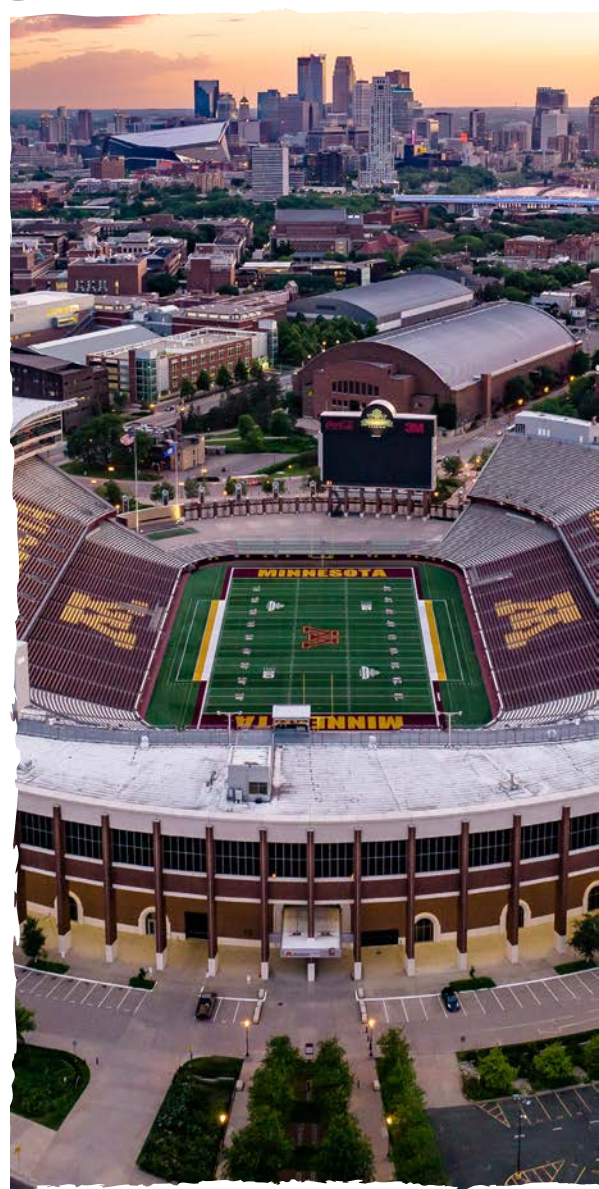


GOPHER HOSPITALITY

catering
MENU



ALL-DAY PACKAGES

All Day Delicious \$48.00

Relax. We'll keep the food coming! These four (4) selections will keep your energy up throughout the day. All prices are per person and available for 10 guests or more.

DELICIOUS DAWN

✔ Assorted Muffins	400-510 Cal each
✔ Assorted Scones	430-470 Cal each
✔ Seasonal Fresh Fruit Platter	40 Cal/2.5 oz. serving
Assorted Juice	110-170 Cal each
Iced Water	0 Cal each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

AM PERK UP

✔ Granola Bars	190 Cal each
✔ Assorted Individual Yogurt Cups	50-150 Cal each
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal each
Caribou Coffee, Decaf and 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 with Butter	160 Cal each
✔ Green Beans Gremolata	70 Cal/3 oz. serving
Three Pepper Cavatappi with Pesto	310 Cal/7.5 oz. serving
Grilled Chicken and Artichokes with a Lemon Tarragon 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

PM PICK ME UP

✔ Chilled Spinach Dip with Tortilla Chips	230 Cal/2.25 oz. serving
✔ Grilled Vegetable Tray	70 Cal/3 oz. serving
✔ Bakery-Fresh Brownies	250 Cal/2.25 oz. serving
Bottled Water	0 Cal each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Meeting Wrap Up \$29.00

Serve these favorites and success is a wrap! This All-Day Package includes the following four (4) delights. All prices are per person and available for 10 guests or more.

