

# HSU Catering Services

*Jolly Giant Commons*

*Arcata, CA 95521*

*(707) 826-4414 fax (707) 826-4041*

## **Menu Selections and Pricing**

### ***Beverage Services***

All beverages are delivered with high quality paper products, linen tablecloths for the beverage table and appropriate condiments. Linen tablecloths for your meeting tables are also available for 8.00 per cloth and can be put on by our staff in advance.

For more formal occasions, please ask your consultant about an upgrade to china and flatware.

### ***Hot Beverages***

There are 16 (8oz.) servings per gallon.  
Beverages available with minimum order indicated.

French Roast Coffee	18.00 per gallon
Decaffeinated French Roast Coffee	18.00 per gallon
Herbal & Regular Tea, Hot Chocolate, & Cider with Hot Water	16.50 per gallon

### ***Cold Beverages***

Citrus Punch	11.50 per gallon
Sparkling Cranberry Punch	14.00 per gallon
Iced Tea	8.50 per gallon
Iced Water	2.25 per gallon

*Iced Water is Complimentary with orders of 100.00 or more.*

*Please specify this request when ordering, as it is not automatically added to your order.*

Pink Lemonade	10.25 per gallon
Orange Juice	13.00 per gallon

### ***Bottled Beverages***

Bottled Juice	1.75 per bottle
Iced Tea	1.75 per bottle
Sodas; Assorted Diet & Regular	1.75 per bottle
Mineral Water	1.25 per bottle
Bottled Water	1.50 per bottle

## ***Bakery Items***

All bakery items are delivered with high quality paper products, plastic cutlery and appropriate condiments. Linen tablecloths are included for the buffet table.

For more formal occasions, please ask your consultant about an upgrade to china and flatware.

### ***Breakfast Bakery***

Bagels	12.75 per dozen
<i>Plain, Onion, Sesame, Cinnamon Raisin, &amp; Blueberry</i>	
<i>All bagels are served with Cream Cheese, Peanut Butter, Jelly, &amp; Butter</i>	
Miniature Bagels	6.25 per dozen
<i>Plain</i>	
Miniature Turnovers	7.25 per dozen
<i>Apple or Cherry</i>	
Breakfast Breads	6.25 per loaf
<i>Poppy Seed, Blueberry, Banana Nut &amp; Morning Glory</i>	
<i>Serves 8</i>	
Strawberry & Cheese Croissant	1.55 each
Ham & Swiss Croissant	3.15 each
Spinach & Feta Cheese Croissant	3.00 each
Miniature Croissants	9.85 per dozen
Donuts	9.00 per dozen
Muffins (2 1/2 oz.)	8.75 per dozen
<i>Apple Cinnamon, Banana Nut, Blueberry, &amp; Bran</i>	
Muffins (4 oz.)	9.25 per dozen
<i>Chocolate, Cheese, Banana, &amp; Blueberry</i>	
Scones with Butter & Jelly	14.75 per dozen
<i>Blueberry, Raspberry, Blackberry, &amp; Cinnamon Raisin</i>	
Blueberry Crumb Cake <i>Serves 12-15</i>	22.00 per cake
Cinnamon Sour cream Cake	22.00 per cake

### ***Morning Starters***

Fresh Whole Fruit	1.00 per piece
<i>Apples, Oranges, &amp; Bananas</i>	
Fresh Sliced Fruit Tray	1.75 per person
Individual Yogurts	1.65 each
<i>Organic available upon request</i>	

### ***Afternoon Snacks***

Rice Krispie Treats	12.65 per dozen
Assorted Gourmet Brownies	15.50 per dozen
<i>Toffee, Lemon Bar, Raspberry &amp; Cookies and Cream</i>	
Brownies	12.65 per dozen
Assorted Cookies	6.89 per dozen
<i>Chocolate Chip, Chocolate-Chocolate Chip, Oatmeal Raisin, Peanut Butter, &amp; Sugar</i>	
Trail Mix	3.25 per pound
Chocolate Dipped Strawberries <i>(Seasonal)</i>	4.50 per dozen
Petit Fours	1.29 each

### ***Morning & Afternoon Break Packages***

All break packages are delivered with high quality paper products & appropriate condiments.

