BEVERAGES & DESSERTS

Beverages
Includes appropriate accompaniments
- Regular Coffee (0 Cal/serving) $1.79 Per Person
- Hot Water with Assorted Tea Bags (0 Cal/serving) $1.79 Per Person
- Bottled Water (0 Cal/each) $1.79 Per Gallon
- Assorted Sodas (Can) (0-150 Cal/each) $1.49 Each
- Regular Coffee, Decaf and Hot Water with Assorted Tea Bags (0 Cal/serving) $18.99 Per Gallon
- Hot Apple Cider (160 Cal/serving) $17.99 Per Gallon
- Hot Chocolate (160 Cal/serving) $17.99 Per Gallon
- Iced Tea (0 Cal/serving) $35.00 Per Gallon
- Lemonade (90 Cal/serving) $15.99 Per Gallon
- Iced Water (0 Cal/serving) $1.59 Per Gallon

Desserts
Available for 12 guests or more
- Assorted Craveworthy Cookies (250-310 Cal/each) $1.99 Per Person
- Bakery-fresh Brownies (250 Cal/2.25 oz. serving) $1.99 Per Person
- Assorted Blondes (240-320 Cal/2.5 oz. serving) $14.49 Per Dozen
- Custom Artisan Cupcakes $16.49
- Chocolate Cupcake with Fudge Icing 460 Cal/each
- Vanilla Cupcake 380 Cal/each
- Banana Foster Cupcake 180 Cal/each
- Red Velvet Cupcake 360 Cal/each

Vegetarian - Vegan

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that range from simple digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

EXTRAS

If rental equipment, linens, or service staff are needed, we can take care of it for you with necessary charges. We are delighted to assist you with all of your event needs from rental equipment, linens, floral to service staff and everything in between. - Additional fees may apply.

CONTACT US TODAY
218-444-7576 Ext. 24 / 218-888-6135
suple-susan@aramark.com
www.bemidjistate.catertrax.com

Prices effective until 07/01/2020
Prices may be subject to change
**ALL DAY PACKAGES**

**All Day Delicious - $39.99**

Mix & match the food offerings! These 4 selections will keep your energy up throughout the day. Available for 15 guests or more. Includes appropriate condiments.

**DELICIOUS DAWN**
- Assorted Muffins
- Assorted Scones
- Fresh Seasoned Sliced Fruit
- Assorted Juice
- Iced Water
- Gourmet Coffee, Decaf and Hot Tea

**AMP ERR UP**
- Granola Bars
- Assorted Individual Yogurt Cups
- Iced Tea
- Gourmet Coffee, Decaf and Hot Tea
- Iced Water

**POWER UP LUNCH**
- Tomato and Cucumber Couscous Salad
- Orange-Fennel Spinach Salad
- Grilled Chicken with a Lemon Tarragon White Wine Sauce
- New York Cheesecake
- Iced Tea
- Iced Water

**PM PICK ME UP**
- Colheita Spinach Dip with Tortilla Chips
- Grilled Vegetable Tray
- Freshly Baked Brownies
- Iced Tea
- Iced Water

**Meeting Wrap Up - $23.99**

Serve these favorites and succulents to wrap up! This All-Day package includes the following 4 delights. Available for 15 guests or more. Includes appropriate condiments.

**MORNING MINI**
- Miniature Muffins
- Miniature Danish
- Miniature Scones
- Yogurt Parfait Cups
- Iced Water
- Gourmet Coffee, Decaf and Hot Tea

**THE ENDEAVOR**
- Donut Holes
- Fake Bananas
- Kid Mugs
- Gourmet Coffee, Decaf and Hot Tea
- Iced Water

**IT'S A WRAP**
- Includes choice of salad:
  - Chicken Caesar Wrap
  - Turkey Wrap
  - Twice Sliced Turkey
  - Grilled Vegetable Wrap
  - Fresh Seasoned Sliced Fruit
  - Traditional Garden Salad
  - Individual Bag of Chips
  - Assorted Craveworthy Cookies
  - Freshly Baked Brownies
  - Kid Mugs
  - Iced Water

**MID-DAY MUNCHIES**
- Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fresh Beet, Assorted Cranberry Cookies and Beverages
- Iced Tea
- Iced Water

**RECEPTIONS**

**RECEPTION STATIONS**

Stationary Stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 12 guests or more. Includes appropriate condiments.

