


2020 Winter Catering Guide



Allergies & Intolerances



Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.

While we make every effort to avoid cross-contact, the potential for cross-contact does still exist. We encourage guests to ask to speak to the Chef or Manager regarding any questions about the ingredients contained in the food being considered. We do offer menu items that have been prepared without gluten containing ingredients. To identify these options, look for items labeled  or ask to speak with the chef or manager. Please note that our menu items are not gluten free because we prepare and handle products containing gluten

The **FIT** Advantage

Looking for a better choice, but don't want to sacrifice flavor or cost?

We've got you covered! Reach for FIT! These delicious choices will have you changing the way you think of better-for-you options. Choose from 100% FIT menus or add-on a FIT beverage or side to your menu, it's up to you! Choosing FIT will also help your budget; FIT items are discounted in catering the same as in the café.



Seal of Approval

Look for this seal of approval and know you are on your way to better choices. These are decisions you can feel good about. Our dietitian has vetted these just for you! Each item will have nutrition information when you place your order as well as at your event. You can even add these items to MyFitnessPal.

breakfast

Full Beverage Service

Freshly Brewed Regular ☕
Decaffeinated Coffee,
Assorted Sodas, Bottled Water,
Mighty Leaf Teas

2.50

SUB Starbucks Brewed Coffee

3.50

FIT Build Your Own Parfait Bar

Greek Yogurt, Fresh Berries, Dried Fruits,
Toasted Almonds, Wheat Germ,
House Made Granola

8

Healthy Start

Assorted Mission Mini Muffins,
Multigrain Bread Bread, Low-Fat
Yogurt, Granola, Raisins, Pumpkin
Teabread, Sliced Seasonal Fruit,
Coffee and Tea Service

Orange Juice

Available Upon Request

10

Hotel Breakfast Buffet

French Toast, Pure Maple Syrup,
Scrambled Eggs, Apple-Wood Smoked
Bacon, Home Fries, Sliced Fresh Fruit
Miniature Bagels, Preserves, Cream
Cheese, Coffee and Tea Service

Turkey Bacon or Turkey Sausage

Orange Juice

Available Upon Request

14

*FIT items are moderate in calories, fat,
and sodium.

Breakfast Bakery

Homemade Doughnuts, Miniature Muffins,
Breakfast Pastries, Miniature Croissants, Sliced
Fresh Fruit **FIT**, Coffee and Tea Service

Orange Juice Available Upon Request

10

Something Else

Freshly Brewed Iced Tea **1.50**

Orange Juice **1.50**

Hard Boiled Eggs **FIT 2**

Bagels and Cream Cheese **3**

Fresh Fruit Granola Yogurt Parfait **3**

Oatmeal, Toppings **3**

Overnight Oats **FIT 3**

Fresh Fruit Platter **FIT 6**



lunch - sandwiches

DELI SANDWICHES

A&P Favorites

Mesquite Smoked Turkey, Apple Slaw, Swiss, Ciabatta

Rare Roast Beef, Crispy Onions, Horseradish Mayo, Pretzel Roll

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Brioche Roll

Cajun Shrimp Salad Wrap, Lettuce, Tomato

Grilled Eggplant, Tomato, Mozzarella, Pesto, Ciabatta **FIT**

Lunch Includes Chef's Choice Composed Salad, Fresh Garden Salad, Cookies, Brownies, Home Made Chips, Cold Beverage Service

18

Conference Sandwich

Albacore Tuna Salad, Cucumber, Spinach, Olive Roll

Buffalo Chicken Wrap, Lettuce, Tomato, House Made Ranch

Vegetarian Mediterranean Wrap, Hummus, Olive Tapenade

Roast Beef, Caramelized Onions, Pepper Jack, Roasted Garlic Aioli

Lunch Includes Chef's Choice Composed Salad, Fresh Garden Salad, Cookies, Brownies, Home Made Chips, Cold Beverage Service

16

Something Else

Fresh Brewed Ice Tea **1.50**

Aqua Fresca **2**

Hot Beverage Service **2.50**

Pasta or Potato Salad **3**

Soup of the Day **3**

Seasonal Fresh Fruit **6**

lunch – room temp

Traditional

Grilled Chicken, Herb Crusted Flank Steak,
Seasonal Vegetables, Garden Salad,
Cornbread, Freshly Baked Cookies, Brownies,
Cold Beverage Service

15

Italian

Kale Caesar Salad, Antipasto Salad, Broccolini,
Green Olive Tapenade,
Grilled Basil Chicken, Garlic Oregano Salmon,
Freshly Baked Cookies, Brownies,
Cold Beverage Service

15

Southwestern

Chimichurri Steak, Ancho Spiced Chicken,
Grilled Tofu, Black Beans, Pico De Gallo,
Avocado, Garden Salad, Freshly Baked
Cookies, Brownies, Cold Beverage Service

