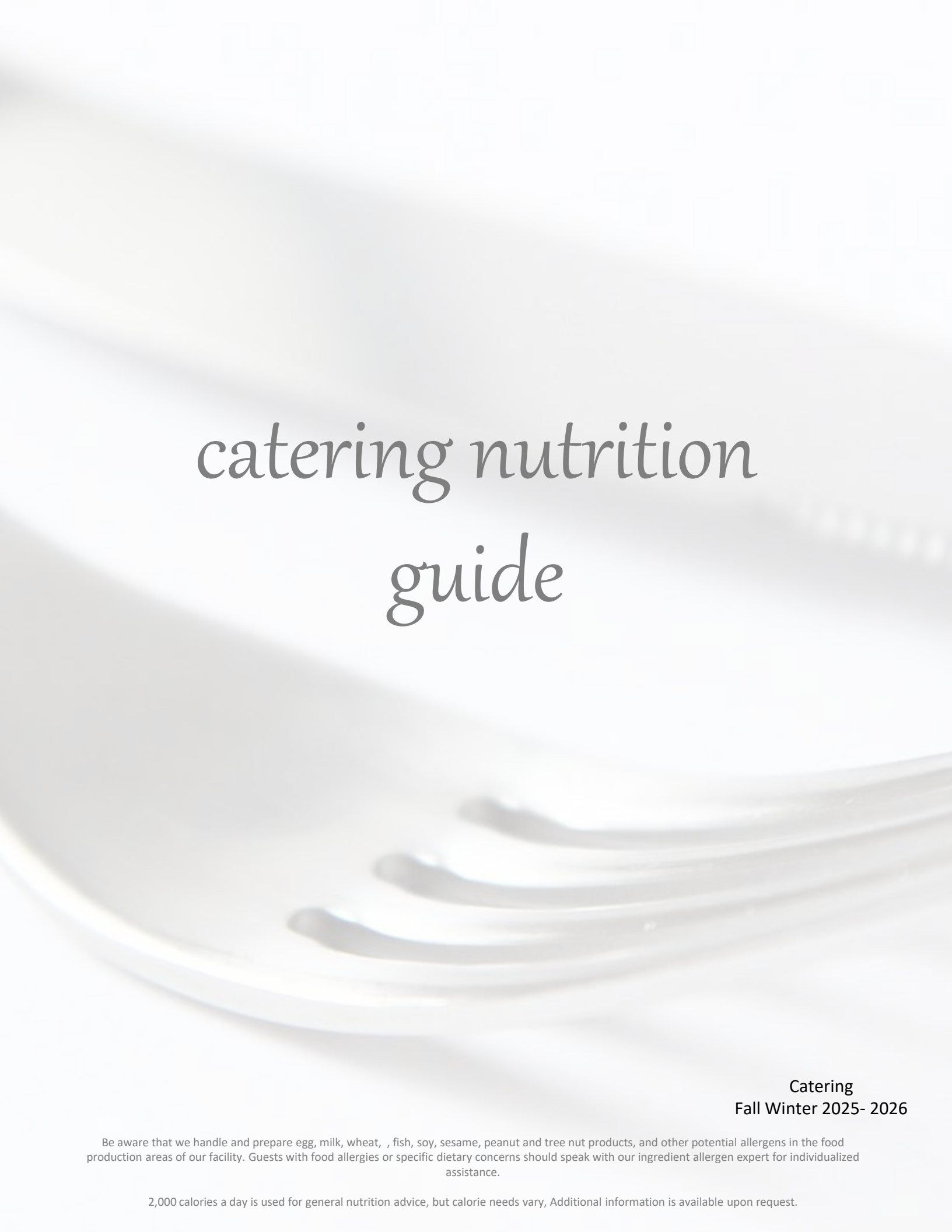




catering nutrition guide

Catering
Fall Winter 2025- 2026

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.

bfi breakfast

Cage Free Eggs, Butternut Squash, Spinach, Feta Frittata

serving size: 4 oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	9	6	2	190

Brussels Sprouts and Potato Hash

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	17	2	1	90

Roasted Cremini Mushrooms, Leeks, Thyme

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	6	10	3	3	80

Fresh Berry Bowl

serving size: 1/2 Cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	1	5	0

Chia Pudding, Apple Cinnamon, Almonds

serving size: 4oz

vegetarian

contains: tree nuts (almond)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	12	3	5	40



sandwiches

Roasted Sweet Peppers, Fresh Mozzarella, Basil Pesto, Baby Arugula

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
550	25	60	24	5	1000

Grilled Eggplant, Red Lentil Hummus, Feta, Arugula, Wheat Wrap

serving size: 1ea

vegetarian

contains: milk, wheat, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	36	91	23	9	1154

Balsamic Glazed Vegetable Wheat Wrap, Hummus, Spinach

serving size: 1ea

vegan

contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	14	47	10	11	300

Roasted Turkey, Cheddar, Apple, Cranberry Mayo, Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	15	77	35	17	1820

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)
690	30	66	39	5	1850

Grilled Chicken, Avocado, Tomato, Lime, Wheat Wrap

serving size: 1ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	13	35	32	4	420

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.



