



The Eat Well Berkeley Catering Program strives to increase access to healthier food and beverage choices on campus. Under UC Berkeley's [Food and Beverage Choices Policy](#), nutritious options should be included at University-sponsored meetings and events. This menu mostly contains healthful Eat Well Berkeley options, indicated with a ✓ icon, as well as other items that do not quite meet Eat Well Berkeley requirements but help provide a variety of choices.

BREAKFAST OPTIONS

FULL CONTINENTAL BREAKFAST

- ✓ **OPTION ONE** is Coffee & decaf, juice, whole grain bagel thins & fruit platter **13.40 per serving**
- ✓ **OPTION TWO** is Coffee & decaf, juice, assorted muffins & fruit platter **14.40 per serving**

EARLY MORNING BEVERAGES

- ✓ **ORGANIC PEERLESS COFFEE**
Air pot of Regular Coffee, Decaf Coffee
- ✓ **NUMI ORGANIC HOT TEA**
Air pot of Hot Water with Assorted Organic Tea Bags
22.95 per 10 Cup Air pot
All coffee set ups include sugar, sugar substitute and cream. Hot tea includes assorted teas, lemon, honey and sugars.

BREAKFAST ESSENTIALS

- ✓ **Individual Plain Nonfat Greek Yogurt**
3.25 per serving
- ✓ **Fresh Seasonal Fruit Salad**
5.20 per serving
- ✓ **Sliced Fresh Seasonal Fruit on Platters**
5.95 per serving
Fruit Platters typically include watermelon, cantaloupe, honeydew, pineapple, in season berries that may include raspberries, strawberries, etc. and grape clusters
- ✓ **Whole Fruit in basket**
Seasonal assortment could include Bananas, Oranges, Pears, Apples, Plums and Grapes
2.25 per piece

- ✓ **Whole Grain Bagels with Assorted Cream Cheese**
3.75 each

Individual Parfaits

Fresh Fruit, Strawberry Yogurt and Granola in clear container with lid
6.50 per serving

- ✓ **Signature house made Granolas**—recipe from famous "Rancho La Puerta Health Spa" served with Almond milk, or Soy Milk fresh blueberries or strawberries (whatever is in season)
4.95 per serving
- ✓ **Vegetarian Style Omelet**—With fresh bell peppers, green onions, sliced mushrooms and diced tomatoes. Served with Home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper and whole-grain mini-muffin.
14.95 per serving
- ✓ **Frittata with Fresh Spinach and Leeks**- With egg whites and yolk, almond milk, fresh spinach and leeks served with home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper and whole-grain mini-muffin.
12.95 per serving
- ✓ **Western Scramble**- Made with egg whites and yolk, fresh tomatoes, onions, green chilies served with home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper. Served with Fresh pico de gallo and corn tortillas
12.95 per serving
- ✓ **Hot Oatmeal**- Butter chips, brown sugar, golden and cranberry raisins, sliced almonds
6.95 per serving

LUNCH/DINNER OPTIONS

APPETIZERS

Minimum order of 20 each

- ✓ Jumbo Prawns with Spicy Cocktail Sauce **2.95 per serving**
- ✓ Greek Stuffed Tomatoes **1.95 each**
- ✓ Raw Crudites **57.95 for 5lb, 117.95 for 15lb, 226.95 for 20lb Platter**
- ✓ Lemon Herb Chicken Skewer **2.15 per serving**
- ✓ Vegetarian Stuffed Mushrooms **2.15 per serving**
- ✓ Endive Boats **2.25 per serving**
- ✓ Watermelon Gazpacho **3.95 per serving**
- ✓ Fire Grilled Veggies **64.95 for 5lb, 124.95 for 10lb, 174.95 for 15lb, 234.95 for 20lb Platter**
- ✓ Savory Toasted Almonds **25.95 per lb**
- ✓ Spicy Curry Cashews **24.95 per lb**