Linen tablecloths will be provided for the buffet table.

Linen tablecloths for your meeting tables are also available for 8.00 per cloth and can be put on by our staff in advance.

For more formal occasions, please ask your consultant about an upgrade to china and flatware.

### ***Continental Breakfast***

French Roast

Decaffeinated French Roast

Hot Herbal, Non Herbal Teas & Hot Chocolate

Select two of the following:

Assorted Breakfast Breads

Assorted Muffins

Assorted Donuts

Orange Juice

5.30 per guest

### ***Gourmet Continental Breakfast***

French Roast

Decaffeinated French Roast

Hot Herbal, Non Herbal Teas & Hot Chocolate

Assorted Bottled Fruit Juice

Select two of the following:

Bagels, Scones or Crumb Cake

Fresh Fruit Platter

7.25 per guest

### ***A.M. Health Break***

French Roast

Decaffeinated French Roast

Hot Herbal, Non Herbal Teas & Hot Chocolate

Orange Juice

Assorted Breakfast Breads with Butter & Jelly

Fresh Fruit Platter

5.25 per guest

### ***The Cookie Break***

Assorted Bottled Soda & Bottled Water

Assorted Cookies

Fresh Fruit Tray

4.50 per guest

### ***Breakfast Buffet***

The “build your own” breakfast buffet is served on high quality paper products and includes linen tablecloths for the food and beverage tables. Linen tablecloths for your meeting tables are also available for 8.00 per cloth and can be put on by our staff in advance.

### ***Build Your Own Breakfast***

All Breakfasts Include:

Fresh Fruit Salad

Orange Juice

Coffee, Decaffeinated Coffee, &

A selection of Herbal and Non Herbal Tea

Accompanied by your selections from the following options:

Select two:

Assorted Breakfast Breads or Crumb Cake

Assorted Scones or Muffins

Select one:

Country Style New Potatoes with Sautéed Onions

O’Brien Potatoes

Select One:

Bacon

Sausage Patty

Select One:

French Toast with Butter & Maple Syrup

Sun-dried Tomato & Artichoke Heart Frittata

Scrambled Eggs

10.25 per guest

## Boxed Lunches

All boxed lunches are served in a biodegradable container.

### ***Classic Boxed Lunch***

Choose a Turkey, Roast Beef or Ham Sandwich

*Served on sourdough, whole wheat, rye, or French roll.*

*Accompaniments include lettuce, tomato, pickles, & cheese.*

*Mustard & Mayonnaise are served on the side.*

Or

Vegetarian Sandwich

*Served on whole grain wheat bread.*

*Accompaniments include lettuce, tomato, cucumber,*

*onion, avocado, sprouts & cheese*

Pretzels & Whole Fruit

Brownie

Individual Iced Tea & Mineral Water

*Accompaniments must be the same for all sandwiches*

*Avocado may be added to meat sandwiches for an additional .95*

7.98 per guest

### ***Gourmet Boxed Lunch***

All sandwiches include

Pasta Salad

Fresh Fruit Salad

White Chocolate Macadamia Nut Cookies

*Mustard & Mayonnaise are served on the side.*

Individual Soda & Mineral Water

Select from sandwiches below:

#### ***The Pepper jack Roll***

Grilled lemon chicken, pepper jack cheese, lettuce & tomato on an onion roll

#### ***The Sub***

Thin slices of turkey, ham & salami on a French roll.

Accompaniments include cheddar and jack cheese, shredded lettuce, tomato,

onion, pickle & pepperoncini.

#### ***The Veggie Sub***

Havarti cheese, lettuce, sprouts, tomato, avocado, pickles, & pepperoncini with

herbed cream cheese spread. Served on a whole-wheat roll.

#### ***Chicken Caesar***

Grilled breast of chicken & chopped romaine tossed in Caesar dressing topped with

parmesan cheese, tomato, sprouts, & onion. Served on puglaese bread.

#### ***Chicago***

Roast Beef, Cheddar, lettuce, tomato, onion, pickle & pepperoncini with a sour cream

horseradish spread. Served on a hoagie roll.

