

EVERYDAY CATERING MENU



IT'S BREAKFAST TIME RISE AND SHINE



CONTINENTAL

Priced per person, minimum 8 guests.

- Continental** (240-440 cal) 10.
Assorted mini muffins and pastries with fresh sliced fruit
- Build Your Own Fruit and Yogurt Parfait** (310 cal) 9.
Greek vanilla yogurt, seasonal fruit, granola, honey and dried cranberries
- Add Overnight Oats (530 cal) +3.
- Breakfast Charcuterie** (760 cal) 12.
Dried fruit, artisan cheeses, cage-free hard boiled eggs, candied bacon, shaved turkey, grapes, fruit preserves and croissants
- Bagels** (610 cal) 9.
Served with butter, cream cheese and fruit preserves

ADD-ONS

- Sliced Seasonal Fresh Fruit** (40 cal) 5.
- Assorted Greek Yogurt Cup** (120 cal) 3.
- Yogurt and Granola Parfait** (250 cal) 6.
- Mini Pastries** (120 - 320 cal) 4.
- Seasoned Potatoes** (160 cal) 4.

HOT BREAKFAST

Priced per person, minimum 8 guests.

- Classic Hot Breakfast** (600 cal) 15.
Cage-free scrambled eggs, seasoned potatoes, bacon and fresh sliced fruit
- Breakfast Enchiladas** (560 cal) 12.
Cage-free scrambled eggs, cheese, peppers and onions in a corn tortilla with avocado tomatillo salsa. Served with seasoned potatoes
- Add Sausage (200 cal/2 links) +3.
- Mini Egg Stratas & Wraps** (340 - 780 cal/2 each) 9.
Select two flavors:
 - Spinach and Parmesan Strata (170 cal)
 - Caramelized Onion and Ham Strata (190 cal)
 - Egg and Cheese Wrap (270 cal)
 - Southwestern Sausage Wrap (390 cal)
 - Peppers, Egg and Sun Dried Tomato Wrap (230 cal)
- Breakfast Sandwiches** (270 - 560 cal) 10.
Select two flavors:
 - Egg and Cheese Croissant (390 cal)
 - Sausage, Egg and Cheese Croissant (560 cal)
 - Ham, Egg and Cheese on Brioche (470 cal)
 - Egg and Cheese on Wheat Muffin (270 cal)

Calories provided are per recipe serving. 2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

READY FOR LUNCH?



BOXED LUNCHES

Priced per person.

- Executive Boxed Lunch** (600 - 1,160 cal)* 15.
Artisan sandwich or wrap, one side salad, whole fruit and a dessert bar
- Boxed Lunch** (690 - 1,050 cal)* 13.
Artisan sandwiches or wraps, bakers chips and cookie

LUNCH PLATTERS

Priced per person, minimum 8 guests.

- Mini Sandwiches** (500 - 740 cal) 10.
Selection of two mini sandwiches, choice of side salad, bakers chips and cookies
- Artisan Sandwiches and Wraps** (740-1,230 cal) 12.
Selection of three sandwiches or wraps, choice of side salad, bakers chips and cookies
- Build Your Own Deli** (880-1,040 cal) 14.
Variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan bread served with choice of side salad, bakers chips or cookies

DELI AND SIDE SALAD SELECTIONS

MINI SANDWICHES

- Caprese (230 cal)
- Turkey BLT (180 cal)
- Buffalo Chicken (200 cal)
- Tuna Salad (150 cal)
- Ham and Swiss (230 cal)

ARTISAN SANDWICHES

- Roasted Veg & Hummus (390 cal)
- Turkey Jack BLT (580 cal)
- Italian Hoagie (540 cal)
- Classic Chicken Salad (550 cal)

ARTISAN WRAPS

- Garden Veggie and Ranch (560 cal)
- Blackened Chicken Caesar (560 cal)
- Turkey Club (720 cal)
- Antipasto (710 cal)

SIDE SALADS

- Moroccan Quinoa Beet Salad (90 cal)
- Minted Fruit Salad (50 cal)
- Dijon Roasted Potato Salad (130 cal)
- Pesto Pasta Salad (140 cal)
- Garden Salad (180 cal)

*choose up to three varieties of sandwiches or wraps per order for Executive and Boxed Lunch

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LETTUCE CELEBRATE



SALADS

Priced per person.

Salad Boxed Lunch 15.

