HEALTHY CATERING MENU

BREAKFAST

YOGURT AND GRANOLA PARFAITS
low-fat yogurt and seasonal fresh fruit topped with crunchy granola

GREEK YOGURT BAR
low-fat greek yogurt, housemade dried cherry and almond granola, fresh berries and bananas, toasted coconut, cinnamon walnuts, local honey

OATMEAL STATION (VG)
mccann's steal cut irish oatmeal, brown sugar, cinnamon, dried cranberries, toasted almonds, dried bananas, fresh berries

HARD COOKED CAGE-FREE EGGS (MWG-CI)

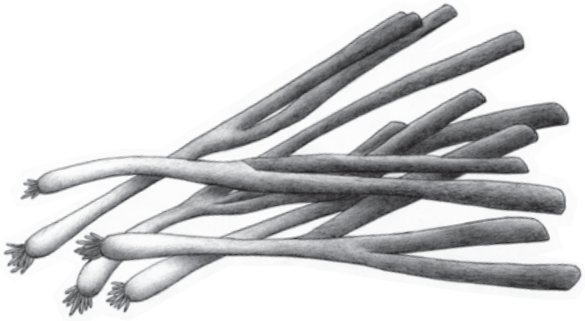
SWEET BREAKFAST QUINOA BOWLS (VG, MWG-CI)
blueberries, raisins, toasted almonds, agave syrup bowl
strawberries, dark chocolate chips, orange zest bowl

SANDWICH

VEGAN/VEGETARIAN
- *red pepper hummus,* fresh spinach, feta cheese, spicy cucumbers, capers
- *balsamic glazed roasted eggplant,* zucchini & portobellos, fresh tomatoes, butter lettuce (VG)
- *fresh avocado,* roasted heirloom tomato, fresh basil, vegan mayo (VG)
- *tofu banh mi,* pickled vegetables, cucumber, cilantro, sriracha vegan mayo (VG)

POULTRY
- *herb and lemon grilled chicken breast,* havarti, roasted red peppers, arugula
- *adobe-rubbed chicken breast,* pepper jack, romaine, sliced tomato, black bean & corn salsa
- *housemade chunky chicken salad,* dried cherry, tarragon, leaf lettuce & red onion
- *classic tuna salad,* celery, onion, leaf lettuce & sliced tomato
- *roasted turkey,* goat cheese, spinach, avocado, red onion, roasted peppers
- *smoked chicken breast,* cheddar, sage mayo, corn & cranberry relish

any of our sandwiches can be made on your choice of these breads
BREAD; multigrain
ROLLS; multigrain bun, multigrain baguette



CREATE YOUR OWN BUFFET

SELECT TWO OR THREE ENTRÉES

- *roasted french cut breast of chicken*, roasted mushrooms, cipollini onions, natural jus (MWG-CI)
- *herb grilled filet of pacific coast salmon*, capers, preserved lemon, sweet garlic (MWG-CI)
- *blackened filet of salmon*, pepper and fennel ragout (MWG-CI)
- *smoked shrimp cakes*, avocado, tomato, cilantro, lime
- *shrimp etouffee*, trinity vegetables
- *roasted and stuffed red pepper*, quinoa, eggplant, raisins, almonds (VG) (MWG-CI)
- *vegan gumbo*, okra, sweet peppers, tomato, thyme (VG)
- *teriyaki tofu steaks*, bok choy, napa cabbage, red pepper and edamame stir fry (VG)

SELECT A SIDE

- *braised kale*, charred lemon, toasted garlic (VG) (MWG-CI)
- *roasted asparagus*, caramelized onion balsamic dressing (VG) (MWG-CI)
- *charred cauliflower*, golden raisins, almonds, capers, balsamic glaze, grilled seasonal squash (VG) (MWG-CI)

SELECT A SALAD

- *roasted seasonal vegetable salad*, toasted sunflower seeds, fresh herbs dressing (VG)
- *mixed green salad*, shaved fennel and celery, toasted almonds, shaved pecorino, white balsamic vinaigrette
- *garden greens*, carrots, cucumbers, tomatoes, housemade balsamic dressings (VG)
- *seasonal roasted vegetable quinoa salad*, herb pistou, toasted sunflower seeds, fresh herbs (VG)
- *wheat berry salad*, golden raisins, walnuts, parmesan & arugula in apple cider vinaigrette
- *farro salad*, butternut squash, goat cheese, dried cranberry, smoked chili vinaigrette

DESSERT

display of the season's freshest fruits and berries (VG) (MWG-CI)

BEVERAGE

BEVERAGE BY THE GALLON

- iced weater
- our signature seasonal fresh fruit infused waters

INDIVIDUAL BEVERAGES

- la colombe pure black
- bottled waters
- V8 and V8 veggie blend

BON APPÉTIT
CATERING AT PENN

To book your next event, please contact Agnes Leclercq-Randazzo
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