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Meets our Mindful nutrition guidelines.
For more information visit
www.mindful.sodexo.com

(GF) Gluten Free

(V)Vegetarian

Please inform us of any allergies. We will make every effort to accommodate special requests. We do use peanuts/tree nuts products.

A 2,000 calorie daily diet is used as the basis for general nutrition advise; however individual calorie needs may vary. Additional nutritional information available upon request.

BREAKFAST SELECTIONS

10 guest minimum on Breakfast Selections.



Continental Breakfast \$11.75 per guest

Fresh cut seasonal fruit, assorted pastries, bagels, muffins, fruit juice, fresh brewed gourmet coffee & tea service.

Fruit 60 cal./4 oz. Pastry 120 cal. Bagel 350 cal. Muffin 136-500 cal. Juice 140 cal. Coffee 2 cal., 1/2 & 1/2 40 cal./2 oz.

Greek Yogurt Parfait Bar \$13.75 per guest

Sweetened greek yogurt with a selection of two seasonal fruits and granola. Comes with assorted mini muffins, fresh brewed gourmet coffee and tea service.

Greek Yogurt 160 cal./4 oz. Fruit 22-34 cal./2 oz. Mini Muffin 68-250 cal. Coffee 2-40 cal.

Breakfast Sandwich/Burrito Buffet \$12.75 per guest

Breakfast sandwiches or burritos or a combo of both. Comes with fresh cut seasonal fruit, fresh brewed gourmet coffee and tea service.

Breakfast Sandwiches:

Your choice of breakfast meat, egg and cheese on an english muffin. (Bacon, sausage, ham or egg and cheese.)

Breakfast Burritos:

Your choice of breakfast meat (bacon, sausage, ham or veggies), hash browns, eggs and cheese wrapped in a tortilla. Served with sour cream and salsa on the side. Breakfast sandwich 329-471 cal. Breakfast burrito 337-480 cal. Fruit 60 cal./4oz. Coffee 2-40 cal.

Sun Creek Breakfast \$14.75 per guest

Scrambled eggs, bacon, link sausage, pancakes, home-fried breakfast potatoes, assorted fruit juices, fresh brewed gourmet coffee and tea service.

Two eggs 192 cal. Bacon 70 cal./slice. Sausage 250 cal./link. Pancakes 154-207 cal. Potatoes 151 cal. Juice 140 cal. Coffee 2-40 cal.

Substitute the following items for same price per guest.

Substitute scrambled low-cal egg beaters or scrambled egg whites for scrambled eggs.

Substitute turkey patty sausage for link pork sausage.

Substitute french toast for the pancakes.

Egg beaters 30 cal. Egg whites 31 cal. Turkey patty sausage 40 cal. French toast 126-179 cal.

Quiche Buffet \$12.75 per guest

Must order in increments of 8.

Comes with breakfast potatoes, fresh cut seasonal fruit, gourmet coffee and tea service.

Choose From:

Lorraine- Bacon, caramelized onions & swiss cheese.

Meat lovers- Bacon, ham, sausage, onions, peppers & cheddar cheese.

Garden Vegetable- Zucchini, broccoli, bell peppers, mushrooms & cheddar. (V)

Quiche Lorraine 465 cal/slice. Meatlovers 361 cal/slice. Garden vegetable 241 cal/slice. Fruit 60 cal./4 oz. Coffee 2-40 cal.




À LA CARTE BREAKFAST

English Muffin Breakfast Sandwich \$6.00 per guest

Choice of bacon, sausage or egg & cheese 329-471 cal.

Breakfast Burrito \$8.00 per guest

Choice of bacon, sausage or egg & cheese 337-480 cal.

	Fresh Cut Fruit Salad 60 cal/4 oz.	\$2.75 per guest
	Assorted Muffins 196-500 cal.	\$22.50 per dozen
	Espresso Chocolate Muffins 500 cal.	\$25.00 per dozen
	Hard Boiled Egg 70 cal.	\$1.50 each
	Yoplait Yogurt Cup 90-150 cal.	\$2.75 each
	Mini Danishes 120 cal.	\$25.00 per dozen
	Gourmet Large Danishes 370 cal.	\$40.00 per dozen
	Donuts 190-310 cal.	\$25.00 per dozen
	Plain Croissant 340 cal.	\$2.75 each
	Chocolate Croissant 410 cal.	\$3.75 each
	Coffee Cake (12 servings each) 196-500 cal.	\$25.00 each
	Cinnamon Roll 670 cal.	\$3.50 each
	Bagel & Cream Cheese 350 cal.	\$3.00 each