Choice of salad with dressing on the side. Served with chips, cookie and whole fruit

Salad Choices:

- Chef (270 - 520 cal)
- Chopped Cobb (350- 600 cal)
- Chicken Caesar (310 - 560 cal)
- Soy Ginger Salmon (560 - 810 cal)

Build Your Own Salad (300 - 530 cal) 9.

Array of fresh garden salad ingredients, two dressings and garlic herb grilled pita bread

Minimum 8 people

Add:

- Ginger Sesame Tofu (170 cal) +4.
- Herb Grilled Chicken (170 cal) +6.
- Lemon Pepper Salmon (200 cal) +7.
- Rosemary Grilled Shrimp Skewers (180 cal) +6.5

Dressing Choices:

- Fat-free Italian (25 cal)
- Caesar (230 cal)
- Balsamic Vinaigrette (160 cal)
- Ranch (230 cal)
- Blue Cheese (250 cal)

SALAD PLATTERS

Family-style salad with herb grilled pita bread and dressing on the side

Chicken Caesar (670 cal)

Small	Medium	Large	Party
120.	235.	375.	525.

Greek Salad (300 - 550 cal)

Small	Medium	Large	Party
125.	220.	325.	450.

Roasted Chicken Cobb (600 - 850 cal)

Small	Medium	Large	Party
180.	350.	560.	800.

SIDE SALAD PLATTER

Small	Medium	Large	Party
50.	95.	150.	220.

Choice of Side Salad:

- Moroccan Quinoa Beet Salad (90 cal)
- Minted Fruit Salad (50 cal)
- Dijon Roasted Potato Salad (130 cal)
- Pesto Pasta Salad (140 cal)
- Garden Salad (190 cal)
- Caesar Salad (170 cal)

PLATTER SERVING SIZES

Small	Medium	Large	Party
10 - 15	20 - 25	35 - 40	50 - 60

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LET'S EXPLORE FLAVORS



CREATE

Priced per person, minimum 8 guests.

<p>Mediterranean Graze (460 cal) 17. Grilled pita, classic hummus, kalamata olives, diced tomatoes, diced cucumbers, red onion, feta cheese, tzatziki, Greek salad and tabbouleh served with choice of two proteins: Falafel (170 cal) Chicken Souvlaki (270 cal) or Lamb and Beef Gyro (380 cal)</p> <p>Add Roasted Red Pepper Hummus and Pita Chips (320 cal) +4.</p> <p>Tacos (1070 - 1400 cal) 12. Grilled vegetables, citrus chicken carnitas, seasoned beef, spicy black beans, red rice, pico de gallo, salsa roja, shredded lettuce, cheddar cheese, sour cream and jalapenos with corn and flour tortillas. Served with house made tortilla chips and bottled water.</p> <p>Make it plant-forward and swap seasoned beef for Beyond Chorizo</p> <p>Add Guacamole (60 cal) +2.</p>	<p>Simply Italian (1070 cal) 18. Pasta with pomodoro and alfredo sauces, garlic bread and Caesar salad with choice of two proteins: Herb Grilled Chicken (170 cal), Beef and Pork Meatballs (430 cal), Eggplant Parmesan (380 cal) or Chicken Parmesan (500 cal)</p> <p>Add Anitpasta Platter (350 cal) +5.</p> <p>Smokehouse Barbeque (670 cal) 15. Southern-style bacon green beans, macaroni and cheese, creamy coleslaw, corn bread, bbq sauce and choice of two proteins: Smoked BBQ Tofu (240 cal), Pulled Chicken (200 cal), Pulled Pork (270 cal) Or Smoked Brisket (290 cal)</p> <p>Power Grain Bowl (420 cal) 11. Chef's selection of fresh seasonal roasted vegetables, whole grains, specialty sauces and toppers</p> <p>Add:</p> <ul style="list-style-type: none"> - Ginger Sesame Tofu (170 cal) +4. - Herb Grilled Chicken (170 cal) +6. - Lemon Pepper Salmon (200 cal) +7. - Rosemary Grilled Shrimp Skewers (180 cal) +6.5.
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LOOKING FOR SOMETHING DIFFERENT?

Contact us about creating a custom menu selection.

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IT'S TIME FOR SNACKS + BREAK



SNACKS

Priced per ½ dozen and dozen, respectively.

