



# catering nutrition guide

**Catering**  
**Spring Summer 2024- 2025**

Be aware that we handle and prepare egg, milk, wheat, , 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.

# bfy breakfast

## Egg White Frittata, Asparagus, Tomato, Squash, Goat Cheese

serving size: 1ea

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
89	4	2	10	2	358

## Ratatouille Vegetable Hash

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
56	3	7	1	3	510

## Charred Broccoli, Blistered Tomato, Parsley

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
73	6	5	2	1	235

## Fresh Berry Bowl

serving size: 1/2 Cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
31	0	7	1	5	1

## Chia Pudding, Blueberry, Honey, Almonds

serving size: 8oz

vegetarian

contains: tree nuts (almond)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
189	9	24	5	11	84

# sandwiches

## Caprese, Heirloom Tomato, Pesto, Fresh Mozzarella, Ciabatta

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
556	26	61	33	1	1028

## Pesto Portobello, Boursin, Arugula, Sourdough

serving size: 1ea

vegetarian

contains: egg, milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
774	45	64	23	9	1154

## Falafel, Red Pepper Hummus, Pepitas, Tomato, Spinach Wrap

serving size: 1ea

vegan

contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
662	24	91	25	8	1044

## Chicken Milanese, Baby Arugula, Fresh Mozzarella, Balsamic Glaze, Focaccia

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	29	104	37	21	1243

## Turkey Gruyere, Spinach, Sundried Tomato Pesto, Parmesan Focaccia

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
598	28	50	37	4	1338

## Buffalo Fried Chicken, Blue Cheese, Frank's Red Hot, Plain Wrap

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
688	30	66	39	5	1851

## Turkey BLT, Avocado, Baguette

serving size: 1ea

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
599	22	74	26	2	1779

# sandwiches

## Black Forest Ham, Pepper Jack, Honey Mustard, Parker House Roll

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
685	34	58	35	16	1701

## Roast Beef, Provolone, Red Onion Jam, Baby Greens, Ciabatta

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
609	24	55	44	5	1614

## Prosciutto, Fresh Mozzarella, Fig Chutney, Tomato Focaccia

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
804	39	78	38	23	1827

## Albacore Tuna, Spinach, Beefsteak Tomato, Seven Grain Roll

serving size: 1ea

contains: egg, milk, wheat, fish (tuna)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
628	30	50	41	11	1399

## Smoked Ham, Cheddar, Lettuce, Tomato, Sourdough Bread

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
346	11	29	26	2	1882

## Roast Turkey, Swiss, Lettuce, Tomato, Parker House Roll

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
559	22	52	36	11	1387

## Pan Seared Tofu, Mango Sweet Chili Sauce

serving size: 4oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
122	7	10	7	8	176

## Togarashi Seared Salmon, Mizuna, Ponzu Sauce

serving size: 1ea

contains: fish (salmon), soy, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
176	5	6	25	3	284

## Farro, Pomegranate Seeds, Baby Arugula, Green Onion, Lemon

serving size: ½ cup

Vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
132	7	15	3	2	102

## Baby Kale Salad, Apples, Walnuts, Parmesan

serving size: 4oz

vegetarian

contains: milk, sesame, tree nuts (walnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
187	16	8	4	4	194

## Shaved Radish Salad, Mint, Parsley

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
29	1	4	1	2	147

# room temp proteins

## Cumin & Coriander Crusted Tofu Steak, Cilantro Chutney

serving size: 4oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
184	10	16	11	7	1020

## Falafel, Siracha Tzatziki

serving size: 6oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
409	18	46	18	8	637

## Chicken Milanese, Heirloom Tomato & Arugula Salad

serving size: 6oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	20	24	2	278

## Herb Seared Chicken, Fresh Herbs, Wild Mushrooms

serving size: 6oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
327	13	14	36	3	282

# room temp proteins

## Miso Grilled Flank Steak, Stir-fried Shiitake Mushrooms, Sesame, Scallion

serving size: 5oz

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
376	19	10	39	5	461

## Char Sui Pork Tenderloin, Asian Pear Slaw, Napa, Kim Chi

serving size: 5oz

contains: soy, wheat, fish (anchovies), shellfish (oyster), sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
309	15	18	24	14	929

## Pistachio Crusted Salmon, Roasted Fennel & Onion

serving size: 7oz

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
356	21	13	28	5	125

## Piri Piri Shrimp, Sweet Pepper, Fennel Slaw, Cilantro

\*For nutrition information, please speak with a manager.

# room temp sides

## Lemon Grilled Asparagus

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
45	3	5	2	2	171

## Grilled Broccolini

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	10	4	2	224

## Sesame Snow Peas, Peppers, Shiitake, Scallion

serving size: 4oz

vegan

contains: sesame

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

## Greek Quinoa Salad, Feta, Kalamata Olive

serving size: ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4	12	3	1	184

## Chili Lime Cucumber Watermelon Salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
51	3	7	1	5	299

# room temp sides

## Pasta Salad, Nut Free Pesto, Roasted Tomato, Caramelized Onion, Parmesan

serving size: ½ cup

vegetarian

contains: milk, egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
156	9	15	5	2	222

## Rocket Arugula Salad, Heirloom Tomato, Boursin Cheese, Toasted Walnuts, Truffle Chive Dressing

serving size: 1ea

vegan

contains: milk, tree nuts (walnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
378	39	4	4	2	468

## Classic Caesar Salad, Croutons, Parmesan

serving size: ½ cup

Contains: egg, milk, soy, wheat, fish (anchovies)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
127	10	6	4	1	1387

## Classic Potato Salad

serving size: ½ cup

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
289	23	19	4	2	483

## House Potato Chips

serving size: 2oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
245	20	14	1	0	293

# hot sides

## Lemon Grilled Asparagus

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
45	3	5	2	2	171

## Grilled Broccolini

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	10	4	2	224

## Honey Roasted Heirloom Carrots, Thyme

serving size: 3oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
74	5	7	1	4	183

## Sautéed Haricot Vert, Roasted Garlic, Fresh Herbs

serving size: ½ cup

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
28	0	6	1	2	68

## Roasted Romanesco Cauliflower, King Trumpet Mushroom, Hazelnuts

serving size: 4oz

vegan

contains: tree nuts (hazelnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
146	13	7	4	2	122

# hot sides

## Creamy Toasted Walnut Farro, Brown Butter, Sage

serving size: 5oz

vegetarian

contains: milk, tree nuts (walnuts), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
621	60	16	12	4	453

## Garlic Herb Roasted Heirloom Fingerling Potato

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
145	6	20	2	1	331

## Rice Pilaf, Parsley

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
148	2	28	3	1	141

## Garlic Herb Smashed Potato

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
134	4	22	3	3	139

## Fragrant Red Lentil & Jasmine Rice, Ginger, Scallions

serving size: 6oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
135	3	23	4	1	107