

# St Lawrence University Catering Menu

**All Catering Services Require a 15-person minimum.**

## Continental \$9.99 per person

*Served with Sun Roasters Coffee, Ajiri Tea Service, Seasonal Fruit Salad, Chilled Bottles of Apple, Orange & Cranberry Juice*

*Choose two:*

- Breakfast Breads, Scones, Bagels, Bakery Muffins, Assorted Danish, Assorted Croissants
  - *Butter, fruit preserves and cream cheese*

## Bagel and Smoked Salmon \$16.99 per person

- *Assorted Bagels*
- *Assorted Cream Cheese and Jelly*
- *Smoked Salmon*
- *Cucumbers*
- *Red Onion*
- *Heirloom Tomato*
- *Lemon*
- *Capers and olives*
- *Fresh dill*

## Breakfast Buffet \$13.99 per person (15 person minimum)

*Served with Sun Roasters Coffee, Ajiri Tea Service, Seasonal Fruit Salad, Chilled Bottles of Apple, Orange & Cranberry Juice*

*Choose two:*

- Breakfast Breads, Scones, Bagels, Bakery Muffins, Assorted Danish, Mini Assorted Croissants
  - *Butter, fruit preserves and cream cheese*

*Choose one:*

- Seasoned Home Fries, Sweet Potato Hash, Mini Hashbrown Patties

*Choose two:*

- Crispy Bacon, Pork Sausage Patty, Maple Sausage Links, Turkey Sausage Link, Vegan Sausage

*Choose one:*

- Scrambled Eggs or Veggie Scramble
  - *Served with sides of ketchup & siracha.*
  - *Add shredded cheddar for \$1.*

### Healthy Beginnings \$11.99 per person (15 person minimum)

*Served with Sun Roasters Coffee, Ajiri Tea Service, Chilled Bottles of Apple, Orange & Cranberry Juice*

- Nonfat Greek Yogurt Parfaits with Fresh Berries & House made Granola
- Whole Wheat Bagels
  - *Served with plain, chive and onion and strawberry cream cheese*
- Fresh Fruit Salad
- Peach Oatmeal Bake
- Assortment of Health Bars

### A la Carte

Per Person:

- Chilled Bottled Apple, Orange or Cranberry Juice \$1.99 per person
- Bottled Water \$1.99 per person
- Canned Soda \$2. per person
- Nonfat Greek Yogurt Berry Parfaits w. House Made Granola \$3.49 per person
- Whole Fruit (Apples, Bananas, Oranges & Seasonal) \$1.49 per person
- Fresh Fruit Salad \$2.99 per person
- Pancakes or French Toast \$1.99 per person
  - *Served with local maple syrup*
- Assorted Mini Danish \$2.99 per person
- Assorted Croissants \$3.99 per person
- Sun Roasters Coffee & Ajiri Tea Service \$2.49 per person
- Saratoga Water \$2.50 per person
- Chobani Yogurt Cups \$1.99 per person
- Scrambled Eggs \$1.99 per person
- Hard Boiled Eggs \$1.50 per person
- Fried Egg \$1.75 per person
- Peach or blueberry Oatmeal Bake \$2 per person
- Overnight Oats (Peanut Butter Banana, Almond Joy, Blueberry) \$2.75
- Spinach and Mushroom Fritata \$3.25

By the dozen:

- Bakery Fresh Blueberry, Chocolate Chip & Lemon Poppy Seed Muffins \$15.99
- Assorted Breakfast Breads Banana, Zucchini, Cinnamon Strudel \$15.99
- House Made Cinnamon Rolls \$29.99
- Assorted Donuts \$14.99
- Bagels w. cream cheese, butter & fruit preserves \$19.99
- Assorted Pastries mini \$12.99
- Assorted Pastries large \$17.99

## Premium Sandwiches

*All sandwich lunches are served with a bag of Deep River Chips, and a choice of one: Fresh Fruit Salad, Potato Salad or Pasta Salad, Chocolate Chip, Sugar & Oatmeal Raisin Cookies and Water, Lemonade or Iced Tea.*

