRETZEL BAR \$5.99**

Hot Pretzels <b>vg</b>	180 Cal each
Choice of Three (3) Dipping Sauces:	
Honey Mustard Sauce <b>v</b>	50 Cal/1 oz. serving
Spicy Mustard Sauce <b>vg</b>	60 Cal/1 oz. serving
Yellow Mustard Sauce <b>vg</b>	25 Cal/1 oz. serving
Nacho Cheese Sauce	40 Cal/1 oz. serving
Vegan Cheddar Cheese Sauce <b>vg</b>	60 Cal/1 oz. serving
Cajun Cheese Sauce <b>v</b>	70 Cal/1 oz. serving
Buffalo Blue Sauce	30 Cal/1 oz. serving
Chocolate Sauce <b>vg</b>	80 Cal/1 oz. serving
Caramel Sauce v	120 Cal/1 oz. serving

# LOADED COOKIE "NACHOS" \$5.99

Cookie Crisps (6 per person) <b>v</b>	50 Cal each
Choice of Two (2) Sauces:	
Caramel Sauce <b>v</b>	120 Cal/1 oz. serving
Chocolate Syrup <b>vg</b>	80 Cal/1 oz. serving
Raspberry Sauce <b>vg</b>	110 Cal/1 oz. serving
Choice of Three (3) Toppings:	
Chocolate Chips <b>v</b>	70 Cal/0.5 oz. serving
Sliced Strawberries <b>vg</b>	20 Cal/2 oz. serving
Toasted Pecans <b>v</b> <sub>G</sub>	100 Cal/0.5 oz. serving
Toasted Coconut <b>vg</b>	150 Cal/1 oz. serving
Mini Marshmallows	50 Cal/0.5 oz. serving
Oreo® Cookie Crumbs <b>v</b> g	140 Cal/1 oz. serving
Rainbow Sprinkles <b>vg</b>	140 Cal/1 oz. serving
Whipped Topping <b>v</b>	30 Cal/1 oz. serving

# **BREAKS**

All prices are per person and available for 10 guests or more.

# **SNACK ATTACK \$6.99**

Assorted Individual Bags of Chips <b>v</b>	100-160 Cal each
Roasted Peanuts <b>v</b>	180 Cal/1 oz. serving
Trail Mix <b>v</b>	280 Cal each
Assorted Craveworthy® Cookies <b>v</b>	210-230 Cal each
Bakery-Fresh Brownies <b>v</b>	250 Cal each

### **BREADS AND SPREADS \$7.99**

Tortilla Chips	260 Cal/3 oz. serving
Pita Chips <b>v</b>	130 Cal/2 oz. serving
Crostini <b>vg Ew</b>	40 Cal each
Choice of Four (4) Spreads:	
Korean Roja Guacamole <b>vg pf</b>	90 Cal/2 oz. serving
Ginger Verde Guacamole <b>VG EW PF</b>	80 Cal/2 oz. serving
Chilled Spinach Dip <b>v</b>	200 Cal/2 oz. serving
Feta and Roasted Garlic Dip 🗸	260 Cal/2 oz. serving
Traditional Hummus <b>vg PF</b>	330 Cal/4.5 oz. serving
Artichoke and Olive Dip <b>v</b>	140 Cal/2 oz. serving
Seasonal Fresh Fruit Platter <b>VG PF</b>	35 Cal/2.5 oz. serving

# **HOT CHOCOLATE BAR \$4.29**

Hot Chocolate Bar with Assorted Toppings and Mix-Ins 25-160 Cal/0.5-8 oz. serving

# SUGAR RUSH \$4.99

Select Four (4) Desserts to build your Dessert Board:	
Cranberry Blondie <b>v</b>	240 Cal each
Famous Mint Brownie <b>v</b>	230 Cal each
Spiced Pumpkin Blondie <b>v</b>	260 Cal each
Cookies & Cream Blondie <b>v</b>	270 Cal each
Pumpkin Spice Iced Cookie <b>v</b>	260 Cal each
Peppermint Iced Cookie <b>v</b>	250 Cal each
Sugar Berry Cookie <b>v</b>	250 Cal each
Cranberry Vanilla Iced Cookie <b>v</b>	250 Cal each
Eggnog Cookie <b>v</b>	280 Cal each
Chunky Chocolate Chip Cookies <b>v</b>	230 Cal each
Oatmeal Raisin Cookie <b>v</b>	210 Cal each
Sugar Cookies <b>v</b>	230 Cal each
Gourmet Dessert Bars <b>v</b>	240-370 Cal each



# **BEVERAGES & DESSERTS**

# **BEVERAGES**

Includes appropriate accompaniments

Regular/Decaffeinated Coffee and Hot Water with

Assorted Tea Bags \$2.29 Per Person

Bottled Water \$1.49 Each O Cal each

Assorted Sodas (Can) \$1.49 Each 0-150 Cal each

Assorted Individual Fruit Juices \$2.09 Each 100-150 Cal each

Sparkling Water \$2.29 Each O Cal each

Hot Chocolate \$22.49 Per Gallon 160 Cal/8 oz. serving

Iced Tea \$15.49 Per Gallon O Cal/8 oz. serving

Lemonade \$15.49 Per Gallon 80 Cal/8 oz. serving

Iced Water \$1.99 Per Gallon O Cal/8 oz. serving

Infused Water \$5.99 PER GALLON

Choice of One (1) Fruit Infused Water:

Lemon Infused Water 0 Cal/8 oz. serving
Orange Infused Water 10 Cal/8 oz. serving
Apple Infused Water 20 Cal/8 oz. serving
Cucumber Infused Water 10 Cal/8 oz. serving
Grapefruit Infused Water 10 Cal/8 oz. serving

# **DESSERTS**

Assorted Craveworthy® Cookies **v** 

\$2.19 PER PERSON

210-280 Cal each

O Cal/8 oz. serving

Chocolate Chip Cookie Brownies  ${\bf v}$ 

\$2.29 PER PERSON

280 Cal each

Gourmet Dessert Bars **v** 

\$2.49 PER PERSON

240-370 Cal each

Custom Artisan Cupcakes \$24.99 PER DOZEN

Chocolate Cupcake with Fudge Icing **vg**Vanilla Cupcake **v**Bananas Foster Cupcake **v**Devil's Food Cupcake **v** 

480 Cal each 380 Cal each 180 Cal each 380 Cal each

Vegan Peach-Banana Cake (Each) vg \$14.99 Serves 8

300 Cal slice

#### ORDERING INFORMATION

# **Lead Time**

Notice of 5 business days is appreciated; however, we will do our best to accommodate all late orders that are received. We appreciate the importance of your function and will do whatever it takes to exceed your expectations.

#### **Extras**

If rental equipment, linens, or service staff are needed, we can take care of it for you with necessary charges. We are delighted to assist you with all of your event needs from rental equipment, linens, florals to service staff and everything in between. - Additional fees may apply

#### **Calorie & Nutrition**

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

# **Allergen**

Please notify catering staff if you have any food allergies or ingredients questions. We rely on our vendors' allergy warnings and ingredient listings. Because ingredient substitutions, recipe revision as well as cross-contact with allergens are possible we cannot guarantee any food item will be completely free of allergens.

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VG VEGAN

**EW** EAT WELL

V VEGETARIAN

PF PLANT FORWARD



# **Contact Us Today**

610.683.4680 catering@kutztown.edu https://kutztown.catertrax.com

Prices effective until 07/01/2025 Prices may be subject to change

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