**CHEF’S PASTA** - $12.99

- Create your own pasta sensation with two (2) types of Noodles, two (2) Sauces, and four (4) warmed toppings

**TRADITIONAL CARVING-SLOW-COOKED BEEF** - $23.49

- Slow-Cooked Beef served with House-made Condiments and Fresh Rolls

**BREADS AND SPREADS** - $5.95

- Looking for a variety of flavors to spice up your meeting? Try dipping our Tortilla Chips, Pita Chips and Crostini into your choice of four (4) spreads, accompanied by a Fresh Fruit Tray

**BREAKS**

- All prices are per person and available for 15 guests or more

**CHOCHOLIC** - $6.95

- Become addicted with an assortment of Chocolate-themed treats

**NEW YORK CHEESECAKE** - $5.19

**PHILLY CHEESESTEAK** - $5.19

**THE HEALTHY ALTERNATIVE** - $7.29

**THE ENERGIZER** - $10.95

**THE HEALTHY ALTERNATIVE**

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups

**BREADS AND SPREADS**

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups

**CHEF’S PASTA** - $7.99

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups

**FLASHBACK** - $7.99

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups

**DELICIOUS DAWN** - $12.79

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups

**SNACK ATTACK** - $15.59

**IT’S A WRAP**

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups

**AM PERK UP**

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups

**PM PICK ME UP**

- Includes choice of fresh fruit: Bananas, Apples, Oranges, Pears, or Individual Yogurt Cups
**ALL-DAY PACKAGES**

**Simple Pleasures** $21.79
Easy does it - Casual and tasteful fare. This All-Day package includes 3 of our favorites. Available for 15 guests or more. Includes appropriate condiments.

**SIMPLE CONTINENTAL**
- Assorted Donuts: 190-490 Cal each
- Assorted Bagels: 170-360 Cal each
- Orange Juice: 120 Cal/8 oz. serving
- Iced Water: 0 Cal/8 oz. serving
- Gourmet Coffee, Decaf and Hot Tea: 0 Cal/8 oz. serving

**BOX LUNCH**
- Choice of Sandwich accompanied by Chips, Assorted Craveworthy Cookies and Bottled Water
  - Tuna Salad Ciabatta: 540 Cal each
  - Ham and Swiss Sub: 380 Cal each
  - Turkey and Swiss Sandwich: 490 Cal each
  - Roasted Pepper and Mozzarella Ciabatta: 530 Cal each
  - Individual Bag of Chips: 100-160 Cal each
  - Assorted Craveworthy Cookies: 250-310 Cal each
  - Bottled Water: 0 Cal each

**MID DAY MUNCHIES**
- Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fruit Bowl, Assorted Craveworthy Cookies and Beverages
  - Tortilla Chips: 90 Cal/oz. serving
  - Salsa Ripe: 20 Cal/oz. serving
  - Salsa Verde: 20 Cal/oz. serving
  - Pico De Gallo: 10 Cal/oz. serving
  - Assorted Fruit: 50-110 Cal each
  - Assorted Craveworthy Cookies: 250-310 Cal each
  - Bottled Water: 0 Cal/oz. serving
  - Gourmet Coffee, Decaf and Hot Tea: 0 Cal/oz. serving

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**RECEPTIONS**

**Reception Platters and Dips**

- **CLASSIC SLICED CHEESE TRAY** $35.99 Serves 12
  - Classic Stacked Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini (290 Cal/2.75 oz. serving)
- **FRESH GARDEN CRUDITÉS** $33.29 Serves 12
  - Fresh Garden Crudité with Ranch (50 Cal/1 oz. serving)
- **FRESH SEASONAL FRUIT** $21.94 Serves 12
  - Fresh Seasonal Fruit Tray (90 Cal/1.5 oz. serving)
- **HOUSEMADE SPINACH DIP** $27.45 Serves 12
  - Housemade Spinach Dip served with Fresh Pita Chips (230 Cal/2.75 oz. serving)
- **HUMMUS WITH PITA CHIPS** $27.45 Serves 12
  - Hummus with Pita Chips (230 Cal/4 oz. serving)

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May we suggest a Served Meal or Reception? We look forward to creating special menus that accommodate your culinary preferences and budget. Please contact our Catering Office at (218) 444-2776 extension 24 to arrange a personal consultation.