MORNING MINI

✔ Miniature Muffins	80-120 Cal each
✔ Miniature Danish	140-170 Cal each
✔ Miniature Scones	110-120 Cal each
✔ Yogurt Parfait Cups	370-400 Cal each
Iced Water	0 Cal each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

THE ENERGIZER

✔ Donut Holes	45-90 Cal each
✔ Bananas	110 Cal each
Iced Tea	5 Cal/8 oz. serving
Ice Water	0 Cal each
Caribou Coffee, Decaf and 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
✔ Seasonal Fresh Fruit Salad	40 Cal/2.5 oz. serving
Choice of One (1) Salad:	
✔ 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
✔ Bakery-Fresh Brownies	250 Cal/2.25 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

MID-DAY MUNCHIES

✔ Tortilla Chips	90 Cal/1 oz. serving
Choice of Two (2) Salsas:	
✔ Salsa Roja	20 Cal/1 oz. serving
✔ Salsa Verde	20 Cal/1 oz. serving
✔ Pico De Gallo	10 Cal/1 oz. serving
✔ Assorted Whole Fruit	50-110 Cal each
✔ Assorted Craveworthy Cookies	250-310 Cal each
Iced Water	0 Cal each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

ALL-DAY PACKAGES

Simple Pleasures \$30.00

Easy does it-casually tasteful fare. This All-Day Package includes three (3) of our favorites. All prices are per person and available for 10 guests or more.

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 each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

BOX LUNCH

Choice of Sandwich accompanied by Chips, Mustard, Mayo, Assorted Craveworthy Cookies and Bottled Water

Choice of One (1) Sandwich:

Tuna Salad Ciabatta	540 Cal each
Ham and Swiss Sub	380 Cal each
Turkey and Swiss Sandwich	490 Cal each
✔ Roasted Pepper and 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

MID-DAY MUNCHIES

✔ Tortilla Chips	90 Cal/1 oz. serving
Choice of Two (2) Salsas:	
✔ Salsa Roja	20 Cal/1 oz. serving
✔ Salsa Verde	20 Cal/1 oz. serving
✔ Pico De Gallo	10 Cal/1 oz. serving
✔ Assorted Whole Fruit	50-110 Cal each
✔ Assorted Craveworthy Cookies	250-310 Cal each
Iced Water	0 Cal each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

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

*All packages include necessary accompaniments and condiments

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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.



BREAKFAST

Breakfast Collections

All prices are per person and available for 10 guests or more. All appropriate condiments included.

MINI CONTINENTAL \$14.00

✔ Miniature Muffins	80-120 Cal each
✔ Miniature Danish	140-170 Cal each
✔ Miniature Bagels	110-160 Cal each
✔    Seasonal Fresh Fruit Platter	40 Cal/2.5 oz. serving
Iced Water	0 Cal each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

QUICK START \$12.00

Choice of Three (3) Breakfast Pastries:

✔ Assorted Danish	120-530 Cal each
✔ Assorted Muffins	400-510 Cal each
✔ Assorted Scones	430-470 Cal each
✔ Assorted Bagels	170-360 Cal each
✔    Seasonal Fresh Fruit Platter	40 Cal/2.5 oz. serving
Assorted Juice	110-170 Cal each
Iced Water	0 Cal each
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

HEALTHY CHOICE BREAKFAST \$10.00

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
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

À la Carte Breakfast

✔ Assorted Bagels \$24.00 Per Dozen	170-360 Cal each
✔ Assorted Donuts \$21.00 Per Dozen	190-490 Cal each
✔ Assorted Pastries \$25.00 Per Dozen	200-510 Cal each
✔ Granola Bars \$3.00 Each	190 Cal each
✔ Assorted Individual Yogurt Cups \$4.00 Each	50-150 Cal each
✔  Wheat, Dairy & Nut Free Muffin \$6.00	270 Cal each

*All packages include necessary accompaniments and condiments

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BREAKFAST

Hot Breakfast

All prices are per person and available for 10 guests or more. All appropriate condiments included.