SOUPS

- ✓ Curried Lentil Soup with Whole Wheat Rolls
 - ✓ Kabocha Squash Soup with Whole Wheat Rolls
- 6.45 per serving**

SALADS (Dressing served on the side)

- ✓ **ASIAN CHICKEN 14.25 per serving**
Grilled & diced chicken breast, romaine & iceberg lettuce, peanuts, mandarin oranges, green onion, & our spicy house peanut dressing & sweet oriental sesame with wheat roll
- ✓ **CHICKEN CAESAR 13.55 per serving**
Hearts of romaine lettuce, marinated sun dried tomatoes, grilled & diced chicken breast, shredded parmesan & homemade garlic croutons with Rancho La Puerta healthy Caesar dressing & wheat roll
- ✓ **PECAN CRUSTED CHICKEN 14.95 per serving**
Sliced pecan crusted chicken breast, spring mix & romaine lettuce, light goat cheese & red onion with honey-mustard dressing
- ✓ **HAWAIIAN SALAD WITH SMOKED CHICKEN 14.25 per serving**
Hearts of romaine, fresh cut pineapple, dried Bing cherries, crumbled bleu cheese, honey roasted walnuts with a rich honey mustard dressing

SIDE SALADS (Dressing served on the side)

- ✓ **GREEK SALAD WITH MEYER LEMON VINAIGRETTE 6. Fresh Hearts of Romaine, Roma Tomatoes, Cucumbers Onion, Kalamata Olives and Capers**
Add Chicken Breast 5.95 pp; Add 4 Jumbo Prawns pp 7.95
- ✓ **MIXED BABY GREENS WITH HOUSE MADE RASPBERRY VINAIGRETTE (GF) 7.50 per serving**
Spring mix, romaine lettuce, pecans, and pears
Add chicken breast 5.95 pp; Add 4 jumbo prawns pp 7.95
- ✓ **TOSSED GREEN SALAD 5.75 per serving**
Mixture of romaine lettuce & spring mix, cherry tomatoes, baby carrots, sliced cucumbers & sliced mushrooms with olive oil and balsamic vinegar in cruets
- ✓ **FRESH FRUIT SALAD (GF) 5.20 per serving**
Cantaloupe, pineapple, honeydew melon, grapes and seasonal berries
- ✓ **RAINBOW BEET SALAD 7.25 per serving**
Roasted red & yellow beets, with mandarin orange segments, jicama & chevre cheese over mixed spring mix & romaine with a blood orange vinaigrette
- ✓ **RED ROMAINE (GF) 6.95 per serving**
Red & green romaine lettuce, red onion, yellow bells, toy box tomatoes & avocado with red wine vinaigrette
- ✓ **NAPA CABBAGE WITH MANGO 7.50 per serving**
Napa cabbage, sliced mango, toasted slivered almonds with soy Asian dressing



FROM THE DELI

GOURMET SLIDERS WITH A TWIST

(Our "Mini Slider Sandwiches" are served on a platter)

Mini Turkey Club on a Sour Dough Mini Roll with turkey, bacon, avocado, basil and tomato

Mini Japanese Eggplant with caramelized onion, roasted red bell peppers, provolone cheese and garlic mayo on a pumpkin seeded mini roll.

Mini Steak Sandwich with marinated tri tip, horseradish cream and micro greens on a mini baguette roll

Mini Italian Chicken Sandwich with grilled chicken, sun dried marinated tomato, pesto mayo, and green leaf lettuce on a mini sourdough roll

Priced per individual serving

Minimum order of 10 servings per flavor

A la Carte: 4.75 per slider

DELI COLD CUTS

(Make it yourself Sandwiches)

Deli trays are made with an assortment of four (4) ounce portions of roast beef, oven-roasted turkey & Black Forrest ham. Tuna & vegetarian are available upon request. The Deli includes lettuce, tomatoes, pepperoncini, pickles, mayonnaise & mustard served with sliced bread (including sour dough and wheat)

