

# FLAVOURS

TASTE : SUCCESS



ORAL ROBERTS UNIVERSITY  
CONFERENCE AND  
EVENT SERVICES






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TASTE : SUCCESS

Flavours is about more than great food. It's about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceeds the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at (918) 495-6360 or email us at [sodexocatering@oru.edu](mailto:sodexocatering@oru.edu).

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

 = Mindful  = Vegetarian  = Vegan  = Plant Based

We can also accommodate Gluten Free requests.



## BREAKFAST: MORNING BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. All breakfasts include coffee and hot tea service.

### CLASSIC CONTINENTAL BREAKFAST

12 guest minimum | \$10.98 per guest

Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.

#### INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries


Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

#### CHOICE OF TWO:

Muffins  (each | 160-230 cal)

Croissants  (each | 200 cal)

Coffee Cakes  (each | 110-430 cal)

Mini Scones  (each | 190-200 cal)

Breakfast Breads  (each | 250 cal)

Butter and Assorted Jam

### HEALTHY WAY CONTINENTAL BREAKFAST

20 guest minimum | \$14.28 per guest

Seasonal fresh fruit, Greek yogurt, granola bars, hard-boiled eggs and oatmeal with toppings. Includes coffee and hot tea service.

#### INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

Cage-Free Hard-Boiled Egg  (each | 80 cal)

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)


Granola Bars  (each | 90 cal)

Steel Cut Oatmeal  (8 oz. | 170 cal)

#### Served with:

2% Milk  (1 tbsp. | 10 cal)

Cinnamon Brown Sugar Topping  (1 tsp. | 15 cal)

Sweetened Dried Cranberries  (1 tbsp. | 30 cal)

Pecan Pieces  (1 tbsp. | 50 cal)

Fresh Whole Strawberries  (1 tbsp. | 5 cal)

Fresh Blueberries  (1 tbsp. | 5 cal)

### BREAKFAST BUFFET

20 guest minimum | \$16.48 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish. Includes coffee, hot tea and condiments.

#### INCLUDES:

Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

#### CHOICE OF TWO:

Mini Butter Croissant  (each | 80 cal)

Mini Danish  (each | 130-170 cal)

Mini Scones  (each | 190-200 cal)

Muffins  (each | 160-230 cal)

#### CHOICE OF ONE:

Home Fried Potatoes  (1/2 cup | 90 cal)

Classic Grits  (4 oz. | 70 cal)

Potato Roesti with Chives & Parsley  (1 slice | 70 cal)

Hash Browned Potato  (1/2 cup | 90 cal)

Root Vegetable Hash  (1/2 cup | 80 cal)

#### CHOICE OF TWO:

Bacon Slices (1 slice | 35 cal)

Sausage Links (1 link | 110 cal)

Turkey Sausage Link (1 link | 45 cal)

Turkey Bacon (1 slice | 25 cal)

#### CHOICE OF ONE:

Seasoned Scrambled Egg Whites  (1/2 cup | 90 cal)

Seasoned Scrambled Eggs  (1/2 cup | 180 cal)

Scrambled Tofu  (1/2 cup | 130 cal)



## BREAKFAST: BOXES




Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items.

### BAKERY BREAKFAST BOX


12 guest minimum | \$9.88 per guest

Each box includes selection of bakery items, granola bar and choice of yogurt or cage-free hard-boiled egg.

#### INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)  
A mixture of cantaloupe, honeydew melon, pineapple and red grapes

#### CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant  (each | 80 cal)  
Mini Chocolate Croissant  (each | 100 cal)  
Classic Blueberry Muffin  (each | 170 cal)

#### CHOICE OF ONE GRANOLA BAR:

Granola Bar  (each | 90 cal)  
Peanut Butter Granola Bar  (each | 100 cal)  
Oats & Honey Granola Bar  (each | 90 cal)

#### CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)  
Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

### BREAKFAST SANDWICH BOX

12 guest minimum | \$11.09 per guest

Includes seasonal fresh fruit, blueberry muffin and your choice of breakfast sandwich and a cage-free hard-boiled egg or yogurt.

#### INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)  
A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)

#### CHOICE OF ONE BREAKFAST SANDWICH:

Ham and Gruyere on a Croissant (each | 240 cal)  
BLT with Avocado on a Bagel (each | 310 cal)

#### CHOICE OF ONE:

Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)  
Cage-Free Hard-Boiled Eggs  (2 eggs | 160 cal)

### ADD ON BEVERAGES

Bottled Water  \$2.19 each (20 oz. | 0 cal)  
Orange Juice  \$2.79 each (12 oz. | 150 cal)  
Apple Juice  \$2.79 each (12 oz. | 160 cal)

## BREAKFAST: A LA CARTE



Upgrade your breakfast with la carte selections.

### BREAKFAST BAKERY

A variety of mini and regular baked goods sold by the dozen.

- Muffins **V** \$19.19 per dozen
- Mini Danish **V** \$21.39 per dozen
- Breakfast Breads **V** \$18.19 per dozen
- Cinnamon Roll Flats **V** \$21.39 per dozen
- Glazed Cinnamon Roll **V** \$21.39 per dozen

- (1 each | 160-230 cal)
- (1 each | 130-170 cal)
- (1 each | 250 cal)
- (1 each | 120 cal)
- (1 each | 130 cal)

### YOGURT \$2.09 each

\*Flavors subject to availability

- Chobani Non-Fat Blueberry Greek Yogurt **V**
- Chobani Non-Fat Vanilla Greek Yogurt **V**
- Chobani Non-Fat Strawberry Greek Yogurt **V**
- Strawberry Banana Non-Fat Lite Yogurt
- Blueberry Non-Fat Lite Yogurt
- Vanilla Non-Fat Lite Yogurt

- (1 each | 90 cal)
- (1 each | 80 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)

### SEASONAL MINI GREEK YOGURT PARFAITS

12 guest minimum | \$3.79 each

- Banana, Nutella, & Granola Yogurt Parfait **V** (1 mini parfait | 100 cal)
- Tropical Fruit & Granola Yogurt Parfait **V** (1 mini parfait | 70 cal)
- Blueberry, Lemon & Granola Yogurt Parfait **V** (1 mini parfait | 60 cal)

### OATMEAL BAR

12 guest minimum | \$4.29 per guest

Warm oatmeal served with a variety of toppings and milk.

#### INCLUDES:

- Steel Cut Oatmeal **V** **VG** (8 oz. | 170 cal)
- Brown Sugar **V** **VG** (1 tbsp. | 45 cal)
- Cinnamon **VG** (1 tsp. | 5 cal)
- Walnut Pieces **VG** (1 tbsp. | 50 cal)
- Seedless Raisins **V** **VG** (1 tbsp. | 25 cal)
- Fresh Blueberries **V** **VG** (1 tbsp. | 5 cal)

#### CHOICE OF TWO:

- 2% Milk **V** (1 tbsp. | 10 cal)
- Whole Milk **V** (1 tbsp. | 10 cal)
- Unsweetened Almond Milk **V** **VG** (1 tbsp. | 0 cal)

### DONUT HOLES

\$10.99 per two dozen

- Glazed Donut Holes **V** (6 donut holes | 280 cal)

### BREAKFAST BURRITOS

20 guest minimum | \$5.29 each

- Rajas & Chorizo Breakfast Burrito (each | 650 cal)
- Carnitas Verde Breakfast Burrito (each | 480 cal)
- Roasted Vegetable Breakfast Burrito **V** (each | 400 cal)
- Cage-Free Egg, Cheese & Potato Breakfast Burrito **V** (each | 470 cal)

### BAGELS & SCHMEARS

20 guest minimum | \$3.69 per guest

Select two bagel flavors along with your choice of chef-prepared schmears.