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**BREAKFAST**

**Breakfast Collections**

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

**BASIC BEGINNINGS** $6.59

- Choice of one (1) Breakfast Pastry served with Iced Water, Gourmet Coffee, Decaf and Hot Tea

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Danish</td>
<td>200-430 Cal each</td>
</tr>
<tr>
<td>Assorted Muffins</td>
<td>430-510 Cal each</td>
</tr>
<tr>
<td>Assorted Scones</td>
<td>430-470 Cal each</td>
</tr>
<tr>
<td>Assorted Bagels</td>
<td>50-60 Cal each</td>
</tr>
<tr>
<td>Iced Water</td>
<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Gourmet Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
</tr>
</tbody>
</table>

**QUICK START** $8.39

- Choice of three (3) Breakfast Pastries served with Fresh Seasonal Sliced Fruit, Fresh Assorted Juices, Iced Water, Gourmet Coffee, Decaf and Hot Tea

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Muffins</td>
<td>430-510 Cal each</td>
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</tr>
<tr>
<td>Assorted Bagels</td>
<td>50-60 Cal each</td>
</tr>
<tr>
<td>Fresh Seasonal Sliced Fruit</td>
<td>40 Cal/2 oz. serving</td>
</tr>
<tr>
<td>Assorted Juice</td>
<td>70-170 Cal each</td>
</tr>
<tr>
<td>Iced Water</td>
<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Gourmet Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
</tr>
</tbody>
</table>

**HEALTHY CHOICE BREAKFAST** $7.69

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day.

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Cereal Cups</td>
<td>140-200 Cal each</td>
</tr>
<tr>
<td>Yogurt</td>
<td>130 Cal each</td>
</tr>
<tr>
<td>Bananas</td>
<td>170 Cal each</td>
</tr>
<tr>
<td>Assorted Individual Yogurt Cups</td>
<td>50-70 Cal each</td>
</tr>
<tr>
<td>Assorted Muffins, Scones and Danish (per dozen)</td>
<td>200-470 Cal each</td>
</tr>
<tr>
<td>Iced Water</td>
<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Gourmet Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
</tr>
</tbody>
</table>

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**À la Carte Breakfast**

Includes appropriate condiments.

- Assorted Muffins (400-530 Cal each) $17.99 Per Dozen
- Assorted Danish Rolls (260 Cal each) $15.99 Per Dozen
- Assorted Breakfast Bread (150-200 Cal each) $21-49 Servings 12
- Assorted Danish (190-460 Cal each) $9.50 Per Dozen
- Assorted Bagels (170-360 Cal each) $1.09 Each
- Assorted Muffins, Scones and Danish (per dozen) (200-470 Cal each) $17.99

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**À la Carte Breakfast**

Includes appropriate condiments.

- Assorted Muffins, Scones and Danish (per dozen) (200-470 Cal each)
- Assorted Bagels (170-360 Cal each)
- Assorted Danish (200-430 Cal each)
- Assorted Scones (430-470 Cal each)
- Assorted Coffee, Decaf and Hot Tea (0 Cal/8 oz. serving)
### BUFFETS

#### Create Your Own Buffet
Customize Your Own Buffet: Salads (2) entrées, (2) sides, and (1) dessert. Served with Assorted Rolls and Butter, and Choice of Two Beverages. Includes appropriate condiments.