ULTIMATE BREAKFAST \$21.00

Choice of Three (3) Breakfast Pastries:

✔ Assorted Danish	120-530 Cal each
✔ Assorted Muffins	400-510 Cal each
✔ Assorted Scones	430-470 Cal each
✔ Assorted Bagels	170-360 Cal each
✔ Seasonal Fresh Fruit Platter	40 Cal/2.5 oz. serving
✔ Scrambled Eggs	180 Cal/4 oz. serving
✔ Breakfast Potatoes	130-150 Cal/3 oz. serving
Bacon	45 Cal each
Breakfast Sausage	130-220 Cal each
✔ Cheddar and Onion Frittata	270 Cal each
✔ Pancakes	50 Cal each
✔ Maple Syrup	70 Cal/1 oz. serving
Assorted Juices	110-170 Cal each
Iced Water	0 Cal/8 oz. serving
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

AMERICAN BREAKFAST \$15.00

Choice of One (1) Breakfast Pastry:

✔ Assorted Danish	120-530 Cal each
✔ Assorted Muffins	400-510 Cal each
✔ Assorted Scones	430-470 Cal each
✔ Assorted Bagels	170-360 Cal each
✔ Breakfast Potatoes	130-150 Cal/3 oz. serving
Bacon	45 Cal each
Breakfast Sausage	130-220 Cal each
✔ Scrambled Eggs	180 Cal/4 oz. serving
Iced Water	0 Cal/8 oz. serving
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

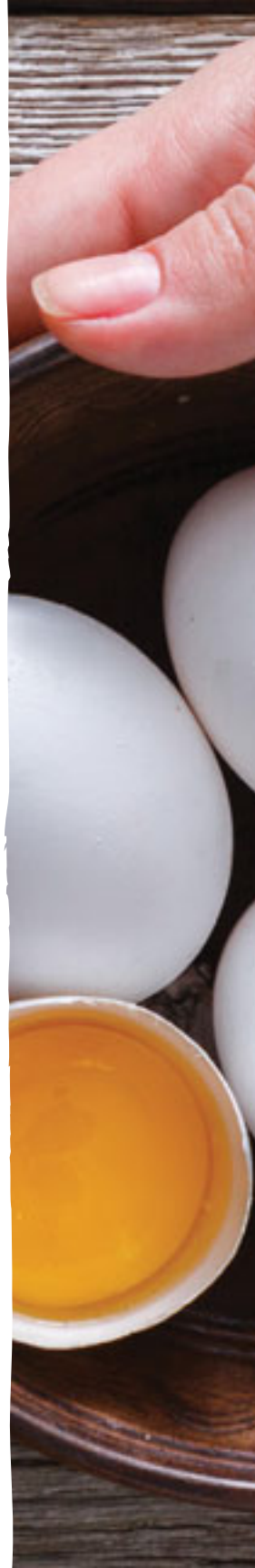
SUNRISE SANDWICH BUFFET \$16.00

✔ Seasonal Fresh Fruit Platter	40 Cal/2.5 oz. serving
✔ Breakfast Potatoes	130-150 Cal/3 oz. serving

Choice of Two (2) Sunrise Breakfast Sandwiches:

✔ Egg and Cheese English Muffin	260 Cal each
✔ Egg and Cheese Croissant	370 Cal each
Sausage, Egg and Cheese Biscuit	520 Cal each
Ham, Egg and Cheese Biscuit	450 Cal each
Bacon, Egg and Cheese Bagel	370 Cal each
Spicy Bacon, Egg, Potato and Cheese Burrito	590 Cal each
✔ Spicy Veggie Sausage Biscuit	370 Cal each
Spicy Southern Chicken Biscuit	640 Cal each
Iced Water	0 Cal/8 oz. serving
Caribou Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request - Fee May Apply





BREAKFAST

Breakfast Enhancements

All prices are per person and available for 10 guests or more.

YOGURT PARFAIT BAR \$10.00

Choice of Two (2) Yogurt Flavors:

✓ 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
✓ PF Fresh Strawberries	20 Cal/2 oz. serving
✓ Walnuts	90 Cal/0.5 oz. serving
✓ Granola	110 Cal/1 oz. serving

PANCAKE SANDWICHES \$6.00

Choice of Two (2) Pancake Sandwiches:

Bacon, Egg and Cheese Pancake Sandwich	310 Cal each
Ham, Egg and Cheese Pancake Sandwich	270 Cal each
Sausage, Egg and Cheese Pancake Sandwich	340 Cal each
✓ Egg and Cheddar Pancake Sandwich	280 Cal each

HAND WRAPPED BREAKFAST BURRITOS \$8.00

Choice of Two (2) Breakfast Burritos:

Meat Lover's Breakfast Burrito with Bacon, Sausage and Ham	810 Cal each
✓ Potato, Cheese and Pico De Gallo Breakfast Burrito	440 Cal each
✓ Florentine Breakfast Burrito	580 Cal each
✓ LW PF Sweet Potato Burrito	470 Cal each

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request - Fee May Apply

*All packages include necessary accompaniments and condiments

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SANDWICHES & SALADS

Classic Collections

All prices are per person and available for 10 guests or more.

