

SNACKS

TOP PICK



THE HEALTHY ALTERNATIVE \$5.69

Apples	80 cal each
Oranges	80 cal each
Bananas	110 cal each
Pears	100 cal each
Individual Yogurt Cups	50-150 cal each
Trail Mix	290 cal each
Granola Bars	190 cal each

CHOCAHOLIC \$6.79

Miniature Chocolate Bars	45-70 cal each
Chocolate Chip Cookies	170-200 cal each
Chilled Chocolate Milk	200 cal/8 oz. serving
Chocolate Dipped Pretzels	110 cal each
Chocolate Dipped Strawberries	40 cal each

SNACK ATTACK \$4.99

Individual Bags of Chips	150-160 cal each
Honey Peanuts	160 cal/1 oz. serving
Bakery-fresh Brownies	250 cal/2.25 oz. serving
Trail Mix	290 cal each
Assorted Cookies	170-200 cal each

BEVERAGES

REGULAR AND DECAFFEINATED COFFEE (0 cal/8 oz. serving)	\$2.09
BOTTLED JUICE (OJ, CRANBERRY, GRAPEFRUIT) (110-170 cal each)	\$1.69
BOTTLED WATER (0 cal each)	\$1.69
ASSORTED SODAS (CAN) (0-150 cal each)	\$1.29

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.

VEGETARIAN VEGAN



fresh food
on the go

UNCW Catering



CONTACT US TODAY

910-962-3600
CATERING@UNCW.EDU
WWW.UNCW.CAMPUSDISH.COM
PRICES EFFECTIVE UNTIL 08/01/2017

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SUNRISE STARTERS

TOP PICK

HEALTHY CHOICE \$7.29 Per Person

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

Individual Cereal
Cups 140-260 cal each
2% Milk 140 cal/8 oz. serving
Bananas 110 cal each
Assorted Individual
Yogurt Cups 50-150 cal each
Port City Java Coffee, Decaf,
and Hot Tea

0 cal/8 oz. serving

Includes appropriate condiments

MINI CONTINENTAL \$7.99 Per Person

Miniature Muffins 80-120 cal each
Miniature Danish 140-170 cal each
Miniature Croissants 180 cal each
Miniature Bagels 110-160 cal each
Fresh Seasonal
Sliced Fruit 35 cal/2.5 oz. serving
Assorted Juice 110-170 cal each
Port City Java Coffee, Decaf,
and Hot Tea

0 cal/8 oz. serving

Includes appropriate condiments

MEETING ALL DAY

FULL DAY CLASSIC Start out with the Quick Start Breakfast, served with an assortment of breakfast baked goods, assorted juices and gourmet coffee service.

For Lunch, enjoy either the Main Event Sandwich Buffet or the Salad Affair Gourmet Salad Buffet served with accompaniments and dessert.

QUICK START BREAKFAST

SANDWICHES \$16.79

SALADS \$17.79

FAVORITE LUNCH PACKAGES

TOP PICK

THE MAIN EVENT \$10.49

Your choice of three (3) selections from our variety of Premium Sandwiches; served with a Tossed Green Salad and choice of two (2) Side Salads, Chips and Assorted Desserts

Premium Sandwiches 350-750 cal each
Tossed Salad 50 cal/3.5 oz. serving
Side Salads 25-240 cal each
Individual Bags of
Chips 150-160 cal each
Assorted Cookies 170-200 cal each

Assorted Beverages for \$1.49.

A SALAD AFFAIR \$10.89

Your choice of three (3) selections from our assortment of Premium Entrée Salads; served with Fresh Bread, Seasonal Fruit and Assorted Desserts

Premium Entrée
Salads 240-640 cal each
Bakery Fresh Rolls 90 cal each
Fresh Seasonal
Sliced Fruit 35 cal/2.5 oz. serving
Assorted Cookies 170-200 cal each

Includes appropriate condiments

Assorted Beverages for \$1.29

CLASSIC BOX SALAD \$8.99

Your choice of any Premium Entrée Salad; served with a Roll and Butter, Seasonal Fruit, Chips and Cookies

Premium Entrée
Salad 240-640 cal each
Bakery Fresh Roll 90 cal each
Fresh Seasonal
Sliced Fruit 35 cal/2.5 oz. serving
Individual Bag of Chips 150-160 cal each
Cookie 170-200 cal each

Includes appropriate condiments

Assorted Beverages for \$1.29

SIGNATURE BROWN BAG LUNCH

\$7.79

Your choice of any Premium Sandwich, served with Chips and Cookies
Premium Sandwich 350-750 cal each
Individual Bag of Chips 150-160 cal each
Cookie 170-200 cal each

Assorted Beverages for \$1.29

LATIN CONNECTION \$9.49

Smoked Turkey
Fajita Ciabatta 350 cal
each

Chile Lime
Cucumbers 25 cal/3.0 oz.
serving

Corn and Black
Bean Salad 120 cal/4 oz.
serving

Cinnamon Cookie 180 cal
each

Assorted Beverages for \$1.29

SIDE SALADS

Asian Slaw with Red Peppers, Carrots, Scallions, Minced Fresh Mint and Cilantro in a Sesame Teriyaki Dressing (70 cal/3 oz. serving)

Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapenos, Fresh Cilantro and Fresh Garlic (120 cal/4 oz. serving)

Roasted Sweet Potato Salad with Green Chiles, Scallions, Celery, Red Peppers and Fresh Cilantro tossed in spicy Caribbean Jerk Seasoning (120 cal/4 oz. serving)

Sweet Chili Cucumber Salad with Red Onion, Fresh Cilantro and a Sweet and Spicy Chili Sauce (25 cal/3 oz. serving)

Traditional Garden Salad with a Balsamic Vinaigrette Dressing (50 cal/3.5 oz. serving)

PREMIUM SANDWICHES

Greek Salad Wrap with Crumbled Feta, Black Olives, Fresh Cucumbers, Plum Tomatoes and Red Onion (430 cal each)

Thinly Sliced Pastrami with Slaw and Thousand Island Dressing on Rye Bread (440 cal each)

Roast Beef with Chive Cream Cheese Spread on Ciabatta (450 cal each)

Chicken Caesar and Asiago
Bruschetta Baguette (740 cal each)

Chicken Salad with Bacon and Apple Ciabatta (620 cal each)

Ham and Swiss Ciabatta with a Red Onion Apricot Relish (530 cal each)

Turkey, Bacon and Garlic Aioli
Ciabatta (670 cal each)

Turkey, Feta, Spinach and Sun-Dried
Tomato Ciabatta (620 cal each)

SALADS

Traditional Garden Chicken Salad with Fresh Iceberg and Romaine Lettuce, Grilled Chicken, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (330 cal each)

Traditional Caesar Salad with Shredded Parmesan Cheese and Seasoned Croutons (420 cal each)

Chicken Chef Salad with Sharp Cheddar Cheese and Ranch Dressing (640 cal each)

Fresh Baby Spinach and Apple Salad with Grilled Chicken Breast, Crumbled Goat Cheese, Diced Bacon, and Country Apple Dressing (510 cal each)

Traditional Garden Salad with Fresh Iceberg and Romaine Lettuce, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (240 cal each)



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.