



2022 / 2023 CRAVE CATERING MENU

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A wooden surface with a light-colored wood grain. In the top right corner, there is a pile of green herbs, a pile of red spices, a pile of yellow spices, and a pile of brown spices.

WELCOME

Welcome to Pitt-Johnstown Conferences & Events!

Our mission is to provide you with superior quality, exceptional service and a creative cutting-edge culinary experience. Our professional staff is available to assist in planning your special event.

Please contact us for customized service and menus.

(814) 269-1900 or 1-800-875-5958
eventupj@pitt.edu
www.johnstown.pitt.edu/conferences



PLAN YOUR *Event*

Policies & Procedures

To ensure optimal selection and the best possible service we kindly ask that events be booked at least **14** business days in advance. We understand events arise unexpectedly and we will do our best to accommodate your needs.

Guest Counts

We request a confirmed number of guests be specified **7** days prior to the event. This number is considered the guaranteed guest count. You will be billed for the guarantee or the actual count, whichever is greater. We are able to accommodate up to 5% over the guaranteed count.

Service Fee

All weekend (Saturday & Sunday) events less than \$300 are subject to a \$50 service fee.

Event Time

Events are billed in four-hour increments. Events exceeding the four-hour limit will be subject to additional service fees as deemed appropriate by management.

Cancellation

Cancellations must be made **7** business days prior to the contracted event date to avoid any cancellation fees.

THE MORNING *Start*

QUICK CONTINENTAL

Assorted breakfast pastries
Regular coffee

5.40 PER PERSON

FULL CONTINENTAL

Assorted breakfast pastries and bagels with cream cheese
Seasonal fresh fruit display
Regular and decaf coffee and assorted hot teas
Orange juice

12.85 PER PERSON

TRADITIONAL BREAKFAST

Cinnamon French toast or buttermilk pancakes
Scrambled eggs
Bacon, pork sausage, or turkey sausage
Seasoned breakfast potatoes
Seasoned fresh fruit display
Fresh breakfast pastries with mini croissants, muffins, or Danishes
Regular or decaf coffee and assorted hot teas
Orange juice

15.80 PER PERSON

A LA *Carte*

Assorted Danish

Demi

Large

Assorted freshly baked muffins

Mini

Regular

Large

Assorted donuts

Chocolate croissant

Yogurt parfait with fresh berries and granola

Yogurt cup

Overnight oats (*min 10 people*)

Rice Krispie Treats

Trix™, Cinnamon Toast Crunch™, Cocoa Puffs™, Rice Krispy Platter™

Avocado toast

Bacon, pork sausage, turkey sausage, or ham

Fresh Hand Fruit

Apple, Banana, Orange

Fresh fruit cup

Ham & Swiss cheese quiche

Tuscan kale, roasted pepper & goat cheese quiche

Hardboiled hen eggs

Ancient grain oatmeal (*min 10 people*)

New York smoked salmon platter (*min 10 people*)

24.70 per dozen

35.00 per dozen

17.75 per dozen

26.65 per dozen

35.00 per dozen

19.75 per dozen

35.60 per dozen

3.20 per person

2.25 each

4.70 per person

19.65 per dozen

2.50 per person

3.40 each

1.35 each

3.90 each

2.60 per person

2.45 per person

1.25 per person

2.40 per person

6.85 per person



HAND-CRAFTED *Egg Sandwiches*

Bacon and cage-free egg on a fresh English muffin
Cage-free egg and cheese on a fresh English muffin
Fried chicken on a buttermilk biscuit
Tomato and cage-free egg on a whole wheat wrap
Cage-free egg and bacon on a croissant
Sliced brisket, cage-free egg and bacon on a croissant
Hot ham and cheese on a buttermilk biscuit

5.85 per person
4.90 per person
4.40 per person
4.90 each
5.40 per person
7.85 per person
4.90 per person

BALANCED *Breaks*

CHIPS & SALSA 3.20 PER PERSON

Lime and sea salt tortilla chips
House-made tomato salsa
Avocado guacamole (+1.90 per person)

