

Our talented catering culinarians have taken advantage of spring FLAVOURS by creating delightfully new dishes featuring the best of the season. These delicious dishes are available only for a limited time. Contact our catering department to schedule your next event with delicious food and impeccable service.

# FLAVOURS OF SPRING



## BREAKFAST Á LA CARTE SELECTIONS & ADD ONS



TRAIL MIX PARFAIT

### TRAIL MIX PARFAIT

310 cal | 1 parfait  
Vanilla Greek yogurt layered with dark cherry compote, with house made trail mix of almonds, walnuts, flax & sesame seed.  
\$5.99/5.39 per guest

### MINDFUL EGGS BENEDICT AND FRESH FRUIT

150 cal | 1 Benedict + ¼ cup fruit  
Toasted whole wheat English muffin, mashed avocado, ham, sautéed spinach & onion, steamed egg beaters, hollandaise sauce.  
\$6.99/6.29 per guest

## PREMIUM ADVENTURE BOX TAKEAWAYS

### SALMON COBB CRUDITE ADVENTURE BOX

420 cal | 1 box  
Salmon, bacon, hard cooked egg, cucumbers, banana peppers and tomatoes with crostini and pickle dip.  
\$9.99/9.09 per guest

### SEOUL ADVENTURE BOX

560 cal | 1 box  
Korean grilled chicken, Asian noodles, pickled carrots, wilted spinach, toasted sesame seeds, edamame & lemongrass sauce.  
\$7.99/7.19 per guest



SEOUL ADVENTURE BOX

## PREMIUM TAKEAWAYS SALADS & SANDWICHES

### TAHINI GINGER CRUNCH WRAP

330 cal | 1 wrap  
Non GMO tortilla, cucumber, peppers, snap peas, apple cider cabbage slaw, tossed with a tahini almond ginger dressing.  
\$12.99/11.79 per guest



THAI TUNA PITA WITH SPICY GINGER LIME VINAIGRETTE

### THAI TUNA PITA WITH SPICY GINGER LIME VINAIGRETTE

420 cal | 2 pita halves  
Thai tuna salad with spicy ginger lime vinaigrette, cucumbers, cilantro, red onions and carrots in a pita pocket.  
\$14.99/13.59 per guest

### KOREAN NOODLE SALAD WITH CHICKEN

650 cal | 1 salad  
Korean style noodles, stir fry vegetables and chicken with a Korean barbecue sauce.  
\$14.99/13.59 per guest

## SERVED LUNCHEONS & DINNERS

### MEXICAN MEATLOAF WITH ROASTED WEDGE POTATOES

530 cal | 1 plate  
Meatloaf seasoned with bread crumbs, taco seasoning, onions, carrots and peppers with Mexican glaze served with potatoes.  
\$18.99/17.19 per guest

### SPICY TOASTED JASMINE RICE AND CHICKEN

570 cal | 12 oz.  
Jasmine rice with chicken breast, jalapeño peppers, dried cranberries, green onions and cilantro.  
\$18.99/17.19 per guest

### BAKED TILAPIA WITH ANCHOVY LEMON BUTTER

190 cal | 1 fillet + 1 tablespoon sauce  
Baked tilapia with an anchovy lemon butter sauce.  
\$19.99/18.09 per guest

### SPINACH, BEETS AND CABBAGE SALAD WITH PUFFED AMARANTH

190 cal | 8 oz.  
Baby spinach, red onion, cabbage, jicama, beets, pineapple, avocado and puffed amaranth with a soy and cider vinaigrette.  
\$17.99/16.29 per guest

Consult with our catering team on adding a soup du jour to your package for an additional \$2.49 per guest.

 VEGAN  VEGETARIAN  MINDFUL

West Liberty Dining Service  
(304)336-8444  
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FLAVOURS  
by sodexo\*

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## HORS D'OEUVRES

### GINGER SHRIMP WITH TOMATO RELISH

25 cal | 1 skewer + 1 teaspoon relish  
Skewered Shrimp Marinated in Ginger, Garlic and Cilantro, Served with a Sweet Tomato Relish.  
\$19.99/18.09 per dozen

### FRENCH GREEN LENTIL CANAPE

45 cal | 1 canape  
Pan Crusted Italian Seasoned Lentil and Navy Bean Patty on a Flat Bread Triangle Topped with Charred Tomato Jam.  
\$14.99/13.59 per dozen



## SPECIALTY STATIONS

\$15.99/14.49 per guest

### HAPPY DAYS 50'S DINER

#### MINI GRILLED CHEESE SANDWICH V

370 cal | 1 sandwich  
The classic grilled cheese Texas style...gooey melted American cheese between crunchy golden brown slices of Texas toast.

#### MINI CREAMY TOMATO BASIL SOUP V

70 cal | 4 oz.  
Creamy tomato soup with fresh vegetables and basil.

#### MINI CHEESEBURGER SLIDERS

180 cal | 1 slider  
Mini burgers topped with American cheese and our Signature Sauce.

#### CORNDOGS 360 cal | 1 corndog

#### POTATO SALAD V

142 cal | 3 oz.  
Red potatoes, hard-cooked eggs, celery, green onion and sweet pickle blended with Mayonnaise

#### FRIZZLED ONION RINGS V

30 cal | 1 oz.

#### GOURMET ROOTBEER FLOAT V

100 cal | 4 oz.  
CHOCOLATE MILKSHAKES  
Ice cream blended with milk and chocolate syrup until smooth and creamy.



## BEVERAGES & DESSERTS

### CUCUMBER LIME AQUA FRESCA

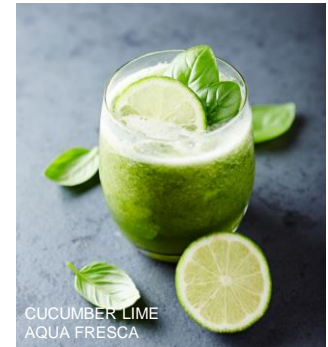
150 cal | 8 oz.  
Cucumber, lime juice, spearmint and sugar.  
\$1.99/1.79 per guest

### AMARETTO CHEESECAKE WITH OREO V

470 cal | 1 slice  
Cheesecake with Oreo crust and almond filling, topped with sour cream and toasted almonds.  
\$4.29/3.89 per guest

### BUTTERY RUM PECAN BROWNIES

430 cal | 1 PIECE  
Buttery rum infused brownie studded with pecans and butterscotch chips.  
\$3.99/3.59 per guest



Spring Catering Specials and Prices are available through May 2017.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information available

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