



Rise and Shine Menu

Eye Opener

*Fresh Baked Scones, Muffins, Bagels
Assorted Preserves, Whipped Soy Cream Cheese,
Margarine
Brewed Coffee & Assorted Teas*
\$4.70

The Morning Orientation

*Seasonal Fruits
Freshly Baked Scones, Muffins, Bagels
Assorted Preserves, Whipped Soy Cream Cheese,
Margarine
Brewed Coffee, Assorted Teas and Orange Juice*
\$6.20

The Up and At 'Em

*Fruit Salad, House Made Granola, Assorted Individual
Yogurts
Hard Boiled Eggs
Brewed Coffee & Assorted Teas & Orange Juice*
\$6.50

The Study Break

*Bagels, Freshly Baked Scones,
Sliced Red Onions, Sliced Tomatoes, Smoked Salmon &
Capers
Assorted Preserves, Tofutti Cream Cheese, Margarine &
Honey
Brewed Coffee & Assorted Teas*
\$7.00

The Block Exam

*Granola, Fruit Salad,
Bagels, Assorted Preserves, Tofutti Cream Cheese,
Margarine & Honey
Brewed Coffee, Assorted Teas and Orange Juice*
\$9.30

The White Coat

*Seasonal Fruit Platter
Scrambled Eggs & Crispy Country Potatoes,
Crispy Turkey Bacon, Freshly Baked Scones or
Muffins, Bagels
Assorted Preserves, Tofutti Cream Cheese, Margarine
Brewed Coffee, Assorted Teas and Orange Juice*
\$11.70





Ala Carte Breakfast Offerings

<i>Scones....</i>	<i>\$1.70</i>
<i>Muffins....</i>	<i>\$1.70</i>
<i>Bagels...</i>	<i>\$1.70</i>
<i>Assorted Danishes...</i>	<i>\$1.70</i>
<i>Fruit Platter...</i>	<i>\$2.10</i>
<i>Fruit Salad...</i>	<i>\$1.80</i>
<i>Breakfast Burritos...</i>	<i>\$3.80</i>
<i>Hardboiled Eggs...</i>	<i>\$1.20</i>
<i>Yogurt...</i>	<i>\$1.20</i>
<i>Granola...</i>	<i>\$1.25</i>
<i>Granola Bars...</i>	<i>\$1.50</i>
<i>Coffee Service (Regular or Decaf)...</i>	<i>\$1.20</i>
<i>Assorted Teas...</i>	<i>\$1.20</i>
<i>Orange Juice...</i>	<i>\$1.20</i>





Hors d' Oeuvres Selections

*Hand Passed
(Pricing Per Person)*

<i>Tomato and Basil Bruschetta (Vegetarian).....</i>	<i>\$1.20</i>
<i>Curry Chicken Salad Crostini.....</i>	<i>\$1.20</i>
<i>Herb Marinated Chicken Satay (Gluten Free).....</i>	<i>\$1.20</i>
<i>Stuffed Mushroom Caps (Vegan & Gluten Free).....</i>	<i>\$1.20</i>
<i>Bruschetta with Roasted Ratatouille (Vegan).....</i>	<i>\$1.20</i>
<i>Mini Latke with Caramelized Apple Chutney (Vegetarian)....</i>	<i>\$1.20</i>
<i>Mini Spinach and Mushroom Turnovers (Vegetarian)...</i>	<i>\$1.50</i>
<i>Crispy Chicken Wings (Gluten Free).....</i>	<i>\$1.20</i>
<i>Chicken Satay with Spiced Coconut-Peanut Dipping Sauce (Gluten Free).....</i>	<i>\$1.50</i>
<i>Grilled Chicken Pesto Salad on Toast Points.....</i>	<i>\$3.10</i>
<i>Petite Salmon Tartare on a Wonton Crisp.....</i>	<i>\$1.50</i>
<i>Teriyaki Meat Balls.....</i>	<i>\$1.50</i>
<i>Vegetable Spring Rolls (Vegetarian)...</i>	<i>\$1.20</i>
<i>Potato and Pea Samosas with a cilantro mint chutney (Vegetarian)...</i>	<i>\$2.00</i>
<i>Risotto Fritters with a Light Marinara Sauce (Vegetarian).....</i>	<i>\$2.00</i>
<i>Seasonal Fruit Skewers with a Balsamic Honey Glaze (Vegetarian & Gluten Free).....</i>	<i>\$1.20</i>
<i>Beef Satay with Sweet-Soy Glaze.....</i>	<i>\$2.00</i>
<i>Kabab Koobideh (Persian Ground Lamb Kabob)(Gluten Free).....</i>	<i>\$3.10</i>
<i>Moroccan Salmon Cakes....</i>	<i>\$4.60</i>
<i>Krab Cakes.....</i>	<i>\$3.90</i>