MINI APPETIZER TRIO 6.30 PER PERSON

Meatballs, corn dog nuggets, and chicken bites

SLIDERS COLD 4.95 PER PERSON HOT 6.30 PER PERSON

Cold Sliders - Ham, Turkey and Tuna
Hot Sliders - Pork, Beef, and Chicken

FRUIT & NUT BAR 7.50 PER PERSON

Seasonal fresh hand fruit and berries
Selection of lightly salted nuts

POPCORN TRIO 2.40 PER PERSON

Spicy, chili, herb, rosemary, and regular popcorn

MEZZE SPREADS 5.40 PER PERSON

Served with crisp vegetables and pita chips
Yellow lentil hummus
Classic chickpea hummus
Babaganoush





SWEETS & Treats

Assorted freshly baked cookies

Regular

Iced

Jumbo

Cupcakes

Mini

Regular

Jumbo

House-made fudge brownies with icing

S'mores

Graham crackers, marshmallows and chocolate with sticks

Assorted candy bars

Mini candy bars

House blend trail mix with nuts and chocolate

Savory party mix

Yogurt-covered pretzels

Mixed nuts

Granola bars

Individually bagged chips

Fruit & nut energy bars

Soft pretzels with mustard or cheese dip

9.85 per dozen

18.75 per dozen

34.60 per dozen

18.75 per dozen

27.65 per dozen

36.55 per dozen

11.70 per dozen

2.25 each

1.95 each

0.75 each

6.85 per person

4.20 per person

4.90 per person

2.70 per person

1.95 each

1.65 each

1.95 each

29.65 per dozen

BEVERAGE *Break*

COFFEE OR DECAFFEINATED COFFEE

24.25 per gallon

HOT WATER & ASSORTED HOT TEA

14.80 per gallon

HOT MULLED APPLE CIDER

27.50 per gallon

HOT CHOCOLATE

27.50 per gallon

FRUIT INFUSED WATER

24.15 / 35 cups per container

WATER STATION

13.20 / 35 cups per container

A LA CARTE BEVERAGES

Water 16 oz.	1.75
Water 20 oz.	2.25
Soda 12 oz. (can)	1.75
Soda 20 oz. (bottle)	2.70
Perrier 20 oz.	2.70
Milk (pint)	2.20
Lemonade (bottle)	2.70
Iced Tea (bottle)	2.70
Juices (bottle)	3.20





LUNCH

Buffets

CLASSIC DELI BUFFET 15.60 PER PERSON

Classic deli buffet includes water, house-made cookies, condiments, lettuce, tomatoes, pickles, and onion.

PICK THREE

Smoked ham
Turkey
Salami
Roast beef
Tuna salad
Cold fried tofu
Seasonal roasted veggies

PICK TWO

American
Swiss
Provolone
Pepperjack
Cheddar

PICK ONE

House-made chips
Chickpea tomato salad
Quinoa and tabbouleh salad
Small garden salad

ARTISAN SANDWICH BOARD 17.75 PER PERSON

Your choice of 4 sandwiches served with house-made chips, a side salad, water, house-made cookies, and condiments.

PICK FOUR

Muffuletta vegetarian sandwich
Mediterranean grilled chicken sun-dried tomato hummus ciabatta
Cajun roast turkey with pepperjack, Bermuda onion, Cajun mayo
Classic Italian, pepperoni, capicola, salami, provolone with balsamic hero
Avocado, lettuce, tomato on wheat
Roast beef sub, American cheese, lettuce, tomato, onions
Turkey bacon ranch on wheat with pepperjack and ranch dressing



BOXED

Lunches

EXPRESS BOX LUNCH / 14.90 PER PERSON

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad, dessert bar, and water.

SANDWICH SELECTIONS

Turkey breast and provolone cheese
Ham and Swiss cheese
Roast beef and cheddar
Grilled veggie wrap
Tuna salad
Grilled Mediterranean chicken sandwich

ARTISAN BOX LUNCH / 16.55 PER PERSON

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad, dessert bar, and water.

