

A top-down view of a wooden table with various fresh vegetables. In the top left, there are red radishes on a wooden cutting board. In the top right, there is a wooden bowl filled with green leafy herbs. On the right side, there are strawberries in a white bowl. In the center, there are several green asparagus spears. To the right of the asparagus, there are several green pea pods, some open showing the peas. In the bottom left, there is a white bowl filled with blueberries. In the bottom center, there is a sliced cherry tomato. In the bottom right, there is a sliced avocado. The text 'UNCW CATERING' is centered on the table, flanked by two horizontal lines and four dots.

UNCW CATERING

The logo for UNCW Catering, featuring the text 'UNCW' in a large, stylized, cursive font, with 'CATERING' in a smaller, sans-serif font below it. The logo is enclosed in a thin black rectangular border.

UNCW
CATERING

ALL-DAY PACKAGES

All Day Delicious \$36.99

Relax. We'll keep the food coming! These 4 selections will keep your energy up throughout the day. Available for 15 guests or more. Includes appropriate condiments.

Delicious Dawn

Assorted Muffins	400-510 Cal each
Assorted Scones	430-470 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

AM Perk Up

Granola Bars	190 Cal each
Assorted Individual Yogurt Cups	50-150 Cal each
Iced Tea	5 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Power Up Lunch

Tomato and Cucumber Couscous Salad	120 Cal/3.75 oz. serving
Orange Fennel Spinach Salad	210 Cal/3.2 oz. serving
Bakery Fresh Rolls	160 Cal each
Green Beans Gremolata	70 Cal/3 oz. serving
Three Pepper Cavatappi with Pesto	310 Cal/7.5 oz. serving
Grilled Chicken with a Lemon Tarragon White Wine Sauce	200 Cal/5.75 oz. serving
New York Cheesecake	440 Cal/slice
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

PM Pick Me Up

Chilled Spinach Dip with Tortilla Chips	230 Cal/2.25 oz. serving
Grilled Vegetable Tray	70 Cal/3 oz. serving
Freshly Baked Brownies	250 Cal/2.25 oz. serving
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Meeting Wrap Up \$31.99

Serve these favorites and success is a wrap! This All-Day package includes the following 4 delights. Available for 15 guests or more. Includes appropriate condiments.

Morning Mini

Miniature Muffins	80-120 Cal each
Miniature Danish	140-170 Cal each
Miniature Scones	110-120 Cal each
Yogurt Parfait cups	370-400 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

The Energizer

Donut Holes	45-90 Cal each
Ripe Bananas	110 Cal each
Iced Tea	5 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

It's a Wrap

Includes choice of salad.

Chicken Caesar Wrap	540 Cal each
Pepper Jack Tuna Wrap	590 Cal each
Cran-Apple Turkey Wrap	650 Cal each
Grilled Vegetable Wrap	620 Cal each
Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
Traditional Garden Salad	50 Cal/3.5 oz. serving
Grilled Vegetable Pasta Salad	130 Cal/3 oz. serving
Individual Bag of Chips	100-160 Cal each
Assorted Craveworthy Cookies	250-310 Cal each
Freshly Baked Brownies	250 Cal/2.25 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

Mid-Day Munchies

Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fruit Bowl, Assorted Craveworthy Cookies and Beverages

Tortilla Chips	90 Cal/2 oz. serving
Salsa Roja	20 Cal/1 oz. serving
Salsa Verde	20 Cal/1 oz. serving
Pico De Gallo	10 Cal/1 oz. serving
Assorted fruit	50-110 Cal each
Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

ALL-DAY PACKAGES

Simple Pleasures \$23.99

Easy does it-Casually tasteful fare. This All-Day package includes 3 of our favorites. Available for 15 guests or more. Includes appropriate condiments.

Simple Continental

■ Assorted Donuts	190-490 Cal each
■ Assorted Bagels	170-360 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, Assorted Craveworthy Cookies and Bottled Water

Tuna Salad Ciabatta	540 Cal each
Ham & Swiss Sub	380 Cal each
Turkey & Swiss Sandwich	490 Cal each
■ Roasted Pepper & Mozzarella Ciabatta	530 Cal each
■ Individual Bag of Chips	100-160 Cal each
■ Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

Mid-Day Munchies

Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fruit Bowl, Assorted Craveworthy Cookies and Beverages

■ Tortilla Chips	90 Cal/2 oz. serving
■ Salsa Roja	20 Cal/1 oz. serving
■ Salsa Verde	20 Cal/1 oz. serving
■ Pico De Gallo	10 Cal/1 oz. serving
■ Assorted fruit	50-110 Cal each
■ Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Choose one of these 3 packages to sustain you throughout the day.

