



# Hartwick College Catering

*fresh and delicious every day*





# All-Day Packages

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

## ALL DAY DELICIOUS \$31.99

Relax. We'll keep the food coming! These 4 selections will keep your energy up throughout the day. 15 Person Minimum

### 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
- FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

### AM Perk Up

- GRANOLA BARS 190 CAL EACH
- ASSORTED INDIVIDUAL YOGURT CUPS 50-150 CAL EACH
- ICED TEA 5 CAL/8 OZ. SERVING
- FAIR TRADE REGULAR COFFEE, DECAF COFFEE & 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 TARRAG ON 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

Includes appropriate condiments

### 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
- FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments



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.

## MEETING WRAP UP \$26.99

Serve these favorites and success is a wrap! This All-Day package includes the following 4 delights. 15 Person Minimum

### Morning Mini

MINIATURE MUFFINS	80-120 CAL EACH
MINIATURE DANISH	140-170 CAL EACH
MINIATURE SCONES	110-120 CAL EACH
APPLE, RAISIN AND CRANBERRY YOGURT PARFAITS	400 CAL EACH
STRAWBERRY YOGURT PARFAITS	370 CAL EACH
ICED WATER	0 CAL/8 OZ. SERVING
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & 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
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA	0 CAL/8 OZ. SERVING

### It's a Wrap

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
BOTTLED WATER	0 CAL EACH

Includes appropriate condiments

### Mid-Day Munchies

TORTILLA CHIPS & SALSA	150 CAL/2 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
PICO DE GALLO	10 CAL/1 OZ. SERVING
APPLES	60 CAL EACH
ORANGES	50 CAL EACH
BANANAS	110 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BOTTLED WATER	0 CAL EACH
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

## SIMPLE PLEASURES \$19.99

Easy does it-Casually tasteful fare. This All-Day package includes 3 of our favorites. 15 Person Minimum

### 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
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### 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

Includes appropriate condiments

### Mid-Day Munchies

TORTILLA CHIPS & SALSA	150 CAL/2 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
PICO DE GALLO	10 CAL/1 OZ. SERVING
APPLES	60 CAL EACH
ORANGES	50 CAL EACH
BANANAS	110 CAL EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BOTTLED WATER	0 CAL EACH
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA	0 CAL/8 OZ. SERVING

Includes appropriate condiments



# Breakfast

## BREAKFAST COLLECTIONS

All prices are per person and available for 24 guests or more

### Basic Beginnings \$6.49

CHOICE OF ONE (1) BREAKFAST PASTRY SERVED WITH ICED WATER, FAIR TRADE REGULAR COFFEE, DECAF COFFEE & 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  
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Healthy Choice Breakfast \$7.49

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
- FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

### New Yorker \$12.99

- BAGELS 170-360 CAL EACH
- SMOKED SALMON PLATTER WITH HARD-BOILED EGGS, SLICED TOMATO, CUCUMBER, SLIVERED RED ONION, AND CREAM CHEESE 120 CAL/3.25 OZ. SERVING
- FRESH SEASONAL SLICED FRUIT 40 CAL/2.5 OZ. SERVING
- ASSORTED JUICE 110-170 CAL EACH  
BOTTLED WATER 0 CAL EACH
- FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING

Includes appropriate condiments

## À la Carte Breakfast

ASSORTED BAGELS WITH BUTTER, CREAM CHEESE AND JAM \$1.79 PER PERSON

- ASSORTED BAGELS 170-360 CAL EACH

Includes appropriate condiments

- CINNAMON ROLLS (260 CAL EACH) \$1.59 PER PERSON

- ASSORTED DONUTS (190-490 CAL EACH) \$1.59 PER PERSON

ASSORTED MINIATURE PASTRIES \$1.79 SERVES 1

- MINIATURE MUFFINS 80-120 CAL EACH
- MINIATURE DANISH 140-170 CAL EACH
- MINIATURE SCONES 110-120 CAL EACH

Includes appropriate condiments

- FRESH SEASONAL SLICED FRUIT (40 CAL/2.5 OZ. SERVING) \$2.49 PER PERSON

- ASSORTED INDIVIDUAL YOGURT CUPS (50-150 CAL EACH) \$2.49 EACH

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## HOT BREAKFAST

All prices are per person and available for 24 guests or more

### Ultimate Breakfast \$13.99

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, FAIR TRADE REGULAR COFFEE, DECAF COFFEE & 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
■ HASH BROWNS	130-150 CAL/3 OZ. SERVING
BACON	45 CAL EACH
SAUSAGE LINKS	130 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
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING	