SANDWICH SELECTIONS

Muffuletta vegetarian sandwich
Mediterranean grilled chicken sun-dried tomato hummus ciabatta
Cajun roast turkey with pepperjack, Bermuda onion, Cajun mayo
Classic Italian, pepperoni, capicola, salami & provolone with balsamic hero
Avocado, lettuce, tomato on wheat
Roast beef sub, American cheese, lettuce, tomato, onion
Turkey bacon ranch on wheat with pepper jack & ranch dressing

SALAD SELECTIONS

House-made chips
Chickpea tomato salad
Quinoa & tabbouleh salad
Small garden salad



BOXED *Salads*

Served with a side of fresh fruit and water

TURKEY AVOCADO COBB SALAD

Mesclun greens, with turkey, applewood-smoked bacon, fresh avocado, cage-free hardboiled egg, black olives, onion, and house-made croutons with Green Goddess dressing

14.60 per person

BLACKENED CHICKEN CAESAR SALAD

Chopped romaine lettuce, blackened chicken, grated Parmesan cheese, and house-made croutons with our traditional Caesar dressing

14.60 per person

TRADITIONAL CHEF'S SALAD

Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers, and crisp greens with creamy buttermilk dressing

14.60 per person

GREEK SALAD WITH GRILLED CHICKEN

Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onion, and mixed greens with a red wine vinaigrette

14.60 per person

CALIFORNIA SALMON SALAD

Mesclun greens with grilled salmon, red cabbage, celery, black olives, tomatoes, cucumbers, and avocado with balsamic vinaigrette

17.55 per person

MEDITERRANEAN GRAIN SALAD

Orzo, barley, & farro with Kalamata olive, tomato & Bermuda onion with balsamic dressing

13.60 per person



THEME MEALS

Minimum of 20

Little Italy
Taste of the South
Home-Style Spread
Cook-Out Buffet
Taste of the Mediterranean
Taco House



LITTLE *Italy Buffet*

25.65 PER PERSON

Served with Caesar salad house-made cookies and water

PICK ONE

Lasagna
Fettucine alfredo
Tortellini primavera

PICK ONE

Chicken piccata
Chicken marsala
Chicken parmesan
Fresh baked garlic bread



TASTE OF THE *South Buffet*

23.70 PER PERSON

Includes sweet tea and water

Classic Carolina pulled pork with slider rolls
Buttermilk fried chicken
Macaroni & cheese
BBQ baked beans
Lime cilantro cabbage cole slaw
Cheddar jalapeño cornbread
Strawberry shortcake



HOME-STYLE *Spread Buffet*

25.65 PER PERSON

Includes cranberry punch and water

Herb brined turkey breast with sage gravy

Herb & panko crusted salmon

Garlic roasted red bliss potatoes

Roasted Brussels sprouts

Tossed garden salad

Fudge brownies



COOK-OUT *Buffet*

21.75 PER PERSON

Includes assorted buns, lettuce, tomatoes, pickles, onions, condiments, fresh baked cookies, brownies, lemonade, and water

PICK THREE

Hamburgers

Veggie burgers

Hot dogs

BBQ glazed chicken

PICK TWO

Potato salad

Pasta salad

Cole slaw

Traditional macaroni & cheese



TASTE OF THE *Mediterranean Buffet*

23.50 PER PERSON

Includes Baklava and water

Chermoula spiced chicken skewers with tzatziki sauce
Kafta meatballs on tabbouleh with red chili tomato sauce
Mini falafel with tahini sauce
Lentil hummus with grilled pita chips
Mezze grilled & marinated vegetables with hummus
Marinated olives

25.70 PER PERSON

Includes Baklava and water

Blackened salmon with lemon and parsley
Za'tar roast chicken breast
Whole wheat penne with broccoli, lemon, and garlic
Broccoli rabe with red chili flakes & roast garlic
Chickpea and tomato salad