#### CHOICE OF TWO BAGELS:

- Plain Bagel **V** **VG** (each | 290 cal)
- Sesame Bagel **V** **VG** (each | 300 cal)
- Cinnamon Raisin Bagel **V** **VG** (each | 290 cal)

#### INCLUDED:

- Cream Cheese **V** (2 tbsp. | 70 cal)

#### CHOICE OF TWO SPECIALTY

##### SCHMEAR CHEESES:

- Everything Schmeer **V** (2 tbsp. | 70 cal)
- Lemon Dill Schmeer **V** (2 tbsp. | 50 cal)
- Honey Walnut Schmeer **V** (2 tbsp. | 80 cal)
- Blueberry Schmeer **V** (2 tbsp. | 60 cal)

### HOT BREAKFAST SANDWICHES

20 guest minimum | \$3.29 each

- Cage-Free Egg & Cheese Bagel **V** (each | 200 cal)
- Bacon, Cage-Free Egg & Cheese Bagel (each | 240 cal)
- Ham, Cage-Free Egg & Cheese Bagel (each | 230 cal)
- Cage-Free Egg & Cheese Biscuit **V** (each | 280 cal)
- Bacon, Cage-Free Egg & Cheese Biscuit (each | 310 cal)
- Sausage, Cage-Free Egg & Cheese Biscuit (each | 470 cal)

### EGG DISHES

- Cage-Free Hard-Boiled Eggs **V** (each | 80 cal)
- \$12.99 per dozen (each | 80 cal)



## BREAKS: MORNING BREAKS



Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, high quality disposable service ware, set up & clean up.

### MORNING MOXY

20 guest minimum | \$13.18 per guest

Includes coffee & hot tea service. Includes condiments.

#### INCLUDES:

Seasonal Sliced Fresh Fruit Platter  

(3 oz. | 35 cal)

A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

Coffee & Tea Hot Service  

(12 oz. | 0-5 cal)

#### CHOICE OF TWO PARFAITS:

Maple Oats with Spiced Apples  



(1 mini parfait | 100 cal)

Nutella Oats with Banana 

(1 mini parfait | 260 cal)

PB&J Overnight Oats  

(1 mini parfait | 110 cal)

Tropical Overnight Oats  

(1 mini parfait | 80 cal)

#### CHOICE OF TWO BAKED GOODS:

Mini Butter Croissant 

(each | 80 cal)

Apple Mini Danish 

(each | 130 cal)

Cheese Mini Danish 


(each | 140 cal)

Mini Maple Pecan Danish 


(each | 170 cal)

Mini Raspberry Danish 

(each | 130 cal)

Apple Cinnamon Muffin 

(each | 180 cal)

Banana Streusel Muffin 

(each | 230 cal)



# BREAKS: AFTERNOON BREAKS







Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, high quality disposable service ware, set up & clean up.

## TEA TIME

20 guest minimum | \$9.88 per guest

Tea Time comes with grissini, candied pecans, brownie bites and a refreshing Arnold Palmer.

- Grissini  (2 breadsticks | 45 cal)  
A thin crispy breadsticks brushed with olive oil and coarse salt
- Candied Cinnamon Pecans  (2 oz. | 160 cal)
- Truffled Brownie Bites  (2 each | 110 cal)
- Arnold Palmer (Iced Tea & Lemonade)  (8 oz. | 130 cal)

## DIPS AND CHIPS

20 guest minimum | \$5.99 per guest

Start with a crudité platter and add your choice of house-made chips and three dips.

### INCLUDES:

- Crudité Platter  (3 oz. | 20 cal)

### CHOICE OF THREE CHIPS:

- House-made Tortilla Chips  (12 chips | 90 cal)
- Sea Salt Dusted Deli Chips  (2 oz. | 90 cal)
- BBQ Dusted Deli Chips  (2 oz. | 90 cal)
- Ranch Dusted Deli Chips  (2 oz. | 100 cal)
- Chipotle Dusted Deli Chips  (2 oz. | 90 cal)

### CHOICE OF THREE DIPS

- Dijon Ranch Dip  (2 tbsp. | 190 cal)
- Onion Cheese Dip (2 tbsp. | 70 cal)
- Roasted Red Pepper Hummus  (2 tbsp. | 60 cal)

## SNACK PACK







20 guest minimum | \$8.78 per guest

Snack Pack includes whole fruit, packaged snacks, granola bars and beverages.



### CHOICE OF TWO:

- Apple  (each | 90 cal)
- Banana  (each | 140 cal)
- Orange  (each | 70 cal)

### CHOICE OF FOUR:

- Almonds  (1.5 oz. | 250 cal)
- Rold Gold Tiny Twist Pretzels  (1 oz. | 110 cal)
- Potato Chips  (1.5 oz. | 240 cal)
- Cheeze-It Original  (1.5 oz. | 220 cal)
- Sunburst Trail Mix  (1.5 oz. | 220 cal)
- Grandma's Big Chocolate Chip Cookies  (2.5 oz. | 340 cal)

### CHOICE OF TWO:

- Granola Bar  (1 bar | 90 cal)
- Peanut Butter Granola Bar  (1 bar | 100 cal)
- Oats & Honey Granola Bar  (1 bar | 90 cal)

- Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)



Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery & set up. Each option features a curated selection of the most popular salads or sandwich items.

## SIGNATURE SANDWICH LUNCH BOX 12 guest minimum | \$15.99 per guest

Includes choice of sandwiches or wraps, apple 🍏🌱, baked or regular potato chips 🍟 (1 bag | 140-220 cal), dessert (126-230) and beverage (0-250 cal).

### SELECT UP TO THREE:

**HAM & GRUYERE ON SOURDOUGH** (each | 620 cal)  
Smoked ham with gruyere cheese, lettuce, tomato and Dijonnaise on sourdough bread

**MEDITERRANEAN BAGUETTE** 🌱 (each | 360 cal)  
Roasted eggplant rings with hummus and roasted red peppers on a baguette

**ROAST BEEF & WATERCRESS SANDWICH** (each | 420 cal)  
Roast beef & cheddar cheese with horseradish, tomato and watercress on sourdough bread

**CITRUS FLANK STEAK & CHIMICHURRI SANDWICH** (each | 660 cal)  
Grilled lime marinated flank steak, red onion, lettuce, tomato with chimichurri sauce and mayonnaise on sourdough bread

### CHOICE OF ONE:

Chocolate Brownie 🍫 (each | 60 cal)  
Two Cookies 🍪 (2 cookies | 310-330 cal)  
Blondie Bar 🍪 (each | 60 cal)  
Rice Krispies Bar (each | 280 cal)  
Peanut Butter Chocolate Oreo Brownie 🍫 (each | 320 cal)

### CHOICE OF ONE:

Bottled Water (each | 0 cal)  
Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-150 cal)

### UPGRADE TO A SIGNATURE SIDE:

Quinoa Cucumber Salad 🌱🌱 \$1.99 per guest (1/2 cup | 140 cal)  
Azifa (Green Lentil Salad) 🌱🌱 \$1.99 per guest (1/2 cup | 120 cal)  
Wild Rice, Quinoa & Lentil Salad 🌱🌱 \$1.99 per guest (1/2 cup | 240 cal)  
Chickpea Chaat Salad 🌱🌱 \$1.99 per guest (1/2 cup | 60 cal)  
Super Bean Salad Mix 🌱🌱 \$1.99 per guest (1/2 cup | 80 cal)

## BOXED MEALS



## CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$13.99 per guest

The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips 🍟 (1 bag | 140-220 cal), an apple 🍏🌱 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal).