À LA CARTE BEVERAGES

Fresh Brewed Coffee Service	\$2.50 per guest
Includes regular coffee, decaf, hot water, tea bags and coffee condiments 2-40 cal/8 oz	
Coffee Refresh	\$2.50 per guest
Assorted Bottled Juice 140 cal.	\$2.25 each
Bottled Water 0 cal.	\$2.75 each
Bottled Soda 0-240 cal.	\$2.75 each
Bottled Vitamin Water 0-120 cal.	\$2.75 each
Iced Tea Dispenser 0 cal.	\$15 per gallon
Sweet Green Iced Tea Dispenser 60 Cal./8 oz.	\$15 per gallon
Raspberry Iced Tea Dispenser 83 cal/8oz.	\$15 per gallon
Lemonade Dispenser 5 cal./8 oz.	\$15 per gallon
Fruit Punch Dispenser 5 cal./8 oz.	\$15 per gallon
Iced Water Dispenser 0 cal.	\$10 per dispenser

SANDWICHES & SALADS

Hand crafted sandwiches and salads made fresh daily



Build Your Own Deli Sandwich Platters

A minimum order of five guests for deli platters

Classic Deli Sandwich Platter

A generous assortment of shaved ham, sliced turkey, roast beef, red pepper hummus, provolone, cheddar and swiss cheese. Additionally served with fresh leaf lettuce, sliced tomatoes, onions, pickles with an assortment of rustic breads and spreads. 490-540 cal.

\$10.75 per guest

Midwest Deli Sandwich Platter

A generous assortment of grilled chicken, shaved ham, sliced turkey, roast beef, roasted vegetables, red pepper hummus, provolone, cheddar and swiss cheese. Additionally served with fresh leaf lettuce, sliced tomatoes, onions, pickles with an assortment of rustic breads and spreads. 490-580 cal.

\$11.25 per guest

Make it a Meal

Add chips, cookie, whole fruit & beverage (bottled water, soda or a mix of both).

Chips 120-240 cal. fruit 70-100 cal. water 0 cal. soda 0-240 cal.

\$5.50 per guest

Sandwiches

\$10.00 each

Smoked Turkey & Cheddar Sandwich

Sliced smoked turkey, spinach, cheddar cheese, tomato and honey mustard dressing on multi-grain ciabatta. 360 cal.

Roast Beef & Cheddar Sandwich

Sliced roast beef with green leaf lettuce, tomatoes, cheddar cheese and horseradish mayo. 680 cal.

Ham & Swiss Sandwich on a Croissant

Fresh baked croissant with sliced ham, tomatoes, spinach, swiss cheese and honey mustard dressing. 600 cal.

Red Pepper Hummus Vegetable Wrap (V)

Red pepper hummus, feta cheese, kalamata olives, tomatoes, cucumbers, spinach and a lemon tahini dressing wrapped in a flour tortilla. 710 cal.

Deli Chicken Sandwich

Grilled herb chicken, green leaf lettuce, cheddar cheese, tomatoes and mayo. 508 cal.

Smoke House Club

Sliced turkey breast, ham, swiss cheese, bacon, tomatoes, lettuce and chipotle mayo on multi-grain ciabatta. 600 cal.

Turkey Cranberry Pecan Wrap

Sliced turkey breast with cream cheese, sun-dried cranberries, pecans and lettuce wrapped in a flour tortilla. 647 cal.

Curry Chicken Salad Wrap

Curry chicken salad with lettuce, provolone cheese, sliced apples and grapes wrapped in a flour tortilla. 628 cal.

Make it a Meal \$5.50/ per guest

Add chips, cookie, whole fruit & beverage (bottled water, soda or a mix of both). Chips 120-240 cal. cookie fruit 70-100 cal. water 0 cal. soda 0-240 cal.

Served family style in baskets or bag lunch style.

Salads

Entrée Order \$8.50 each

Side Order \$5.00 each

(Single entree serving individually packaged) (Served buffet style in large bowl)

Add a protein: Chicken \$3.00 per guest

Shrimp \$3.00 per guest

Salmon \$4.00 per guest

Caesar Salad

Crisp romaine lettuce tossed with sliced mushrooms, croutons, freshly grated parmesan cheese and our house caesar dressing.

Entree 490 cal. Side 160 cal.

Greek Salad (GF) (V)

Crisp romaine with feta, green peppers, tomatoes, pepperoncini peppers, sliced cucumbers, red onions & kalamata olives tossed with our house vinaigrette. Entree 190 cal. Side 70 cal.