TACO *House Buffet*

17.75 PER PERSON

Includes mock sangria punch, water, and cinnamon churros

Mini al pastor tacos with onion and cilantro

Mini carne asada with onions and cilantro

Mini grilled chicken flautas with ancho chili creama

De-constructed posole salad with chili lime vinaigrette

Crab avocado shooter with diced jicama and chili lime tortillas

Wild mushroom queso fundido with fresh corn tortillas

Mini churro chocolate dipping sauce

23.70 PER PERSON

Includes mock sangria punch, water, and cookies

Grilled mahi mahi baja fish tacos

Grilled chicken skewers with soft corn tortillas

Black bean and corn salad

Mexican red rice

Fresh, house-made guacamole

Salsa

Baked corn tortilla chips



HOT

Hors d'Oeuvres

Meatballs

BBQ, Sweet & Sour, or Swedish

1.25 each

Spanakopita

1.55 each

Shrimp & vegetable spring roll with Mongolian sweet & sour sauce

2.60 each

Vegetable spring roll with Mongolian sweet & sour sauce

1.70 each

Warm fig, caramelized onion, bleu cheese tartlet

1.80 each

Mini quiche with apples, cheddar & cinnamon

1.95 each

Heirloom tomato, torn basil, roasted garlic, and asiago flatbread

2.50 each

Pecan crusted chicken with maple BBQ dip

2.20 each

Grilled chicken & cheddar cheese quesadilla

1.90 each

Beef empanadas with avocado dip

2.20 each

Crab rangoon with sweet & sour dipping sauce

1.85 each

Thai chicken satay with spicy peanut sauce

1.85 each

Mini lump crab cakes with Cajun remoulade

2.90 each

Beef sliders with bacon cheddar & spicy tomato ketchup

2.90 each

Mini roast pork bao

1.90 each



HOT

Hors d'Oeuvres, cont.

Chicken wings, bone-in	2.20 each
Chicken wings, boneless	2.20 each
Tandoori kebab	2.20 each
Seared ahi tuna on crispy wonton with wasabi cream	2.40 each
Gazpacho shooter	2.20 each
Goat cheese and garlic and herb crostini	2.60 each
Smoked salmon mousse on potato crisp	1.90 each
Grilled shrimp with mango chipotle glaze	2.20 each
Caprese skewer-cherry tomato, fresh mozzarella, basil & balsamic glaze	1.80 each
Thai chicken lettuce wrap	1.60 each
Harvest chicken salad in a phyllo cup	1.80 each
Cumin crusted beef tenderloin on a plantain chip	3.20 each
Hummus shooter with crudité garnish	3.90 each
Spinach dip with crostini (serves 10)	38.25 per tray
Buffalo chicken dip with tortilla chips (serves 10)	42.00 per tray
Hot crab dip with pita points (serves 10)	47.00 per tray



COLD

Hors d'Oeuvres

Cheese Display (serves 25)

Served with artisan bread, crackers and fresh fruit garnish.

Traditional: Cheddar, Swiss & provolone with crackers

Mountain Cat: Brie, gouda, fresh mozzarella, goat cheese,

Monterey Jack, parmesan, crostini, jam, whole nuts, fresh grapes, and berries

Add assorted meats to either cheese tray | Pepperoni, prosciutto, capicola, and salami

Crudit  Display (serves 25)

Seasonal vegetables served with ranch dipping sauce

Traditional: Carrot sticks, celery sticks, broccoli florets, cucumbers, and cherry tomatoes with ranch dressing

Mountain Cat: Asparagus spears, sliced mushrooms, pepper strips, cauliflower pieces, broccoli florets, green zucchini, yellow zucchini, and baby carrots with ranch and bleu cheese dressing

Seasonal Fresh Fruit Display (serves 25)

Traditional: Cantaloupe, honeydew, and watermelon

Mountain Cat: Pineapple, cantaloupe, honeydew, mangoes, green grapes, red grapes, strawberries, blackberries, and raspberries with yogurt dip

Italian Antipasti Display

Prosciutto and salami, fresh mozzarella and shaved Parmesan, pepperoncini, roasted red peppers, marinated artichokes, eggplant caponata, marinated olives extra virgin olive oil and balsamic vinegar served with flatbreads & crostini

Mediterranean Market Display

Cumin marinated chicken skewers, roast eggplant, roasted peppers, hummus, marinated olives, feta cheese, Parmesan cheese, rocket arugula served with flatbreads & crostini

Relish Tray (serves 10)

Includes green olives, black olives, sweet pickles, dill pickles, pepperoncini and banana peppers

Deviled Eggs

A holiday favorite.

75.45 per tray
113.20 per tray
+3.85 per person
40.75 per tray
60.20 per tray
80.20 per tray
120.00 per tray
7.10 per person
5.65 per person
25.50 per tray
15.60 per dozen



CARVING *Station*

SERVED WITH

Appropriate sauces and dinner rolls with whipped butter.

Minimum of 25 people. Please order beverages from Beverage Break.