Display Platters

(Pricing based on 100 People)

<i>Chilled Poached Salmon with Cucumber and Zesty Sour Cream Sauce (Gluten Free).....</i>	<i>\$292.00</i>
<i>Grilled Vegetable with Crostini and House made Ranch Dressing (Vegetarian).....</i>	<i>\$155.00</i>
<i>Roasted Turkey and Basil Pesto Wrap.....</i>	<i>\$233.00</i>
<i>Pico de Gallo and Guacamole with Chips (Vegetarian & Gluten Free).....</i>	<i>\$155.00</i>
<i>Roasted Garlic Hummus served with House Made Pita Chips (Vegetarian).....</i>	<i>\$194.00</i>
<i>Grilled and Roasted Vegetable Wrap (Vegetarian).....</i>	<i>\$78.00</i>
<i>Vegetable Crudités (Vegetarian & Gluten Free).....</i>	<i>\$155.00</i>
<i>Smoked Salmon Platter served with Whipped Cream Cheese, Red Onions, Capers and Crostini.....</i>	<i>\$233.00</i>





Buffet Menus

Italian Buffet

Tossed Caesar Salad with Herb Croutons and Tangy

Dressing

Italian Vegetables and Garlic Bread

Chef's Choice Hot Pasta with Marinara Sauce

Penne Primavera

Roasted Seasonal Vegetables tossed in Basil Pesto

Baked Lasagna

Layers of Meat or Roasted Vegetables, Pasta, Herbed

Soy Ricotta and Marinara

Chicken Picatta

Lemon Infused Cream Sauce and Capers

Chicken Marsala

Chicken Parmesan

Tarragon Herb Roasted Salmon (add +2.00)

One Entrée.....\$10.75, Two Entrée.....\$17.50,

Three Entrée.....\$22.50

South of the Border

Fresh Salsa with Fresh Tortilla Chips

Spanish Rice and Black or Pinto Beans

Beef, Chicken, or Seasonal Vegetable Fajitas with

Guacamole, Shredded Lettuce, Tofutti Sour Cream,

Shredded Soy Cheese and Diced Tomatoes

Corn or Flour Tortillas

\$18.00

Indian Buffet

Vegetable Samosa

A mixture of Peas and Potato Seasoned with

Coriander, Cumin,

Mongo Powder and more all filling a Triangle Pastry

Crust

(Choose Two Entrée's)

Chicken Tikka Masala

Chicken Thighs Marinated in a Soy Yogurt Lemon and

Spices

Braised in a Creamy Tomato Gram Masala Sauce

Dakshin Fenugreek,

Marinated Salmon braised in Coconut Milk,

Cilantro Mint Chutney Cod

Seared Cod topped with an Herbaceous Green Sauce

Lamb Maharaja

Lamb Maharaja topped with Almonds and Caramelized

Onion

Vegetable Kofta Curry

A Vegetarian mix seasoned with Gram Flour, Sugar,

and Cilantro with a Spicy Soy Yogurt Sauce

Basmati Rice

Cucumber Soy Yogurt Raita

Your Choice of Roasted Garlic or Regular Naan

\$19.50 per person



Deli Buffet

(Choose Two Salads)

Traditional Caesar Salad

Mixed Greens with Candied Pecans &

Sweet Balsamic Vinaigrette

Sesame Asian Slaw

Macaroni Salad

Potato Salad

(Choose Two Meats)