Cookies (180 – 210 cal)	12. / 16.5
Brownies (440 cal)	13. / 18.
Cookies and Brownies (180 – 440 cal)	12.5 / 17.
Mini Dessert Bars (120 – 170 cal)	12. / 16.5.
Mini Cupcakes (120 – 150 cal)	11. / 15.
Large Warm Pretzels (280 cal) served with mustard and cheese dipping sauces	19.5 / 30.

SNACK PLATTERS & TRAYS

Fruit and Cheese with Crostini (180 cal)

Small	Medium	Large	Party
50.	100.	145.	200.

Dark Chocolate and Mixed Nut Trail Mix (240 cal)

Small	Medium	Large	Party
40.	75.	120.	160.

Flavored Popcorn

Select two: Salted (45 cal), Chili Spiced (60 cal), Rosemary (70 cal) or Dark Chocolate Ancho (70 cal)

Small	Medium	Large	Party
12.	16.5	25.	30.

Spiced Peanuts (170 cal)

Small	Medium	Large	Party
13.5.	25.	35.	45.

PLATTER & TRAY SERVING SIZES

Small	Medium	Large	Party
10 - 15	20 - 25	35 - 40	50 - 60

THEMED BREAKS

Priced per person. Served with bottled water.

Mediterranean Hummus Bar (300 cal) Roasted red pepper and plain hummus with grilled pita, cucumbers, roasted red peppers and kalamata olives	7.
Energy Break (400 cal) Pepita chia cranberry granola bar bites, assorted mixed salted nuts and minted fruit salad	9.
Breads and Spreads (150 cal) Classic tomato bruschetta, caramelized onion spread, spinach artichoke spread with flatbread crisps and crostini	7.
Dim Sum (720 cal) Pork pot stickers, vegetable egg rolls, pot sticker sauce, soy sauce, pickled vegetables and coconut rice pudding	12.

Energize Your Day with a Twist Red Bull energy drink, sparkling water and diced fresh fruit	8.
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TODAY'S PLAN DRINK COFFEE AND BE AWESOME

BEVERAGES

Priced per person unless noted by servings.

MAKE IT HOT

Fresh Brewed Coffee and Tea Service Regular, decaf, hot tea, lemons, honey, sugars and creamer	4.
Regular Coffee Airpot (serves 10)	20.
Decaf Coffee Airpot (serves 10)	20.
Hot Tea Airpot (serves 10)	20.

MAKE IT COOL

Bottled beverages.

Cold Brew Coffee	5.
Starbucks Frappuccino	4.5
Iced Tea Sweet or Unsweetened	3.
Bai Beverage (premium option)	3.75
Lemonade	2.5
Juice	3.
Soda	2.5

ENERGIZE YOUR DAY

Canned beverages.

Monster	4.5
Red Bull	4.5

HYDRATE

Bottled beverages.

Smartwater (premium option)	3.
LifeWTR (premium option)	3.
Sparkling Water (premium option)	2.5
Sparkling Water	2.
Water	2.5

THROWING A LITTLE GET TOGETHER



CELEBRATION

*Priced per person, minimum 8 guests.
Served with bottled water.*

- House Made Chips & Salsa** (430 cal) 5.
- Add Guacamole (60 cal) +3.
- Add Queso (110 cal) +4.
- Bakers Chips & Dips** (240 cal) 6.
- Select two: Dill Yogurt (35 cal), Creamy Caramelized Onion (85 cal), Roasted Red Pepper Hummus (120 cal), Ranch Dip (230 cal) or Creamy Spinach Artichoke Dip (130 cal)
- Sliders** (270-440 cal) 9.
- Select three: Meatball Provolone (320 cal), BBQ Pulled Pork (320 cal), Chipotle BBQ Beyond (270 cal) or Buffalo Blue Chicken (440 cal)
- Charcuterie** (440 cal) 13.
- Capicola, prosciutto, Boursin cheese, brie, goat cheese, cherry marmalade, smoked gouda, grilled asparagus, dried figs, marinated olives, spiced candied pecans, and toasted crostini

Shrimp Cocktail Platter (120 cal)

Small	Medium	Large	Party
90.	155.	250.	370.

Fruit & Cheese with Crostini (180 cal)

Small	Medium	Large	Party
60.	115.	165.	230.

Vegetable Crudités and Hummus

Small	Medium	Large	Party
50.	85.	135.	190.

Fruit Skewers with Yogurt Dipping Sauce (80 cal)

Small	Medium	Large	Party
110.	180.	300.	380.