YOUR CHOICE OF:

Roasted round of beef
Prime rib of beef
Roasted pork loin
Tenderloin of beef
Boneless Virginia ham
Herb-roasted breast of turkey

7.85 per person
13.80 per person
6.85 per person
16.75 per person
6.85 per person
7.85 per person

A LA CARTE

Horseradish whipped potato
Mashed sweet potatoes with pecan butter
Rosemary roasted potatoes
Herb risotto
Lentil & basmati rice pilaf
Potatoes au gratin
Macaroni and cheese
Grilled asparagus
Grilled Brussels sprouts with lemon
Creamed spinach
Za'tar roasted carrots
Roasted squash with fresh herbs and garlic

2.20 per person
2.20 per person
2.20 per person
3.50 per person
2.90 per person
3.90 per person
3.90 per person
3.40 per person
2.40 per person
2.20 per person
2.50 per person
2.50 per person

Add salad
Add dessert

7.85 per person
5.90 per person



PASTA Station

22.70 PER PERSON *Minimum of 25*

Served with water and Italian cookies

Build-your-own pasta with:

Italian sausage
Marinara
Alfredo sauce
Spinach
Broccoli
Onions
Tomatoes
Parmesan cheese
Fettuccini

PICK TWO

Orecchiette with broccoli rabe
Rigatoni with Italian sausage & spicy tomato sauce
Whole wheat penne with broccoli, lemon & garlic
Gemelli pomodoro with eggplant
Tortellini a la bolognese
Rigatoni with marinara or alfredo



DESSERT Station

Minimum of 12

GOURMET HOT CHOCOLATE STATION

Served with marshmallows, peppermint flavor, chocolate shavings and whipped topping

COOKIE & BROWNIE STATION

Selection of house-made cookies and brownies

FONDUE STATION

Chocolate and caramel dips served with strawberries, pineapple, pound cake, shortbread cookies, brownie bites, pretzel rods and marshmallows

SHORTCAKE BAR

Buttermilk shortcake served with fresh or compote of strawberry, raspberry and peach and Chantilly cream

+ Add ice cream for \$1.90 per person

SUNDAE BAR

Vanilla Ice Cream w/ 12 toppings including chocolate syrup, Caramel sauce, strawberry topping, chocolate sprinkles, rainbow sprinkles, coconut, chocolate chips, crushed Oreos, Chopped Reese's Cups, crushed nuts, maraschino cherries & whipped cream

4.65 per person

2.50 per person

7.85 per person

7.85 per person

6.10 per person



SEATED *Dinners*

Minimum 12 people

All seated dinners come with dinner rolls, water, iced tea, and coffee service.

FIRST COURSE

Mixed green salad with romaine, red onions, tomatoes, croutons and creamy ranch dressing

Classic Caesar salad with romaine, Parmesan, croutons, and Caesar dressing

Spinach and strawberry salad with toasted almonds, aged Gorgonzola and raspberry vinaigrette

Asparagus and mushroom salad with mesclun greens and balsamic vinaigrette

Texas cobb salad with whole leaf lettuce, stewed black eyed peas, heirloom tomatoes, seared chili crostini, sharp cheddar, and jalapeño ranch

Wedge salad with bleu cheese crumbles, praline bacon, roasted tomatoes, scallions, Parmesan croutons and bleu cheese vinaigrette

Fire roasted beet salad with feta cheese, chopped romaine, spring mix, shredded cabbage, mandarin oranges, candied walnuts and citrus vinaigrette

Boston bibb and arugula salad topped with sliced pears, apples, dried cranberries, walnuts, and goat cheese and honey mustard dressing

Please select one salad, included in seated dinner.

7.85 a la carte



SEATED

Dinners, cont.

ENTREES

Airline chicken Parmesan with herb risotto and fresh green beans with garlic, tomato, and basil

20.70 per person

Herb crusted chicken breast with Parmesan polenta, sautéed broccoli rabe with roasted garlic, and a red pepper sauce

20.70 per person

Smoked bone-in pork chop with BBQ demi roasted poblano mashed potatoes and sweet orange roasted baby carrots

28.65 per person

Korean bulgogi beef short rib with wasabi mashed potatoes, bok choy, and fried wonton strips

27.65 per person

Halibut with cherry tomato vinaigrette, basmati rice with saffron and basil, & candied butternut squash

35.50 per person

Filet of beef with sherry demi glaze, honey whipped mashed sweet potatoes, grilled asparagus and wild mushrooms

37.50 per person

Broccoli tofu stir fry with brown rice

16.75 per person

Greek lemon polenta with portabella mushroom ragout

16.75 per person

DESSERTS

Crème brulee cheesecake

New York cheesecake with seasonal berries

Chocolate layer cake

Strawberry shortcake

Chocolate mousse with seasonal berries

Warm apple crisp

Please select one dessert included in seated dinner.