10.00 per guest

### ***Low Cost Alternatives***

Low Cost Alternatives are built with your budget in mind and cater specifically to those planners who need to provide food at their event but are faced with tight budget constraints. These menus include high quality paper products and linen tablecloths for the food and beverage tables only. Linen tablecloths for your meeting tables are also available for 8.00 per cloth and can be put on by our staff in advance.

#### ***Sack Lunch***

Turkey, Roast Beef, Ham, or Vegetarian Sandwich

Jack cheese, lettuce, & tomato

All Sandwiches are prepared on sliced sourdough

*Mustard & Mayonnaise are served on the side.*

Cookie

Mineral Water

5.50 per guest

Add an individual bag of chips or fruit for .75 per guest

Upgrade to individual sodas for an additional .75

#### ***El Sombrero Buffet***

Tossed Green Salad with Vinaigrette & Ranch Dressings

Tortilla Chips, Salsa, & Sour Cream

Corn with peppers, garlic & fresh-diced tomatoes

Spanish Rice & Black Beans

Lemonade

Select two of the following:

Beef or Chicken or Vegetarian Chimichangas

Cheese Quesadilla with sautéed peppers & onions

Chicken or Beef Fajitas

Cheese Enchiladas

9.35 per guest

#### ***San Francisco Buffet***

California Mixed Greens with Poppy seed Dressing

Fresh Fruit Salad & Sourdough rolls with butter

Fresh steamed Vegetable Medley

Rice Pilaf

Iced Tea

Select two of the following:

Breaded Tilapia with Mustard Dill Sauce or Grilled Lemon Garlic Chicken

Pasta Primavera or

Tofu Scallops with Red Pepper Sauce

10.25 per guest

#### ***Asian Express Buffet***

Cucumber Salad

White Rice

Broccoli & Red Pepper Stir-Fry

Select two of the following:

Pork or Chicken Won Tons

Vegetarian Spring Roll or Vegetarian Potstickers  
Select two of the following:  
Breaded Chicken with an Orange Glaze  
Shrimp & Vegetable Eggroll  
Stir-Fry Vegetables with Tofu & Udon Noodles  
9.50 per guest

***No Frills Deli Buffet***

Green Salad with Ranch & Italian Dressings  
Assorted Breads & Rolls  
Assorted Cheese & Deli Meats  
Lettuce, tomato, pickles, sprouts & onion  
Mustard & Mayonnaise  
Whole Fruit  
Cookie  
Lemonade or Iced Tea  
*Marinated tofu is available upon request.*  
7.50 per guest

Add an individual bag of chips for .75 per guest  
Upgrade to individual sodas for an additional .75 per guest

***Deluxe Deli Buffet***

Choose two Salads from the following:  
Potato, Pasta, Fresh Fruit Salad or  
Marinated Tomato Salad with Fresh Mozzarella  
Assorted Breads & Rolls  
Assorted Cheese & Deli Meats  
Lettuce, tomato, pickles, sprouts & onion  
Mustard & Mayonnaise  
Brownie  
Lemonade or Iced Tea  
8.95 per guest  
*Marinated tofu is available upon request*

Add an individual bag of chips for .75 per guest  
Upgrade to individual sodas for an additional .75 per guest

### ***Salad Lunch Selections***

These salads can be served a variety of ways to meet your luncheon needs. We can serve them either box lunch style in a clear clam shell box or on a High quality plastic plate, both work very well for working meetings. Linen tablecloths for your meeting tables are also available for 8.00 per cloth and can be put on by our staff in advance.

All Salads are served with Rolls & Butter and an assortment of individual Sodas, Mineral, & Bottled Waters  
9.25 per guest

#### ***Fresh Spinach Salad***

Grilled Breast of Chicken lays atop Fresh Spinach Leaves tossed with Mushroom, Onion, & Crumbled Bacon and is garnished with Hard Boiled Egg, Tomato, Sprouts, & Cucumber. Creamy Poppy seed Dressing is served on the side.

#### ***The Executive Chef Salad***

A bed of Mixed Greens topped with julienne Turkey, Ham, Swiss, & Cheddar Cheeses, and garnished with Tomato Wedges, Pickles, Hard Boiled Egg & Black Olives.