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.
Includes appropriate condiments.

Basic Beginnings \$7.49

Choice of one (1) Breakfast Pastry served with Iced Water, Gourmet Coffee, Decaf and Hot Tea

■ Assorted Danish	200-430 Cal each
■ Assorted Muffins	400-510 Cal each
■ Assorted Scones	430-470 Cal each
■ Assorted Bagels	170-360 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Mini Continental \$9.79

■ 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

Healthy Choice Breakfast \$8.69

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

À la Carte Breakfast

Includes appropriate condiments

- Assorted Bagels (170-360 Cal each) \$2.19 Per Person
- Assorted Muffins (400-510 Cal each) \$2.19 Per Person
- Cinnamon Rolls (260 Cal each) \$1.99 Per Person
- Assorted Danish (200-430 Cal each) \$2.19 Per Person
- Fresh Seasonal Sliced Fruit (40 Cal/2.5 oz. serving) \$3.09 Per Person
- Vegan Zucchini Breakfast Bread (270 Cal/3 oz. serving) \$13.49 Serves 12

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BREAKFAST

Hot Breakfast

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

Ultimate Breakfast \$14.99

Choice of three (3) Breakfast Pastries, Scrambled Eggs, Cheddar and Onion Frittata, Crisp Bacon, Breakfast Sausage, Pancakes and Syrup, Breakfast Potatoes, Fresh Seasonal Sliced Fruit, Assorted Juices and Bottled Water, 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
Scrambled Eggs	180 Cal/4 oz. serving
Cheddar and Onion Frittata	270 Cal each
Breakfast Potatoes	130-150 Cal/3 oz. serving
Bacon	45 Cal each
Breakfast Sausage	130-220 Cal each
Pancakes	50 Cal each
Maple Syrup	70 Cal/1 oz. serving
Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
Assorted Juices	110-170 Cal each
Bottled Water	0 Cal each
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

American Breakfast \$10.99

Scrambled Eggs, Breakfast Potatoes, Crisp Bacon, Breakfast Sausage, choice of one (1) Breakfast Pastry, Iced Water, 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
Scrambled Eggs	180 Cal/4 oz. serving
Breakfast Potatoes	130-150 Cal/3 oz. serving
Bacon	45 Cal each
Breakfast Sausage	130-220 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving



French Toast Breakfast \$10.49

Orange Cinnamon French Toast served with Butter and Syrup, Breakfast Potatoes, Crisp Bacon, Breakfast Sausage, Ice Water, Gourmet Coffee, Decaf and Hot Tea

Orange Cinnamon French Toast	90 Cal each
Maple Syrup	70 Cal/1 oz. serving
Breakfast Potatoes	130-150 Cal/3 oz. serving
Bacon	45 Cal each
Breakfast Sausage	130-220 Cal each
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. Includes appropriate condiments.

Yogurt Parfait Bar \$8.19

Choose two (2) Yogurt flavors served with a variety of toppings

■ Greek Yogurt	70 Cal/4 oz. serving
■ Strawberry Yogurt	100 Cal/4 oz. serving
■ Vanilla Yogurt	110 Cal/4 oz. serving
■ Diced Pineapple	30 Cal/2 oz. serving
■ Fresh Strawberries	20 Cal/2 oz. serving
■ Walnuts	90 Cal/0.5 oz. serving
■ Granola	110 Cal/1 oz. serving

Just Pancakes \$4.09

■ Silver Dollar Pancakes	50 Cal each
■ Maple Syrup	70 Cal/1 oz. serving

Home-style Biscuits and Gravy \$3.09

(590 Cal/7 oz. serving)

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 12 guests or more.
Includes appropriate condiments.