15

Something Else

Fresh Brewed Ice Tea **1.50**

Aqua Fresca **2**

Hot Beverage Service **2.50**

Pasta or Potato Salad **3**

Soup of the Day **3**

Seasonal Fresh Fruit **6**



breaks – afternoon



Sweets

Freshly Baked Cookies, Double Chocolate Brownies, House Made Bars, Milk Hot Chocolate, Cold Beverage Service

8

FIT Energy Break

Strawberry Banana Smoothie Shooter, Dried Fruit, Milk Chocolate Bark, Espresso Dark Chocolate Energy Bites

8

FIT Air Popped Popcorn Break

Barbeque, White Cheddar, Cinnamon Toast, Strawberry Mint Aqua Fresca

6

Pretzel bar

Soft Pretzels to Include: Cinnamon Sugar, Pepperoni Pizza, Sea Salt, Grain Mustard, Cheddar Ale Sauce

8

FIT Hummus Break

Traditional Chick Pea Hummus, Roasted Pepper Hummus, Assorted Crisps and Pita, Unsweetened Mint Iced Tea

8

Mediterranean Table

Baba Ganoush, Hummus, Muhammara, Tabbouleh, Marinated Olives, Pita Chips, Lavash, Crostini, and Focaccia

10

Tortilla Bar

Corn Tortilla Chips, Cucumber Sticks Mango and Pineapple Salsa, Pico de Gallo, Black Bean and Charred Corn Mole Poblano Sauce, Guacamole, Sugar, Cinnamon Crusted Churros, Bittersweet Chocolate Sauce

12

Cheese

A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads, and Crostini

12

Pizza Party

Cheese, Pepperoni, Roasted Vegetable Garden Salad, Garlic Bread, Freshly Baked Cookies, Brownies, Cold Beverage Service

16

celebrations

STATIONS

Crostini Bar **NEW**

- Balsamic Heirloom Marinated Tomatoes, Basil
 - Sweet Pea and Pancetta
 - Grilled Fruit, Honey Marscapone
- Pink Sea Salt, Sea Salt, Lava Rock Salt
Assorted Grilled Crostini's and Crisps
Meyer Lemon, Local Honey Infused Water

10

Mediterranean Table

Baba Ganoush, Hummus, Muhammara, Tabbouleh,
Marinated Olives, Pita Chips, Lavash, Crostini, and
Focaccia

10

Antipasto

Imported Prosciutto, Cappicola, Hard Salami, Imported
Italian Cheeses, Calamata Olives, Grilled Flatbread,
Crostini, Focaccia Crisps

12

Cheese

A Selection Of Domestic, Imported and Local Cheeses,
Dried and Seasonal Fruits, Crisps, Flatbreads, and Crostini

12

Guacamole Tasting

Traditional Avocado, Edamame and Asparagus
Guacamole, Tortilla Chips, Yucca and Plantain Chips,
Charred Tomato Salsa

10

Quesadillas

Chicken, Steak, Black Bean, Guacamole, Salsa, Sour
Cream

14

Spanish Tapas

Manchego Cheese, Serrano Ham, Croquette de Jamon,
Pan con Tomate, Peppadew Peppers, Gambas al Ajillo

16

Pizza Party

Cheese, Pepperoni, Roasted Vegetable
Garden Salad, Garlic Bread

Freshly Baked Cookies, Brownies, Cold Beverage Service

16



celebrations

HORS D'OEUVRES

Vegetable

Shredded Brussels, Ricotta, Fig Jam, Pumpernickel
Corn Blini, Avocado Salad, Pickled Radish
Sweet Potato, Cojita Cheese Empanada
Crisp Polenta, Mushroom Fricasee, Shaved Asiago
Carrot in a Blanket, Puff Pastry, Grain Mustard Dipping Sauce

4

Sea

Maryland Style Crab Cakes, Tartar
Bacon Wrapped Shrimp, Mango Glaze
Seared Scallop, Orange Segment, Chili Oil
Miniature Lobster Roll, Butter, Tarragon Aioli
Sesame Tuna Tataki, Crisp Wonton, Sriracha Mayonnaise

5

Land

Mozzarella Stuffed Italian Meatball, Tomato Fondue
Crispy Chicken, Gruyere Waffle, Spicy Maple Syrup
Pork Carnita Tostones, Mango, Fire Roasted Salsa
Short Rib Slider, Onion Jam, Roasted Garlic Aioli
Mini Croque Monsiuer, Smoked Ham, Confit Cherry Tomato
Duck Confit, Corncake, Orange Segment, Blistered Cherry Tomato

5

Priced Per Piece, with a Miniature Order of 1 Dozen Per Hor D' Oeuvres

**Custom Menus for Dinner and Receptions are Available
Please Contact Conference Services for Assistance**