Includes appropriate condiments



### American Breakfast \$9.99

SCRAMBLED EGGS, BREAKFAST POTATOES, CRISP BACON, BREAKFAST SAUSAGE, CHOICE OF ONE (1) BREAKFAST PASTRY, ICED WATER, FAIR TRADE REGULAR COFFEE, DECAF COFFEE & 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
■ SLICED HASH BROWNS	140 CAL/2 OZ. SERVING
■ DICED HASH BROWNS	130 CAL/3 OZ. SERVING
■ SHREDDED HASH BROWNS	150 CAL/3 OZ. SERVING
HASH BROWN PATTIES	150 CAL EACH
BACON	45 CAL EACH
SAUSAGE LINKS	130 CAL EACH
SAUSAGE PATTIES	200 CAL EACH
ICED WATER	0 CAL/8 OZ. SERVING
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING	

Includes appropriate condiments

### French Toast Breakfast \$8.69

ORANGE CINNAMON FRENCH TOAST SERVED WITH BUTTER AND SYRUP, BREAKFAST POTATOES, CRISP BACON, BREAKFAST SAUSAGE, ICE WATER, FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA

■ ORANGE CINNAMON FRENCH TOAST	90 CAL EACH
■ MAPLE SYRUP	70 CAL/1 OZ. SERVING
■ SLICED HASH BROWNS	140 CAL/2 OZ. SERVING
■ DICED HASH BROWNS	130 CAL/3 OZ. SERVING
■ SHREDDED HASH BROWNS	150 CAL/3 OZ. SERVING
HASH BROWN PATTIES	150 CAL EACH
BACON	45 CAL EACH
SAUSAGE LINKS	130 CAL EACH
SAUSAGE PATTIES	200 CAL EACH
ICED WATER	0 CAL/8 OZ. SERVING
FAIR TRADE REGULAR COFFEE, DECAF COFFEE & HOT TEA 0 CAL/8 OZ. SERVING	

Includes appropriate condiments

Egg Whites available on request - nominal fee may apply










# Breakfast

## BREAKFAST ENHANCEMENTS

All prices are per person and available for 24 guests or more

### Yogurt Parfait Bar \$6.99

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

Includes appropriate condiments



### Assorted Cereal Cups served with Milk

\$1.99

 INDIVIDUAL CEREAL CUPS	140-260 CAL EACH
MILK	120 CAL EACH

### Traditional Sandwiches \$4.29

CHOICE OF TWO (2) BREAKFAST SANDWICHES

 EGG & CHEESE ENGLISH MUFFIN	260 CAL EACH
 EGG & CHEESE CROISSANT	370 CAL EACH
SAUSAGE, EGG & CHEESE BISCUIT	520 CAL EACH
HAM, EGG & CHEESE BISCUIT	450 CAL EACH
BACON, EGG & CHEESE BAGEL	370 CAL EACH
SPICY BACON, EGG, POTATO & CHEESE BURRITO	590 CAL EACH

Egg Whites available on request – nominal fee may apply



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# Lunch & Buffet



## CLASSIC COLLECTIONS

All prices are per person and available for 24 guests or more

### Deli Express \$9.99

CREATE YOUR OWN DELI SANDWICH CREATION ACCOMPANIED BY YOUR CHOICE OF TWO (2) SIDE SALADS, ASSORTED CRAVEWORTHY COOKIES AND BEVERAGES