#### ***Curried Chicken Salad***

Diced Chicken, Apple, Bermuda Onion, Celery, & Grapes mixed together with Curried Mayonnaise and served over a bed of Greens.

#### ***Chicken Caesar Salad***

Crisp Romaine is gently tossed with Parmesan, & Croutons. It is garnished with a Grilled Boneless Breast of Chicken, Tomato, Onion Cucumber, & Sprouts. Classic Caesar Dressing is served on the side.

## ***Hors d' Oeuvres***

Prices, are for 70 pieces unless otherwise noted,

All hors d' oeuvres are delivered with high quality paper products, plastic cutlery and appropriate condiments.

Linen tablecloths are included for the buffet table. For more formal occasions, please ask your consultant about an upgrade to china and flatware.

For those clients who wish to have staff in attendance, a labor charge will be added.

Labor is charged at 12.00 per hour for actual labor incurred, with a minimum of three hours.

## ***Cold Hors d' Oeuvres***

Polenta Triangles topped with Pesto, Diced Tomato, Black Olives, and Feta Cheese	46.75
Miniature Croissant Sandwiches <i>Fillings include: Assorted Deli Meats, Cheese, as well as Vegetarian Options (Serves 30)</i>	71.50
Pinwheel Sandwiches Combination of Meat & Vegetarian	57.75
Crostini with Assorted Spreads <i>Hummus, Seafood Spread &amp; Herbed Cream Cheese</i>	52.25
Smoky Chipotle Hummus with Bagel Chips (Serves 30)	27.00
Fresh Tomato Bruschetta	48.00
Smoked Salmon with Horseradish Cream served on Baguette	47.50
Brie filled with Raspberry Preserves and wrapped in Phyllo with Baguette (Serves 30)	58.25
Caramel Walnut Brie wrapped in Phyllo with Baguette (Serves 30)	58.25
Domestic Cheese Platter with Crackers	42.50
Domestic Cheese Platter with Strawberries and Grapes with Baguette (Serves 30)	55.00
Fresh Fruit Platter	57.75
Fresh Vegetable Platter with Ranch Dressing	37.50
Fresh Vegetable Platter with Assorted Dips <i>Hummus, Spinach Artichoke, &amp; Cucumber Dill (Serves 30)</i>	45.50

## ***Hot Hors d' Oeuvres***

Crispy Fried Chicken Drummettes with Hot Wing Sauce <i>Served with Ranch &amp; Bleu Cheese Dipping Sauce</i>	58.25
Sticky Sesame Chicken Drummettes	58.25
Chicken Tenders with Choice of <u>two</u> Dipping Sauces <i>Ranch, Bleu Cheese or BBQ</i>	58.00
Spicy Chicken Taquitos with Salsa & Sour Cream	57.75
Mushroom Caps stuffed with Peppers & Goat Cheese	55.00
Miniature Quiche	57.45
Spanakopita	51.50

Vegetarian Spring Rolls with Plum Sauce	65.00
Vegetarian Pot Stickers	57.75
Mozzarella Sticks with Marinara	42.50
Jalapeno Popper with Salsa & Sour Cream	42.50
Deep Fried Ravioli with Marinara Dipping Sauce	40.00
BBQ Meatballs	57.45

For our clients who wish to have a hors d'oeuvre menu designed for you,  
please call your consultant.

Lunch and Dinner  
***Hot Plated or Buffet Style***

HSU Catering Services designs all full service menus for our clients.

We provide several options for you to choose from.

Vegetarian, Vegan, Poultry, Seafood, & Beef options are available.

They can be served either buffet style or plated. All full service selections include china and linen tablecloths for the buffet and dining tables in the price of the meal and are served by our attentive staff.

Please choose the style of service that accommodates your needs.

All menus include:

Garden Fresh Salad

Fresh Baked Rolls with Butter

Chef's Selection of Fresh Vegetable

Starch

Dessert

&

Beverage

Buffets include an additional salad and portion sizes are slightly larger to accommodate self service.

Prices for lunch range from 10.95 to 18.95

Prices for dinner range from 16.95 to 39.95

Buffets may be slightly higher.