



ASUCLA CATERING

HEALTHY CHOICES

MENU

~ BREAKFAST SELECTIONS ~

Minimum Order of 12 Persons – orders below minimum are subject to an additional charge.
All selections served with French Roast Coffee (regular or decaf), and Orange Juice or Water

Fresh and Healthy Continental - \$7.00 per person
Fresh seasonal fruit platter, Greek yogurt, mini bran muffins

Greek Yogurt Parfait Bar - \$7.95 per Person
Non-fat Greek yogurt, granola, diced fresh fruit, almonds, walnuts, and honey

Healthy Bear - \$7.95 per Person
Egg white, turkey sausage, tomato and provolone on a whole wheat English muffin
Fresh Seasonal Fruit Platter

Mediterranean Scramble - \$8.95 per Person
Egg whites, baby spinach, tomato, red onion, low fat feta
Turkey Bacon, oven roasted lemon herb red potatoes, and fruit salad

Egg White Scramble Bowl - \$6.95 per Person
Individual bowls of egg whites, baby spinach, tomato, red onion, and turkey bacon

Oatmeal Bar - \$5.25 per Person
Raisin, granola, almonds, walnuts, and honey

Veggie Morning Burrito - \$6.25 per Person
Eggs, diced potatoes, black beans, tomatoes, and onions in a whole wheat tortilla
Add a protein **\$1.00**
Choice of protein: tofu, turkey sausage, grilled chicken

~ A la carte Breakfast ~

Grape Bowl	\$3.25 per person
Red and Green Seedless Grapes	
Sliced Apples and Celery with All Natural Peanut Butter	\$4.50 per person
Hard-Boiled Eggs	\$12.50 dz
Seasonal Whole Fruit	\$1.50 ea
Granola Bars	\$2.00 ea
Trail Mix	\$2.25 ea
Bran Muffins	\$15.75 dz
Whole Wheat Bagels	\$14.50 dz
Egg Whites	\$1.75 per person
Hot Oatmeal	\$3.75 per person

Prices subject to change without notice



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~ BEVERAGES ~

BEVERAGES BY THE GALLON

Organic Fair Trade Regular Coffee	\$15.00 gal
Organic Fair Trade Coffee Decaffeinated	\$15.00 gal
Iced Tea	\$10.00 gal
Fruit Infused Water <i>Flavor selection available upon request</i>	\$10.00 gal
Ice Water	\$5.00 gal
Numi Organic Hot Teas	\$11.00 gal
Orange Juice	\$13.50 gal
Cranberry Juice	\$13.50 gal

INDIVIDUAL BEVERAGES

Soy Milk <i>Plain, Chocolate</i>	\$2.25 ea
Odwalla Juices <i>Mango, Orange, Strawberry Banana</i>	\$6.00 ea
Sparkling Water	\$2.75 ea
Bottled Water	\$3.50 ea
Zico Coconut Water	\$4.50 ea

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~ LUNCH ~

Gourmet and Vegan Wraps

All Gourmet and vegan wraps are available in a lettuce wrap

Minimum order of 6 – orders below minimum are subject to an additional charge

Wraps a la carte — \$7.50 ea.

Combo: includes *choice of wrap*, two sides, and an oatmeal cookie — \$9.50 ea.

Sides: dill red potato salad, whole fruit, orzo pasta with sun-dried tomato and spinach, or fruit salad

Any lunch can be individually **boxed** for an additional \$1.00 ea

Gourmet

Roasted Portobello - Portobello mushroom, provolone, roasted tomato, spinach, pesto and sundried tomato
roasted tomato wrap

Caprese - Mozzarella, basil pesto, garlic mayonnaise, basil leaves, and Roma tomatoes
spinach wrap

Avocado Goat Cheese Spinach - avocado, goat cheese, roasted tomato, spinach and cucumber
spinach wrap

Sonoma Chicken Salad – chicken salad (with grapes, celery and candied walnuts), mixed greens, and havarti
whole wheat wrap

Vegan

Grilled Vegetable and Hummus Vegan - Roasted eggplant, zucchini, yellow squash, Portobello mushrooms, hummus, and olive oil
whole wheat wrap

Mediterranean Vegan - Hummus, tabouli, cucumber, cabbage, and carrots
whole wheat wrap

Thai Peanut Vegan Wrap - Veganaise, peanut tofu, cabbage, carrots, chives, sesame seeds, and sesame ginger sauce
whole wheat wrap



~ GOURMET LUNCHEON ENTRÉE SALADS ~

Minimum order of 6 – orders below minimum are subject to an additional charge

Gourmet Salads *al la carte* \$9.00 per person

Combo: includes *choice of* salad, bread roll, and an oatmeal cookie \$11.00 per person

All gourmet luncheon salads / salad combos can be **individually boxed** for an additional \$1.00 ea.