#### BUFFET STARTERS
- Seasonal Garden Salad with Balsamic Vinaigrette (50 Cal/3 oz. serving)
- Caesar Salad (150 Cal/2 oz. serving)
- Italian Green Salad with Penne and Prosciutto (300 Cal/3.25 oz. serving)
- Chinese with Tzatziki Sauce (40 Cal/4 oz. serving)
- Traditional Hummus with Toasted Pita (330 Cal/4 oz. serving)
- Seasonal Fresh Fruit Salad (40 Cal/4 oz. serving)

#### BUFFET ENTREES
- Assorted Danish 200-430 Cal each
- Assorted Scones 430-470 Cal each
- Assorted Bagels 170-290 Cal each
- Scrambled Eggs 180 Cal/4 oz. serving
- Breakfast Potatoes 130-150 Cal/3 oz. serving
- Bacon 40-100 Cal each
- Breakfast Sausage 130-220 Cal each
- Maple Syrup 70 Cal/1 oz. serving
- Assorted Muffins 400-510 Cal each

#### BUFFET SIDES
- Sweetened Corn Pudding (350 Cal/4 oz. serving)
- Ginger Honey Glazed Carrots (150 Cal/3 oz. serving)
- Roasted Red Potatoes (300 Cal/3.75 oz. serving)
- Mashed Sweet Potatoes (300 Cal/4.25 oz. serving)
- Butternut Squash (320 Cal/4.25 oz. serving)
- Wild Rice Mashed Potatoes (310 Cal/3.75 oz. serving)
- Broccoli, Carrots, Green Beans, Tomato Confetti (500 Cal/3 oz. serving)

#### BUFFET FINISHES
- Bread Pudding with Caramel Apple Sauce (270 Cal/3 oz. serving)
- Cherry Cheesecake Tart (170 Cal/1.75 oz. serving)
- New York-Style Cheesecake (640 Cal/4 oz.)
- Individual Chocolate Ganache Bundt Cake (300 Cal each)
- Individual Vanilla Raspberry Bundt Cake (520 Cal each)
- Spiced Carrot Cake (370 Cal/8 oz.)

#### BREAKFAST

**ULTIMATE BREAKFAST $8.39**
- Chimichurri Chicken & Spinach Salad with Buttermilk Mashed Potatoes 330 Cal each
- Greek Omelet with Tzatziki Sauce 320 Cal each
- Asiago Chicken in a Roasted Red Pepper Sauce 310 Cal each
- Classic Breakfast Potatoes (3 oz.) 150-170 Cal each
- Bottled Water 0 Cal each

**AMERICAN BREAKFAST $8.39**
- Assorted Muffins 400-510 Cal each
- Assorted Danish 200-430 Cal each
- Assorted Scones 430-470 Cal each
- Scrambled Eggs 180 Cal/4 oz. serving
- Breakfast Potatoes 130-150 Cal/3 oz. serving
- Bacon 40-100 Cal each
- Breakfast Sausage 130-220 Cal each
- Gourmet Coffee, Decaf and Hot Tea 0 Cal/each

**BSU BREAKFAST $8.39**
- Choice of Egg Bake, Sausage Patty or Sliced Ham, and 2 Assorted Fresh Sliced Fruits 40 Cal/2.5 oz. serving
- Scrambled Eggs 180 Cal/4 oz. serving
- Bottled Water 0 Cal each
- Gourmet Coffee, Decaf and Hot Tea 0 Cal/each

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BREAKFAST

Breakfast Enhancements
All prices are per person and available for 12 guests or more. Includes appropriate condiments.

YOGURT PARFAIT BAR $3.99
Choose two (2) Yogurt flavors served with a variety of toppings:
- Greek Yogurt 70 Cal/4 oz. serving
- Strawberry Yogurt 100 Cal/4 oz. serving
- Vanilla Yogurt 110 Cal/4 oz. serving
- Fresh Pineapple 30 Cal/4 oz. serving
- Fresh Strawberries 20 Cal/4 oz. serving
- Melons 90 Cal/4 oz. serving
- Granola 150 Cal/ oz. serving

JUST FRENCH TOAST $3.39
- Orange Cinnamon French Toast 90 Cal/each
- Maple Syrup 70 Cal/4 oz. serving

HOME-STYLE BISCUITS AND GRAVY $2.75
(150 Cal/4 oz. serving)
Egg whites, Turkey Bacon and Turkey Sausage are available upon request - nominal fee may apply.