Deli Express \$11.49

Create your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads, Chips, Assorted Craveworthy Cookies and Beverages

Deli Platter (Turkey, Roast Beef, Ham, Tuna)	25-80 Cal/1 oz. serving
■ Cheese Tray (Cheddar & Swiss)	110 Cal/1 oz. serving
■ Relish Tray (Lettuce, Tomato, Onion, Pickles, Pepperoncini)	20 Cal/1 oz. serving
■ Assorted Baked Breads & Rolls	110-160 Cal each
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

Premium Box Lunches

Spicy Salmon Arugula Wrap \$13.99

Grilled Salmon, Jalapeno Coleslaw, Arugula, Tomato and Remoulade in a Lavash Wrap	620 Cal each
■ Sweet Chili Cucumber Salad	25 Cal/3 oz. serving
■ Individual Bag of Chips	100-160 Cal each
■ Freshly Baked Brownie	250 Cal/2.25 oz. serving
Bottled Water	0 Cal each

Kale Pesto Turkey Ciabatta \$12.99

Turkey, Provolone, Tomato, Balsamic Glaze and Spicy Kale Pesto on Ciabatta	560 Cal each
■ Chilled Dill Cucumber Salad	60 Cal/3.75 oz. serving
■ Individual Bag of Chips	100-160 Cal each
■ Freshly Baked Brownie	250 Cal/2.25 oz. serving
Bottled Water	0 Cal each

Asian Chicken Salad \$13.99

Grilled Chicken, Romaine, Vegetables, Orange and Almonds tossed with a Sweet and Spicy Sesame Dressing	430 Cal each
■ Bakery Fresh Roll	160 Cal each
■ Fresh Fruit Cup	40 Cal/2.5 oz. serving
■ Lemon Cheesecake Bar	300 Cal/2.75 oz. serving
Bottled Water	0 Cal each

Classic Box Lunch \$10.29

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 Selections Buffet \$15.49

Your Choice of three (3) Sandwiches and two (2) Side Salads
accompanied by Potato Chips, Mayo and Mustard, Pickles,
Assorted Craveworthy Cookies, Iced Water and Iced Tea

Classic Selection Sandwiches	140-750 Cal each
Side Salads	25-330 Cal each
■ Dill Pickle Slices	0 Cal/1 oz. serving
■ 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

Classic Sandwich Options

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

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

Roast Beef with Tarragon Horseradish Spread on Wheatberry Bread
(450 Cal each)

Deli Sliced Ham with Honey Mustard Dressing on Ciabatta Bread
(370 Cal each)

Chicken Caesar Wrap (630 Cal each)

Turkey, Bacon and Garlic Aioli Ciabatta (400 Cal each)

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 12 guests or more. Includes appropriate condiments.

The Executive Luncheon \$17.79

Choice of three (3) Sandwiches and two (2) Side Salads accompanied by Potato Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies, Iced Water and Iced Tea

Executive Luncheon Sandwiches	370-760 Cal each
Side Salads	25-330 Cal each
■ Dill Pickle Slices	0 Cal/1 oz. serving
■ 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

Executive Luncheon Sandwiches

(Available Sandwich Choices for the Executive Luncheon Buffet)

Ham and Brie, with Fresh Pear, Spinach and Caramelized Onions on Wheatberry Bread (700 Cal each)

Sliced Portobello Mushroom with Arugula and Olive Pesto Spread on a French Baguette (570 Cal each)

Tuna and Apple Salad with Fresh Tomatoes and Arugula on Ciabatta Bread (370 Cal each)

Southwest Smoked Turkey Ciabatta with Fresh Spinach and Chipotle Mayo (500 Cal each)

Grilled Herbed Chicken and Asiago with Garlic Mayonnaise Sub (490 Cal each)

Roast Beef, Provolone, Artichoke Relish and Pesto Mayo Baguette (690 Cal each)

Side Salad Selections

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

■ Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (90 Cal/3 oz. serving)

■ Toasted Cranberry Apple Couscous with Apricots, Granny Smith Apples, Almonds, Red Onions, Fresh Spinach and Scallions (90 Cal/3 oz. serving)

■ Asian Slaw with Red Peppers, Carrots, Scallions, Minced Fresh Mint and Cilantro in a Sesame Teriyaki Dressing (70 Cal/3 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)