DELI EXPRESS \$12.69

Housemade Pasta or Potato Salad	25-330 Cal each
Individual Bags of Chips	100-160 Cal each
Assorted Baked Breads and Rolls	110-160 Cal each
Deli Platter (Sliced Oven-Roasted Turkey, Sliced Roast Beef, and Deli Ham)	25-80 Cal/1 oz. serving
Cheese Tray (Cheddar and Swiss)	110 Cal/1 oz. serving
Relish Tray (Lettuce, Tomato, Onion, Pickles, Pepperoncini)	20 Cal/1 oz. serving
Assorted Craveworthy Cookies	250-310 Cal each
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

PREMIUM BOX LUNCHES

Chicken, Blue Cheese and Pear Salad	\$18.00
Grilled Lemon Chicken on a Salad of Pear, Blue Cheese, Walnuts, Crisp Greens and Dijon Vinaigrette	620 Cal each
Bakery-Fresh Roll with Butter	160 Cal each
Fresh Fruit Cup	40 Cal/2.5 oz. serving
Lemon Cheesecake Bar	300 Cal/2.75 oz. serving
Bottled Water	0 Cal each
Mediterranean Chicken & Grain Salad	\$18.00
Chicken, Farro, Roasted Cauliflower, Feta Cheese and Kalamata Olives in a Lemon Garlic Vinaigrette	820 Cal each
Bakery-Fresh Roll with Butter	160 Cal each
Fresh Fruit Cup	40 Cal/2.5 oz. serving
Lemon Cheesecake Bar	300 Cal/2.75 oz. serving
Bottled Water	0 Cal each
Salmon Caesar Salad	\$19.00
Caesar Salad with Grilled Salmon, Shredded Parmesan Cheese and Seasoned Croutons	590 Cal each
Bakery-Fresh Roll with Butter	160 Cal each
Fresh Fruit Cup	40 Cal/2.5 oz. serving
Lemon Cheesecake Bar	300 Cal/2.75 oz. serving
Bottled Water	0 Cal each

CLASSIC BOX LUNCH \$13.00

Your choice of Classic Sandwich served with Mustard, Mayo, Potato Chips, Assorted Craveworthy Cookies and Bottled Water

Choice of One (1) Classic Sandwich	140-750 Cal each
Individual Bag of Chips	100-160 Cal each
Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

CLASSIC SELECTIONS BUFFET \$21.00

Choice of Three (3) Classic Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages

Choice of Two (2) Side Salads	25-330 Cal each
Dill Pickle Slices	0 Cal/1 oz. serving
Individual Bags of Chips	100-160 Cal each
Choice of Three (3) Classic Sandwiches	140-750 Cal each
Assorted Craveworthy Cookies	250-310 Cal each
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

CLASSIC SANDWICH OPTIONS

(Available Sandwich choices for the Classic Boxed Lunch and Classic Selections Buffet)

Deli Sliced Ham with Honey Mustard Dressing on Ciabatta Bread	370 Cal each
Roast Beef with Tarragon Horseradish Spread on Wheatberry Bread	450 Cal each
Turkey Breast with Mesclun Greens and Sage Cream Cheese on Ciabatta Bread	420 Cal each
Chicken Caesar and Asiago Bruschetta Baguette	560 Cal each
Mediterranean Veggie Ciabatta: Hummus with Spinach, Tomato, Cucumber, Olive Spread and Feta Ciabatta	480 Cal each

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



SANDWICHES & SALADS

Classic Collections

All prices are per person and available for 10 guests or more.