#### DELI PLATTER

SLICED OVEN ROASTED TURKEY	25 CAL/1 OZ. SERVING
SLICED ROAST BEEF	40 CAL/1 OZ. SERVING
DELI HAM	30 CAL/1 OZ. SERVING
TUNA	80 CAL/1 OZ. SERVING
<input type="checkbox"/> CHEESE TRAY (CHEDDAR & SWISS)	110 CAL/1 OZ. SERVING
<input type="checkbox"/> RELISH TRAY (LETTUCE, TOMATO, ONION, PICKLES, PEPPERONCINI)	30 CAL/2 OZ. SERVING
<input type="checkbox"/> ASSORTED BAKED BREADS & ROLLS	110-160 CAL EACH
SIDE SALADS	25-330 CAL EACH
<input type="checkbox"/> ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Premium Box Lunch

STEAKHOUSE CHOP SALAD \$12.29

GRILLED BEEF STEAK TOSSED WITH BLUE CHEESE, VEGETABLES AND ROMAINE TOSSED WITH DIJON VINAIGRETTE

<input type="checkbox"/> BAKERY FRESH ROLL	160 CAL EACH
<input type="checkbox"/> FRESH FRUIT CUP	40 CAL/2.5 OZ. SERVING
<input type="checkbox"/> LEMON CHEESECAKE BAR	300 CAL/2.75 OZ. SERVING
BOTTLED WATER	0 CAL EACH

Includes appropriate condiments

SESAME TOFU GARDEN SALAD \$10.29

GRILLED TOFU, BELL PEPPER, CARROT AND CUCUMBER ON GREENS WITH BALSAMIC VINAIGRETTE

<input type="checkbox"/> BAKERY FRESH ROLL	160 CAL EACH
<input type="checkbox"/> FRESH FRUIT CUP	40 CAL/2.5 OZ. SERVING
<input type="checkbox"/> LEMON CHEESECAKE BAR	300 CAL/2.75 OZ. SERVING
BOTTLED WATER	0 CAL EACH

Includes appropriate condiments

Includes Assorted Individual Chips, Whole Fruit and Gourmet Dessert

### Classic Box Lunch \$9.49

YOUR CHOICE OF CLASSIC SANDWICH – SERVED WITH POTATO CHIPS, CRAVEWORTHY COOKIES AND BOTTLED WATER

CLASSIC SELECTION SANDWICH	280-750 CAL EACH
<input type="checkbox"/> INDIVIDUAL BAG OF CHIPS	100-160 CAL EACH
<input type="checkbox"/> ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BOTTLED WATER	0 CAL EACH

Includes appropriate condiments

### Classic Selections \$13.49

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	280-750 CAL EACH
SIDE SALADS	25-330 CAL EACH
<input type="checkbox"/> DILL PICKLES	0 CAL/1 OZ. SERVING
<input type="checkbox"/> INDIVIDUAL BAGS OF CHIPS	100-160 CAL EACH
<input type="checkbox"/> ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Classic Sandwich Options

(Available Sandwiches Choices for the Classic Boxed lunch and Classic Selection Buffet)

GREEK SALAD WRAP WITH CRUMBLLED FETA, BLACK OLIVES, FRESH CUCUMBERS, PLUM TOMATOES AND RED ONION (430 CAL EACH)

REUBEN WRAP (360 CAL EACH)

CHICKEN, PEPPER JACK BAGUETTE WITH PICO AND GUACAMOLE (740 CAL EACH)

TURKEY, FETA, SPINACH AND SUNDRIED TOMATO CIABATTA (670 CAL EACH)

GRILLED VEGETABLE WRAP (610 CAL EACH)

Additional Premium Box Lunch options available upon request!  
Please contact your catering professional!