■ Chickpea Salad with Fresh Cucumbers, Red Onions, Green and Red Peppers, Celery and Garlic with a Hot Pepper Sauce and Lemon Seasoning (130 Cal/3.5 oz. serving)

■ Chilled Dill Cucumber Salad with Onions tossed in Italian Dressing (60 Cal/3.75 oz. serving)

■ Red-skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing (240 Cal/4 oz. serving)

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

Spinach Salad with Bacon, Egg, Mushroom and Tomato (60 Cal/2.15 oz. serving)

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

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BUFFETS

Themed Buffets

18 Person Minimum. Includes appropriate condiments and choice of beverages.

Soup and Salad Buffet \$15.49

Garden Fresh Tossed Salad with Dressings and assorted toppings served with Dinner Rolls and Butter, Soup du Jour, Assorted Craveworthy Cookies and choice of Beverage

■ Garden Fresh Mixed Greens	15 Cal/3 oz. serving
■ Ranch Dressing	200 Cal/2 oz. serving
■ Italian Dressing	80 Cal/2 oz. serving
Sliced Grilled Chicken	160 Cal/3 oz. serving
Diced Ham	60 Cal/2 oz. serving
■ Roasted Chickpeas	210 Cal/2 oz. serving
■ Sliced Red Onions	10 Cal/1 oz. serving
■ Shredded Cheese	60 Cal/0.5 oz. serving
■ Tomatoes	5 Cal/1 oz. serving
■ Cucumbers	5 Cal/1 oz. serving
■ Shredded Carrots	10 Cal/0.5 oz. serving
■ Croutons	60 Cal/0.5 oz. serving
■ Dinner Rolls	160 Cal each
Soup du Jour	80-420 Cal/8 oz. serving
■ Assorted Craveworthy Cookies	250-310 Cal each
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

All-American Picnic \$14.49

■ Home-style Potato Salad	240 Cal/4 oz. serving
■ Fresh Country Coleslaw	170 Cal/3.5 oz. serving
House-made Kettle Chips	240 Cal/1.25 oz. serving
Grilled Hamburgers with Buns	330 Cal each
Hot Dogs with Buns	310 Cal each
■ Garnish Tray (Lettuce, Onions, Pickles, Tomatoes)	0-10 Cal/1 oz. serving
■ Assorted Craveworthy Cookies	250-310 Cal each
■ Bakery-fresh Brownies	250 Cal/2.25 oz. serving
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

Northern Italian Buffet \$18.49

■ Mediterranean Salad with a Greek Vinaigrette	120 Cal/3.25 oz. serving
■ Garlic Breadsticks	110 Cal each
■ Roasted Mushrooms	90 Cal/3.5 oz. serving
Lemon Rosemary Chicken	130 Cal/3 oz. serving
Shrimp Scampi	100 Cal/3 oz. serving
■ Vermicelli Pasta	150 Cal/3.25 oz. serving
■ Berry Panna Cotta	330 Cal/5 oz. serving
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving





BUFFETS

Themed Buffets

18 Person Minimum. Includes appropriate condiments and choice of beverages.

Latin Flavors \$16.49

■ Mexican Chopped Salad	40 Cal/ 2.4 oz. serving
■ Grilled Flatbread	110 Cal each
■ Cilantro Lime Rice	120 Cal/3 oz. serving
■ Cumin Black Beans	110 Cal/3 oz. serving
Chipotle Orange Roasted Chicken	440 Cal/6 oz. serving
Carne Asada con Papas Ranchero	180 Cal/6 oz. serving
Sopaipillas	70 Cal each
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

Republic of Spice \$17.49

Kadai Jhinga Masala (Prawns in sauce) and Tandoori Chicken served over Lemon-Ginger Basmati Rice and accompaniments

■ Kachumber Side Salad	40 Cal/3.9 oz. serving
■ Tikka Chaat Side Salad	70 Cal/3 oz. serving
■ Curry-Spiced Naan	440 Cal each
Kadai Jhinga Masala	120 Cal/4.5 oz. serving
Tandoori Chicken	150 Cal/3 oz. serving
■ Lemon-Ginger Basmati Rice	170 Cal/3.25 oz. serving
■ Pickled Red Onion	10 Cal/0.5 oz. serving
■ Shredded Carrot	10 Cal/0.5 oz. serving
■ Cilantro	0 Cal/0.125 oz. serving
■ Mango Chutney	45 Cal/1 oz. serving
Cucumber Mint Raita	15 Cal/1 oz. serving
■ Tomato Chutney	5 Cal/0.5 oz. serving
■ Honey Lemon Rice Pudding	200 Cal/4.25 oz. serving
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving



Looking to create your own Themed Buffet or Unique Custom Buffet?