THE EXECUTIVE LUNCHEON \$23.00

Choice of Three (3) Executive Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages

Choice of Two (2) Side Salads	25-330 Cal each
🍃 Dill Pickle Slices	0 Cal/1 oz. serving
🍷 Individual Bags of Chips	100-160 Cal each
Choice of Three (3) Executive Luncheon Sandwiches	370-760 Cal each
🍷 Assorted Craveworthy Cookies	250-310 Cal each
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

EXECUTIVE LUNCHEON SANDWICHES

(Available Sandwich choices for The Executive Luncheon Buffet)

Ham and Brie with Fresh Pear, Spinach and Caramelized Onions on Wheatberry Bread	700 Cal each
Turkey Feta Ciabatta with Spinach and Sun-Dried Tomato Aioli	620 Cal each
Salmon, Arugula, Jalapeno Slaw and Tomato Lavash	620 Cal each
Roast Beef, Caramelized Onion and Kale Ciabatta	500 Cal each
Tarragon Chicken Salad and Chive Cream Cheese Wrap	590 Cal each
🍷 Garden Vegetables with Boursin, Aged Provolone and Roasted Garlic Aioli on Ciabatta	570 Cal each
Sliced Portobello Mushroom with Arugula and Olive Pesto Spread on a French Baguette	570 Cal each

SIDE SALAD SELECTIONS

(Included with Deli Express, Classic Selections and The Executive Luncheon Sandwich Buffets)

🍃 🍷 🍷 Traditional Garden Salad with a Balsamic Vinaigrette Dressing	50 Cal/3.5 oz. serving
🍷 Red-Skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing	240 Cal/4 oz. serving
🍃 🍷 🍷 Fresh Fruit Salad	40 Cal/2.5 oz. serving
🍃 🍷 🍷 Toasted Cranberry Apple Couscous with Apricots, Granny Smith Apples, Almonds, Red Onions, Fresh Spinach and Scallions	180 Cal/3 oz. serving
🍃 Grilled Vegetable Pasta Salad with a Balsamic Dressing	130 Cal/3 oz. serving
🍃 🍷 🍷 Tomato Corn Grain Salad	140 Cal/4.25 oz. serving
🍃 🍷 🍷 Chickpea Salad with Fresh Cucumbers, Red Onions, Green and Red Peppers, Celery and Garlic with a Hot Pepper Sauce and Lemon Seasoning	130 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

*All packages include necessary accompaniments and condiments

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BUFFETS

Themed Buffets

All prices are per person and available for 10 guests or more. Includes choice of beverages.

ALL-AMERICAN PICNIC \$18.00

Traditional Potato Salad	240 Cal/4 oz. serving
Fresh Country Coleslaw	170 Cal/3.5 oz. serving
Home-Style 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, Onions, Pickles and Tomatoes)	0-10 Cal/1 oz. serving
Assorted Craveworthy Cookies	250-310 Cal each
Bakery-Fresh Brownies	250 Cal/2.25 oz. serving
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving
Add on Vegetarian Burgers for an Additional Fee	450 Cal each
Add on Grilled Chicken Breast for an Additional Fee	160 Cal/3 oz. serving

TASTE OF SPAIN \$21.00

Mesclun Salad	15 Cal/3 oz. serving
Shallot Sherry Vinaigrette	80 Cal/1 oz. serving
Rosemary Sea Salt Flatbread	220 Cal/2.25 oz. serving
Spanish Rice	110 Cal/3.5 oz. serving
Steamed Asparagus	20 Cal/3 oz. serving
Paprika Chicken	200 Cal/5 oz. serving
Braised Pork	360 Cal/3.5 oz. serving
Lemon Cheesecake Bars	300 Cal/2.75 oz. serving
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

YUCATAN BOWL \$21.00

Romaine Lettuce Salad	0 Cal/0.25 oz. serving
Avocado Ranch Dressing	80 Cal/1 oz. serving
Choice of One (1) Rice:	
Cilantro Lime White Rice	120 Cal/3 oz. serving
Cilantro Lime Brown Rice	140 Cal/3.5 oz. serving
Charro Beans	90 Cal/3 oz. serving
Braised Chicken	180 Cal/3 oz. serving
Braised Beef	160 Cal/3 oz. serving
Roasted Portobello Mushrooms	20 Cal/2.25 oz. serving
Guacamole	40 Cal/1.33 oz. serving
Choice of Two (2) Salsas:	
Pico De Gallo	10 Cal/1 oz. serving
Salsa Verde	10 Cal/1 oz. serving
Salsa Roja	20 Cal/1 oz. serving
Dulce De Leche Brownie	220 Cal/2.25 oz. serving
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving



BUFFETS

Themed Buffets

All prices are per person and available for 10 guests or more. Includes choice of beverages.

