



FUELING TEAMS

# ON-THE-GO

AT ST. EDWARD'S UNIVERSITY

# HEALTHY MEALS

*For all palates, occasions, and dietary needs*

From pre-game meals and on-the-go pack-outs, to team building meals and ice cream social, or dinner celebrations — whatever your team needs — we're here for you. Your Bon Appétit chef will collaborate with you to ensure your athletes' needs are kept in mind — fueling teams with foods that help them compete best.

We strive to offer inclusive meals, based on workout or competition timing, that push your athletes to fuel their body in a healthy manner for today and the future. However, we understand that athletes don't need to take risks with their food choices pre-competition and can customize the menu to match your team's food preferences.

Our catering menu ensures pre- and post-competition meals have at least 20g of protein (sometime this is combined plant and animal protein) and are filled with nutrient-dense calories. At Bon Appétit, we make healthy meals the easy option. Focused on foods that are good for both people and planet and selecting from this menu can transform the way your team feels and plays.

## CONNECT WITH US

*We see ourselves as part of your team, so our goal is to collaborate with you to offer an experience perfectly tailored to your needs.*

### **Place an Order Online**

Email: [stedwards.catertrax.com](mailto:stedwards.catertrax.com)

### **Catering Policies**

To review our policies and full catering menu, please visit:

[stedwards.cafebonappetit.com/catering](https://stedwards.cafebonappetit.com/catering)

### **Catering Sales Office**

For assistance or special orders feel free to contact the catering office:

Phone: (512) 428-1017

Email: [meagan.burkett@cafebonappetit.com](mailto:meagan.burkett@cafebonappetit.com)

# TEAM MEAL | HOT BREAKFAST

A full meal served 3-4 hours before competition (often the night before). These meals focus on carbohydrates including fruits, starchy vegetables, grains, and legumes. Use lean protein, healthy fats, and non-starchy vegetables to complete the meal.

## Hilltopper Breakfast Buffet

Two main dishes 22.25 per person

Three main dishes 26.25 per person

Choice of two or three main dishes served with fresh fruit and roasted new potatoes

*Options*

Cage-free scrambled eggs

Migas with scrambled eggs, tortilla strips, diced onions, tomatoes, cilantro, chili peppers, and cheese

Whole grain French toast dipped in egg and cream custard, with butter and maple syrup

Roasted vegetable frittata

Hash brown breakfast casserole with eggs, hash browns, cheddar cheese, bell peppers, onions, and broccoli

## Potato Hash 8.00 per person

Savory oven-roasted potato or sweet potato, bell peppers, and onions, tossed with seasoned black beans and served with an egg cooked directly into the hash

*Available for pack-out*

## Breakfast Tacos 3.75 each

Minimum order of 12 per flavor

Corn tortillas filled with eggs, shredded cheese, salsa, and choice of two additional proteins

*Select two proteins*

Turkey sausage

Black bean and potato

Crumbled vegan sausage

*Additional +.50 per taco*

# TEAM MEAL | LUNCH OR DINNER

Prices are per person unless otherwise noted. A full meal served 3-4 hours before competition (often the night before). These meals focus on carbohydrates including fruits, starchy vegetables, grains, and legumes. Use lean protein, healthy fats, and non-starchy vegetables to complete the meal.

## Taco Bar 10.00

Adobo-rubbed braised chicken or spicy local tempeh and potato picadillo, house-made salsa, guacamole, cheese, and flour tortillas

## Southwest Buffet

One entrée 22.50

Two entrees 26.50

Mixed green salad with roasted corn, black beans, avocados, tomatoes, cucumbers, roasted poblano buttermilk ranch and chipotle lime vinaigrette, corn tortillas, and borracho beans

*Select one (or two)*

Pork loin simmered in green chili sauce

Garlic and lime grilled chicken breast topped with pico de gallo

Braised beef carne guisada

Turkey and beef picadillo

Beyond meat picadillo

## SALADS

10.50 per person, available for pack-out.