Slow Roasted Turkey Breast

Slow Roasted Beef

Pastrami

Tuna Salad

Egg Salad

Assorted Breads

Served with Green leaf Lettuce

Sliced Red Onions, Sliced Tomatoes, Pickles,

Mayonnaise & Sweet-Dijon Spread

(Choose one)

Assorted Cookies

Double Chocolate Brownies

\$13.25

Thai Buffet

Vegetarian Vegetable Spring Rolls with Sweet Chile

Dipping Sauce

Mango Salad

(Choose one)

Spiced BBQ Chicken Breast with a Citrus Sweet Soy

Glaze

Poached Salmon Curry

Crispy Chile Tofu and Vegetables

Vegetable Stir Fry

Ginger Scented Rice

\$19.50

Barbeque Buffet

Tracy's Famous Rolls

Creamy Poppy Seed Cole Slaw

(Choose one)

Smoked BBQ Brisket

Honey BBQ Glazed Grilled Chicken

Spiced Tofu Steaks with Lima Bean Succotash

Corn on the Cob

Classic Potato Salad

\$24.00

Asian Buffet

Asian Mixed Green Salad with Ginger Vinaigrette

Sesame Roasted Broccolini

Steamed Jasmine Rice

(Choose One Entrée)

Hoisin Marinated Beef Stir Fry

Misoyaki Chicken

Teriyaki Seared Salmon

Sweet Soy Glazed Tofu and Seasonal Vegetables

\$24.00





Touro University Buffet

Salads (choose One):

Mixed Greens with Balsamic Vinaigrette, Tossed Caesar Salad, Broccoli Salad, Pasta Salad, Cole Slaw, Mixed Greens with Candied Walnut and Balsamic Vinaigrette, Fresh Fruit Salad

Entrée Selections:

*Herb Roasted Salmon in a Lemon Caper Glaze
Grilled Citrus Herb Chicken
Slow Braised Peppercorn Brisket served in Rich Pan Gravy
Chicken Dijonaise Lightly Breaded with a Dijon Cream Sauce
Seared Salmon with a Green Goddess Dressing*

Buffet Includes:

*Choice of two Sides
Pasta with choice of Marinera or Basil Pesto Sauce
Wild Rice Pilaf or Garlic Mashed Potatoes
Vegetable Du Jour
Rolls and Margarine*

One Entrée Buffet.....\$24.00 Two Entrée Buffet.....\$31.00



Box Lunches

(Includes Water, Whole Fruit, Chips, and a Cookie)

Choice of Bread: Whole Wheat, Ciabatta, Kaiser Roll, French Baguette, Hoagie Roll, Flour Tortilla

Roasted Turkey Sandwich...\$12.00

Roast Beef Sandwich...\$15.00

Pastrami Sandwich...\$11.00

Tuna Salad Sandwich...\$11.00

Egg Salad Sandwich...\$11.00

Spring Mix Salad topped with Grilled Vegetables or Roasted Tofu...\$11.00

Spring Mix Salad topped with Grilled Chicken...\$13.00

Spring Mix Salad topped with Seared Salmon...\$15.00





Station Menus

Carving Station

Includes Attendant ~ served with appropriate Condiments and Rolls ~ (Priced per person)

Carving Station with Roast Turkey\$5.00

Carving Station with Flank Steak.....\$11.75

Carving Station with Beef Brisket\$7.00

Carving Station with Prime Rib\$8.50

Mashed Potato Station.....\$4.00

Mashed Potatoes, Tofutti Sour Cream, Scallions, Soy Cheddar Cheese, Turkey Bacon Bits and Margarine

Salad Station.....\$4.00

*Caesar Salad, Mixed Greens, Romaine Lettuce, Candied Walnuts,
and choice of Two Dressing
add Chicken..... 5.00*

Make your own Taco Bar.....\$5.00

*Corn or Flour Tortillas, Grilled Chipotle Chicken, Ground Beef Picadillo, Shredded Lettuce,
Cheese, Tomatoes and Sour Cream, Fresh Salsa*





Build Your Own Buffet

Ala Carte Salads

\$3.00 per person

Traditional Caesar Salad
Mixed Green Garden Salad with Sweet Balsamic
Vinaigrette
Sesame Asian Slaw
Classic Poppy Seed Coleslaw
Macaroni Salad
Potato Salad