### SELECT UP TO THREE:

**ITALIAN TUNA AND PROVOLONE WRAP** (each | 540 cal)  
Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing

**CLASSIC TURKEY CLUB** (each | 550 cal)  
Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread

**GRILLED CHICKEN CAESAR WRAP** (each | 560 cal)  
Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

**TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH** (each | 550 cal)  
Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

**CURRIED CHICKEN SALAD & ALMOND SANDWICH** (each | 510 cal)  
Oven roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

**SMOKED HAM, BRIE AND APPLE ON SOURDOUGH** (each | 520 cal)  
Smoked ham with brie cheese, Granny Smith apple, baby arugula & Dijonnaise on sourdough bread

**LEMON BASIL ROASTED VEGETABLE SANDWICH** 🍋 (each | 580 cal)  
Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

**VEGETABLE TARRAGON WRAP** 🌱 (each | 400 cal)  
Grilled zucchini, provolone, baby spinach and roasted red peppers with herb mayonnaise in a hearty grain tortilla

**TANDOORI CAULIFLOWER AND PEPPER WRAP** 🌱🌱 (each | 300 cal)  
Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

**HUMMUS WRAP WITH ZUCCHINI & DUKKAH** 🌱 (each | 330 cal)  
Non GMO tortilla with grilled zucchini, hummus, red pepper, baby spinach, red onion and dukkah seasoning



## BOXED MEALS, continued



**SIGNATURE SALAD LUNCH BOX** 12 guest minimum | \$14.99 per guest  
The Signature Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 110 cal), an apple 🍏🥬 (1 piece | 80 cal), dessert (126-230) and drink (0-250 cal). Includes condiments.

**CHOICE OF THREE:**

**CAESAR SALAD WITH GRILLED STEAK** (each | 710 cal)  
Romaine lettuce topped with grilled steak, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED SHRIMP** (each | 650 cal)  
Romaine lettuce topped with grilled shrimp, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD WITH GRILLED STEAK** (each | 240 cal)  
Romaine lettuce and spring mix topped with grilled steak, grape tomatoes, cucumbers and shredded carrots

**GARDEN SALAD WITH GRILLED SHRIMP** (each | 190 cal)  
Romaine lettuce and spring mix topped with grilled shrimp, grape tomatoes, cucumbers & shredded carrots

**BLT SALAD** (each | 290 cal)  
Iceberg lettuce topped with crispy bacon & grape tomatoes, served with green goddess dressing

**CLASSIC SALAD LUNCH BOXES** 12 guest minimum | \$12.99 per guest  
The Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), an apple 🍏🥬 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal). Includes condiments.

**CHOICE OF THREE:**

**CAESAR SALAD** (each | 510 cal)  
Romaine lettuce topped with homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH GRILLED CHICKEN** (each | 670 cal)  
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

**CAESAR SALAD WITH PORTOBELLO** (each | 660 cal)  
Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

**GARDEN SALAD WITH PORTOBELLO** 🥬 (each | 190 cal)  
Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers and shredded carrots

**GREEK SALAD** (each | 100 cal)  
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers, shredded carrots and feta cheese

**MANDARIN ORANGE SPINACH SALAD** 🍊 (each | 150 cal)  
Spinach, romaine and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas

**MINDFUL QUINOA SALAD** 🥬 (each 190 cal)  
Quinoa with tomato, red pepper, hominy, cilantro and sherry vinaigrette over mixed greens





## COLD BUFFETS




### JR. EXECUTIVE BUFFET







20 guest minimum | \$18.99 per guest

Our Junior Executive Buffet includes choice of mini sandwiches, side salad, fruit tray, dessert, condiments and selection of cold beverages. Includes condiments.


#### INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)  
A platter of fresh sliced cantaloupe, honeydew melon, pineapple and blueberries

#### CHOICE OF THREE:

Classic Turkey Club Slider (each | 270 cal)  
Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)  
Grilled Chicken Caesar Wrap  (each | 280 cal)  
Bacon, Lettuce & Tomato Slider (each | 250 cal)  
Smoked Ham, Brie & Apple Slider (each | 300 cal)  
Lemon Basil Roasted Vegetable Slider  (each | 290 cal)  
Tandoori Cauliflower & Pepper Wrap   (each | 150 cal)  
Hummus Wrap with Zucchini & Dukkah   (each | 170 cal)

#### UPGRADE YOUR SANDWICH:

\$1.79 per guest  
Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)  
Roast Beef, Gruyere & Arugula Slider (each | 230 cal)  
Lemon Chive Shrimp Salad Slider  (each | 190 cal)  
Italian Tuna & Provolone (each | 270 cal)





#### CHOICE OF ONE SALAD:

Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad   (1 cup | 10 cal)  
Greek Salad   (1 cup | 20 cal)

#### CHOICE OF TWO DESSERTS:

Rice Krispie Bar (each | 70 cal)  
Two Cookies  (2 cookies | 150-160 cal)  
Chocolate Brownie  (each | 60 cal)  
Blondie Bar  (each | 60 cal)  
Lemon Bar  (1 piece | 80 cal)

#### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea  (8 oz. | 0 cal)  
Lemonade   (8 oz. | 15 cal)  
Orange Infused Water  (8 oz. | 0 cal)



## HOT BUFFET

30 guest minimum

Design the perfect buffet with your choice of salad, entrée, side dishes, dessert, rolls and beverages. Includes condiments.

### INCLUDES:

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

### CHOICE OF ONE ENTRÉE:

#### POULTRY \$23.49 per guest

Cajun Chicken Breast 🍗 (1 breast | 230 cal)  
Buttermilk Fried Chicken Thigh (1 thigh | 310 cal)  
Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)  
Piri Piri Chicken (4 oz. | 250 cal)

#### VEGETARIAN & VEGAN \$23.49 per guest

Roasted Root Vegetable Tagine 🌿 (1/2 cup | 90 cal)  
Almond Butter, Spelt & Mushroom Risotto 🌿🌱 (1 bowl | 260 cal)  
Crabless Crab Cake 🌱 (1 cake | 350)

#### PORK \$23.49 per guest

Honey & Five Spice Pork Loin (4 oz. | 280 cal)  
Spring Herb & Dijon Pork Tenderloin 🍷 (4 oz. | 160 cal)  
Cuban Mojo Pork (4 oz. | 280 cal)

#### BEEF \$27.99 per guest

BBQ Rubbed Eye of Round (4 oz. | 240 cal)  
BBQ Beef Brisket (4 oz. | 240 cal)  
Braised Beef Short Ribs (4 oz. | 330 cal)

#### SEAFOOD \$27.99 per guest

Parmesan Tilapia with Red Pepper Sauce (1 fillet | 230 cal)  
Citrus & Herb Crusted Wild Salmon (1 fillet | 170 cal)  
Shrimp & Grits (1 entrée | 590 cal)

### CHOICE OF ONE SALAD:

Herbed Salad Greens 🌿 (1 cup | 10 cal)  
Classic Caesar Salad (1 cup | 180 cal)  
Garden Salad 🌿🌱 (1 cup | 10 cal)  
Greek Salad 🍷🌱 (1 cup | 20 cal)