5.90 a la carte



BAR *Service*

BAR MIXES

Variety of Sodas, Water, Juices, Mixers, and Garnishes

Soda & Bottled Water Only

2.20 per person

1.75 per person

BARTENDER

4 hours minimum charge per bartender

One additional hour per bartender

220.00 each

36.00 each

COFFEE BAR

Gourmet Coffee, Gourmet Teas, Flavored Creamers, Chocolate Spoons,
Rock Candy Stirrers, Vanilla, Cocoa, Nutmeg & Cinnamon Shakers

9.35 per person

BEVERAGE FOUNTAIN

Bring the ingredients for your signature drink to feature in the fountain.

40.00 each

ADDITIONAL BAR SETUP OR BAR RELOCATION

All bars are limited to a maximum of five hours of open bar time.

140.00

Because the University of Pittsburgh at Johnstown does not have a liquor license, we do not have the ability to sell alcohol. Alcohol is to be purchased by the client and delivered to the Living/Learning Center no earlier than one business day prior to the event. Any alcohol remaining after the event must be taken the same day. Please coordinate those arrangements with your Event Manager.

No outside bartenders are permitted.

Bottles or cans only. Common source containers such as kegs are not permitted.

The Conference Center at the University of Pittsburgh at Johnstown follows all national, state, and local laws regarding the service of alcoholic beverages and reserves the right to withhold the service of alcohol from any guest at any time.



EVENT *Details*

Service Ware and China

China service is included with served meals and breakfast, lunch, and dinner buffets hosted in the Student Union, Living/Learning Center, and John P. Murtha Center. High quality disposable plastic ware will be utilized for all other events. China service may be requested for \$3.25 per person.

Linen Rentals

Tablecloths are complimentary for all event food and beverage service tables as well as seating tables for served dinners and buffets. Labor charges will be incurred for events with just table skirts and no catering.

Additional linens are as follows:

- Cloth Napkins \$0.80
- Spandex Cloth (doubles as skirt) \$5.00
- Round or Rectangular Linens \$9.00
- Non-Food Table with Cloth & Skirt \$13.00

Special Diets

Special diets are accommodated upon request, we ask that your needs be submitted as soon as possible.

Calorie Counts

2000 calories a day is used for general nutrition advice, but calorie needs vary. Please refer to the Calorie Appendix for calorie counts. Additional nutrition information available upon request.

CALORIE APPENDIX

A La Carte

	Calories	Serving Size
Ancient grain oatmeal	160	6 oz
Artisan charcuterie & cheese board	210	4 oz
Assorted Danish, Demi	158-311	1 oz
Assorted Danish, Large	270-390	4 oz
Assorted donuts	195-245	3 oz
Assorted freshly baked muffins, Large	340-500	1 oz
Assorted freshly baked muffins, Mini	52-181	2 oz
Assorted freshly baked muffins, Regular	305-444	4 oz
Avocado toast	230-270	2 slices
Bacon, pork sausage, turkey sausage or ham	45-70	3 ea
Chocolate croissant	560	4 oz
Fresh fruit cup	90-212	6 oz
Fresh hand fruit	62-128	1 ea
Ham and Swiss cheese quiche	390	1/6 pie
Hardboiled hen eggs	70	Each
New York smoked salmon platter	70	3 oz
Overnight oats	300-540	6 oz
Rice Krispie Treats	190-350	Each
Tuscan kale, roasted pepper & goat cheese quiche	230	1/6 pie
Yogurt cup	70-90	6 oz
Yogurt parfait with fresh berries and granola	250	8 oz

