Ah, the sweet smell of spring. It’s such a refreshing time! The warm sunshine feels so good on our skin, and melts away our winter blues. Celebrate the budding season with a variety of fun packages including a delicious buffet filled with flavors, a healthy balance bowl station, and new infused waters! Contact our Catering department to schedule your next event with flavorsome food and impeccable service.

BREAKFAST

Mango Chia Overnight Oats
1 Parfait | 250 cal
Almond flavored oats and Greek yogurt parfait with chia seeds, cardamom and mango.

Asian Breakfast Tacos
1 Taco | 210 cal
Hearty grain tortilla with green onions, eggs, black rice, bok choy, mushrooms, cilantro and chili oil.

Build Your Own Yogurt Parfait
1 Parfait | 0-320 cal
A perfect start to your morning. Healthy and delicious yogurt parfait created to your liking!

Select Two Yogurts:
- Vanilla Greek Yogurt (1/2 Cup | 90 cal)
- Non Fat Plain Greek Yogurt (1/2 Cup | 60 cal)
- Parfait Low Fat Strawberry Yogurt (1/2 Cup | 110 cal)

Select Three Fruits:
- Fresh Whole Strawberries (1 Tbsp | 0 cal)
- Fresh Blueberries (1 Tbsp | 5 cal)
- Fresh Red Raspberries (1 Tbsp | 0 cal)
- Granny Smith Apples (1 Tbsp | 0 cal)
- Fresh Mango (1 Tbsp | 0 cal)
- Golden Raisins (1 Tbsp | 30 cal)

Included Sauces:
- Apple Butter (1 Tsp | 10 cal)
- Pure Maple Syrup (1 Tsp | 10 cal)
- Honey (1 Tsp | 20 cal)

Included Nuts:
- Pistachios (1 Tsp | 20 cal)
- Oats, Honey & Almonds Simply Granola (1 Tsp | 10 cal)

Included Seeds:
- Pumpkin Seeds (1 Tsp | 20 cal)
- Flax Seeds (1 Tsp | 20 cal)

ADVENTURE BOX TAKEAWAYS

North African Adventure Box
1 Box | 400 cal
Seasoned chicken breast, green lentil couscous and dried figs. Served with naan bread and a Harissa dipping sauce.

Southern Sampler Adventure Box
1 Box | 580 cal
BBq pulled chicken with smoked paprika sauce, roasted corn succotash, creamy coleslaw & a mini corn muffin.

SERVED LUNCHEONS AND DINNERS

Blackened Pork Loin with Verde Salsa
1 Guest | 440 cal
Blackened pork loin with tomatillo verde salsa, avocado creme, watercress, sugar snap peas and fried tortilla strips.

Pan Seared Chicken Breast with Asparagus
1 Guest | 670 cal
Seared crispy skin-on chicken breast with cranberries and leeks with light cream sauce served with risotto and asparagus.

Grilled Eggplant Parmesan
1 Guest | 460 cal
Grilled eggplant layered with garlic spinach, roasted red peppers, fresh mozzarella and marinara, served with capellini.

GRAB AND GO SANDWICHES

Strawberry Quinoa & Kale Wrap
1 Wrap | 630 cal
Strawberry quinoa salad, poblano & jalapeno peppers, toasted pumpkin seeds & spring mix lettuce in a spinach tortilla.

Turkey Trailhead
1 Baguette | 400 cal
Turkey breast, toasted asparagus, hummus & roasted red onion on an artisan baguette.

GRAB AND GO SALADS

Brussels Sprouts Kale Salad With Salmon
1 Salad | 670 cal
Baby kale, brussels sprouts, sunflower seeds, raisins, blue cheese and maple dijon topped with cranberry glazed salmon.

Freekeh & Raspberry Salad With Chicken
1 Salad | 520 cal
Freekeh, grilled chicken, toasted pistachios, mint, scallions, raspberries, feta & honey olive oil vinaigrette.

Avocado Mexican Cobb Salad
1 Salad | 450 cal
Mixed greens, corn, avocado, carrots, cucumbers, onions, cotija cheese, tortilla strips and cilantro lime ranch dressing.

ADD ON BEVERAGES

Minty Lemonade
1 Guest | 70 cal
Real lemonade made with fresh squeezed lemons and garnished with mint.

Blueberry Orange Ginger Infused Water
1 Guest | 0 cal
Refreshing blueberries, orange and ginger infused water.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available.
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**SPECIALTY STATIONS**

**Abloom Buffet**  
1 Guest | 1670 cal  
Spring brings new life and new flavors. Celebrate and come together with this delicious buffet.

**Healthy Balanced Bowls**  
1 Guest | 220 cal  
Time to hit the brakes! Build your own healthy and delicious balanced smoothie bowl!