### CHOICE OF ONE SIDE:

Simply Steamed Brown Rice 🌿🌱 (1/2 cup | 180 cal)  
Steamed Basmati Rice 🌿🌱 (1/2 cup | 120 cal)  
Herbed Roasted Potato Wedges 🌿🌱 (4 oz. | 100 cal)  
Simply Roasted Red Bliss Potatoes 🌿🌱 (1/2 cup | 130 cal)  
Whipped Fresh Potatoes with Butter 🍷 (1/2 cup | 80 cal)  
Sweet Potato Hash with Shallots & Kale 🌿🌱 (1/2 cup | 110 cal)

### CHOICE OF ONE VEGETABLE:

Grilled Zucchini with Coriander 🌿🌱 (4 oz. | 20 cal)  
Simply Sautéed Kale 🌿🌱 (1/2 cup | 60 cal)  
Grilled Broccolini 🌿🌱 (4 oz. | 110 cal)  
Charred Tri Color Baby Carrots 🌿🌱 (1/2 cup | 70 cal)  
Grilled Fresh Asparagus 🌿🌱 (5 spears | 20 cal)  
Braised Collard Greens 🌿🌱 (1/2 cup | 90 cal)  
Charred Brussels Sprouts 🌿🌱 (1/2 cup | 25 cal)  
Sautéed Green Beans 🍷 (4 oz. | 60 cal)

## BUFFETS: HOT BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.



### CHOICE OF THREE DESSERTS:

Seasonal Sliced Fresh Fruit Platter 🌿🌱 (3 oz. | 35 cal)  
Pecan Pie (1 slice | 540 cal)  
Chocolate Cream Pie 🍷 (1 slice | 300 cal)  
Double Chocolate Layer Cake (1 slice | 410 cal)  
Carrot Cake 🍷 (1 piece | 230 cal)  
Devil's Food Cake 🍷 (1 piece | 70 cal)  
Carrot Cupcake 🍷 (1 cupcake | 260 cal)  
Confetti Cupcake 🍷 (1 cupcake | 280 cal)  
Strawberry Brioche Bread Pudding 🍷 (1 pudding | 150 cal)

### CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🌿🌱 (8 oz. | 0 cal)  
Lemonade 🍷🌱 (8 oz. | 70 cal)  
Orange Infused Water 🌿🌱 (8 oz. | 0 cal)

## BUFFET ADD ONS

### ADDITIONAL ENTREE (per guest attendance)

Poultry Entree \$6.49 per guest  
Vegetarian Entree \$6.49 per guest  
Pork Entree \$6.49 per guest  
Beef/Lamb Entree \$10.79 per guest  
Seafood Entree \$10.79 per guest

# BUFFET TRADITIONS

Traditions buffet features comfort-style entrée paired with your choice of vegetable, side dish, salad and dessert. Includes dinner rolls with butter, cold beverages and appropriate condiments.

30 guest minimum | \$23.49 per guest

**INCLUDES:**

Assorted House Baked Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

**CHOICE OF ONE ENTRÉE:**

**POULTRY**

Kansas City BBQ Chicken Quarter (each | 430 cal)  
 Grilled Jerk Chicken Breast 🍴 (each | 170 cal)  
 Buttermilk Fried Chicken Thigh (each | 610 cal)  
 Rotisserie Style Chicken with Gravy (each | 600 cal)

**BEEF**

Beef Meatloaf (4 oz. | 280 cal)  
 Braised Pot Roast (4 oz. | 450 cal)  
 Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)  
 Homestyle Meat Lasagna (each | 350 cal)

**PORK**

Baked Ziti with Italian Sausage (entrée | 650 cal)  
 Chicken & Andouille Sausage Gumbo (4 oz. | 170 cal)  
 Herb Roasted Pork Loin w/ Pan Gravy (serving | 310 cal)

**SEAFOOD**

Beer Battered Fresh Pollock (1 fillet | 290 cal)  
 Grilled Salmon (1 fillet | 180 cal)  
 Flounder Piccata (1 entrée | 250 cal)  
 Crispy Baked Catfish 🍴 (1 fillet | 220 cal)

**VEGETARIAN/VEGAN**

Mushroom & Okra Stew with Brown Rice 🍴🌱 (serving | 270 cal)  
 Vegetarian Lentil Shepherd's Pie 🍴🌱 (serving | 310 cal)

Add an additional entree for \$4.00 per guest.

**CHOICE OF ONE VEGETABLE:**

Sliced Roasted Carrots 🍴🌱 (4 oz. | 70 cal)  
 Sautéed Broccoli & Garlic 🍴🌱 (4 oz. | 45 cal)  
 Roasted Cauliflower 🍴🌱 (4 oz. | 70 cal)  
 Braised Collard Greens 🍴🌱 (4 oz. | 90 cal)  
 Charred Brussels Sprouts 🍴🌱 (4 oz. | 25 cal)  
 Roasted Garlic Green Beans 🍴🌱 (4 oz. | 60 cal)

**CHOICE OF ONE SIDE:**

Roasted Rosemary Red Bliss Potatoes 🍴🌱 (4 oz. | 120 cal)  
 Garlic Mashed Potatoes 🍴 (4 oz. | 170 cal)  
 Macaroni & Cheese 🍴 (4 oz. | 140 cal)  
 Au Gratin Potato 🍴 (4 oz. | 200 cal)  
 Grits with Cheese 🍴 (4 oz. | 200 cal)  
 Steamed Brown Rice 🍴🌱 (4 oz. | 100 cal)

**CHOICE OF ONE SALAD:**

Mandarin Orange Spinach Salad 🍴🌱 (1 cup | 70 cal)  
 Classic Caesar Salad (1 cup | 180 cal)  
 Garden Salad 🍴🌱 (1 cup | 10 cal)  
 Greek Salad 🍴🌱 (1 cup | 20 cal)  
 BLT Green Goddess Salad (1 cup | 130 cal)

**CHOICE OF ONE COLD SIDE:**

German Potato Salad 🍴 (4 oz. | 140 cal)  
 Country Potato Salad 🍴 (4 oz. | 180 cal)  
 Classic Carolina Cole Slaw 🍴🌱 (4 oz. | 160 cal)  
 Classic Macaroni Salad 🍴 (4 oz. | 280 cal)

**CHOICE OF ONE DESSERT:**

Dutch Apple Pie 🍴 (1 slice | 430 cal)  
 Pecan Pie (1 slice | 540 cal)  
 Chocolate Cream Pie 🍴 (1 slice | 300 cal)  
 Lemon Meringue Pie 🍴 (1 slice | 340 cal)  
 Double Chocolate Layer Cake (1 slice | 410 cal)  
 Carrot Cupcake 🍴🌱 (1 cupcake | 260 cal)  
 Maple, Cinnamon, Chocolate Bread Pudding 🍴 (1 pudding | 360 cal)

**CHOICE OF TWO BEVERAGES:**

Brewed Iced Tea 🍴🌱 (8 oz. | 0 cal)  
 Lemonade 🍴🌱 (8 oz. | 15 cal)  
 Orange Infused Water 🍴🌱 (8 oz. | 0 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.






## BUFFETS: THEMED BUFFETS



Take a culinary journey around the world with Flavours' themed buffets. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, high quality disposable service ware, set up & clean up.

