



catering nutrition guide

**Catering
Fall Winter 2024- 2025**

Be aware that we handle and prepare egg, milk, wheat, gluten, fish, soy, sesame, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Guests with food allergies or specific dietary concerns should speak with our ingredient allergen expert for individualized assistance.

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

sandwiches

beefsteak tomato mozzarella, pesto, ciabatta

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	40	61	33	2	1260

Charred Eggplant, Parmesan, Arugula, Smokey Romesco, Ciabatta

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	17	57	20	8	1400

Chicken Milanese, Parmesan, Balsamic, Hoagie Roll

serving size: 1ea

contains: eggs, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	6	60	27	3	590

buffalo chicken wrap

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	66	39	5	1855

Roast Turkey, Fontina, Honey Mustard, French Hero

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	16	91	45	27	1820

Turkey BLT, Avocado, Baguette

serving size: 1ea

contains: egg, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	22	74	26	2	1780

Black Forest Ham, Swiss, Honey Mustard, Pretzel Roll

serving size: 1ea

contains: milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	28	62	34	25	1480

Roast Beef, Brie, Brioche

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	27	48	36	11	1290

sandwiches

Prosciutto, Mortadella, Soppressata, Provolone, Fresh Mozzarella Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	41	54	40	6	2230

Capicola, Salami, Fresh Mozzarella, Basil Pesto, Olive Tapenade, Hot Pepper Relish, Baguette

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
890	50	76	36	4	2770

Mediterranean Tuna, Basil, Wheat Wrap

serving size: 1ea

contains: fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	33	23	4	450

*black forest ham, cheddar, lettuce, beefsteak tomato, sourdough roll

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	11	29	26	2	1880

Roast turkey, swiss, lettuce, tomato parkerhouse roll

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	22	52	36	11	1390

room temp proteins

maryland hearts of palm cake, grain mustard remoulade

serving size: 1ea

vegetarian

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	34	13	5	3	1020

spiced tofu steak, cilantro coconut chutney

serving size: 6oz

vegan

contains: tree nuts (coconut) soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	11	7	12	5	1540

cauliflower steak, persillade sauce

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	40	10	3	2	470

chicken milanese, ricotta pumpkin seed pesto

serving size: 6 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	26	24	31	1	470

*herb seared chicken, fresh herbs, wild mushroom

serving size: 1ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	12	15	36	3	290

old bay seared shrimp, watercress, cajun remoulade

serving size: 1ea

contains: egg, shellfish (shrimp), soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	21	2	14	1	880

room temp proteins

slow roasted turkey breast, herb compound butter

serving size: 4oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	9	2	26	<1	870

carne asada strip steak, aji verde puree

serving size: 1ea

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	16	14	22	2	950

honey hoisin flank steak, sesame, scallions

serving size: 1ea

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	16	5	38	4	440

bourbon glazed pork roast, honey roasted pears

serving size: 6oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	7	22	35	17	560

pistachio crusted salmon, roasted fennel & onion

serving size: 1ea

contains: fish (salmon), tree nuts (pistachio)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	21	13	28	5	130

seared branzino, herb gremolata

serving size: 1ea

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	7	1	24	0	230

room temp sides

Roasted Brussels Sprouts, Apple, Toasted Pistachio

serving size: 4oz

vegetarian

contains: tree nuts (pistachio)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	4	12	2	8	50

lemon grilled asparagus

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	1	90

Farro, Butternut, Mizuna, Maple Vinaigrette, Pumpkin Seeds

serving size: ½ c

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	12	19	5	3	80

*Buckwheat Soba Noodle Salad, Sesame

serving size: ½ c

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	3	18	4	4	640

Lemon, Olive Oil Fingerling Potato Salad, Chives, Parsley

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4	14	2	1	320

Spicy Heirloom Carrot Salad, Leeks, Harissa

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	10	1	4	350

room temp sides

Green Garbanzo, Cucumber & Radish Salad, Olive, Harissa Dressing

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	15	15	4	3	670

*classic caesar salad, croutons, parmesan, anchovy

serving size: 4oz

contains: egg, fish (anchovy), milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	10	6	4	1	320

*rotini pasta, pesto, roasted tomato, caramelized onion, parmesan

serving size: 4oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	9	15	5	1	220

Baby Kale, Apple, Celery Salad, Red Grapes, Cider Yogurt Dressing, Honey

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	5	1	4	70

*rocket arugula salad, heirloom tomato, boursin cheese, toasted walnuts, truffle chive dressing

serving size:

vegetarian

contains: milk, tree nuts (walnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	41	7	5	2	560

Grilled broccolini

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	10	4	2	220

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish, sesame and milk. For information, please speak with a manager.

hot sides

*lemon grilled asparagus

serving size: 4oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	1	90

*grilled broccolini

serving size: 4oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	10	4	2	220

Orzo Pilaf, Parsley

serving size: ½ c
vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	3	30	5	1	280

Crispy Parmesan Brussels Sprouts

serving size: 4oz
vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	11	6	4	370

*sauteed haricot vert, roasted garlic, fresh herbs

serving size: 4oz
vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	1	2	70

Maple Roasted Acorn Squash

serving size: 4oz
vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	20	1	4	120

hot sides

Saffron Risotto, Parmesan, Chicken Base

serving size: ½ c

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	19	2	1	730

Quinoa Garbanzo Pilaf, Tomato, Rosemary, Parmesan Garlic Butter

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	13	17	4	0	180

*garlic herb roasted heirloom fingerling potato

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	6	20	2	1	330

Miso Roasted Root Vegetables, Ginger

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	25	2	9	450

*honey roasted baby heirloom carrots, thyme

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	7	9	<1	5	240

Red bliss mashed potato

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	18	19	3	2	380