### Southwestern

Organic mix baby greens, roasted corn, black beans, cherry tomatoes, shredded cheddar cheese, creamy chipotle ranch, and crispy tortilla strips

### Quinoa and Kale

Kale, quinoa, avocado, cherry tomatoes, toasted almonds, dried cranberries, cucumbers, and lemon vinaigrette

### Baby Spinach and Frisée

Frisée, baby spinach, hard-boiled egg, sunflower seeds, cherry tomatoes, cucumber, croutons, and red wine vinaigrette

### Kale and Roasted Sweet Potato

Kale, roasted sweet potatoes, feta cheese, orange supreme, pumpkin seeds, cherry tomatoes, croutons, cucumbers, and lemon vinaigrette

## PROTEIN ADDITIONS

Diced chicken  
+3.00 per person

Grilled chicken breast  
+4.50 per person

Jumbo shrimp  
+6.00 per person

Salmon cakes  
+6.50 per person

# TEAM MEAL | SANDWICHES & BOWLS

Replenish the body with a mix of carbohydrates and protein after competition. This can be in the form of a full meal or snack.

## SANDWICHES

12.50 per person, available for pack-out

### Cucumber, Lettuce and Feta Cheese

Cucumber, lettuce, feta whip, whole wheat bread, served with fruit salad

### Avocado, Beet, and Cream Cheese

Smashed avocado, roasted beet, cream cheese, whole grain bread, served with fruit salad

### Spinach, Cranberry, and Turkey

Cranberry spread, spinach, sliced turkey, whole grain bread, served with fruit salad

### Kale and Shrimp Pita

Kale, shrimp, onion, tomato, pita tzatziki sauce, served with fruit salad

## BOWLS

12.00 per person

### Grilled Tofu and Roasted Cherry Tomato Sauce

Grilled tofu and quinoa bowl with carrots, cucumbers, bell peppers, and roasted cherry tomato sauce

*Substitute chicken for additional +4.50 per person*

### Lentil and Walnut Pasta Marinara

Marinara, lentils, and walnuts served over pasta with garlic bread

*Substitute ground beef for additional +2.00 per person*

### Broccoli Citrus Crunch Bowl

Broccoli, bell peppers, chickpeas, red onions, carrots, radishes, citrus dressing

*Add chicken for +4.50 per person*

## QUICK REFUEL

4.00 per person, available as pack-out. Replenish the body with a mix of carbohydrates and protein after competition.

This can be in the form of a full meal or snack.

### Crudités with Garbanzo Bean Dip

Raw crudité served with a lemon garbanzo bean dip

### Fresh Fruit and Yogurt Dip

Sliced, seasonal, and fresh fruit with peanut butter Greek yogurt dip (peanut butter optional)

# TEAM MEAL | TRADITIONAL FAVORITES

Replenish the body with a mix of carbohydrates and protein after competition. This can be in the form of a full meal or snack.

## SANDWICHES

4.00 per person, available for pack-out

### Deli Platter

House-roasted turkey, smoked ham, tuna salad, cheddar cheese, lettuce, tomato, white and wheat bread, and assorted condiments

### PB & J Bar

Peanut butter, assorted compotes, spreads, white and wheat bread, and fresh fruit

## ENTREES

*Priced per person unless otherwise noted.*

### Italian-marinated Grilled Chicken 10.00

Grilled chicken marinated in house-made Italian dressing and served with green beans and mashed potatoes

### Teriyaki-glazed Chicken 12.00

Roasted chicken lacquered with soy-teriyaki sauce and served with broccoli and roasted sweet potatoes

### Burgers and Fries 10.00

1/3 pound beef burger on a white or wheat bun with fries

*Morning Star black bean burgers available upon request*

### Chicken and Potato Kebabs 10.00

Marinated chicken, new potatoes, bell peppers, and mushrooms, kebabbed, grilled, and served with side salad

*Substitute steak for additional +2.00 per person*

# PACK-OUT SNACKS

Pre-competition, athletes should focus on ensuring the body has enough simple carbohydrates to sustain energy throughout competition. Small snacks made primarily from simple carbohydrates are available for pack-out.