BUFFETS

Themed Buffets
12 Person Minimum. Includes appropriate condiments and choice of beverages.

LAZY SUMMER BBQ $14.89
- Cole Slaw 150 Cal/3 oz. serving
- Cornbread Fiesta Muffins 120 Cal/each
- Macaroni and Cheese 260 Cal/4 oz. serving
- Baked Beans 170 Cal/4.75 oz. serving
- BBQ Chicken 430 Cal/6 oz. serving
- Sliced Brisket 250-310 Cal/each
- Assorted Gourmet Dessert Bars 300-370 Cal/2.75-3.25 oz. serving
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

BUILD YOUR OWN GITE SIZED SOUTHERN BBQ $14.79
- Fresh Country Coleslaw 170 Cal/3 oz. serving
- Vegetarian Baked Beans 140 Cal/4 oz. serving
- Collard Greens 90 Cal/4 oz. serving
- Vegetarian Cheese 200 Cal/4 oz. serving
- Hash Browns 150 Cal/4 oz. serving
- Pulled BBQ Chicken 160 Cal/4 oz. serving
- Cilantro-Lime Pulled Chicken 200 Cal/4 oz. serving
- BBQ Pulled Pork 220 Cal/4 oz. serving
- Slider Buns 80 Cal/each
- Assorted Gourmet Dessert Bars 300-370 Cal/each
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

HEARTLAND BUFFET $10.19
- Baby Spinach Salad 50 Cal/3 oz. serving
- Bakery Fresh Rolls 160 Cal/each
- French Herb Potatoes 110 Cal/3 oz. serving
- French Herb Vegetables 110 Cal/3 oz. serving
- BBQ Pulled Pork 170 Cal/4 oz. serving
- Dressed Biscuits 270 Cal/4 oz. serving
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

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Additional nutrition information is available upon request.

Looking to create your own Themed Buffet or Unique Custom Buffet? Contact us at spice-susan@aramark.com / 218.444.7576 Ext. 24 to explore more options and customize your buffet to fit your event.

BUFFETS

Themed Buffets
12 Person Minimum. Includes appropriate condiments and choice of beverages.

TASTY TEX-MEX $4.95
Create your own Fajitas with our Five Max Sides including choice of two (2) Salsas!

- Fajita Chips
- Guacamole
- Charro Beans
- Beef Fajitas with Tortilla, Shredded Cheddar and Sour Cream
- Chicken Fajitas with Tortilla, Shredded Cheddar and Sour Cream
- Pozo De Gallo
- Salsa Verde
- Salsa Roga
- Cinnamon Chips
- Lemonade
- Iced Tea
- Bottled Water

ASIAN ACCENTS $5.19
General Tso's Chicken with Steamed Rice and Teriyaki Salmon with Lemon Green Beans served with Sides and two (2) Dipping Sauces

- Peanut Limeaken Noodles
- Egg Rolls
- Sweet Soy Sauce
- Sweet and Sour Sauce
- Thai Garlic Sauce
- Assorted Brown Rice
- General Tsos Chicken
- Teriyaki Salmon with Lemon Green Beans
- Fortune Cookies
- Calamari
- Iced Tea
- Bottled Water

SANDWICHES & SALADS

CLASSIC COLLECTIONS

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

DELI EXPRESS $3.19
Create your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads, Chips, Assorted Craneworthy Cookies and Beverages

- Sides Salads
- Individual Bag of Chips
- Assorted Craneworthy Cookies
- Bottled Water

- Individual Bag of Chips
- Individual Bag of Chips
- Assorted Craneworthy Cookies
- Bottled Water

CLASSIC SELECTIONS BUFFET $10.19
Your choice of three (3) Sandwiches and two (2) Side Salads accompanied by Bottled Water, Assorted Craneworthy Cookies and Beverages