Contact us at catering@uncw.edu or 910.962.3600 to explore more options and personalize your buffet to fit your event.

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BUFFETS

Themed Buffets

18 Person Minimum. Includes appropriate condiments and choice of beverages.

Build Your Own Bite Sized Southern BBQ \$15.99

■ Fresh Country Coleslaw	170 Cal/3.5 oz. serving
■ Vegetarian Baked Beans	160 Cal/4 oz. serving
Collard Greens	90 Cal/3 oz. serving
■ Macaroni and Cheese	260 Cal/4 oz. serving
Hush Puppies	70 Cal each
Pulled Chicken	190 Cal/3 oz. serving
Pulled Pork	290 Cal/3 oz. serving
■ Slider Buns	80 Cal each
■ Assorted Craveworthy Cookies	250-310 Cal each
■ Bakery-fresh Brownies	250 Cal/2.25 oz. serving
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

Yucatan Bowl \$17.49

Create your own Yucatan Bowls with White or Brown Rice, Charro Beans, Braised Chicken & Beef, Roasted Portobello Mushrooms, Toppings Bar including two (2) salsas, and sides

■ Romaine Lettuce Salad	0 Cal/0.25 oz. serving
■ Avocado Ranch Dressing	80 Cal/1 oz. serving
■ Cilantro Lime White Rice	120 Cal/3 oz. serving
■ Cilantro Lime Brown Rice	140 Cal/3.5 oz. serving
■ Charro Beans	90 Cal/3 oz. serving
Braised Chicken	180 Cal/3 oz. serving
Braised Beef	160 Cal/3 oz. serving
■ Roasted Portobello Mushrooms	20 Cal/2.25 oz. serving
■ Guacamole	40 Cal/1.33 oz. serving
■ Pico De Gallo	10 Cal/1 oz. serving
■ Salsa Verde	10 Cal/1 oz. serving
■ Salsa Roja	20 Cal/1 oz. serving
■ Dulce de Leche Brownie	220 Cal/2.25 oz. serving
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

East Asian Eats \$17.49

Jasmine Rice, LoMein Noodles, Lemongrass Chicken, Asian Tofu with Teriyaki Sauce and sides with two (2) dipping sauces

Egg rolls	190 Cal each
Crispy Wontons	25 Cal each
■ Sweet Soy Sauce	50 Cal/1 oz. serving
■ Sweet & Sour Sauce	40 Cal/ 1 oz. serving
■ Chili Garlic Sauce	45 Cal/1 oz. serving
■ LoMein Noodles Yakisoba	120 Cal/2.5 oz. serving
■ Jasmine Rice	130 Cal/3 oz. serving
Lemongrass Chicken	190 Cal/3 oz. serving
■ Asian Tofu	120 Cal/3 oz. serving
■ Teriyaki Sauce	25 Cal/0.5 oz. serving
■ Raspberry Coconut Bars	370 Cal/3.25 oz. serving
Iced Tea	5 Cal/8 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving



BUFFETS

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 Two Beverages. Includes appropriate condiments.

Buffet Starters

- Seasonal Garden Salad with Balsamic Vinaigrette (50 Cal/3.5 oz. serving)
Classic Caesar Salad (160 Cal/2.7 oz. serving)
Antipasto Salad (130 Cal/3 oz. serving)
- Autumn Vegetable Salad with Red Wine Vinaigrette (80 Cal/3 oz. serving)
- Traditional Hummus with Toasted Pita (130 Cal/1.75 oz. serving)
- Seasonal Fresh Fruit Salad (40 Cal/2.25 oz. serving)