Extra Deli Meat Portions, scoops of chicken salad or tuna salad are available for 3.95 per 4 ounce serving

A la Carte
8.90 per serving

Combo Package
11.40 per serving

All of the above combo packages are priced per serving & include our famous homemade chips or deli salad choice of Italian pasta salad, red dill potato salad, pesto pasta salad, Caesar bowtie pasta, peanut & coleslaw, or ✓ fresh fruit salad

Add an additional deli salad or homemade chips for **3.75**



ENTREES

Minimum order of 10 servings per item

GRILLED MEAT PLATTERS

Pick one

GRILLED & SLICED PORK TENDERLOIN (GF)

7.95 Per Serving

GRILLED & SLICED BEEF TENDERLOIN (GF)

9.95 Per Serving

✓ GRILLED & SLICED CHICKEN BREAST (GF)
7.95 Per Serving

THE ABOVE MEAT PLATTERS COME WITH OUR SIGNATURE FRESH SALSA BELOW

SIGNATURE FRESH SALSAS

Pick one

✓ **CAPONATA SALSA (GF)**
Grilled Eggplant Compote with Olives and Capers

✓ **MANGO SALSA (GF)**
Fresh Pineapple, Mango and Peppers

✓ **ROMA TOMATO SALSA (GF)**
Fresh Roma's, Garlic, Sweet Basil infused with Blood Orange Olive Oil

✓ **ROASTED CORN SALSA (GF)**
Roasted Corn, Cilantro with Infused Jalapeno Olive Oil

PASTAS

All are priced per serving & include your choice of tossed greens, Caesar, baby spinach your choice of tossed greens, Caesar, baby spinach, or Greek salad and Garlic bread or rolls & butter.

CALIFORNIA FRESH PENNE WITH GRILLED CHICKEN (GF available)

Fresh Roma tomatoes, grilled diced chicken, feta cheese, sweet basil, garlic & olive oil

15.50 per serving

FETTUCINE PRIMAVERA

Fresh Italian vegetables sautéed in garlic, served with zesty marinara sauce with Fettucine noodles

15.95 per serving

RED PESTO CHICKEN RIGATONI

Rigatoni pasta with diced chicken, portabella mushrooms, green onions, mixed with a house pesto and marinara sauce

16.25 per serving

Gluten-free corn pasta available for an additional fee

HOT POULTRY ENTREES

- ✓ **MEDITERRANEAN CHICKEN (GF)**
Sautéed seasoned chicken breast with plums, apricots, and garnished with toasted almonds
16.75 per serving
- ✓ **SOUTH BEACH HERB MARINATED CHICKEN (GF)**
Cooked in white wine, crushed basil, oregano & tarragon with garlic
15.50 per serving
- ✓ **LEMON HERB CHICKEN (GF)**
Fresh lemon thyme herb sauce over grilled boneless chicken breasts
15.50 per serving
- ✓ **MEXICAN CHICKEN**
Baked chicken breasts smothered in homemade salsa, served with Spanish rice and black beans
15.70 per serving

✓ ***Change any Chicken to Organic for an additional 2.00 per serving**

FRESH FISH AND SEAFOOD OPTIONS

- ✓ **GRILLED SALMON**
Fresh Salmon grilled with extra virgin olive oil and garlic
MARKET PRICE 19.95 & UP per serving
- ✓ **CURRY PRAWNS**
6 Jumbo Prawns simmered in a Green Curry Sauce
21.95 per serving

All of the above are priced per serving & include your choice of tossed greens, or Greek salad, or fresh seasonal vegetables sautéed in olive oil & garlic. Also includes a choice of white rice pilaf, brown rice, Quinoa with garlic and onions, roasted gold Yukon potatoes, or red potatoes with fresh rosemary, and garlic. Whole Wheat Rolls & Butter