EAST ASIAN EATS \$22.00

Egg Rolls	190 Cal each
Crispy Wontons	25 Cal each
Choice of Two (2) Dipping Sauces:	
✔ Sweet Soy Sauce	50 Cal/1 oz. serving
✔ Sweet and Sour Sauce	40 Cal/1 oz. serving
✔ Chili Garlic Sauce	45 Cal/1 oz. serving
✔ Yakisoba Noodles	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
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

HEARTLAND BUFFET \$21.00

✔ Baby Spinach Salad with Bacon, Egg, Mushroom and Tomato and Balsamic Vinaigrette	110 Cal/3.75 oz. serving
✔ Bakery-Fresh Rolls with Butter	160 Cal each
✔ Roasted New Potatoes	110 Cal/2.75 oz. serving
✔ Fresh Herbed Vegetables	100 Cal/3.5 oz. serving
✔ Grilled Lemon Rosemary Chicken	130 Cal/3 oz. serving
✔ Oreo Blondies	270 Cal/1.75 oz. serving
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

*Looking to create your own Themed Buffet
or Unique Custom Buffet?*

Contact us at GopherFood@umn.edu or by calling 612.301.1970 to explore more options and personalize your buffet to fit your event.

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BUFFETS

Themed Buffets

All prices are per person and available for 10 guests or more. Includes choice of beverages.

SOUP AND SALAD BUFFET \$18.00

🌱 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
🌱 Bakery-Fresh Rolls with Butter	160 Cal each
Soup Du Jour	80-420 Cal/8 oz. serving
🌱 Assorted Craveworthy Cookies	250-310 Cal each
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

MEDI EATS BUFFET \$20.00

🌱 🌱 🌱 Israeli Couscous	120 Cal/3.5 oz. serving
🌱 White Pita Flatbread	250 Cal each
🌱 Whole Wheat Pita Flatbread	250 Cal each
🌱 🌱 🌱 Roasted Eggplant	100 Cal/3 oz. serving
🌱 🌱 🌱 Sautéed Spinach	60 Cal/3.25 oz. serving
Choice of One (1) Chicken Entrée:	
Chicken Souvlaki Skewers	210 Cal each
🌱 Baked Paprikash Chicken	200 Cal/6 oz. serving
🌱 🌱 Falafel	60 Cal each
🌱 Tzatziki	15 Cal/1 oz. serving
🌱 Cinnamon Custard	110 Cal/2.75 oz. serving
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

ASIAN ACCENTS \$22.00

🌱 Peanut Lime Ramen Noodles	220 Cal/3 oz. serving
Egg Rolls	190 Cal each
Choice of Two (2) Dipping Sauces:	
🌱 Sweet Soy Sauce	50 Cal/1 oz. serving
🌱 Sweet and Sour Sauce	40 Cal/1 oz. serving
🌱 Chili Garlic Sauce	45 Cal/1 oz. serving
🌱 🌱 Steamed Brown Rice	210 Cal/5.5 oz. serving
General Tso's Chicken	370 Cal/8 oz. serving
🌱 Teriyaki Salmon with Lemon Green Beans	100 Cal/3 oz. serving
🌱 Fortune Cookies	30 Cal each
Choice of Two (2) Beverages:	
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving





BUFFETS

Create Your Own Buffet

Customize Your Own Buffet: Select (1) Starter, (1) Entrée, (2) Sides and (1) Dessert. Served with Assorted Rolls and Butter and choice of Beverages.








BUFFET STARTERS

 Seasonal Garden Salad with Balsamic Vinaigrette	50 Cal/3.5 oz. serving
Classic Caesar Salad	160 Cal/2.7 oz. serving
 Greek Salad with Crumbled Feta	120 Cal/3.25 oz. serving
 Italian Green Salad with Penne and Prosciutto	110 Cal/3.25 oz. serving
 Autumn Vegetable Salad with Red Wine Vinaigrette	80 Cal/3 oz. serving
 Seasonal Fresh Fruit Salad	40 Cal/2.25 oz. serving