Asian Salad (V)

Crisp romaine lettuce, water chestnuts, julienne carrots, sliced mushrooms and chow mein noodles. Tossed with our house oriental dressing and sprinkled with sesame seeds.

Entree 370 cal. Side 185 cal.

Strawberry Fields Forever Salad (GF) (V) Entrée \$12.50 Side \$7.50

Fresh spinach and romaine with gorgonzola, fresh strawberries, julienne red onions and toasted walnuts tossed with honey poppy seed balsamic dressing. Entree 550 cal. Side 280 cal.

Superfood Berry Kale Arugula Salad (V) Entrée \$12.50 Side \$7.50

Seasonal berries, kale, arugula, toasted pecans, grapes, feta cheese & edamame tossed with a pomegranate vinaigrette.

Entree 510 cal. Side 255 cal.

Build Your Own Salad Buffet

\$11.50 per guest

(Minimum order of 5 guests. Only offered in side salad size)

Crisp romaine lettuce & fresh spinach, shredded cheddar cheese, croutons, three seasonal veggies, eggs, sliced grilled chicken breast, sliced ham with a selection of ranch, italian and raspberry vinaigrette. 456-576 cal.

Gourmet Pizza

Our pizza is prepared fresh daily. Each pizza is a full 16" and cut into 8 slices. Thin crust option available for same price. 12" Gluten free crusts are available for an additional \$3.00. Gluten free pizzas are made in an environment that uses flour



Cheese Pizza (V) \$18.00
House marinara, mozzarella & provolone cheese. 207 cal/slice

Pepperoni Pizza \$22.00
Pepperoni, house marinara, mozzarella & provolone cheese. 226 cal./slice

Grilled Veggie Pizza (V) \$25.00
Zucchini, mushroom, onions, bell peppers, tomatoes, cilantro, house marinara, mozzarella & provolone cheese. 210 cal./slice

Meatlovers Pizza \$25.00
Italian sausage, pepperoni, bacon, house marinara, mozzarella & provolone cheese. 441 cal./slice

Hawaiian Luau Pizza \$25.00
Fresh pineapple, smoked ham, house marinara, mozzarella & provolone cheese. 312 cal./slice

Combination Pizza \$25.00
Italian sausage, pepperoni, bell peppers, mushroom, onions, house marinara, mozzarella & provolone cheese. 355 cal/slice

Chicken Bacon Ranch Pizza \$25.00
Chicken, bacon, provolone & mozzarella cheese with ranch sauce and topped with parsley. 293 cal/slice

Vegetarian Greek Pizza (V) \$25.00
Spinach, sun-dried tomatoes, kalamata olives, artichokes, feta, mozzarella and provolone cheese with a garlic olive oil sauce. 388 cal/slice


Meatball Parmesan Pizza \$25.00
Sliced meatballs, green peppers, mushrooms, black olives, house marinara, mozzarella, & provolone cheese. Topped with parmesan and fresh basil. 730 cal./slice


Add Green Salad & Beverage \$5.00 per guest



Platters

Each platter serves 10 people

Hummus & Pita Platter \$35.00  (V)
Chickpea hummus made with extra virgin olive oil, decorated with kalamata olives, feta cheese and parmesan cheese. Served with roasted pita chips. 310 cal./serving

Fresh Vegetable Platter \$35.00  (V) (GF)
Broccoli, cauliflower, carrots, cucumbers, celery & zucchini served with herb ranch. 140 cal./serving

Fresh Seasonal Fruit Platter \$40.00  (V) (GF)
Artfully arranged sliced fresh seasonal fruit. 80 cal./serving

Fiesta Seven Layer Dip \$40.00
Refried beans, salsa, cheese, sour cream, olives, onions, tomatoes. Served with fresh fried corn tortilla chips. 66 cal./serving

Alaska Sausage & Cheese Platter \$45.00
Reindeer sausage, cheddar, swiss & pepper jack served with water wafers. 453 cal/serving

Tapas Platter \$45.00 (V)
Olive tapenade & tomato bruschetta, served with sliced toasted baguettes. 258 cal/serving.

Smoked Salmon Dip \$45.00
Alaska smoked salmon cream cheese dip served with toasted baguettes, sliced lemon, diced red onions & capers. 240 cal./serving

Cold Shrimp Cocktail Platter \$50.00  (GF)
Served with cocktail sauce, lemon aoli sauce & sliced lemons. 150 cal./serving.