# Lunch & Buffet

## CLASSIC COLLECTIONS

### The Executive Luncheon \$16.99

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

Includes appropriate condiments

■ GARDEN VEGETABLES WITH BOURSIN, AGED PROVOLONE AND ROASTED GARLIC AIOLI ON CIABATTA (570 CAL EACH)

SALMON, CUCUMBER AND CILANTRO COLESLAW CIABATTA (650 CAL EACH)

HAM AND BRIE, WITH FRESH PEAR, SPINACH AND CARAMELIZED ONIONS ON WHEATBERRY BREAD (700 CAL EACH)

GRANNY SMITH APPLES AND BRIE WITH FRESH BABY SPINACH ON A FRENCH BAGUETTE (760 CAL EACH)

ITALIAN SUB WITH FRESH LETTUCE, TOMATO, ONION AND HERBAL HONEY DIJON SAUCE (560 CAL EACH)

TURKEY & HAM CLUB SUB WITH BACON, SWISS CHEESE AND HONEY DIJON DRESSING (390 CAL EACH)

TURKEY COBB LAVASH WITH BACON, BLUE CHEESE CRUMBLES AND AVOCADO MAYO (670 CAL EACH)

## 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 (180 CAL/3 OZ. SERVING)

■ PEPPER SLAW WITH RED, GREEN AND YELLOW PEPPERS TOSSED IN JALAPENO CHILE-LIME CREAM (150 CAL/3.5 OZ. SERVING)

■ ROASTED CORN AND BLACK BEAN SALSA WITH SPANISH ONIONS, RED PEPPERS, JALAPENOS, FRESH CILANTRO AND FRESH GARLIC (120 CAL/4 OZ. SERVING)

■ CHILLED DILL CUCUMBER SALAD WITH ONIONS TOSSED IN ITALIAN DRESSING (60 CAL/3.75 OZ. SERVING)

■ GRILLED VEGETABLE PASTA SALAD WITH A BALSAMIC DRESSING (130 CAL/3 OZ. SERVING)

■ RED-SKINNED POTATO SALAD WITH EGG, CELERY AND SPANISH ONION IN A SEASONED MAYONNAISE DRESSING (240 CAL/4 OZ. SERVING)

■ MIXED LETTUCES, CHICKPEA, CUCUMBER AND TOMATO (90 CAL/3 OZ. SERVING)

■ HERBED QUINOA SIDE SALAD (100 CAL/3.5 OZ. SERVING)

■ FRESH FRUIT SALAD (40 CAL/2.5 OZ. SERVING)

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## BUFFETS

Served with Assorted Rolls and Butter, Ice Water and Iced Tea (24 Person Minimum)

### Harvest Bounty \$16.99

CHOICE OF HERB ROASTED TURKEY OR BAKED HAM SERVED WITH SIDES AND BEVERAGES

TRADITIONAL MIXED GREEN SALAD	50 CAL/3.5 OZ. SERVING
SOUTHERN BISCUITS	190 CAL EACH
BUTTERMILK MASHED POTATOES	120 CAL/3.75 OZ. SERVING
SAUTÉED DILL GREEN BEANS	30 CAL/3 OZ. SERVING
HERB ROASTED TURKEY	130 CAL/3 OZ. SERVING
BAKED HAM	110 CAL/3 OZ. SERVING
APPLE PIE	410 CAL/SLICE
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### East Asian Eats \$14.99

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
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Classic Pizza \$14.49

CLASSIC GARDEN SALAD	50 CAL/3.5 OZ. SERVING
TRADITIONAL NEW YORK STYLE CHEESE PIZZA SLICES	330 CAL/SLICE
MEAT LOVER'S PIZZA SLICES	470 CAL/SLICE
GARDEN VEGETABLE PIZZA SLICES	380 CAL/SLICE
HOME-STYLE KETTLE CHIPS	240 CAL/1.25 OZ. EACH
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments



# Lunch & Buffet

## BUFFETS

Served with Assorted Rolls and Butter, Ice Water and Iced Tea (24 Person Minimum)