BUFFET ENTREES

Asiago Chicken in a Roasted Red Pepper Sauce \$21.00	310 Cal/5 oz. serving
 Slow-Roasted Turkey Breast Rubbed with Sage and Thyme \$19.00	130 Cal/3 oz. serving
 Bruschetta Tilapia \$22.00	200 Cal/5.5 oz. serving
Grilled Salmon in a Moroccan Herb Sauce \$23.00	120 Cal/2.75 oz. serving
Beef Pot Roast with Dijon Shallot Sauce \$22.00	330 Cal/5 oz. serving
Fireside Herbed Steak Marinated in Dijon Mustard, Thyme and Cider Vinegar \$25.00	170 Cal/3 oz. serving
 Late Harvest Veggie Cavatappi with Zucchini, Spinach, Tomato and White Beans in a Pepper-Garlic Sauce \$21.00	440 Cal/15 oz. serving

BUFFET SIDES

 Roasted Root Vegetables	100 Cal/2.75 oz. serving
 Italian Seasoned Green Beans	40 Cal/3.25 oz. serving
 Goat Cheese and Roasted Garlic Mashed Potatoes	170 Cal/4.25 oz. serving
 Oven-Roasted Fingerling Potatoes	130 Cal/3.5 oz. serving
 Marinated Roasted Red Potatoes	120 Cal/2.75 oz. serving
 Toasted Orzo with Spinach and Cranberries	170 Cal/4 oz. serving
 Ginger Honey Glazed Carrots	110 Cal/3.25 oz. serving

BUFFET FINISHES

 Bread Pudding with Caramel Apple Sauce	370 Cal/6.75 oz. serving
 New York-Style Cheesecake	440 Cal/slice
 Dulce De Leche Brownie	220 Cal/2.25 oz. serving
 Spiced Carrot Cake	370 Cal/slice
 Chocolate Cake	270 Cal/slice
 Assorted Craveworthy Cookies	250-310 Cal each

*All packages include necessary accompaniments and 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.

RECEPTIONS

Hors d'oeuvres

Hors d'oeuvres are priced per dozen.

RECEPTION HORS D'OEUVRES (HOT)

Beef Satay \$32.00	35 Cal each
Italian Meatballs \$32.00	100 Cal each
Chicken Satay \$32.00	20 Cal each
Coconut Chicken \$32.00	40 Cal each
Assorted Mini Quiche \$27.00	70-90 Cal each
🍷 Spanakopita \$29.00	70 Cal each
🌱 Vegetable Spring Rolls \$29.00	15 Cal each

RECEPTION HORS D'OEUVRES (COLD)

🍷 Assorted Petit Fours \$29.00	60-140 Cal each
🍷 Mediterranean Antipasto Skewers \$35.00	70 Cal each
🍷 Bruschetta Crostini \$21.00	50 Cal each
🍷 🌱 🌿 Roasted Butternut Tartine \$21.00	100 Cal each
🍷 🌱 Strawberry Ricotta Toast Points \$21.00	60 Cal each
🌱 Herbed Flatbread with Balsamic Hummus and Roasted Vegetables \$32.00	130 Cal each



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

Reception Platters and Dips

All prices are per person and available for 10 guests or more.

CLASSIC SLICED CHEESE TRAY \$60.00 Serves 12

✔ Classic Sliced Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini 290 Cal/2.75 oz. serving

SEASONAL FRESH FRUIT PLATTER \$50.00 Serves 12

40 Cal/2.5 oz. serving

ANTIPASTO PLATTER \$75.00 Serves 12

Antipasto Platter with Marinated Vegetables, Italian Meats and Cheese 250 Cal/5 oz. serving

BLACK BEAN, CORN AND PICO GUACAMOLE \$45.00 Serves 12

✔ Black Bean, Corn and Pico Guacamole served with Tortilla Chips 330 Cal/6.75 oz. serving

FLATBREAD CRISPS \$42.00 Serves 12

✔ Flatbread Crisps served with Hummus, Harissa and Tzatziki 420 Cal/6.18 oz. serving

May we suggest a Served Meal or Reception?

Hot menu items require service staff and equipment. We are delighted to assist you with all of your event needs from equipment, linens, floral arrangements, service staff and everything in-between. - Additional fees apply.

*All packages include necessary accompaniments and condiments

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RECEPTIONS

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 10 guests or more.