ALL VEGETARIAN ENTREES

Minimum order of 6 servings per item

- ✓ **MUSHROOM RAGOUT & FRESH DILL** over Grilled Three Cheese Polenta Cakes (2 per serving)
12.95 per serving (GF)
- ✓ **VEGAN PORTOBELLO** stuffed with spinach, roasted bell pepper, carrot, asparagus & topped with balsamic reduction. Served with Brown Rice
12.95 per serving
- ✓ **TOMATO & HERB FRITTATA** made with plum tomatoes, scallions, fresh basil & eggs. Served with Roasted Red Potatoes in olive oil, rosemary & garlic
12.95 per serving (GF)
- FARM STAND PAELLA** made with Saffron infused Arborio rice tossed with zucchini, red sweet peppers, chick peas, corn and artichoke hearts
14.95 per serving (GF)
- COUSCOUS CAKES** include two golden couscous cakes topped w/ plum tomatoes, black beans & zesty corn relish
13.60 per serving
- VEGETARIAN ENCHILADAS** with matchstick vegetables in a Verde sauce served with whole black beans and Spanish rice
15.75 per serving
- ✓ **STACKED EGGPLANT** with artichokes, red bell peppers a blend of mozzarella, parmesan cheeses, and chopped garlic in a veggie based zesty marinara sauce. Served with Brown Rice
14.95 per serving (GF)
- ✓ **STIR FRIED TOFU** with snap peas. Served with Brown Rice
13.95 per serving
- RIGATONI WITH GREEN BEANS** tomatoes & black olives in our zesty marinara sauce
13.95 per serving
- ✓ **VEGETARIAN CHILI** with shredded cheese, chopped red onion & crackers
10.95 per serving (GF)

The above Vegetarian Entrees are served with tossed greens, Caesar Salad, or Italian vegetables sautéed in olive oil & garlic, & wheat rolls & butter (excluding enchiladas).

SIDES

- ✓ Wild Rice with Matchstick Carrots & Mushrooms (GF) 4.25
- ✓ Fresh Green Beans Amandine (GF) 4.25
- ✓ Fresh Steamed Broccoli with Lemon Pepper (GF) 4.25
- ✓ Julienne Carrots, Green Beans & Button Mushrooms in Lemon-Thyme Butter 4.25
- ✓ Mexican Corn Mix (GF) 4.25
- ✓ Roasted Zucchini, Sautéed Mushrooms, Roma Tomatoes & Garlic with Sweet Basil (GF) 5.25
- ✓ Indian Spiced Vegetables (GF) 5.25
- ✓ Pan Roasted Broccoli in a Spicy Peanut Sauce 5.25
- ✓ Roasted Root Vegetables (GF) 5.25

DESSERTS

Minimum order of 6 servings for most items

- ✓ **Fresh Seasonal Fruit Salad**
5.25 per serving
- ✓ **Sliced Fresh Seasonal Fruit on Platters**
5.95 per serving
- ✓ **Whole Fruit in Basket**
2.25 per piece
- ASSORTED HOMEMADE COOKIES**
1.95 per serving
- BROWNIES** Moist bittersweet dark chocolate brownies w/espresso drizzled w/dark chocolate
1.95 per serving
- SPECIALTY BARS**
Our choice to include Apple Cobbler Bars, Blueberry Cobbler Bars, Butter Brickle Blondies, Carrot Bars, Key Lime Bars, Lemon Bars, Pecan Squares, Raspberry Shortbread Bars, 1 bar per serving
1.95 per serving
- ✓ **SMALL FRUIT BROCHETTE** of cantaloupe, pineapple, honeydew, strawberry served with lemon yogurt dip. (GF)
3.25 per serving
- FRESH FRUIT TARTS**, Small 2" Tarts
3.25 per serving
- CLASSIC BAKLAVA** Luscious bites of flaky buttery pastry filled with walnuts bathed in a golden syrup
2.25 per serving
- ASSORTMENT OF MINI CHEESECAKES** White Chocolate Raspberry, Citrus & Key Lime Assortment; OR Turtle, Cappuccino & Chocolate Swirl Assortment
2.15 per serving