### CHOICE OF TWO BEVERAGES:







Brewed Iced Tea  (8 oz. | 0 cal)  
Lemonade  (8 oz. | 15 cal)

Orange Infused Water  (8 oz. | 0 cal)

### SOUTHERN BBQ

30 guest minimum | \$23.49 per guest








Celebrate the south with BBQ, comforting sides, salad, entree, dessert and condiments.

Pulled BBQ Chicken  (3 oz. | 140 cal)  
Cattleman's BBQ Sauce  (2 tbsp. | 50 cal)  
Baked Beans (1/2 cup | 160 cal)  
Carolina Slaw  (1/2 cup | 30 cal)  
Country-Style Potato Salad  (1/2 cup | 190 cal)  
Cornbread  (1 piece | 200 cal)  
Chocolate Brownie  (1 piece | 60 cal)

### PLANT-BASED MEXICAN

30 guest minimum | \$23.49 per guest

Take a trip south of the border with plant-based salads, sides, entrée, dessert and condiments.

Vegetable & Black Bean Quesadilla  (1 quesadilla | 500 cal)  
Roasted Chili & Sweet Corn Tamale  (2 tamale | 90 cal)  
Spanish Rice  (1/2 cup | 90 cal)  
Baja Black Beans  (1/2 cup | 100 cal)  
Tri-Color Corn Tortilla Chips  (1/2 cup | 80 cal)  
Pico De Gallo  (2 tbsp. | 0 cal)  
Western Style Guacamole  (2 tbsp. | 50 cal)  
Mexican Chocolate Chile Cookie  (1 cookie | 220 cal)

### TEX MEX

30 guest minimum | \$23.49 per guest








Tex Mex tacos with sides, dessert and condiments.

6" Pressed Flour Tortillas  (2 tortillas | 180 cal)  
Beef Taco Meat (3 oz. | 160 cal)  
Cumin Grilled Chicken  (3 oz. | 150 cal)  
Spanish Rice  (1/4 cup | 90 cal)  
Tex Mex Veggies  (1/2 cup | 80 cal)  
Shredded Lettuce  (1/4 cup | 0 cal)  
Fresh White Onions  (1 tbsp. | 15 cal)  
Pico De Gallo  (2 tbsp. | 5 cal)  
Sour Cream  (2 tbsp. | 60 cal)  
Shredded Cheddar Cheese  (2 tbsp. | 60 cal)  
Western Style Guacamole  (2 tbsp. | 50 cal)  
Sliced Jalapeno Peppers  (2 tbsp. | 0 cal)  
Assorted Cookies (2 cookies | 220 cal)

### ASIAN

30 guest minimum | \$23.49 per guest








Selection of Asian sides, entrée, dessert, condiments and beverages.

Sweet & Sour Chicken (8 oz. | 470 cal)  
Cantonese Stir-Fry with Snow Peas  (8 oz. | 110 cal)  
Jasmine Steamed Rice  (1/2 cup | 100 cal)  
Tangy Asian Slaw  (1/2 cup | 250 cal)  
Sesame Ginger Green Beans  (1/2 cup | 70 cal)  
Vegetable Egg Roll  (1 egg roll | 180 cal)  
Soy Sauce  (2 tbsp. | 20 cal)  
Sweet Thai Chili Sauce  (2 tbsp. | 80 cal)  
Mango Mint Mousse Sweet Shot  (each | 220 cal)

### SOUTHERN ITALIAN

30 guest minimum | \$23.49 per guest

Buon appetito of Southern Italian sides, salads, entrée, dessert and condiments.

Orecchiette Puttanesca  (1 cup | 200 cal)  
Calabrian Chile Roasted Chicken  (4 oz. | 170 cal)  
Caponata  (3 oz. | 60 cal)  
Cannellini Beans w/Tomato & Rosemary  (1/2 cup | 80 cal)  
Fennel, Arugula & Ricotta Salad  (3 oz. | 120 cal)  
Herb Focaccia Bread  (1 piece | 240 cal)  
Tisamisu  (each | 240 cal)

## PLATED MEALS



Plated meals offer an elegant option to welcome guests and celebrate important milestones. Entrées are paired with sides, chef-selected sauces and beverages. Select the perfect soup or salad and dessert for your guests. Selections are presented on china and pricing includes linen cloths and napkins for guest seating. Includes condiments.

### INCLUDES

Assorted House Baked Dinner Rolls  
with Butter 🍞

(1 roll | 150 cal)

Coffee & Hot Tea Service ☕🍵

(12 oz. | 0-5 cal)

### CHOICE OF

Iced Tea 🍷🍹

(8 oz. | 0 cal)

### CHOICE OF ONE SALAD:

#### SALAD SERVED WITH A CHOICE OF DRESSING

Traditional Caesar Salad

(1 salad | 350 cal)

Traditional Garden Salad 🍷🍹

(1 salad | 25 cal)

Romaine Wedge Salad 🍷

(1 salad | 270 cal)

Baby Kale Salad 🍷🍹

(1 cup | 70 cal)

Mixed Italian Salad 🍷🍹

(1 salad | 300 cal)

### CHOICE OF ONE DESSERT:

Southern Pecan Pie 🍷

(1 slice | 520 cal)

Iced Carrot Layer Cake 🍷

(1 slice | 460 cal)

Double Chocolate Layer Cake 🍷

(1 slice | 410 cal)

Tiramisu 🍷

(1 slice | 540 cal)

Fresh Fruit Tart 🍷

(1 slice | 280 cal)

Tropical Mojito Fruit Salad 🍷

(1 serving | 70 cal)

Mango & Passion Fruit Fool Parfait 🍷🍹

(1 mini parfait | 110 cal)

Toasted Angel Food Cake with Strawberries 🍷🍹

(1 dessert cup | 350 cal)



## PLATED MEALS, continued



### POULTRY

- CALABRIAN CHILE ROASTED CHICKEN** \$29.66 per guest (1 entrée | 380 cal)  
Roasted chicken breast with grilled lemon and Calabrian chile vinaigrette served with charred broccoli rabe and creamy polenta seasoned with garlic and parmesan
- HOISIN GLAZED CHICKEN** \$29.66 per guest (1 entrée | 370 cal)  
Seared airline chicken breast coated with a spicy hoisin and soy sauce, ginger glaze
- LEBANESE AIRLINE CHICKEN BREAST** \$29.66 per guest (1 entrée | 270 cal)  
Grilled airline chicken breast marinated with lemon, olive oil and garlic

### PORK

- HONEY & FIVE SPICE PORK LOIN** \$24.29 per guest (1 entrée | 280 cal)  
Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder served with sesame shiitake bok choy and jasmine steamed rice
- APPLE CIDER GLAZED PORK TENDERLOIN** \$24.29 per guest (1 entrée | 220 cal)  
Rosemary, orange and ginger pork tenderloin poached in apple cider broth served with charred Brussels sprouts and smashed sweet potatoes
- COFFEE CRUSTED PORK LOIN** \$24.29 per guest (1 entrée | 290 cal)  
Coffee crusted pork tenderloin served with grilled broccolini and whipped sweet potatoes. Served with choice of sauce.