Ala Carte Meat Entrees

\$10.00 per person

Herb Roasted Salmon in a Lemon Caper Glaze (+\$2.00
per person)
Grilled Citrus Herb Chicken
Lasagna Bolognaise
Smoked BBQ Brisket
Honey Glazed Grilled Chicken
Slow Braised Peppercorn Brisket served in Rich Pan
Gravy
Chicken Dijonaise Lightly Breaded with a Dijon Cream
Sauce
Chicken Tikka Masala

Ala Carte Sides

\$2.50 per person

Sesame Roasted Broccolini
Seasonal Roasted Vegetables
Corn on the Cob
Sauteed Garlic Green Beans
Garlic Bread

Ala Carte Vegetarian Entrees

\$8.00 per person

Pasta Primavera
Vegetable Lasagna (Minimum 12)
Spiced Tofu Steaks with Lima Bean Succotash
Sweet Soy Glazed Tofu and Seasonal Vegetables
Crispy Chile Tofu and Vegetables
Balsamic Roasted Portobello Mushrooms topped with a
basil tomato relish

Ala Carte Starches

\$2.50 Per Person

Pasta with choice of Marinara or Basil Pesto Sauce
Wild Rice Pilaf
Garlic Mashed Potatoes
Cilantro Scented Jazmine Rice
Herb Roasted Potatoes
Basmati Rice
Roasted Garlic Cous Cous

Ala Carte Beverages

Bottled Water... \$1.00
Snapple... \$1.50
Bottled Mexican Coke... \$2.00
Perrier... \$1.50
Juice... \$1.50
Coffee (Regular or Decaf)... \$1.50 per person
Hot Water with Assorted Tea... \$1.50 per person
Dispensed Iced Tea... \$1.00 per person





Dessert Packages

Break Time #1

*Your Choice of Two Flavors of Tracy's Famous Cookies
Fruit Salad
Bottled Waters and Snapple.....\$4*

Break Time #2

*Assorted Cookies and Brownies, Fruit Salad
Bottled Water and Snapple.....\$6.25*

Break Time #3

*Granola Bar, Trail Mix, Fruit Salad
Bottled Water and Snapple.....\$7*

Sweet Table

(minimum order for 25)

*Chocolate Dipped Strawberries, Cake Pops, Eclairs, Cream
Puff, Toureos
.....\$7.00*

Ice Cream Sundae Bar

*Vanilla, Chocolate and Strawberry Ice Cream
With Assorted Syrups and Toppings.....\$4*

Chocolate Fountain

Choice of Four of the following Dipping Items

*Strawberries
Pound Cake
Pineapple
Cantaloupe
Marshmallows
Bananas
\$6.25*





A la Carte Baked Delights

By the Dozen

- Chocolate Covered Strawberries... \$1.50*
Cookies (Oatmeal, Chocolate Chip, Snicker Doodle, Peanut Butter)... \$1.50
Cup Cakes (Grasshopper, German Chocolate, Lemon, Red Velvet, Peanut Butter Cup, Devil Made Me Do It)... \$2.50
Assorted Scones... \$1.50
Dinner Rolls... \$1.00
Challah Rolls... \$1.50
Assorted Muffins... \$1.50
Assorted Danishes... \$1.50
Granola Bars... \$1.50

Serves a Crowd

\$2.50 per person

- Apple Crisp*
Peach Cobbler
Fudge Brownies
Bread Pudding
Pumpkin Bars
Lemon Bars
Whole Sheet Cake... \$110.00
Half Sheet Cake... \$65.00
(White Cake, Double Chocolate Cake, Strawberry Short Cake, Lemon Cake, Marble Cake, Spice Cake)

A la Carte Beverages

- Bottled Water... \$1.00*
Snapple... \$2.00
Bottled Mexican Coke... \$3.25
Perrier... \$2.00
Juice... \$1.20
Coffee (Regular or Decaf)... \$1.20 per person
Hot Water with Assorted Tea... \$1.20 per person
Dispensed Iced Tea... \$1.00 per person

