

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.

# BLOOMING FLAVORS!



## 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.

## 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, craisins, 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.

## 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.

## 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.



VEGAN VEGETARIAN MINDFUL

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

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## HORS D' OEUVRES

### Texas Bruschetta V 1 Slice | 190 cal

Roasted poblanos, red peppers, pecans, tomatoes, cotija cheese and avocado served on toasted baguette.



### Cold Vegan Spring Roll VG 1 Spring Roll | 60 cal

Light spring rolls filled with crisp shredded vegetables, tofu & lettuce.



## SPECIALTY STATIONS

### Abloom Buffet 1 Guest | 70-1670 cal

Spring brings new life and new flavors. Celebrate and come together with this delicious buffet.

### Healthy Balanced Bowls VG V 1 Guest | 90-220 cal

Time to hit the brakes! Build your own healthy and delicious balanced smoothie bowl!

### French Fry Bar 1 Guest | 50-460 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 | 30-1100 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 | 645-720 cal

These incredible Power Bites are an antioxidant powerhouse and an excellent way to revitalize and boost your energy!

#### Included Bites:

- Coconut Cashew Power Bites V (4 Bites | 240 cal)
- Lemon Poppy Seed Power Bites VG (4 Bites | 280 cal)
- Cherry Pie Power Bites V (4 Bites | 220 cal)

## SPECIALTY STATIONS

### French Fry Bar 1 Guest | 50-460 cal

Take a break with our tasty French Fry Bar! Featuring sweet and regular fries waiting to be smothered with your favorite toppings!

#### Included Fries:

- Fresh Cut Idaho French Fried Potatoes VG (2 oz | 90 cal)
- Fresh Cut Sweet Potato Fries VG (2 oz | 100 cal)

#### Included Toppings:

- Vegetarian Chili V (1 oz | 30 cal)
- Garlic Butter V (1 Tbsp | 100 cal)
- Scratch Cheese Sauce V (1 Tbsp | 30 cal)
- Tomato & Basil Bruschetta Topping VG (1 Tbsp | 10 cal)
- Pico De Gallo VG (1 Tbsp | 0 cal)
- Cinnamon Brown Sugar (1 Tsp | 110 cal)
- Thick & Zesty Beef Chili (1 oz | 30 cal)
- Crisp Bacon Strip (1/2 oz | 80 cal)
- Light Sour Cream V (1 Tbsp | 20 cal)
- Fresh Green Onions VG (1 Tsp | 0 cal)
- Feta Cheese V (1/2 Tsp | 0 cal)
- Sliced Black Olives VG (1/2 Tsp | 0 cal)

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VG VEGAN V VEGETARIAN ☺ MINDFUL

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# BLOOMING FLAVORS!



## SPECIALTY STATIONS

### Ablloom 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)

## SPECIALTY STATIONS












### 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)
- Slivered Blanched Almonds  (1 Tsp | 10 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)




## SPECIALTY STATIONS






### Woo-Hoo! We Did It! Reception 1 Guest | 30-1100 cal

Graduation marks the beginning of a new chapter. Celebrate with this delicious Woo-Hoo We Did It Reception package


#### 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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