**French Fry Bar**  
1 Guest | 460 cal  
Take a break with our tasty French Fry Bar! Featuring sweet and regular fries waiting to be smothered with your favorite toppings!

**Woo-Hoo! We Did It! Reception**  
1 Guest | 1100 cal  
Graduation marks the beginning of a new chapter. Celebrate with this delicious Woo-Hoo We Did It Reception package.

**ADD ON DESSERTS**

**Power Bites!**  
1 Dozen | 720 cal  
These incredible Power Bites are an antioxidant powerhouse and an excellent way to revitalize and boost your energy!

**HORS D’ OEUVRES**

**Texas Bruschetta**  
1 Slice | 190 cal  
Roasted poblanos, red peppers, pecans, tomatoes, cotija cheese and avocado served on toasted baguette.

**Cold Vegan Spring Roll**  
1 Spring Roll | 60 cal  
Light spring rolls filled with crisp shredded vegetables, tofu & lettuce.

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SPECIALTY STATIONS

Abloom Buffet
1 Guest | 70-1670 cal
Spring brings new life and new flavors. Celebrate and come together with this delicious buffet.

Select One Soup:
• Vegetable Beef Soup (8 oz | 80 cal)
• Thai Pea Soup (8 oz | 110 cal)
• Spring Chicken Soup (8 oz | 80 cal)

Select One Salad:
• Super Bean Salad Mix (1 Salad | 130 cal)
• Brussels Sprout & Citrus Salad (1 Salad | 70 cal)
• Asparagus, Kalamata And Farro Salad (1 Salad | 90 cal)

Select One Entrée:
• Herb Baked Salmon (1 Piece | 90 cal)
• Red Lentil Pasta With Kale Pesto (1 Bowl | 820 cal)
• Lebanese Natural Airline Chicken Breast (1 Breast | 260 cal)

Sides:
• Cooked Red Quinoa (4 oz | 200 cal)
• Fresh Roasted Balsamic Brussels Sprouts (4 oz | 80 cal)
• Italian-Style Roasted Red Bliss Potatoes (4 oz | 180 cal)

Dessert:
• Angel Food Cake With Strawberry Sauce (1 Slice | 160 cal)

Healthy Balanced Bowls
1 Guest | 90-220 cal
Time to hit the brakes! Build your own healthy and delicious balanced smoothie bowl!

Select Two Smoothies:
• Berry Burst Smoothie (6 oz | 100 cal)
• Almond Peach Smoothie (6 oz | 50 cal)
• Strawberry Mango Smoothie (6 oz | 110 cal)
• Chocolate Cashew Smoothie (6 oz | 80 cal)

Select Five Toppings:
• Shredded Coconut (1 Tsp | 20 cal)
• Oats, Honey & Almonds Simply Granola (1 Tsp | 10 cal)
• Flax Seeds (1 Tsp | 20 cal)
• Chia Seeds (1 Tsp | 20 cal)
• Fresh Blueberries (1 Tbsp | 5 cal)
• Fresh Whole Strawberries (1 Tbsp | 0 cal)
• Sunflower Seeds (1 Tsp | 20 cal)
• Golden Raisins (1 Tsp | 10 cal)
• Dry Roasted Unsalted Cashews (1 Tsp | 10 cal)
• Fresh Mango (1 Tbsp | 0 cal)

Select Three Hot Options:
• Beef Italian Meatballs (1 Meatball | 90 cal)
• Pork & Vegetable Egg Roll (1 Egg Roll | 230 cal)
• Chicken Salad Roll (1 Roll | 400 cal)
• Mini Blt (1 Slider | 110 cal)
• Tomato Gruyere Crostini (1 Crostini | 80 cal)
• Franks In A Blanket (1 Frank | 40 cal)

Select Two Cold Options:
• One Tropical Mango Roll (1 Roll | 90 cal)
• Sun-Dried Tomato/Pesto Ciliegine Skewers (1 Skewer | 90 cal)
• Cucumber Rounds With Feta & Tomato (1 Piece | 30 cal)
• Miso Dressed Crab Salad On Cucumber (1 Piece | 50 cal)
• Broccoli Raab & Fresh Mozzarella Crostini (1 Crostini | 200 cal)
• Texas Bruschetta (1 Slice | 190 cal)

Select Two Sweet Options:
• Sparkling Cookie Bites (4 Bites | 190 cal)
• Pb&C Power Bites (4 Bites | 240 cal)
• Double Chocolate Krinkle Bites (4 Bites | 150 cal)
• Blueberry White Chocolate Blondie Bar (4 Bar Bites | 160 cal)
• Strawberry Basil Cheesecake Bar (4 Bar Bites | 240 cal)
• Honey Blueberry Cheesecake Bar (4 Bar Bites | 250 cal)

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