Buffet Entrees

- Grilled Chicken Breast with Cider Marinade (120 Cal/3 oz. serving) \$17.49
- Asiago Chicken in a Roasted Red Pepper Sauce (310 Cal/5 oz. serving) \$17.49
- Chicken and Shrimp Creole (240 Cal/8.75 oz. serving) \$16.49
- Chipotle Pork Loin topped with a Pineapple Salsa (180 Cal/3.75 oz. serving) \$18.49
- Grilled Salmon in a Moroccan Herb Sauce (120 Cal/2.75 oz. serving) \$18.99
- Pesto Flank Steak (250 Cal/3 oz. serving) \$18.99
- Cavatappi a la Toscana (430 Cal/15.75 oz. serving) \$15.99

Buffet Sides

- Italian Seasoned Green Beans (40 Cal/3.25 oz. serving)
- Goat Cheese and Roasted Garlic Mashed Potatoes (170 Cal/4.25 oz. serving)
- Pan Roasted Vegetables (45 Cal/3 oz. serving)
- Herb-Roasted Mushrooms (90 Cal/3.5 oz. serving)
- Quinoa and Wild Rice Blend (110 Cal/2.6 oz. serving)
- Ginger Honey Glazed Carrots (110 Cal/3.25 oz. serving)
- Roasted Red Potatoes (100 Cal/2.75 oz. serving)

Buffet Finishes

- Bread Pudding with Caramel Apple Sauce (370 Cal/6.75 oz. serving)
- Cherry Cheesecake Tarts (170 Cal/1.75 oz. serving)
- Dulce de Leche Brownie (220 Cal/2.25 oz. serving)
- Spiced Carrot Cake (370 Cal/slice)
- Chocolate Cake (270 Cal/slice)
- Vegan Zucchini Cake with Raisins and Walnuts (270 Cal/3 oz. serving)

RECEPTIONS

Hors d'oeuvres

Hors d'oeuvres are priced per dozen. Includes appropriate condiments.

Reception Hors d'oeuvres (Hot)

Balsamic Fig and Goat Cheese Flatbread (80 Cal each) \$25.99

Chicken Satay (20 Cal each) \$23.99

Coconut Shrimp (45 Cal each) \$30.99

Crab Cakes (30 Cal each) \$25.99

Sesame Chicken (40 Cal each) \$22.99

■ Spanakopita (70 Cal each) \$22.99

■ Vegetable Spring Rolls (15 Cal each) \$33.99



Reception Hors d'oeuvres (Cold)

■ Assorted Petit Fours (60-140 Cal each) \$25.99

■ Cool Citrus Mini Cheesecakes (80 Cal each) \$23.99

Antipasto Kabobs (45 Cal each) \$30.99

Pan-Seared Scallop-Caramelized Onion Tartlet with Granny Smith Apple, Goat Cheese and UNCW Micro Greens (140/each) \$27.99

Middle Eastern-Spiced Ground Beef with Cumin Hummus, Pickled Red Onion, Chermoula Drizzle and Flatbread Crumbs (188/each) \$24.99

Chicken Tinga Confit with Black Bean Pico De Gallo, Lime Crema, Crispy Rice and Cilantro (110/each) \$23.99

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.

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.



RECEPTIONS

Reception Platters and Dips

Classic Sliced Cheese Tray \$3.59 Per Person

■ Classic Sliced Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini (290 Cal/2.75 oz. serving)

Fresh Garden Crudités \$3.39 Per Person

■ Fresh Garden Crudités with Ranch Dill Dip (120 Cal/5 oz. serving)

Fresh Seasonal Fruit \$3.09 Per Person

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

Antipasto Platter \$6.19 Per Person

Antipasto Platter with Marinated Vegetables, Italian Meats and Cheese (250 Cal/5 oz. serving)

Housemade Spinach Dip \$2.99 Per Person

■ Housemade Spinach Dip served with Fresh Pita Chips (230 Cal/2.25 oz. serving)

May we suggest a Served Meal or Reception?

Our talented chefs are delighted to create special menus that accommodate your culinary preferences and budget. Please contact our Catering Office at (910) 962-3600 to arrange a personal consultation.

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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.



RECEPTIONS

Reception Stations

Reception Stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 18 guests or more. Includes appropriate condiments.