### BEEF

- LIME MARINATED FLANK STEAK** \$30.75 per guest (1 entrée | 250 cal)  
Char-grilled flank steak marinated in lime juice, garlic and fresh cilantro served with coconut jasmine rice and grilled corn succotash
- BRAISED BEEF SHORT RIBS** \$38.15 per guest (1 entrée | 330 cal)  
Boneless beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection served with braised kale and roasted sweet and spicy root vegetables
- PEPPERY BEEF TENDERLOIN** \$42.99 per guest (1 entrée | 330 cal)  
Beef tenderloin oven roasted with a coating of cracked black pepper

### SEAFOOD

- SIMPLY GRILLED SALMON** \$33.90 per guest (1 entrée | 270 cal)  
Fresh salmon grilled with only extra virgin olive oil, kosher salt and black pepper served with sesame lemongrass jasmine rice and shitake bok choy
- PARMESAN PANKO CRUSTED TILAPIA** \$29.66 per guest (1 entrée | 170 cal)  
Tilapia baked with a parmesan and chili powder panko breadcrumb topping served with sautéed kale and oven-roasted Greek fries
- GRILLED MAHI MAHI** \$37.08 per guest (1 entrée | 100 cal)  
Grilled mahi mahi seasoned with kosher salt, black pepper and parsley

### VEGETARIAN/VEGAN

- PENNE PASTA WITH ASPARAGUS & FONTINA** \$24.29 per guest (1 entrée | 630 cal)  
Penne pasta with asparagus, fresh basil and oregano in a fontina cheese cream sauce
- BUTTERNUT SQUASH QUINOA CAKES WITH MORNAY** \$24.29 per guest (1 entrée | 490 cal)  
Quinoa cake made with butternut squash, ground flaxseed, kale, gluten free flour & sage served with mornay sauce and grilled fresh asparagus
- ALMOND BUTTER, SPELT & MUSHROOM RISOTTO** \$24.29 per guest (1 entrée | 260 cal)  
Wild mushrooms, creamy almond butter and spelt risotto
- GINGER MISO TOFU** \$24.29 per guest (1 entrée | 310 cal)  
Tofu seared with ginger, miso, mirin, green onions and red chile served with sesame lemongrass jasmine rice and grilled broccolini.

# PLATTERS, DESSERTS & SNACKS

A perfect addition to a reception, meeting or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

## PLATTERS

**FRESH FRUIT CATERING PLATTER**  (3 oz. | 35 cal)  
 12 guest minimum | \$3.49 per guest  
 A seasonal array of sweet melon, pineapple, oranges, grapes and berries

**CRUDITÉ PLATTER**  (3 oz. | 20-160 cal)  
 12 guest minimum | \$3.49 per guest  
 Seasonal vegetable crudité served with dip

**FRUIT & CHEESE PLATTER**   
 (3 oz. fruit + 1 oz. cheese | 140-190 cal)  
 12 guest minimum | \$4.49 per guest  
 Platter heaped with cubed cheeses, cheddar, swiss and provolone, & an arrangement of fresh sliced melon, berries, and grapes. Served with crisp bread




**IMPORTED & DOMESTIC CHEESE PLATTER**  (3 oz. | 280 cal)  
 20 guest minimum | \$4.99 per guest  
 Wedges of imported & domestic cheeses with clusters of grapes and whole wheat crackers

**CHEESE & CHARCUTERIE PLATTER** (1 serving | 5-180 cal)  
 20 guest minimum | \$12.39 per guest  
 Domestic and imported cheese with cured meats, olives, whole grain mustard, fig spread, grissini and crostini

## DESSERTS

**COOKIES** \$19.99 per dozen  
 Peanut Butter Cookie  (1 cookie | 150 cal)  
 Oatmeal Raisin Cookie  (1 cookie | 150 cal)  
 Butter Sugar Cookies  (1 cookie | 160 cal)  
 Carnival Cookie  (1 cookie | 170 cal)  
 Chocolate Chip Cookies  (1 cookie | 160 cal)  
 Double Chocolate Chip Cookies  (1 cookie | 160 cal)




**PETITE BROWNIES AND BARS**  
 Blondie Bar  \$10.49 per dozen (1 piece | 60 cal)  
 Chocolate Brownie Bar  \$10.49 per dozen (1 piece | 60 cal)  
 Rice Krispie Bar \$10.49 per dozen (1 piece | 70 cal)  
 Lemon Bar  \$12.99 per dozen (1 piece | 80 cal)  
 Totally Oreo Brownie \$12.99 per dozen (1 piece | 110 cal)

**CUPCAKES** \$23.99 per dozen  
 Carrot Cupcake  (1 cupcake | 260 cal)  
 Yellow Cupcakes with Fudge Icing  (1 cupcake | 300 cal)  
 Red Velvet Cupcakes  (1 cupcake | 310 cal)  
 Rocky Road Cupcakes (1 cupcake | 280 cal)

## SNACKS

**TRAIL MIX**  (1 oz. | 150 cal)  
 \$16.99 per pound

**MIXED NUTS**  (1 oz. | 170 cal)  
 \$19.99 per pound

**GRANOLA BARS** \$12.99 per dozen  
 Granola Bar  (1 bar | 90 cal)  
 Peanut Butter Granola Bar  (1 bar | 100 cal)  
 Oats & Honey Granola Bar  (1 bar | 90 cal)

**FRUIT** 12 guest minimum  
 Mixed Fruit Cup   \$3.49 per guest (each | 35 cal)  
 Seasonal Sliced Fresh Fruit Platter  \$3.29 per guest (3 oz. | 35 cal)

Apples   \$1.19 each (each | 90 cal)  
 Bananas  \$1.19 each (each | 140 cal)  
 Orange  \$1.19 each (each | 70 cal)  
 Grapes   \$1.19 per guest (3 oz. | 60 cal)

**CHIPS & PRETZELS** \$20.29 per dozen  
 Assorted Bagged Chips  (1 bag | 190-230 cal)  
 Rold Gold Tiny Twist Pretzels  (1 bag | 110 cal)  
 Baked Potato Chips  (1 bag | 140 cal)  
 Assorted SunChips  (1 bag | 210 cal)





# CHEF ATTENDED CARVING STATIONS



Chef Attended stations give your guests something extra special to enjoy at your event. These stations require an attendant; our team will reach out to you to discuss. Carving Stations are prepared for a minimum of 30 guests.

## THE CARVERY: BEEF CARVING STATION

Beef carved to order by one of our chefs. Accompanied by roasted potatoes, green beans almandine, Caesar salad and dinner rolls with butter. Includes horseradish mayonnaise and whole grain mustard.

- Roasted Rosemary Red Bliss Potatoes (4 oz. | 120 cal)
- Fresh Green Beans Almandine (5 oz. | 60 cal)
- Classic Caesar Salad (1/2 cup | 90 cal)
- White Dinner Rolls (1 roll | 80 cal)
- Au Jus (2 tbsp. | 0 cal)
- Horseradish Mayonnaise (1 tbsp. | 80 cal)
- Whole Grain Mustard (1 tbsp. | 20 cal)

### Choice of One Beef Selection:

- Beef Tenderloin with Herb Crust (3 oz. | 240 cal) *Market Price*
- Roasted Strip Loin (3 oz. | 220 cal) *Market Price*

## THE CARVERY: PORK CARVING STATION *Market Price*

BBQ Pork Loin with Texas Smokehouse BBQ sauce, carved to order by one of our chefs. Accompanied by baked beans, country-style potato salad, classic Carolina slaw, Greek salad and dinner rolls with butter.

- BBQ Pork Loin (3 oz. | 230 cal)
- Baked Beans (1/2 cup | 160 cal)
- Country-Style Potato Salad (1/2 cup | 190 cal)
- Classic Carolina Cole Slaw (1/2 cup | 160 cal)
- Greek Salad (1/2 cup | 10 cal)
- White Dinner Rolls (1 roll | 80 cal)
- Texas Smokehouse BBQ Sauce (2 tbsp. | 20 cal)

## THE CARVERY: TURKEY CARVING STATION *Market Price*

Roasted turkey breast, carved to order by one of our chefs. Served with gravy, chutney, whipped sweet potatoes, braised collard greens and dinner rolls.