Hot Entrée Buffet Selections



All buffets are made fresh daily and include a garden green salad with house dressings, fresh baked rolls, butter and ice water. A minimum order of 12 guests for buffets.

Buffet Option 1

1 Entrée & 2 Side Dishes

\$19.75 per guest

Buffet Option 2

2 Entrée & 2 Side Dishes

\$24.50 per guest

Add an additional entree for \$4.75 per guest.

Add an additional side dish for \$2.00 per guest.

Entrée Selections

Sesame Chicken

Broiled chicken breast with a ginger soy citrus glaze, topped with green onions, lemon zest and sesame seeds. 160 cal./serving

Chicken with Artichokes & Lemon

Skinless chicken breast pan seared and deglazed with lemon and onions, topped with artichokes and a light cream sauce. 547 cal./ serving

Chicken Cordon Bleu

Skinless chicken breast with ham, swiss cheese, hand breaded and topped with a white wine béchamel sauce. 550 cal./serving

Garlic Parmesan Crusted Cod

Alaskan cod coated with parmesan and panko bread crumbs and pan seared. Served with a light lemon cream sauce and topped with parsley. 183 cal./ serving

Potato Crusted Salmon

Seasoned baked salmon coated with golden brown shredded potatoes. 164 cal./serving

Orange Rosemary Thyme Salmon (GF)

Broiled seasoned salmon served with a citrus orange rosemary thyme glaze. 148 cal./ serving

Crab Cakes

Golden seared crab cakes served with a lemon aoli. 260 cal./serving

Herb Roasted Pork Loin

Herb rubbed slow roasted pork loin served with pan gravy. 457 cal./serving

Meatball Stroganoff

Home-style meatballs in a creamy mushroom gravy. 410 cal./serving

Beef or Chicken Enchiladas

Shredded beef or chicken mixed with cheese rolled in a corn tortilla, topped with enchilada sauce, olives, green onions, tomatoes and cheese. Served with salsa and sour cream. Chips and salsa served in place of rolls.

Beef 405 cal./serving, Chicken 318 cal./serving

Beef Tacos

Seasoned ground beef with hard and soft taco shells. Served with diced tomatoes, lettuce, cheddar cheese, salsa and sour cream. Chips and salsa offered in place of rolls. 740 cal./serving

Spinach Orzo Ricotta Stuffed Peppers (V)

Bell peppers stuffed with seasoned spinach, orzo pasta & veggies. Topped with lemon basil ricotta. 150 cal./serving

Italian Lasagna (order in increments of 12)

Pasta layered with an Italian sausage, ground beef marinara & basil ricotta. Topped with mozzarella, provolone and parmesan cheese. 875 cal./serving

Veggie Blanc Lasagna (order in increments of 12) (V)

Pasta layered with sautéed veggies, basil ricotta and a white béchamel sauce. Topped with mozzarella, provolone and parmesan cheese. 290 cal./serving

Side Selections

Golden Rice Pilaf 234 cal./serving (GF)

White Rice 212 cal./serving (GF)

Parmesan Spinach Cous Cous 110 cal./serving

Spanish Rice 150 cal./serving (GF)

Buttered Parmesan Noodles 323 cal./serving

Oven Brownd Potatoes 130 cal./serving (GF)

Garlic Mashed Potatoes 118 cal./serving (GF)

Whipped Sweet Potatoes 250 cal./ serving (GF)

Refried Beans 184 cal./serving

Seasoned Black Beans 110 cal./ serving (GF)

Sautéed Fresh Vegetables 40-100 cal./serving (GF)

Steamed Green Beans 61 cal./serving (GF)

Honey Glazed Carrots 116 cal./ serving (GF)

Baked Parmesan Zucchini Spears 118 cal./ serving

SWEET TREATS & AFTERNOON SNACKS



Assorted Cookies by the Dozen	\$12.00 per Dozen
<small>220-240/ serving</small>	
Brownies <small>112 cal./ serving</small>	\$3.00 each
Giant Cookies <small>336-720 cal./serving</small>	\$3.00 each
Rice Krispy Treats <small>119 cal/serving</small>	\$2.50 each
Cheesecake (16 slices) <small>257 cal./serving</small>	\$50.00 per cake
Carrot Cake Squares <small>326 cal./serving</small>	\$3.00 each
Chocolate Cake Squares <small>537 cal./serving</small>	\$3.00 each
Lemon Bars <small>200 cal/serving</small>	\$3.00 each
Seasonal Fruit Pie (8 slices) <small>375-456 cal/slice</small>	\$25.00 per pie
Pumpkin Pie (8 slices) <small>300 cal/ slice</small>	\$25.00 per pie
Pecan Pie (8 slices) <small>520 cal/ slice</small>	\$25.00 per pie
Assorted Cup Cakes	\$25.00 per dozen
1/2 Sheet Cake (48 servings)	\$150.00
Full Sheet Cake (96 servings)	\$300.00