### Classic Deli Buffet \$12.99 (minimum of 15 people)

*Build Your Own Deli Sandwich with Choice of Kaiser, Wheat Berry, Country White & Gluten Free Bread, Deli meats of Oven Roasted Turkey Breast, Roast Beef, and Ham, Tuna Salad or Grilled Vegetables, with Swiss, American, and Provolone, Lettuce and Tomato, a variety of Condiments and Dill Pickle Spears*

### Gourmet Sandwiches \$15.99 (minimum of 15 people)

*Choose three:*

- **Classic Chicken and Grape Salad:** Creamy chicken salad tossed with sweet Red Grapes served with Spring Mix and Sliced Tomato on a Croissant
- **Caprese Sandwich:** Fresh sliced mozzarella, sliced Roma tomato, nut-free basil pesto with fresh Basil on Ciabatta  
**Greek Wrap:** Kalamata olives, Roma Tomatoes, Sliced Cucumber, Arugula, Red Onion and Crumbly Feta with Greek dressing on a Spinach Wrap
- **Curried Chicken Salad:** Tangy Chicken Salad with Dried Cranberries, Leaf Lettuce and Tomatoes on a Brioche Bun
- **Italian Combo:** Smoked Ham, Capicola, Salami, Provolone Cheese, Mayo, Vinaigrette, Lettuce, Tomato and Sliced Red Onion on a Sub Roll
- **B.L.A.T.** – Crispy Bacon, Lettuce, Avocado and Tomatoes with Garlic Aioli and Banana Peppers on an Italian Roll
- **Hummus Wrap:** Plain Hummus with Shredded Carrots, Cucumber, Roasted Bell Peppers, Tomatoes and Baby Spinach on a Garlic Herb Wrap
- **Balsamic Grilled Vegetables:** Zucchini, Yellow Squash, Spinach and Tomato with Charred Onion Jam on Ciabatta

- **Chicken Caesar Wrap**- Grilled Chicken Breast, Crisp Romaine, Croutons, Shaved Parmesan Cheese and Caesar dressing on a Garlic Herb Wrap
- **California Turkey Club Wrap**: Oven Roasted Turkey Breast, Smoked Bacon, Swiss Cheese, Avocado, Tomato and Herb Mayo on a Sundried Tomato Wrap

## Boxed lunches

### Classic \$11.99 per box

*All are served with lettuce and tomato provolone cheese, bottled water, carrot sticks, chocolate chip cookies, assorted chips, whole fruit.*

*Ham and cheese*

*Turkey and cheese*

*Just cheese*

### Deluxe \$13.99 per box

*All are served with bottled water, carrot sticks and hummus, chocolate chip cookies, deep river chips and whole fruit.*

*Chicken grape wrap*

*Turkey club wrap*

*Hummus wrap*

## Themed Buffets

### All American \$24.99 per person

*Served with fresh rolls, sliced American, Swiss & Cheddar cheese, choice of seasonal salad, fresh baked cookies & brownies, condiments, iced water, and iced tea or lemonade*

- All-beef burgers
- BBQ Chicken Quarters
- Vegan Sausage
- Baked beans
- Corn on the Cob
- Watermelon wedges
- Choose one:
  - Loaded Baked Potato Salad, Mac Salad or Sweet Country Slaw
- Add Quinoa Burger +\$2
- Add Smoked Beef Brisket +\$5
- Add All Beef Hotdog +\$2.50
- Add Pulled Pork +\$4

### An Italian Affair \$23.99 per person

*Served with grated Parmesan cheese, iced water and lemonade or iced tea*

- *Classic Caesar Salad*
- *Garlic Bread Sticks*
- *Pasta served with Marinara and Alfredo*
  - *Choose one: Cavatappi or Spaghetti*
  - *Gluten Free available upon request*
- *Chicken Parmesan or Meatballs*
- *Roasted Vegetable Lasagna Rollatini*
- *Lemon Zested Broccoli*
- *Mini Cannoli's*
- *Add Eggplant Parm or Italian Sausage +\$4*