MEZZE DELIGHT \$13.00

✓ Pita Chips	140 Cal/2 oz. serving
✓ PF Hummus	80 Cal/2 oz. serving
✓ CW PF Baba Ghanoush	120 Cal/4 oz. serving
✓ CW PF Tabbouleh Salad	110 Cal/3.25 oz. serving
✓ CW PF Marinated Olives	150 Cal/2.75 oz. serving
✓ CW Seasonal Vegetables	70 Cal/3 oz. serving
✓ Falafel	60 Cal each

DIM SUM \$4.00

Egg Rolls	190 Cal each
Pot Stickers	45 Cal each
Choice of Two (2) Dipping Sauces:	
✓ Sweet Soy Sauce	50 Cal/1 oz. serving
✓ Sweet and Sour Sauce	40 Cal/1 oz. serving
✓ Chili Garlic Sauce	45 Cal/1 oz. serving

Sweet and Spicy Boneless Chicken Wings
with Celery Sticks

600 Cal/7.5 oz. serving
300-370 Cal/2.75-3.25 oz. serving

GOPHER HAPPY HOUR \$17.00

✓ Chilled Spinach Dip served 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
✓ Gourmet Dessert Bars	300-370 Cal/2.75-3.25 oz. serving

Breaks

All prices are per person and available for 10 guests or more.

ENERGY BREAK \$5.00

✓ Granola Bars	190 Cal each
✓ Fruit Filled Bars	160 Cal each
✓ Breakfast Bars	250 Cal each

SNACK ATTACK \$8.00

✓ Individual Bags of Chips	100-160 Cal each
✓ Roasted Peanuts	170 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

BREADS AND SPREADS \$10.00

✓ Tortilla Chips	190 Cal/2 oz. serving
✓ Pita Chips	140 Cal/2 oz. serving
✓ Crostini	40 Cal each

Choice of Four (4) Spreads:

✓ PF Korean Roja Guacamole	90 Cal/2 oz. serving
✓ VG PF Ginger Verde Guacamole	90 Cal/2 oz. serving
✓ Chilled Spinach Dip	200 Cal/2 oz. serving
✓ Feta and Roasted Garlic Dip	260 Cal/2 oz. serving
✓ PF Traditional Hummus	80 Cal/2 oz. serving
✓ Artichoke and Olive Dip	140 Cal/2 oz. serving
✓ CW PF Seasonal Fresh Fruit Platter	40 Cal/2.5 oz. serving



BEVERAGES & DESSERTS

Beverages

Includes appropriate accompaniments

Bottled Water \$2.50 Each	0 Cal each
Assorted Sodas (Can) \$3.50 Each	0-150 Cal each
Assorted Individual Fruit Juices \$3.00 Each	110-170 Cal each
Sparkling Water \$4.00 Each	0 Cal each
Hot Water with Assorted Tea Bags \$24.00 Per Gallon	0 Cal/8 oz. serving
Caribou Regular Coffee \$25.00 Per Gallon	0 Cal/8 oz. serving
Caribou Decaffeinated Coffee \$25.00 Per Gallon	0 Cal/8 oz. serving
Iced Tea \$20.00 Per Gallon	5 Cal/8 oz. serving
Lemonade \$20.00 Per Gallon	90 Cal/8oz. serving
Strawberry Basil Infused Lemonade \$24.00 Per Gallon	95 Cal/8 oz. serving

Desserts

Assorted Craveworthy Cookies \$17.00 Per Dozen	250-310 Cal each
Bakery-Fresh Brownies \$20.00 Per Dozen	250 Cal/2.25 oz. serving
Gourmet Dessert Bars \$20.00 Per Dozen	300-370 Cal/2.75-3.25 oz. serving
Chocolate Covered Strawberries \$40.00 Per Dozen	40 Cal each
New York Cheesecake \$29.00 Serves 8	440 Cal/slice

🌱 Vegetarian
🌿 Vegan
EW Eat Well
PP Plant Forward

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.

CONTACT US TODAY

612.301.1972
GopherFood@umn.edu

Prices effective until 07/01/2023
Prices may be subject to change

Ordering Information

LEAD TIME

Notice of 48 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. We are delighted to assist you with all of your event needs from rental equipment, linens, florals to service staff and everything in between. - Additional fees may apply