



catering nutrition guide

Catering
Spring Summer 26

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

Cage-free Egg Whites, Sauteed Mushroom & Chive Frittata

serving size: 4 oz

vegetarian

contains: egg, milk, soy

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 50 | .5 | 3 | 9 | 0 | 230 |

Sweet Potato, Kale & Pepper Hash

serving size: 4oz

vegan

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 100 | 5 | 14 | 2 | 4 | 80 |

Charred Romanesco Cauliflower

serving size: 4oz

vegan

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 80 | 5 | 7 | 3 | 3 | 320 |

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 |

Very Berry Chia Pudding, Soy Milk

serving size: 4oz

vegan

contains: soy

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 160 | 8 | 19 | 6 | 7 | 30 |

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) |
|----------|---------|-----------|-------------|-----------|-------------|
| 530 | 22 | 59 | 23 | 2 | 950 |

Charred Eggplant Shaved Parmesan, Arugula, Smokey Romesco, Baguette

serving size: 1ea

vegetarian

contains: milk, wheat,

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 480 | 17 | 63 | 22 | 7 | 1380 |

Caponata Roasted Vegetables Peppers, Eggplant, Squash, Mushroom, Olives, Feta, Tomato, Wheat Wrap

serving size: 1ea

vegetarian

contains: milk, wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 340 | 13 | 48 | 9 | 13 | 430 |

Grilled Chicken Caesar Parmesan, Romaine, Caesar Dressing, Wrap

serving size: 1ea

contains: fish (anchovy), milk, wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 970 | 61 | 54 | 54 | 2 | 2430 |

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) |
|----------|---------|-----------|-------------|-----------|-------------|
| 710 | 37 | 61 | 26 | 4 | 1370 |

Chicken Milanese Asiago, Heirloom Tomato, Baby Arugula, Sun-dried Tomato & Roasted Garlic Aioli, Focaccia

serving size: 1ea

contains: egg, milk, sesame, soy, wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 1160 | 81 | 62 | 48 | 5 | 2380 |

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.

sandwiches

Turkey BLT Avocado, Bacon, Pepper Jack, Chipotle Mayo, Ciabatta

serving size: 1ea

contains: egg, milk, wheat, soy

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 710 | 30 | 64 | 44 | 6 | 3200 |

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 Gruyere, Baby Spinach, Sun-dried Tomato Pesto, Focaccia

serving size: 1ea

contains: milk, wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 670 | 40 | 45 | 33 | 2 | 1300 |

Albacore Tuna Dijon, Red Onion, Lemon, Lettuce, Beefsteak Tomato, Parkerhouse Roll

serving size: 1ea

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

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 470 | 17 | 53 | 27 | 11 | 690 |

Roasted Beef, Brie, Arugula, Horseradish Aioli, Club Roll

serving size: 1ea

contains: egg, milk, soy wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 620 | 26 | 53 | 41 | 2 | 1880 |

Pork Chorizo Manchego, Sun-dried Tomato Spread, Arugula, Baguette

serving size: 1ea

contains: egg, milk, wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 720 | 37 | 64 | 31 | 4 | 1620 |

Pork Prosciutto Beef Soppresata, Pistachio Mortadella, Fresh Mozzarella, Basil, Tomato, Ciabatta

serving size: 1ea

contains: egg, milk, tree nuts (pistachio) wheat

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

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 |

room temp proteins

Grilled Chicken, Aji Verde Sauce, Cilantro

serving size: 6oz

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 300 | 9 | 8 | 41 | 1 | 510 |

Falafel, Siracha Tzatziki

serving size: 6oz

vegetarian

contains: milk

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 410 | 18 | 46 | 18 | 8 | 640 |

Chicken Milanese, Heirloom Tomato & Baby Arugula Salad

serving size: 6oz

contains: egg, milk, sesame, soy, wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 320 | 13 | 34 | 16 | 1 | 460 |

room temp proteins

Honey Sesame Hoisin Flank Steak Pickled Daikon Radish & Carrot Slaw

serving size: 6oz

contains: sesame, soy, wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 320 | 10 | 24 | 33 | 20 | 580 |

Mojo Marinated Pork Tenderloin Spicy Avocado Yogurt Crema

serving size: 6oz

contains: milk

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 180 | 9 | 7 | 21 | 3 | 1400 |

Blackened Seared Salmon, Carolina Mustard Slaw

serving size: 6oz

contains: fish (salmon)

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 350 | 23 | 8 | 26 | 6 | 290 |

Ginger Sesame Soy Lemongrass Shrimp Mango Chili Sauce, Watercress

Serving size: 6oz

Contains: sesame, soy, shellfish (shrimp)

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 130 | 3 | 19 | 18 | 14 | 1120 |

room temp 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 |

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 |

Farro Tabbouleh

serving size: ½ cup

vegan

contains: wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 140 | 5 | 21 | 5 | 1 | 200 |

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 |

Watercress & Endive Salad, Shaved Pears, Red Onion, Blue Cheese, Ranch Dressing

serving size: ½ cup

vegetarian

contains: egg, milk

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 270 | 25 | 9 | 3 | 4 | 390 |

Baby Kale & Romaine Salad, Radishes, Dried Cherries, Toasted Almonds, Balsamic Vinaigrette

serving size: 4 oz

vegan

Contains: tree nuts (almonds)

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 140 | 6 | 19 | 1 | 14 | 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, soy

| 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: 4oz

vegan

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

Stir-fried Cremini, Shitake, Oyster Mushrooms, Scallion, Sesame, Soy

serving size: ½ cup

vegan

contains: sesame, soy

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 70 | 3 | 11 | 3 | 6 | 310 |

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

Mushroom Risotto, Parsley, Parmesan, Soy

serving size: ½ cup

vegetarian

contains: milk

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 160 | 5 | 23 | 3 | 1 | 210 |

Garlic Herb Roasted Heirloom Fingerling Potato

serving size: ½ cup

vegan

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 150 | 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 |

Sautéed Cremini, Baby Tomato, Spinach, Shallots

serving size: ½ cup

vegan

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 50 | 4 | 5 | 2 | 2 | 90 |

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

Creamy Toasted Walnut Farro, Brown Butter, Sage

serving size: 4 oz

vegetarian

contains: milk, tree nuts (walnuts), wheat

| Calories | Fat (g) | Carbs (g) | Protein (g) | Sugar (g) | Sodium (mg) |
|----------|---------|-----------|-------------|-----------|-------------|
| 460 | 42 | 16 | 12 | 4 | 250 |

Red Bliss Mashed Potatoes, Chives

serving size: ½ cup

Vegetarian

Contains: milk

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