### Medi Eats Buffet \$14.99

ISRAELI COUSCOUS	120 CAL/3.5 OZ. SERVING
ROASTED EGGPLANT	100 CAL/3 OZ. SERVING
SAUTÉED SPINACH	60 CAL/3.25 OZ. SERVING
WHITE PITA FLATBREAD	250 CAL EACH
WHOLE WHEAT PITA FLATBREAD	250 CAL EACH
CHICKEN SOUVLAKI SKEWERS	210 CAL EACH
FALAFEL	60 CAL EACH
TZATZIKI	15 CAL/1 OZ. SERVING
CINNAMON CUSTARD	110 CAL/2.75 OZ. SERVING
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### BBQ Picnic \$12.99

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 LEAVES	0 CAL/0.5 OZ. SERVING
DICED ONIONS	10 CAL/1 OZ. SERVING
DILL PICKLE SLICES	0 CAL/1 OZ. SERVING
SLICED TOMATOES	5 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
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments



## BUFFETS

Served with Assorted Rolls and Butter, Ice Water and Iced Tea (24 Person Minimum)

### Lazy Summer BBQ \$16.49

OLD-FASHIONED COLESLAW	150 CAL/3 OZ. SERVING
CORNBREAD FIESTA MUFFINS	120 CAL EACH
MACARONI AND CHEESE	260 CAL/4 OZ. SERVING
BARBECUED BAKED BEANS	170 CAL/4.75 OZ. SERVING
LAZY COUNTRY CHICKEN	430 CAL/6 OZ. SERVING
SLICED BRISKET	350 CAL/5 OZ. SERVING
ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
LEMON CHEESECAKE BARS	300 CAL/2.75 OZ. SERVING
RASPBERRY COCONUT BARS	370 CAL/3.25 OZ. SERVING
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### A Taste of Italy \$18.99

CAESAR SALAD	160 CAL/2.66 OZ. SERVING
ITALIAN WHITE BEAN SALAD	90 CAL/3.33 OZ. SERVING
GARLIC BREADSTICKS	110 CAL EACH
SEASONAL VEGETABLES	70 CAL/3 OZ. SERVING
THREE PEPPER PESTO CAVATAPPI	310 CAL/7.5 OZ. SERVING
GRILLED ROSEMARY CHICKEN	130 CAL/3 OZ. SERVING
GRILLED FENNEL TUNA	150 CAL/3 OZ. SERVING
ASSORTED ITALIAN ICES	70-75 CAL EACH
ICED TEA	5 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

### Soup and Salad Buffet \$13.99

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
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

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# Lunch & Buffet

## BUFFETS

Build Your Own Buffet: Select two salads, one entrée, two sides, and one dessert

### Buffet Starters

- SEASONAL GARDEN SALAD WITH BALSAMIC VINAIGRETTE (50 CAL/3.5 OZ. SERVING)  
CLASSIC CAESAR SALAD (160 CAL/2.66 OZ. SERVING)
- GREEK SALAD WITH CRUMBLLED FETA (120 CAL/3.25 OZ. SERVING)  
ITALIAN GREEN SALAD WITH PENNE AND PROSCIUTTO (110 CAL/3.25 OZ. SERVING)
- ROASTED VEGETABLE PLATTER WITH CHIMICHURRI MAYO (210 CAL/4 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) \$14.49  
LEMON ARTICHOKE CHICKEN BREAST (200 CAL/5.75 OZ. SERVING) \$14.49  
HONEY MUSTARD PORK LOIN (220 CAL/4 OZ. SERVING) \$15.29  
CHIPOTLE PORK LOIN TOPPED WITH A PINEAPPLE SALSA (180 CAL/3.75 OZ. SERVING) \$15.29  
GRILLED SALMON IN A MOROCCAN HERB SAUCE (120 CAL/2.75 OZ. SERVING) \$17.29  
ASIAN MARINATED STEAK (160 CAL/3 OZ. SERVING) \$15.99  
EGGPLANT LASAGNA (250 CAL/7.25 OZ. SERVING) \$13.49