### Taco Bar \$21.99 per person

*Includes house made tri color chips, mild salsa & sour cream, iced water and iced tea or lemonade*

*Choose one:*

- *Seasoned Ground Beef*
- *Shredded Chicken*

*Included:*

- *Assorted taco shells and tortillas*
- *Fiesta rice*
- *Seasoned Black beans*
- *Shredded lettuce, Diced Tomatoes, Diced Onion, Sour Cream, Salsa, Jalapeno & Shredded Cheddar Cheese*
- *Cinnamon Sugar Churros*
- *Add guacamole +\$2*
- *Add Pico de Gallo +\$1*

### Curry Bar \$25.99 per person

*Comes with a Garden Salad Iced Water and Lemonade or Iced Tea*

- *Chicken Curry or Vegetable Curry*
- *Chicken Tikka Masala or Vegetable Tikka Masala*
- *Vegetable Biryani*
- *Basmati Rice*
- *Garlic Naan*

- *Rice Pudding (kheer)*

### Asian inspired \$25.99 per person

*Comes with a Garden Salad Iced Water and Lemonade or Iced Tea*

- *General Tso's Chicken or Tofu*
- *Veggie Lo mien*
- *Vegetable Fried Rice*
- *Steamed Broccoli*
- *Egg Roll*
- *Sugar donut*

### Pizza Party \$14.99 per person (15 person minimum)

*Served with a fresh Garden Salad, Italian & Ranch Dressing, fresh baked Cookies, Water and Lemonade or Iced Tea*

Choose two pizzas:

- Classic Cheese
- Pepperoni
- Veggie
- Meat Lover's +\$2
- Sausage
- Buffalo Chicken, BBQ Chicken, Sweet n Sassy Chicken +\$2
- Hawaiian +\$2
- Fresh Mozzarella, Tomato & Basil +\$2

Add ons:

*Garlic Knots \$3 per person: served with marinara dipping sauce*

*Chicken Wings or Boneless Wings \$15: served with Blue Cheese, Celery & Carrot Sticks and your choice of sauce (hot, mild, medium, butter garlic, BBQ)*

### Sushi Party \$17.99 per person

*3 flavors of sushi rolls served with house pickled ginger and wasabi, soup, one salad, water, iced tea or lemonade*

- *Vegetarian Roll: Avocado, Cucumber, Carrot & Napa Cabbage*
- *Spicy Crab Roll: Avocado & Cucumber*
- *Sesame Salmon Roll: Cucumber, Carrot & Bell Pepper*

Choose one:

- *Carrot Ginger Soup*
- *Hot and Sour Soup*
- *Wonton Soup*

Choose one:

- *Chopped Asian Salad*
- *Asian Lettuce Cups*
- *Seaweed Salad*

### Pho Bowls, Build you Own \$27.99 Per person

*Comes with a Garden Salad Iced Water and Lemonade or Iced Tea and Assorted Cookies*

Pick 2

- *Shrimp*
- *Beef*
- *Chicken*
- *Tofu*
- *Vegetable*

Pick 1

- *Rice Noodle*
- *Sobo Noodle*

Pick 8

- *Scallions*
- *Oyster Mushroom*
- *Bean Sprouts*
- *Jalapenos*
- *Boiled Egg*
- *Bok Choy*
- *Red Onion*
- *Alfalfa Sprouts*
- *Edamame*
- *Shredded Carrot*
- *Red Cabbage*

*All served with Lemons, Limes, Fresh Basil, Fresh Cilantro, Pickled Ginger and Radishes.  
Sesame oil, Soy Sauce, Fish Sauce and Siracha.*

## Poke Bowls

*Comes with a Garden Salad Iced Water and Lemonade or Iced Tea and Assorted Cookies*

Pick 2 options \$23.99 3 options \$28.99 per person

- *Tuna Poke*
- *Salmon Poke*
- *Shrimp Poke*
- *Chicken Poke*
- *Tofu Poke*

## Lighter Fare \$13.99

*Includes Soup, Salad and Garlic Knots with Marinara Iced Water and lemonade or Iced Tea*