Arugula Mango -Arugula, field greens, grilled chicken, red bell pepper, mango, and pineapple
Served with mango vinaigrette

Grilled Chicken Greek – Rosemary grilled chicken, baby kale, baby greens, spinach, tomato, cucumber, feta cheese, and Kalamata olives
Served with red wine-oregano vinaigrette

Grilled Vegetable Kale – Baby kale, marinated zucchini, crookneck squash, carrots, eggplant, red peppers, herbs, and parmesan
Served with balsamic vinaigrette

Chinese Chicken – Crisp garden greens, honey soy glazed chicken breast, crispy noodles, mandarin oranges, and sesame seeds
Served with sesame dressing

~ PLATTERS ~

Minimum order of 15 persons – orders below minimum are subject to an additional charge

Middle Eastern Platter - \$4.75 per person
Hummus, tabouli, & baba ganoush
Served with pita points

Caprese Platter - \$4.00 per person
Fresh mozzarella, Roma tomatoes, extra virgin olive oil, balsamic and fresh basil
Served with lavash

Crudité Display - \$3.75 per person
Chef's selection of fresh seasonal vegetables
Served with cucumber dill dip and crackers

Seasonal Fresh Fruit Platter - \$3.75 per person
Seasonal sliced melons and berries

Grilled Vegetable Platter - \$3.75 per person
Chef's selection of marinated grilled seasonal vegetables
Served with herb crosti

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~SERVED ENTRÉES~

Minimum Order of 20 Persons- Orders below minimum are subject to an additional charge

Your three course meal includes: Entrée selection, Garden Salad, Dinner Rolls, Dessert, and Beverage

Choice of dessert: White Cake, Carrot Cake, or a Fruit Plate

Choice of two beverages: Iced Water, Iced Tea, Regular Coffee or Decaf Coffee

All served entrees can be turned into a buffet for an additional charge

Poultry

Avocado Pineapple Chicken -\$17.95 per person

Grilled chicken, confetti brown rice, and green beans

Served with avocado pineapple salsa

Apple Dijon Chicken - \$17.95 per person

Grilled chicken, smashed sweet potatoes, and roasted Brussels sprouts

Served with apple-cranberry relish

Seafood

Blackened Tilapia -\$22.95 per person

Baked tilapia coated in Cajun seasoning, steamed brown rice, and wilted spinach

Served with mango salsa

Honey Mustard Salmon – \$25.95 per person

Grilled salmon filet, mashed cauliflower, and blistered asparagus

Served with honey mustard sauce

Vegetarian

Roasted Portobello Napoleon –\$19.95 per person

Portobello mushrooms layered with black beans, wilted greens, pickled onions, and queso fresco

Served with tomato-chipotle sauce

Can be prepared vegan with no cheese

Roasted Vegetable Etouffee - \$19.95 per person

Seasonal vegetables, roasted tomatoes, Cajun spices, and blistered asparagus

Served with brown rice

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~ HORS D'OEUVRES ~

All hors d'oeuvres are priced per piece

Minimum order 20 pieces – Orders below minimum are subject to an additional charge

HOT

Thai Chicken Skewers - \$1.75

Served with Thai peanut sauce

Spinach Stuffed Artichoke Bottoms - \$1.75 ea

Spinach Stuffed Mushroom Caps - \$2.25

Pesto Tomato Stuffed Mushroom Caps - \$2.25 ea

Quinoa and Kale Cakes - \$1.95 ea

Crispy quinoa, kale and feta cheese

COLD

Fruit & Cheese Skewer - \$1.50 ea

Assorted cheeses with berries and grapes

Roasted Tomato Tart - \$1.95 ea

Herbed goat cheese, roasted tomato and balsamic glaze

Prosciutto-Wrapped Melon Skewer - \$1.75

Caponata Tarts - \$1.75 ea

Roasted eggplant, peppers, raisins, onions, capers and zucchini

Fruit Skewer - \$1.50 ea

Assorted melons, berries and grape on a skewer

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