Mediterranean Tray (460 cal)

Small	Medium	Large	Party
75.	145.	230.	350.

PLATTER & TRAY SERVING SIZES			
Small	Medium	Large	Party
10 - 15	20 - 25	35 - 40	50 - 60

ADD A SWEET SURPRISE

Sheet cakes (full, ½ or ¼) specialty desserts and cupcakes are also available. Contact us and elevate your event!

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READY FOR A PARTY



PIZZA

House made rustic 16" pizzas, cut into 8 slices. Cal/slice

Four Cheese (390 cal) Mozzarella, provolone, parmesan and cheddar	16.
Pepperoni (370 cal) Mozzarella, crushed tomatoes, pepperoni	16.
Roasted Vegetables (340 cal) Fresh onions, sweet peppers, tomatoes	16.
Margherita (290 cal) Fresh mozzarella, roma tomatoes, fresh basil	17.
Mushroom (340 cal) Mozzarella, fresh mushrooms	16.
The Works (410 cal) Italian sausage, red onions, bell peppers, black olives, mozzarella cheese	18.
Meat Lovers (390 cal) Pepperoni, Italian sausage, ham, meatballs, mozzarella	18.
Substitute any pizza with cauliflower crust	+2.

MAKE IT A PARTY

Priced per person.

Garlic Knots (130 cal) minimum of 6 with marinara sauce	3.5
Side Salads	3.5
- Minted Fruit (50 cal)	
- Caesar (170 cal)	
- Garden (180 cal)	
- Greek Spinach Salad (160 cal)	
Side Salad and Bottled Water	5.

ADD SOME SPARKLE TO THE PARTY

Sparkling Water (premium)	3.
Sparkling Water	2.
Soda	1.8

FINISH WITH SOMETHING SWEET

Fresh Baked Cookies (180-210 cal)	1.
Fudge Brownies (440 cal)	2.
Assorted Dessert Bars (120-170 cal)	2.5

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Catering services are available

Monday - Friday

6:30a m- 3:30p

How it works

Orders can be placed utilizing the EMS on the meeting services sites. There is a \$20 minimum for orders to be delivered. Orders under the minimum are available for pick up in the café office.

All orders must be received by 12:00pm 48 hours prior to your event due to supplier delivery schedules. If you need assistance within 24 hours please call our office for options, we are glad to assist.

For changes or updates to your order after the cutoff time please contact the catering office at 316-828-6655 to confirm accommodations can be made.

All orders are individually prepared, and cancellations can be charged full menu price. All items delivered with the food will be picked up as soon as possible after the function. Eurest is unable to move items to a 2nd location if not scheduled in advance **Please do not remove any small wares or catering equipment.** Missing serving items may incur a replacement charge.

If your event requires additional tables outside or inside the room, please alert catering staff so we can provide tablecloths. Tablecloths incur a small laundering fee listed below.

Outside food is prohibited in all training rooms and dining rooms. Eurest must be utilized for service to those rooms. Please reach out 5 days before your event to make any special requests.

Deliveries

The catering department delivers orders with an approximate 15-minute time frame prior to the requested time. If you require a special circumstance or would like us to deliver at an exact time, please indicate it on the "catering notes" section of your catering order.

Food Safety

The safety of our guests is our top priority. To ensure we meet all local, state, and federal guidelines, leftover temperature-controlled food will not be allowed to leave an event. Non-temperature controlled pre-packaged foods and beverages should be taken by guests. **Please do not remove any small wares or catering equipment.** Housekeeping will remove all remaining items at the end of day. Outside food & beverage providers are prohibited at Eurest catered events.

Special Events

Evening & weekend catering services are available. To ensure a seamless guest experience and secure product availability, a 4-week notice for off hours events is required.

Events taking place after hours incur a 19% service charge.

Servers are available at a rate of \$25 per person per hour with a 2-hour minimum.

Bartenders are available at a rate of \$30 per person per hour with a 2-hour minimum.

Specialty linen and/or china may also incur additional charges.

Linens, tableware and utensils

Disposable dinnerware is used unless specified otherwise. China, flatware, and glassware can be available at additional charge. Basic black linens tablecloths are \$4.00 each and Spandex white tablecloths are available for \$20.00 each.

Don't see what you are looking for?

Contact our Catering Manager and we will develop a customized menu that fits your needs.

Koch Catering

316.828.6655

DineICT@kochcc.com

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