Balanced Breaks

	110	1 oz
Chips & Salsa - Avocado guacamole	10	2 oz
Chips & Salsa - House made tomato salsa	100	1 oz
Chips & Salsa - Lime and sea salt tortilla chips	10-110	Each
Fruit & Nut Bar - Seasonal fresh hand fruit and berries	45-50	3 oz
Fruit & Nut Bar - Selection of lightly salted nuts	50	2 oz
Mezze Spreads - Babaganoush	30	2 oz
Mezze Spreads - Classic chickpea hummus	40-80	2 oz
Mezze Spreads - Served with crisp vegetables and pita chips	60	2 oz
Mezze Spreads - Yellow lentil hummus	580	1 lb
Nachos - Tortilla chips and cheese sauce	580	2 lb
Popcorn Trio - Spicy, chili, herb, rosemary, and regular popcorn	140-200	1 oz

Beverage Break

Coffee or decaffeinated coffee	0	10 oz cup
Fruit infused water	0	10 oz cup
Hot chocolate	0	10 oz cup
Hot mulled apple cider	0	10 oz cup
Hot water & assorted hot tea	0	10 oz cup
Office Water Tower	0	3 gal

Boxed Lunches	Calories	Serving Size
Avocado, lettuce, tomato on wheat	450	4 oz
Cajun roast turkey with pepperjack, Bermuda onion, Cajun mayo	480	4 oz
Chickpea tomato salad	80	3 oz
Classic Italian, pepperoni, capicola, salami, provolone with balsamic hero	730	4 oz
Grilled Mediterranean chicken sandwich	730	3 oz
Grilled veggie wrap	570	3 oz
Ham and Swiss cheese	470	3 oz
House-made chips	100	1 oz
Mediterranean grilled chicken sun-dried tomato hummus ciabatta	890	4 oz
Muffuletta vegetarian sandwich	600	4 oz
Quinoa and tabbouleh salad	260	3 oz
Roast beef and cheddar	440	3 oz
Roast beef sub, American cheese, lettuce, tomato, onions	540	4 oz
Small garden salad	40	4 oz
Tuna salad	580	3 oz
Turkey bacon ranch on wheat with pepperjack and ranch dressing	640	4 oz
Turkey breast and provolone cheese	490	3 oz
Boxed Salads		
Blackened chicken Caesar salad	430	12 oz
California salmon salad	420	12 oz
Greek salad with grilled chicken	730	12 oz
Mediterranean grain salad	330	16 oz
Traditional Chef's salad	520	12 oz
Turkey avocado cobb salad	450	12 oz
Carving Station		
Boneless Virginia ham	110	2 oz
Creamed spinach	60	3 oz
Grilled asparagus	60	3 oz
Grilled Brussels sprouts with lemon	60	3 oz
Herb risotto	600	3 oz
Herb-roasted breast of turkey	130	2 oz
Horseradish whipped potato	150	3 oz
Lentil & basmati rice pilaf	190	3 oz
Macaroni & cheese	330	3 oz
Mashed sweet potatoes with pecan butter	180	3 oz
Potatoes au gratin	410	3 oz
Prime rib of beef	460	2 oz
Roasted pork loin	160	2 oz
Roasted round of beef	260	2 oz
Roasted squash with fresh herbs and garlic	100	3 oz
Rosemary roasted potatoes	110	3 oz
Tenderloin of beef	250	2 oz
Za'tar roasted carrots	35	3 oz

Cold Hors d'Oeuvres	Calories	Serving Size
Cheese display, Mountain Cat	64-355	5 oz
Cheese display, Traditional	64-260	2 oz
Crudite display, Mountain Cat	21-395	4 oz
Crudite display, Traditional	21-265	2 oz
Deviled eggs	63	12 ea
Italian antipasti display	210	4 oz
Mediterranean market display	230	4 oz
Relish tray	85-200	4 oz
Seasonal fresh fruit display, Mountain Cat	45-379	4 oz
Seasonal fresh fruit display, Traditional	45-255	3 oz
Cook-Out Buffet		
BBQ glazed chicken	630	1 ea
Cole slaw	96	3 oz
Hamburgers	340	1 ea
Hot dogs	480	1 ea
Pasta salad	270	3 oz
Potato salad	170	3 oz
Traditional macaroni & cheese	330	3 oz
Veggie Burgers	280	1 ea
Dessert Station		
Cookie & brownie station	170-200	4 ct 1 oz ea
Fondue station - Brownie bites	200	6 oz
Fondue station - Caramel dip	180	6 oz
Fondue station - Chocolate dip	310	6 oz
Fondue station - Marshmallows	10	6 oz
Fondue station - Pineapple	20	6 oz
Fondue station - Pound cake	170	6 oz
Fondue station - Pretzel rods	110	6 oz
Fondue station - Shortbread cookies	160	6 oz
Fondue station - Strawberries	10	6 oz
Gourmet hot chocolate station	185	10 oz
Shortcake bar - Buttermilk shortcake	350	6 oz
Shortcake bar - Chantilly cream	10	6 oz
Shortcake bar - Peach	15-30	6 oz
Shortcake bar - Raspberry	15-60	6 oz
Shortcake bar - Strawberries	10	6 oz
Shortcake bar - Strawberry compote	20	6 oz
Sundae bar	220-390	10-12 oz