Choose one:

- *Cheddar Broccoli*
- *Chicken Noodle*
- *Italian Wedding*
- *Butternut Squash with Apple*

Choose one:

- *Garden Salad*
- *Caesar Salad*
- *Spinach and Strawberries*

Choose one:

- *Caesar dressing*
- *House made Vinaigrette*
- *Ranch*

## Flat Breads \$14.99 per person

*Comes with your choice of flat bread and a Garden Salad with Ranch and Italian, water, iced tea or lemonade*

- *Steak and Gorgonzola*
- *BBQ Chicken*
- *Margherita*



## Baked Potato Bar \$10.95 per person

*Comes with a Garden Salad with Ranch and Italian, water, iced tea or lemonade*

### Toppings

- *Bacon Bits*
- *Butter*
- *Sour Cream*
- *Feather Blend Cheese*
- *Steamed Broccoli*
- *Green Onion*
- *Chives*

## Add Soup of the day to any meal for \$3.25 per person

## Afternoon Breaks

*Sweet Tooth: Fresh baked cookies & brownies, still & sparkling water with Sun Roasters Coffee and Ajiri Tea Service \$5.99 per person*

*Sweet & Salty: Mini Hershey Bars, Mini Pretzels, Buttery Popcorn, Trail Mix, still & sparkling water with Sun Roasters Coffee and Ajiri Tea Service \$7.99 per person*

## Dinner Buffet \$37.99

*Includes assorted rolls and butter, two entrees, one classic salad, one premium salad and two sides served with sparkling water, water, lemonade or iced tea and choice of two desserts*

### Entrée Choice

Choose two:

- *Herb Grilled Chicken with Caramelized Lemon*
- *Roasted Chicken Breast – Bone in (Airline Breast) with Olive Salsa Verde*
- *Beef medallions with rosemary and caramelized cipollini onions with a whiskey café au lait sauce*
- *Roasted Bistro Filet w/ blistered cherry tomatoes, sautéed mushrooms, parmesan shavings and herb dressing*
- *Bacon wrapped Cod with lemon butter herb sauce*
- *Crispy Skinned Salmon with strawberry basil balsamic dressing*
- *Pan Seared Peppered Tuna Steak*
- *Grilled Eggplant Medallions*
- *Stuffed Zucchini Boats with Arborio Rice*

- *Smoked Maple Tofu*

## Classic Salads

Choose one:

- *Seasonal Garden Salad*
- *Classic Caesar Salad*
- *Greek Salad*

## Premium Salads

Choose one:

- *Charred Tomato, Spinach & Campanelle Pasta Salad*
- *Quinoa & Apple Salad*
- *Broccoli, Bacon and Apples*
- *Chopped Asian Salad*

## Accompaniments

Choose two:

- *Smashed Yukon Gold Potatoes*
- *Herb Roasted Fingerling Potatoes*
- *Maple Roasted Sweet Potatoes*
- *Green Beans with Roasted Mushrooms & Shallots*
- *Roasted Root Vegetables*
- *Garlic Roasted Broccoli, Cauliflower, Baby carrots and Green Onions*
- *Balsamic Grilled Asparagus with Cherry Tomatoes*
- *Mashed Potatoes with Chives and Butter*

## Desserts

Choose two:

- *New York Style Cheesecake*
- *Oreo Cheesecake*
- *Lemon Blueberry Cake*
- *Carrot Cake*
- *Chocolate Cake with Whipped Cream Topping*
- *Key Lime Pie with Citrus Mousse*