Tuscan Prosciutto & Genoa Salami, Asiago

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
930	54	66	44	6	3200

sandwiches

Bistro Grilled Steak, Blue Cheese, Caramelized Onion, Dijon, Focaccia

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	24	65	37	8	1410

Roast Beef, Onion Marmalade, Brie, Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	21	65	43	17	970

Bocadillo, Serrano Ham, Parmesan, Tomato Conserva Spread, Ciabatta

serving size: 1ea

contains: milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	24	48	47	2	2370

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)
630	30	50	41	11	1400

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)
350	11	29	26	2	1880

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)
560	22	52	36	11	1390

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.

Pan-Seared Chicken, Roasted Red Pepper Puree, Parmesan

serving size: 4oz

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	6	34	4	540

Herb Roasted Arctic Char, Chimichurri

serving size: 4 oz

contains: fish (salmon)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	15	3	19	0	300

Pesto Farro Salad, Baby Tomato, Parmesan

serving size: ½ cup

Vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	10	15	5	0	200

Baby Arugula, Red Onion, Baby Tomato, Cucumber, Balsamic Vinaigrette

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	2	2	0	1	40

Maple Glazed Sweet Potatoes

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	26	1	12	30

Shaved Brussels Sprouts, Bacon & Habanada Pepper

serving size: ½ cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	5	4	1	170

room temp proteins

Grilled Chicken, Chermoula Sauce, Parsley, Cilantro

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	9	4	25	<1	360

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, Marinated Piquillo Peppers, Arugula, Sesame

serving size: 5oz

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	12	28	12	3	530

room temp proteins

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

serving size: 6oz

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	19	10	39	5	460

Char Sui Sesame Pork Tenderloin, Asian Pear Slaw, Napa, Kim Chi, Oyster Sauce

serving size: 6oz

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	15	18	24	14	930

Blackened Seared Salmon, Carolina Mustard Slaw

serving size: 5oz

contains: fish (salmon)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	19	8	20	6	220

Piri Piri Shrimp, Sweet Pepper, Fennel Slaw, Cilantro

Serving size: 5oz

Contains: shellfish (shrimp)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	7	6	11	3	660

room temp sides

Cider Roasted Brussels Sprouts, Honey, Cranberry

serving size: 4oz

Vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	5	19	3	12	120

Grilled Broccolini

serving size: 4oz

vegan

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

Sesame Snow Peas, Peppers, Shiitake, Scallion

serving size: 4oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	6	10	3	5	190

Butternut Quinoa Salad, Cranberry, Bacon, Pepitas, Kale, Cider Vinegar

serving size: ½ cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	14	26	6	10	160

Chili Lime Cucumber Watermelon Salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	3	7	1	5	300

room temp sides

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

serving size: ½ cup

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	8	15	5	1	210

Mixed Green Salad, Shaved Asian Pear, Walnuts, Blue Cheese Dressing

serving size: ½ cup

vegetarian

contains: egg, milk, tree nuts (walnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	26	5	4	3	190

Garden Salad, Mixed Greens, Tomato, Carrot, Cucumber, Balsamic Vinaigrette

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	5	8	1	6	220

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)
130	10	6	4	1	290

Classic Potato Salad

serving size: ½ cup

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	23	19	4	2	480

House Potato Chips

serving size: 2oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	20	14	1	0	290

hot sides

Haricot Vert Almondine

serving size: 4oz

Vegetarian

Contains: milk, tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	5	9	2	4	10

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)
70	5	7	1	4	180

Brown Sugar & Cinnamon Rubbed Butternut Squash

serving size: ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	12	20	1	9	50

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)
150	13	7	4	2	120

hot sides

Sauteed Kalettes, Baby Tomato, Garlic, Shallots

serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	1	50

Garlic Herb Roasted Heirloom Fingerling Potato

serving size: ½ cup
vegan

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

Rice Pilaf, Parsley

serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	2	28	3	1	140

Honey Roasted Brussels Sprouts

serving size: ½ cup
vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	12	3	5	190

Fragrant Red Lentil & Jasmine Rice, Ginger, Scallions

serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	3	23	4	1	110

hot sides

Saffron Farro Risotto, Butternut, Cremini Mushroom, Parmesan

serving size: ½ cup

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	15	4	2	90

Horseradish Pomme Puree, Chives

serving size: ½ cup

Vegetarian

Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	20	22	3	3	320