Snack Buffets

Take 5 **\$6.50 per guest**

Assorted chips, cookies and your choice of soft drinks and bottled water. 340-750 cal./serving

Matinée **\$6.75 per guest**

Fresh popped popcorn, candy bars, soft drinks and bottled water. 360-780 cal./serving

Afternoon Sweets **\$8.00 per guest**

House baked cookies, dessert bars, fresh cut fruit, soft drinks and bottled water. 280-570 cal./serving



Reception Menus Available

Appetizers & custom menus please contact the catering department for details & a quote

Lunch Tickets

Want your group to have lunch at the Plaza Cafe?

Lunch tickets are a great way to pay for your group. The price is based on the actual cost recorded at the café registers at the time of the use.

We offer two types of lunch tickets, one with a \$12.00 limit also an unlimited amount ticket. The \$12.00 ticket is good for up to that amount, and then the guest is responsible for the remaining balance if the total exceeds \$12.00.

Tickets are issued for same day use only.

Beverage/Coffee Cards

Single use beverage/ coffee cards are good for one beverage or coffee from the Gourmet Cup Coffee Shop. Not date sensitive.

1-19 \$4.00, 20-99 \$3.75, 100+ \$3.50 each.

Plaza Cafe Hours

Open Monday - Friday

Breakfast: 7:00 AM - 9:00 AM

Lunch: 11:15 AM - 1:30 PM Grill & Hot Line
11:15 AM - 2:30 PM Salad Bar

Flex Friday (Every other Friday)

Limited lunch service options offered

6:30 AM - 2:00 PM

Gourmet Cup Hours

Open Monday - Friday

6:30 AM - 3:30 PM

Flex Friday 6:30 AM- 2:00 PM



PLANNING YOUR EVENT



MENU

The menu selections and services in this guide are the most frequently requested and represent merely a sampling of what we can do. Whether you are planning a simple gathering or a special event, we'll be happy to help you with the arrangements.

Room reservations are the responsibility of the requestor. Room preparation and set up may take up to an hour to complete, so please schedule rooms accordingly.

PLACING YOUR ORDER

Please help us by providing at least 48 hour advance notice for food orders. Our hours of operation are Monday through Friday 8:00 AM to 5:00 PM. Before and after hour and Saturday catering is available for an additional labor charge. Please keep this in mind when placing your order. We will make every effort to accommodate orders with less notice, but may need to restrict the menu to product on hand.

Special orders and events with a large number of guests require as much notice as possible. It is extremely helpful if, at the time of booking your event, you are prepared to share the following information: type of event with service needs (casual buffet style, evening reception, evening dinner party, hosted-non hosted bar service, etc.), approximate numbers of guests, time & location of event, payment method, and any other special arrangements you need us to know.

ADDITIONAL SERVICES

There may be an added labor charge for events scheduled to begin before 8:00 AM or after 5:00 PM. All services will be set up with paper and plastic ware unless otherwise specified. China and linen service is available at an additional cost. Flowers and/or special decorations can be provided for an additional charge.

GUARANTEE AND BILLING POLICY

We accept credit cards or checks. We will provide a receipt after the event takes place.

Due to our advance preparation, cancellations must be made at least 24 hours in advance. Shorter notices may result in charges of up to 100% of the original order.

NMS Catering must retrieve all catering equipment. If you move any equipment from the delivery location, please immediately notify the catering department. Any catering equipment not recovered may be billed to your order.

FOOD REMOVAL POLICY

Due to health regulations, it is the policy of NMS Catering that excess food items from events cannot be removed from the event site without permission. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.

ALCOHOL SERVICE

If you are interested in having alcohol service please contact the catering department at least one month prior to event date as it could take up to three weeks to process the necessary permits. All alcoholic beverages must be served by our personnel and consumed in a designated area. Proof of age will be required. NMS Catering reserves the right to refuse service of alcoholic beverages to any person.

DELIVERY FEES

There is no delivery fee for catering services held inside the BP Campus to include the Energy Center. Deliveries outside this area will be subject to a \$50 fee. \$30.00 for additional delivery times.