Add Sun Roasters Coffee & Ajiri Tea Service for \$2.49 per person

## Hors d'oeuvres Priced Per Person

### Displays

*Charcuterie Board \$2.50*

*Basic Cheese Board \$1.75*

*Gourmet Cheese Board \$2.25*

*Fresh Vegetable Crudité \$1.50*

*Antipasto Display \$1.75*

*Mediterranean Display \$2*

### Cold Selections

*Roasted Tomato and Olive Tapenade Bruschetta \$1.50*

*Spiced Mini Crab Salad \$2.25*

*Cucumber Round with Grilled Marinated Shrimp and Tomato Relish \$1.75*

*Smoked Salmon Crostini \$2*

*Roasted Vegetable Skewers \$1.50*

*Cream Cheese Prosciutto with Fig Jam and Pistachios on a Baguette \$2*

*Shrimp Cocktail \$2.25*

*Fruit Skewers with a Yogurt Dip \$1.75*

*5 Foot Italian Hogie \$3 (20 Person Minimum)*

### Hot Selections

*Buffalo Chicken Dip with Tortilla Chips \$2*

*Spinach and Artichoke Dip with Tortilla Chips \$2.*

*Scallops Wrapped in Bacon \$2.25*

*Honey Glazed Chicken Drumsticks \$2.*

*Sticky Maple Meatballs \$2.*

*Mini Crab Cakes \$2*

*Chicken Satay with Peanut Sauce \$1.75*

*Spanikopita \$1.50*

*Pear and Brie in Phyllo \$1.75*

*Pork or Vegetable Pot Stickers with Tamari \$1.50*

*Coconut Shrimp \$2*

*Parmesan Crusted Mushrooms Stuffed with Herbed Cream Cheese \$1.50*

*Spinach and Artichoke Stuffed Mushrooms \$1.50*

*Vegetable Spring Rolls with Sweet Chili Sauce \$1.50*

*Sliders pick 2 (Pork BBQ, Beef Tenderloin, Portobella Mushroom, BBQ Beef Brisket) \$3. per person*

*Calamari with Spicy Marinara \$2.50*

*Crab Rangoon with Sweet and Sour Sauce \$ 2.50*

## **Desserts**

- *Raspberry Mousse Shooter \$2.50 each*
- *Chocolate Mousse Shooter \$2.50 each*
- *Cranberry Cookies with Lemon Glaze \$10 a Dozen*
- *Carrot Cake with Cream Cheese Frosting \$3.50 per person*
- *Chocolate Espresso Cake \$3.50 per person*
- *French Lemon Bar \$18.99 Per 2 Dozen*
- *Triple Chocolate Brownies \$18.99 Per 2 Dozen*
- *Zebra Brownies \$18.99 Per 2 Dozen*
- *Rice Krispy Treats dipped in Chocolate \$18.99 per 2 Dozen*
- *Mini Cannoli's \$1.50 Per Person*
- *Cream Puffs \$1.50 Per Person*
- *Coconut Macaroons Dipped in Chocolate \$9. Per Dozen*

- *German Chocolate Pie \$3.50 per person*
- *Sour Cream Topped Cheesecake \$3.50 per person*
- *Key Lime Pie \$3.50 per person*
- *Oreo Cheesecake \$3.50 per person*
- *New York Style Cheesecake \$3.50 per person*
- *Chocolate Cake with Whipped Cream Topping \$3.50 per person*
- *Lemon Blueberry Cake \$3.50 per person*
- *Assorted Cookies (chocolate chip, oatmeal raisin, raspberry filled) \$9.per dozen*
- *Pub Cookies \$1.75 each*
- *Ice cream novelties \$2.25 per person*
- *Mini Cheesecakes \$2.50 per person*

## Bar services

*Self Service and full-service bars are an option. Price will be determined by the usage at the end of the event.*

- *Bartenders (\$25 an hour per bartender)*
- *Beer*
- *Wine*
- *Soda*
- *Water*

## China

- *Semi \$1.50 per person (plates and silverware)*
- *Full set \$3.00 per person*

## Linen

*Linen is automatic with a catering event unless stated otherwise. If you would like to just have linen provided choose your size and how many. White is the standard unless you request something different.*

*Overlay \$4.00 each*

*Banquet \$6.00 each*

*Round \$7.00 each*

*Napkin \$.75 each*