## BREAKFAST

4.00 per person

### Bagel Bar

A bagel bar with peanut butter, yogurt, hand fruit, and apple compote

### Overnight Oats

Rolled oats soaked overnight in oat milk and served with fresh diced fruit, maple syrup, vanilla, and cinnamon

### Cereal Bar

Special K, Rice Chex, Cheerios, and granola served with whole or oat milk, and fresh fruit

*Available as pack-out*

## PRE-COMPETITION SNACK

Priced per person

### Trail Mix 6.00

Base of granola, house-crumbled cookie, crackers, dried banana, dried strawberry, dried pineapple, deluxe mixed nuts (available without nuts)

*Available as pack-out, and can be made in bulk to mix and match or as prebuilt snack pack*

### Hummus, Pretzels, and Vegetables

Choice of hummus with pretzels and vegetables

Hummus flavors: traditional, red bell pepper, garlic, sweet potato, or spinach and olive

### Oatmeal Raisin Energy Bites 10.00 per 20 bites

Minimum 40 bites

Rolled oats, rehydrated raisins, honey, and cinnamon rolled into bite-size balls

# TEAM FUEL | ENERGY BARS & ENHANCED BEVERAGES

If allowed, focus on simple easy-to-digest carbohydrates to provide immediate fuel to muscles in addition to water or sports drinks. Avoid excess protein, fiber, and fat.

## ENERGY BARS

Priced per person unless otherwise noted

### **Peanut Butter, Cranberry, and Sea Salt Energy Bites 12.00**

6 servings, 2 bites per serving, pre/during

These salty and sweet nuggets are packed with simple carbohydrates to provide your team with the sustained energy they need

### **Blueberry Pepita Granola Bars 12.00**

6 servings, 4oz. bar per serving, pre/during/post

Made with everything you need to nourish your competition, workout, or day

### **Oatmeal Banana Energy Bites 9.00 for 12 bites**

Rollled oats, smashed bananas, sunflower seeds, honey, vanilla extract, salt, cinnamon, and nutmeg

## ENHANCED BEVERAGES

### **Electrolyte-infused Hydration 12.00**

6 servings, 12oz. per serving, pre/during/post

Choice of orange, cranberry, or grapefruit with water or coconut water and made to replenish lost sodium and potassium

### **House Hydration 2.00 per person**

Coconut water muddled with fruit



# BULK ORDERING

Use our purchasing power to order snacks and other packaged goods for your athletes.

**Gatorade 3.60**

20 oz., pre/during/post

**Powerade 2.65**

20 oz., pre/during/post

**That's It! Fruit Bar 3.05**

1.2 oz., pre/during/post

**Honey Stinger Waffle 3.50**

1.06 oz., pre/during

**Chobani Greek Yogurt 1.75**

4 oz., pre/post

**Sabra Hummus and Pretzel Cup 6.35**

4.56 oz., pre/post

**RX Bar Protein Bar 4.85**

1.83 oz., pre/post

**Clif Bar Builders Protein 4.05**

2.4 oz., pre/post

**Lara Bar 3.25**

1.6 oz., pre/post

**Nature Valley Oats and Honey Granola Bar 1.70**

1.5 oz., pre/post

**Stacy's Naked Pita Chips 1.50**

1.5 oz., pre/post

**Cheerios Bowl 2.60 for 1.86 AV**

Pre/post

**Rice Chex Bowl 2.60 for 1.86 AV**

Pre/post

**Great Lakes String Cheese 1.05**

Post

**Oak Farms Chocolate Milk 2.74**

14 oz., post

**Chocolate Orgain Nutrition Shake 8.50**

11 oz., post

**Second Nature Wholesome Nut Medley 2.75**

1.5 oz., post



**BON APPÉTIT**

MANAGEMENT COMPANY

— CATERING AND EVENTS —