Mezze Delight \$9.99

Add a package of our Mediterranean bites to your reception

■ Pita Chips	140 Cal/2 oz. serving
■ Hummus	80 Cal/2 oz. serving
■ Baba Ghanoush	120 Cal/4 oz. serving
■ Tabbouleh Salad	110 Cal/3.25 oz. serving
■ Marinated Olives	150 Cal/2.75 oz. serving
■ Seasonal Vegetables	70 Cal/3 oz. serving
Falafel	60 Cal each

Dim Sum \$10.99

A little afternoon Dim Sum to spice up your afternoon meeting or evening reception served with two (2) dipping sauces

Egg rolls	190 Cal each
Pot Stickers	45 Cal each
■ Sweet Soy Sauce	50 Cal/1 oz. serving
■ Sweet & Sour Sauce	40 Cal/1 oz. serving
■ Chili Garlic Sauce	45 Cal/1 oz. serving
Sweet & Spicy Boneless Chicken Wings with Celery Sticks	600 Cal/7.5 oz. serving
■ Gourmet Dessert Bars	300-370 Cal/2.75-3.25 oz. serving

Grown Up Mac and Cheese \$15.49

Our gourmet Mac & Cheese topped your way

■ Chipotle Macaroni and Cheese	460 Cal/8 oz. serving
Grilled Chicken Breast	160 Cal/3 oz. serving
■ Roasted Mushrooms	90 Cal/3.5 oz. serving
Sautéed Shrimp	130 Cal/4 oz. serving

Breaks

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

Chocoholic \$7.69

Become addicted with an assortment of Chocolate-themed treats

■ 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

The Healthy Alternative \$7.99

Get healthy with our heart-happy break

■ 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

Snack Attack \$5.99

The perfect blend of sweet and salty to get you through your day!

■ 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

Breads and Spreads \$5.49

Looking for a variety of flavors to spice up your meeting? Try dipping our Tortilla Chips, Pita Chips and Crusty Crostini into your choice of four (4) spreads, accompanied by a Fresh Fruit Tray

■ Tortilla Chips	190 Cal/2 oz. serving
■ Pita Chips	140 Cal/2 oz. serving
■ Crostini	40 Cal each
■ Korean Roja Guacamole	90 Cal/2 oz. serving
■ Ginger Verde Guacamole	90 Cal/2 oz. serving
■ Chilled Spinach Dip	200 Cal/2 oz. serving
■ Feta & Roasted Garlic Dip	260 Cal/2 oz. serving
■ Traditional Hummus	80 Cal/2 oz. serving
■ Artichoke & Olive Dip	140 Cal/2 oz. serving
■ Fresh Fruit Tray	40 Cal/2.5 oz. serving

BEVERAGES & DESSERTS

Beverages

Includes appropriate accompaniments

Regular Coffee, Decaf and Hot Water with Assorted Tea Bags (0 Cal/8 oz. serving) \$1.99 Per Person

Bottled Water (0 Cal each) \$1.99 Each

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

Assorted Individual Fruit Juices (110-170 Cal each) \$2.29 Each

Iced Tea (5 Cal/8 oz. serving) \$17.99 Per Gallon

Lemonade (90 Cal/8 oz. serving) \$17.99 Per Gallon

Fruit Punch (5 Cal/8 oz. serving) \$17.99 Per Gallon

Assorted Fruit Juices (120-130 Cal/8 oz. serving) \$17.99 Per Gallon

Iced Water (0 Cal/8 oz. serving) \$1.29 Per Gallon

Infused Water \$8.99 Per Gallon

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

Available for 12 guests or more

■ Assorted Blondies (240-300/1.875-2.38 oz. serving) \$1.99 Per Person

■ Assorted Craveworthy Cookies (250-310 Cal each) \$1.99 Per Person

■ Bakery-fresh Brownies (250 Cal/2.25 oz. serving) \$1.99 Per Person

■ Chocolate Chip Cookie Brownies (280 Cal/2.6 oz. serving) \$1.99 Per Person

■ Gourmet Dessert Bars (300-370 Cal/2.75-3.25 oz. serving) \$2.39 Per Person

Ordering Information

Lead Time

Notice of 72 hours 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

Contact Us Today

910.962.3600

catering@uncw.edu

www.uncw.campusdish.com

Prices effective until 08/01/2019

Prices may be subject to change

■ 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.