### Buffet Sides

- SWEET HERBED CORN PUDDING (350 CAL/4 OZ. SERVING)
- PAN ROASTED VEGETABLES (45 CAL/3 OZ. SERVING)
- TOMATO CAPER RATATOUILLE (45 CAL/4.25 OZ. SERVING)
- TOASTED ORZO WITH SPINACH AND CRANBERRIES (170 CAL/4 OZ. SERVING)
- GINGER HONEY GLAZED CARROTS (110 CAL/3.25 OZ. SERVING)
- GARLIC SPINACH AND KALE (60 CAL/3.25 OZ. SERVING)
- ROASTED RED POTATOES (100 CAL/2.75 OZ. SERVING)

### Buffet Finishes

- APPLE PIE (410 CAL/SLICE)
- BREAD PUDDING WITH CARAMEL APPLE SAUCE (370 CAL/6.75 OZ. SERVING)
- NEW YORK-STYLE CHEESECAKE (440 CAL/SLICE)
- ASSORTED MINIATURE COOL CITRUS CHEESECAKES (80 CAL/4.25 OZ. SERVING)
- DULCE DE LECHE BROWNIE (220 CAL/2.25 OZ. SERVING)
- CHOCOLATE CAKE (270 CAL/SLICE)

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# Receptions



## RECEPTIONS

All prices are per dozen

### Reception Hors D'oeuvres (Hot)

- BACON WRAPPED SCALLOPS (20 CAL EACH) \$23.99
- BLACK ANGUS MINI CHEESEBURGERS (SLIDERS) (120 CAL EACH) \$35.99
- CHICKEN QUESADILLAS (50 CAL EACH) \$19.99
- CHICKEN SATAY (20 CAL EACH) \$21.99
- CRISPY ASIAGO ASPARAGUS (50 CAL EACH) \$21.99
- ASSORTED MINI QUICHE (70-90 CAL EACH) \$19.99
- SESAME CHICKEN (40 CAL EACH) \$20.99
- SPANAKOPITA (70 CAL EACH) \$20.99
- VEGETABLE SPRINGROLLS (15 CAL EACH) \$30.99



### Reception Hors D'oeuvres (Cold)

- ASSORTED PETIT FOURS (60-140 CAL EACH) \$22.99
- CHOCOLATE-CARAMEL MINI CHEESECAKES (80 CAL EACH) \$20.99
- COOL CITRUS MINI CHEESECAKES (80 CAL EACH) \$20.99
- ANTIPASTO KABOBS (45 CAL EACH) \$28.99
- MEDITERRANEAN ANTIPASTO SKEWERS (70 CAL EACH) \$29.99
- MUSHROOM PROFITEROLE (45 CAL EACH) \$30.99

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.



# Receptions

## RECEPTIONS

### Classic Cheese Tray

SERVES 12: \$35.99 24: \$59.49 48: \$94.49

CLASSIC CHEESE TRAY WITH SWISS, CHEDDAR AND PEPPER JACK CHEESES, PITA CHIPS AND CROSTINI (290 CAL/2.75 OZ. SERVING)

### Fresh Garden Crudités

SERVES 12: \$30.29 24: \$61.29 48: \$120.29

FRESH GARDEN CRUDITÉS WITH RANCH DILL DIP (120 CAL/5 OZ. SERVING)

### Fresh Seasonal Fruit

SERVES 12: \$29.99 24: \$60.99 48: \$119.99

FRESH SEASONAL FRUIT TRAY (40 CAL/2.5 OZ. SERVING)

### Black Bean, Corn and Pico Guacamole

SERVES 12: \$29.99 24: \$54.99 48: \$99.99

BLACK BEAN, CORN AND PICO GUACAMOLE SERVED WITH TORTILLA CHIPS (330 CAL/6.75 OZ. SERVING)

### Housemade Spinach Dip

SERVES 12: \$25.49 24: \$42.49 48: \$69.99

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 us at 607.431.4334 or [whited@hartwick.edu](mailto:whited@hartwick.edu) within two weeks of your event to arrange a personal consultation.

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## 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 24 guests or more.