- Roasted Turkey Breast (3 oz. | 90 cal)
- Whipped Sweet Potatoes (1/2 cup | 150 cal)
- Braised Collard Greens (1/2 cup | 90 cal)
- Cranberry Chutney (1 tbsp. | 20 cal)
- White Dinner Rolls (1 roll | 80 cal)
- Whole Grain Mustard (1 tbsp. | 20 cal)
- Turkey Gravy (2 tbsp. | 10 cal)



A selection of hors d'oeuvres by the dozen. Mix and match to create the perfect event. Paired with chef-selected sauce where appropriate. Pricing is based on a minimum of 3 dozen per selection.

## POULTRY

- LEMONGRASS CHICKEN POTSTICKER** (1 each | 50 cal)  
\$20.99 per dozen
- COCONUT CHICKEN SATAY** (each | 30 cal)  
\$26.49 per dozen
- TERIYAKI CHICKEN POTSTICKER** 🍴 (1 each | 90 cal)  
\$20.99 per dozen
- GREEK TURKEY MEATBALL** (1 canape | 50 cal)  
\$20.99 per dozen

## PORK

- BACON WRAPPED DATE** (each | 45 cal)  
\$23.09 per dozen
- BACON, FIG & SMOKED GOUDA TARTLET** (each | 60 cal)  
\$20.99 per dozen
- SERRANO HAM & MANCHEGO CHEESE CROQUETTE** (each | 80 cal)  
\$20.99 per dozen
- ASIAN STYLE PORK MEATBALL** (1 canape | 45 cal)  
\$17.49 per dozen

## SEAFOOD

- CRISPY COCONUT SHRIMP** (each | 80 cal)  
\$26.49 per dozen
- CRAB, ARTICHOKE & SPINACH TARTLET** (each | 50 cal)  
\$23.09 per dozen

## BEEF

- CENTER CUT FILET OF BEEF CANAPE** (1 canape | 50 cal)  
\$26.49 per dozen
- CHEESEBURGER SLIDERS** (each | 190 cal)  
\$27.99 per dozen
- BURGER SLIDER** (each | 180 cal)  
\$26.99 per dozen
- BARBEQUE MEATBALLS** (1 meatball + sauce | 70 cal)  
\$17.49 per dozen

## VEGETARIAN/VEGAN

- SICILIAN ARANCINI** 🍴 (each | 90 cal)  
\$23.09 per dozen
- VEGETABLE SAMOSAS** 🍴🌱 (1 samosa | 130 cal)  
\$27.99 per dozen
- EDAMAME POTSTICKER** 🍴🌱 (1 potsticker | 50 cal)  
\$23.09 per dozen
- VEGETABLE EGG ROLL** 🍴 (1/2 egg roll | 180 cal)  
\$23.09 per dozen
- FRIED RAVIOLI** 🍴 (1 ravioli | 90 cal)  
\$20.99 per dozen
- ALOO TIKKI WITH PEAS** 🌱 (each | 160)  
\$20.99 per dozen



# HORS D'OEUVRES: A LA CARTE

## PREMIUM SELECTIONS

- JUMBO LUMP CRAB CAKE** (each | 70 cal)  
\$39.29 per dozen
- MINI BEEF WELLINGTON** (each | 70 cal)  
\$60.19 per dozen
- SEAFOOD STUFFED MUSHROOM CAPS** 🍴 (each | 15 cal)  
\$39.99 per dozen

## COLD HORS D'OEUVRES

- COOL SALMON CANAPES** (1 canapé | 60 cal)  
\$23.09 per dozen
- CURRIED CHICKEN & GOLDEN RAISIN TARTLETS** (1 phyllo cup | 140 cal)  
\$27.89 per dozen
- CUCUMBER ROUNDS WITH FETA & TOMATO** 🍴 (1 piece | 40 cal)  
\$20.88 per dozen
- CARAMELIZED ONION & WHITE BEAN CROSTINI** 🍴 (1 slice | 120 cal)  
\$20.88 per dozen
- GOAT CHEESE & HONEY PHYLLO CUPS** 🍴 (1 phyllo cup | 90 cal)  
\$26.49 per dozen
- SHRIMP COCKTAIL WITH CAJUN REMOULADE** (shrimp + sauce | 190 cal)  
\$26.49 per dozen





## BEVERAGES



### HOT BEVERAGES - PER GALLON

Served with appropriate condiments.

|                             |                    |
|-----------------------------|--------------------|
| Coffee and Hot Tea Service  | (12 oz.   0-5 cal) |
| \$3.59 per guest            |                    |
| Brewed Regular Coffee       | (12 oz.   0-5 cal) |
| \$29.50 per gallon          |                    |
| Brewed Decaffeinated Coffee | (12 oz.   0-5 cal) |
| \$29.50 per gallon          |                    |
| Tea Bags with Hot Water     | (12 oz.   0-5 cal) |
| \$24.99 per gallon          |                    |
| Hot Chocolate Supreme       | (8 oz.   190 cal)  |
| \$22.79 per gallon          |                    |
| Hot Apple Cider             | (8 oz.   120 cal)  |
| \$23.99 per gallon          |                    |

### JUICE

|                          |                   |
|--------------------------|-------------------|
| Orange Juice             | (8 oz.   15 cal)  |
| \$19.79 per gallon       |                   |
| Apple Juice              | (8 oz.   110 cal) |
| \$19.79 per gallon       |                   |
| Cranberry Juice          | (8 oz.   25 cal)  |
| \$19.79 per gallon       |                   |
| Cranberry Juice Cocktail | (8 oz.   100 cal) |
| \$19.79 per gallon       |                   |
| Fresh Orange Juice       | (8 oz.   110 cal) |
| \$19.79 per gallon       |                   |
| Chilled Apple Cider      | (8 oz.   110 cal) |
| \$23.99 per gallon       |                   |

### PUNCH

|                       |                   |
|-----------------------|-------------------|
| Fruit Punch           | (8 oz.   170 cal) |
| \$21.99 per gallon    |                   |
| White Sparkling Punch | (8 oz.   100 cal) |
| \$21.99 per gallon    |                   |

### TEA & LEMONADE

|                       |                  |
|-----------------------|------------------|
| Brewed Iced Tea       | (8 oz.   0 cal)  |
| \$24.99 per gallon    |                  |
| Country Time Lemonade | (8 oz.   5 cal)  |
| \$24.99 per gallon    |                  |
| Strawberry Lemonade   | (8 oz.   90 cal) |
| \$27.99 per gallon    |                  |

### WATER STATION

|  |                 |
|--|-----------------|
| Ice Water with Lemons, Limes & Oranges | (8 oz.   0 cal) |
| \$9.99 per gallon                      |                 |
| Orange Infused Water                   | (8 oz.   0 cal) |
| \$9.99 per gallon                      |                 |

### INDIVIDUAL BEVERAGES

|  |                     |
|--|---------------------|
| Assorted Juice                         | (each   80-170 cal) |
| \$2.95 each                            |                     |
| Bottled Water                          | (each   0 cal)      |
| \$2.19 each                            |                     |
| Sparkling Water                        | (each   0 cal)      |
| \$2.95 each                            |                     |
| Assorted Canned Soda, Regular and Diet | (each   5-160 cal)  |
| \$1.99 each                            |                     |

## PLANNING YOUR EVENT



Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. Use this information to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event. Our experienced event planning specialists are very consultative and are happy to answer your questions and assist you in planning every detail. We look forward to serving you!