- Chicken Salad
- Turkey, Bacon and Cheddar Baguette
- Roast Beef with Tarragon Horseradish Spread on Wheat Berry Bread
- Individual Bag of Chips
- Assorted Craneworthy Cookies
- Bottled Water

CLASSIC BOX LUNCH $9.89
Your choice of Classic Sandwich - served with Potato Chips, Craneworthy Cookies and Bottled Water

- Classic Selection Sandwich
- Individual Bag of Chips
- Assorted Craneworthy Cookies
- Bottled Water

CLASSIC BOX LUNCH $10.89
Your choice of Classic Sandwich - served with Potato Chips, Craneworthy Cookies and Bottled Water

- Classic Selection Sandwich
- Individual Bag of Chips
- Assorted Craneworthy Cookies
- Bottled Water

CLASSIC BOX LUNCH $10.89
Your choice of Classic Sandwich - served with Potato Chips, Craneworthy Cookies and Bottled Water

- Classic Selection Sandwich
- Individual Bag of Chips
- Assorted Craneworthy Cookies
- Bottled Water
SANDWICHES & SALADS

Classic Collections
All prices are per person and available for 12 guests or more. Includes appropriate condiments.

THE EXECUTIVE LUNCHEON $10.19
Choice of menu (2) Sandwiches and (2) Side Salads accompanied by Potato Chips, Mayo and Mustard, Pickles, Assorted Desserts, Cookies and Beverages
Side Salads
- 25-330 Cal each
- Individual Bag of Chips
- 2 oz. Each
- 100-150 Cal each
- Executive Luncheon Sandwiches
- Assorted Desserts, Cookies
- Iced Tea
- Iced Water

EXECUTIVE LUNCHEON SANDWICHES
(Available Sandwich Choice for the Executive Luncheon Buffet)
- Garden Vegetables with Boursin, Aged Provolone and Roasted Garlic Aioli on Ciabatta (50 Cal each)
- Grilled Smokey Apple and Brie with Fresh Baby Spinaches on a French Baguette (170 Cal each)
- Italian Sub with Fresh Lettuce, Tomato, Onion and Herbal Honey Chip Dip Sauce (550 Cal each)
- Turkey, Ham and Ranch Club with Bacon, Lettuce and Tomato (500 Cal each)
- Deli-style Turkey, Ham and Mzzarella with Pesto Mayo on a Baguette (540 Cal each)
- Grilled Chicken, Ham and Asparagus with Garlic Mayonnaise Sub (490 Cal each)
- Roast Beef, Swiss and Mushrooms Sub (440 Cal each)

SIDE SALAD SELECTIONS
(Included with Deli Express, Classic Selections, and Executive Luncheon Sandwiches)
- Greek Potato Salad tossed with Tomatoes, Cucumbers, Red Onion, Peppers, Fresh Baby Spinaches, Feta Cheese and Black Olives (95 Cal/oz serving)
- Citrus Pasta Noodle Salad in a Portobello Sauce combined with Radishes, Scallions and Diced Peanuts (200 Cal/oz serving)
- Edamame Salad with Shitake Mushrooms, Roasted Peppers, Radishes, Scallions, Fresh Basil and Mint tossed in a White Wine Vinaigrette and Caper Root Dressing (150 Cal/oz serving)
- Sweet Chili Cucumber Salad with Green Onion, Fresh Cilantro and a Sweet and Tangy Chili Sauce (27 Cal/oz serving)
- Red-skinned Potato Salad with Egg, Celery and Spicy Dijon Dressing (290 Cal/oz serving)
- Traditional Ceasar salad finely shredded with Carrots in a Mayonnaise and Celery Seed Dressing (270 Cal/oz serving)
- Traditional Garden Salad with a Balsamic Vinaigrette Dressing (250 Cal/oz serving)
- Roasted Vegetable Potato Salad (270 Cal/oz serving)
- Fresh Fruit Salad (90 Cal/oz serving)
- Apple Walnut Salad tossed in a Dijon-Arugula Honey Yogurt Dressing (80 Cal/oz serving)

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