### Mediterranean \$7.79

ADD A PACKAGE OF OUR MEDITERRANEAN BITES TO YOUR RECEPTION

■ MARINATED OLIVES	150 CAL/2.75 OZ. SERVING
■ HUMMUS & PITA CHIPS	220 CAL/4.5 OZ. SERVING
■ GREEK SALAD	120 CAL/3.25 OZ. SERVING
■ SEASONAL ROASTED VEGETABLE TRAY	120 CAL/3.25 OZ. SERVING-210 CAL/4 OZ. SERVING
■ TABBOULEH SALAD	110 CAL/3.25 OZ. SERVING

### Dim Sum \$9.29

A LITTLE AFTERNOON DIM SUM TO SPICE UP YOUR AFTERNOON MEETING OR EVENING RECEPTION

EGGROLLS	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	600 CAL/7.5 OZ. SERVING
■ RASPBERRY COCONUT BAR	370 CAL/3.25 OZ. SERVING

### Happy Hour \$12.79

HAVE A "PUB" BREAK WITH YOUR FAVORITE HAPPY HOUR FINGER FOODS

■ CHILLED SPINACH DIP WITH PITA CHIPS	230 CAL/2.25 OZ. SERVING
MINI CHEESESTEAKS	170 CAL EACH
BUFFALO CHICKEN TENDERS SERVED WITH BLUE CHEESE DIP	680 CAL/6.75 OZ. SERVING
■ ASSORTED CRAVEWORTHY COOKIES	250-310 CAL EACH
■ LEMON CHEESECAKE BARS	300 CAL/2.75 OZ. SERVING
■ RASPBERRY COCONUT BARS	370 CAL/3.25 OZ. SERVING

## SNACKS

All prices are per person and available for 24 guests or more

### Energy Break \$2.99

RAISE THE BAR!

■ GRANOLA BARS	190 CAL EACH
■ FRUIT FILLED BARS	160 CAL EACH
■ BREAKFAST BARS	250 CAL EACH

### The Healthy Alternative \$6.99

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 \$4.99

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



## BEVERAGES

REGULAR AND DECAFFEINATED COFFEE, TEA (0 CAL/8 OZ. SERVING)  
\$1.79 PER PERSON

*Includes appropriate condiments*

HOT APPLE CIDER (160 CAL/8 OZ. SERVING) \$1.79 PER PERSON

HOT CHOCOLATE (160 CAL/8 OZ. SERVING) \$1.79 PER PERSON

ICED TEA (5 CAL/8 OZ. SERVING) \$1.49 PER PERSON

*Includes appropriate condiments*

LEMONADE (90 CAL/8 OZ. SERVING) \$1.49 PER PERSON

FRUIT PUNCH (5 CAL/8 OZ. SERVING) \$1.49 PER PERSON

ICED WATER (0 CAL/8 OZ. SERVING) \$.99 PER GALLON

BOTTLED WATER (0 CAL EACH) \$1.79 PER PERSON

ASSORTED SODAS (CAN) (0-150 CAL EACH) \$1.49 EACH

ASSORTED BOTTLED FRUIT JUICES (110-170 CAL EACH) \$1.99 EACH

## DESSERTS

All prices are per person and available for 24 guests or more

■ ASSORTED CRAVEWORTHY COOKIES (250-310 CAL EACH)  
\$1.79 PER PERSON

■ BAKERY-FRESH BROWNIES (250 CAL/2.25 OZ. SERVING)  
\$1.99 PER PERSON

GOURMET DESSERT BARS \$2.29 PER PERSON

■ LEMON CHEESECAKE BARS 300 CAL/2.75 OZ. EACH  
■ RASPBERRY COCONUT BAR 370 CAL/3.25 OZ. SERVING

■ NEW YORK CHEESECAKE SLICE (440 CAL/SLICE) \$2.49 PER PERSON

■ CUSTOM ARTISAN CUPCAKES (380 CAL EACH) \$2.29 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.

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.

■ VEGETARIAN ■ VEGAN

CONTACT US TODAY

607.431.4334

whited@hartwick.edu

www.hartwick.campusdish.com

Prices effective until 08/01/2018

Prices may be subject to change