### HOW TO CONTACT US

When you have a catered event in mind, please contact us as soon as possible. Even if you are not sure of all details such as exact date, location and number of guests, planning early ensures a smooth process.

**Event Spaces:** Please reserve your event space prior to scheduling catering at the Calendar Office on campus

**Contact:** Sodexo Catering  
Phone Number: (918) 495-6360 or (918) 495-6359  
Email Address: [sodexocatering@oru.edu](mailto:sodexocatering@oru.edu)

**Seating, Facilities, Audio Visual:** Please reserve tables, chairs, trash receptacles and audio visual needed for your event.

**Tables and chairs:** Calendar Office

**Audio Visual:** Calendar Office

**Flavours Catering:** It's easy to get in touch with Flavours about your catering needs.

**Send us an Email:** You may email us at [sodexocatering@oru.edu](mailto:sodexocatering@oru.edu).

**Give us a Call:** You may speak with an event planning specialist by calling (918) 495-6360 or (918) 495-6359.

**Schedule a Consultation:** An event consultation is recommended for complex events or events with complex logistics. Contact our office to schedule a consultation or site visit.

### MENU PLANNING AND PRICING

Our menus feature offerings to meet a wide range of preferences and dietary needs including Sodexo's healthy, award-winning Mindful menus. Please advise the catering coordinator of all dietary restrictions that require accommodation.

**Note:** *Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary issues while maintaining seamless service.*

List pricing includes eco-friendly serviceware; a quote can be provided for alternate serviceware. Prices are subject to change based on meeting guest minimums and product availability. Prices reflect services available during normal business days in accordance with the university/college calendar. Please contact the catering office for pricing for events held on campus holidays and breaks.

We are proud of our stewardship in providing fresh sustainable offerings and purchasing seasonal regionally sourced ingredients whenever possible. Please discuss your menu preferences with our event specialists; a quote will be provided upon request for a chef-designed menu focusing on local, seasonal ingredients.

### CONFIRMATIONS, REVISIONS & CANCELLATIONS

**Confirmations:** A catering confirmation is provided upon placing an order. Please review the confirmation for accuracy including the date, times, menu selections, guest attendance and additional details. An archive of all catering orders is available within your CaterTrax customer account. Use the customer account to track and duplicate orders, request changes and budgeting.

**Revisions:** Please request an online revision or contact us immediately to update needed information. Final revisions are due 3-5 business days prior to the event.

**Cancellations:** Cancellations are due a minimum of 96 business hours prior to the event. Cancellation of custom items may be billed should the expense be incurred.

**Weather Cancellations:** Please be in touch if a weather event may impact a planned event. If the University closes or delays due to inclement weather, all impacted catering events are automatically canceled. Weather impacted cancellation of custom items may be billed for expenses incurred.

### GUEST COUNTS & GUARANTEES

A guest attendance estimate is provided upon booking an event. The guaranteed or final guest count is due 3-5 business days prior to the event. If no guarantee or final guest count is provided, your estimated attendance becomes your guarantee. Final billing is based on your guarantee or actual guest attendance, whichever is greater.

Last minute event needs are inevitable, and we make every effort to accommodate your requests. Menus and list pricing are based on minimum guest counts and meeting our planning deadlines. Your final event confirmation will include requested revisions and pricing may be updated to accommodate your needs.

### EVENT PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include University purchase order, department accounts, foundation accounts, Visa, Master Card, American Express, Discover, check and cash.

**If your group is not part of Oral Roberts University Name:**

A deposit of 50% is required two weeks prior to your scheduled event with the balance due two business days prior to the event

- An administrative fee 20% will be added to your bill.
- Sales tax of 8.517% will be added to your bill.

**If you are a tax-exempt organization:**

You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event.



## DELIVERY FEES

Standard deliveries and pickups are made at your convenience. Please reserve spaces at least 30 minutes (before and after) guest arrival and departure for delivery and pick up and plan a minimum of 2 hours (before and after) for attended receptions and meals. Please arrange for building and room availability for deliveries and pickups to include access to special access locations. There is no delivery fee for catering services held within ORU. Deliveries outside the building/venue will be subject to a \$50.00 delivery charge.

## SERVICE STAFF

Catering staff will be provided for all served meals and added to the event order. Continental breakfasts, breaks, buffets and receptions are priced for self-service; servers may be added for an additional fee. Plated meals are priced on an individual basis.

### The charge for staff service is:

|                      |  |
|----------------------|--|
| Attendants/Waitstaff | \$25.00 per waitstaff (minimum 4 hours).   |
| Station Chefs        | \$40.00 per chef (minimum 4 hours).  |
| Expedited Orders     | Expedited Orders often incur additional labor and overtime of our staff. This labor (if applicable) will be outlined within the event order. |

## CATERING EQUIPMENT

We offer a full range of catering equipment to provide a professional image while serving your event. A quote for rental equipment can be provided for any service items not available through our department. All event equipment must be picked up at the conclusion of your event. Replacement fees will be applied for any damaged or missing equipment upon event pick up.

## CHINA SERVICEWARE

We provide eco-friendly serviceware/high-quality plastic serviceware unless otherwise requested.

China service may be added at the below rates. The addition of china and glassware may require the addition of service staff; a quote will be provided.

|   |                  |
|---|------------------|
| Full Meal China, Glassware and Silverware | \$3.00 per guest |
| Coffee or Beverage China Service          | \$1.50 per guest |
| Reception China and Silverware            | \$3.00 per guest |

## LINENS

Our signature service includes complimentary linens for all food service tables. Complimentary house linens for guest seating tables accompany all plated breakfasts, lunches and dinners. Additional house linens can be rented; rental rates are provided. We are happy to accommodate your décor theme with two week's notice; please indicate linen color preferences when booking your event. Specialty linens and fabric swatches can be provided from our catering sales specialists. Request a quote for an event linen plan to enhance the event space.

### House Linens:

|                                      |                              |
|--------------------------------------|------------------------------|
| 85 x 85" Tablecloth                  | \$8.00 per linen for 2 days  |
| 52x 114" Tablecloth                  | \$8.00 per linen for 2 days  |
| 120" round Tablecloth                | \$30.00 per linen for 2 days |
| 132" Round Tablecloth                | \$35.00 per linen for 2 days |
| 90 x 132" (fits 6' banquet to floor) | \$30.00 per linen for 2 days |
| 90 x 156" (fits 8' banquet to floor) | \$35.00 per linen for 2 days |
| Standard Colored Napkins             | \$0.90 per napkin for 2 days |

**Specialty Linens:** Quoted upon request

## GUEST ACCOMMODATION

Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary requests while maintaining seamless service. Dietary restrictions are requested a minimum of one (1) week in advance. Questions about dietary accommodations should be directed to the catering coordinator, manager or chef in advance of the event.

Please advise of any guests requiring mobility accommodation for proper set up for safety and comfort.

## FLOWERS AND DECOR

We are happy to recommend floral and décor services by our local vendor partnerships or provide you with a quote based on your décor preferences.

We look forward to collaborating with you to create a memorable event and welcome your guests.

# FLAVOURS

TASTE : SUCCESS

Sodexo Catering at ORU

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