



BREAKS

TOP PICK

The Healthy Alternative \$7.99 per person

■ Apples	60 Cal each
■ Oranges	50 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

Chocoholic \$7.69 per person

■ Miniature Chocolate Bars	45-70 Cal each
■ Chunky Chocolate Craveworthy Cookies	280 Cal each
■ Chilled Chocolate Milk	160 Cal each
■ Chocolate Dipped Pretzels	110 Cal each
■ Chocolate Dipped Strawberries	40 Cal each

Energy Break \$3.59 per person

■ Granola Bars	190 Cal each
■ Fruit Filled Bars	160 Cal each
■ Breakfast Bars	250 Cal each

■ Vegetarian ■ Vegan

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.

Snack Attack \$5.99 per person

■ Individual Bags of Chips	100-160 Cal each
■ Roasted Peanuts	190 Cal/1 oz. serving
■ Trail Mix	290 Cal each
■ Assorted Craveworthy Cookies	250-310 Cal each
■ Bakery-fresh Brownies	250 Cal/2.25 oz. serving

BEVERAGES

Includes appropriate condiments

Regular Coffee (0 Cal/8 oz. serving)
\$19.99 per gallon

Decaffeinated Coffee (0 Cal/8 oz. serving)
\$19.99 per gallon

Bottled Juice (OJ, Cranberry, Grapefruit)
(110-170 Cal each) \$2.29 each

Bottled Water (0 Cal each) \$1.99 each

Assorted Sodas (Canned) (0-150 Cal each)
\$1.79 each



CONTACT US TODAY

910-962-3600
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Prices effective until 08/01/2019
Prices may be subject to change

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UNCW CATERING

fresh food on the go





SUNRISE STARTERS

Includes appropriate condiments

TOP PICK

Healthy Choice Breakfast

\$8.69 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
Milk	120 Cal each
■ Bananas	110 Cal each
■ Assorted Individual Yogurt Cups	50-150 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Mini Continental \$9.79 per person

■ Miniature Muffins	80-120 Cal each
■ Miniature Danish	140-170 Cal each
■ Miniature Bagels	110-160 Cal each
■ Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Quick Start \$9.29 per person

Choice of three (3) Breakfast Pastries served with Fresh Seasonal Sliced Fruit, Assorted Juices and Bottled Water and Gourmet Coffee, Decaf and Hot Tea

■ Assorted Muffins	400-510 Cal each
■ Assorted Danish	200-430 Cal each
■ Assorted Scones	430-470 Cal each
■ Assorted Bagels	170-360 Cal each
■ Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
Assorted Juice	110-170 Cal each
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

A La Carte

Includes appropriate condiments

■ Assorted Donuts (190-490 Cal each)	\$16.99 per dozen
■ Assorted Pastries (200-510 Cal each)	\$19.99 per dozen
■ Assorted Muffins (400-510 Cal each)	\$19.99 per dozen
■ Assorted Breakfast Breads (110-220 Cal each)	\$13.49 serves 12
■ Assorted Scones (430-470 Cal each)	\$19.99 per dozen
■ Fresh Seasonal Sliced Fruit (40 Cal/2.5 oz. serving)	\$3.09 per person

FAVORITE LUNCH PACKAGES

Includes appropriate condiments

TOP PICK

The Main Event \$14.49 per person

Your choice of three (3) selections from our variety of Classic Sandwiches served with a Tossed Green Salad and choice of two (2) Side Salads, Chips, Assorted Craveworthy Cookies, Iced Water and Iced Tea

Classic Sandwiches	140-750 Cal each
■ Tossed Salad	50 Cal/3.5 oz. serving
Side Salads	25-330 Cal each
■ Individual Bags of Chips	100-160 Cal each
■ Assorted Craveworthy Cookies	250-310 Cal each
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

A Salad Affair \$13.49 per person

Your choice of three (3) selections from our assortment of Classic Entrée Salads served with Fresh Bread, Fresh Seasonal Fruit, Assorted Craveworthy Cookies, Iced Water and Iced Tea

Classic Entrée Salad	240-550 Cal each
■ Bakery Fresh Rolls	160 Cal each
■ Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
■ Assorted Craveworthy Cookies	250-310 Cal each
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

Classic Box Lunch - Sandwich

\$10.29 per person

Your choice of Classic Sandwich served with Potato Chips, Craveworthy Cookies and Bottled Water

Classic Selection Sandwich	140-750 Cal each
■ Individual Bag of Chips	100-160 Cal each
■ Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

Classic Box Lunch - Salad

\$10.49 per person

Your choice of Classic Entrée Salad served with a Roll and Butter, Fresh Fruit Cup, Craveworthy Cookies and Bottled Water

Classic Entrée Salad	240-550 Cal each
■ Bakery Fresh Roll	160 Cal each
■ Fresh Fruit Cup	40 Cal/2.5 oz. serving
■ Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

Signature Brown Bag Lunch

\$9.49 per person

Your choice of Sandwich served with Chips, Craveworthy Cookies and Bottled Water

Turkey and Swiss Sandwich	490 Cal each
Ham and Swiss Sandwich	440 Cal each
■ Garden Vegetable and Boursin Sandwich	570 Cal each
■ Individual Bag of Chips	100-160 Cal each
■ Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

CLASSIC SANDWICHES

Grilled Chicken Club with Bacon and Swiss on Toasted Wheat Bread (750 Cal each)

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

Reuben Wrap (360 Cal each)

Thai Beef Wrap (280 Cal each)

Turkey Breast with Mesclun Greens and Sage Cream Cheese on Ciabatta Bread (420 Cal each)

Roast Beef and Cheddar Sandwich (420 Cal each)

Chicken Caesar Wrap (630 Cal each)

Honey Mustard Ham and Swiss Ciabatta (480 Cal each)

CLASSIC ENTRÉE 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 Grilled Chicken, Shredded Parmesan Cheese and Seasoned Croutons (550 Cal each)

■ Blackened Tofu Taco Salad (280 Cal each)

Chicken Cobb Salad with Italian Herb Dressing (420 Cal each)

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

MEETING ALL DAY

Full Day Classic

Start out with the **Quick Start Breakfast**, served with an assortment of breakfast baked goods, assorted juices, water, 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 \$19.99 per person

Salads \$19.99 per person

SIDE SALADS

■ Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (90 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)

■ Ranch Pasta Salad (120 Cal/3 oz. serving)

■ Fresh Fruit Salad (40 Cal/2.5 oz. serving)

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.