Hand-Crafted Egg Sandwiches	Calories	Serving Size
Bacon and cage-free egg on a fresh English muffin	350	Each
Cage-free egg and bacon on a croissant	390	Each
Cage-free egg and cheese on a fresh English muffin	280	Each
Fried chicken on a buttermilk biscuit	560	Each
Hot ham and cheese on a buttermilk biscuit	510	Each
Sliced brisket cage-free egg and bacon on a croissant	710	Each
Tomato and cage-free egg on a whole wheat wrap	570	Each
Home Style Spread		
Fudge brownies	200	3 oz
Garlic roasted red bliss potatoes	130	3 oz
Herb & panko crusted salmon	170	4 oz
Herb brined turkey breast with sage gravy	260	4 oz
Roasted Brussels sprouts	45	3 oz
Tossed garden salad	40	4 oz
Hot Hors d'Oeuvres		
Beef empanadas with avocado dip	360	1 ea
Beef sliders with bacon cheddar & spicy tomato ketchup	320	1 ea
Caprese skewer-cherry tomato, fresh mozzarella, basil & balsamic glaze	120	1 ea
Chicken wings, bone-in	125-155	1 ea
Chicken wings, boneless	95-125	1 ea
Crab rangoon with sweet & sour dipping sauce	90	1 ea
Cumin crusted beef tenderloin on a plantain chip	160	1 ea
Gazpacho shooter	30	1 ea
Goat cheese and garlic and herb crostini	290	1 ea
Grilled chicken & cheddar cheese quesadilla	200	1 ea
Grilled shrimp with mango chipotle glaze	40	1 ea
Harvest chicken salad in a phyllo cup	150	1 ea
Heirloom tomato, torn basil, roasted garlic, and asiago flatbread	290	2 ea
Hummus shooter with crudite garnish	130	1 ea
Lump crab cakes with Cajun remoulade	140	1 ea
Meatballs - BBQ, Sweet & Sour, or Swedish	145-185	2 ea
Mini quiche with apples, cheddar & cinnamon	250	1 ea
Mini roast pork bao	30	1 ea
Pecan crusted chicken with maple BBQ dip	350	1 ea
Seared ahi tuna on crispy wonton with wasabi cream	110	1 ea
Shrimp & vegetable spring roll with Mongolian sweet & sour sauce	80	1 ea
Smoked salmon mousse on potato crisp	70	1 ea
Spanakopita	160	1 ea
Spinach dip with crostini	180-280	20 oz
Buffalo chicken dip	144	20 oz
Hot crab dip	97	20 oz
Tandoori kebab	120	1 ea
Thai chicken lettuce wrap	400	1 ea

Hot Hors d'Oeuvres, cont'd	Calories	Serving Size
Thai chicken satay with spicy peanut sauce	110	1 ea
Vegetable spring roll with Mongolian sweet & sour sauce	90	1 ea
Warm fig, caramelized onion, bleu cheese tartlet	70	1 ea
Little Italy		
Chicken marsala	380	4 oz
Chicken parmesan	470	4 oz
Chicken piccata	250	4 oz
Fettucine alfredo	400	8 oz
Fresh baked garlic bread	210	1 oz
House-made cookies	170-200	2 ea
Lasagna	480	6 oz
Tortellini primavera	280	8 oz
Caesar salad	360	4 oz
Lunch Buffets		
Avocado, lettuce, tomato on wheat	450	Each
Cajun roast turkey with pepperjack, Bermuda onion, Cajun mayo	480	Each
Cheese, American	90	1 oz
Cheese, Cheddar	110	1 oz
Cheese, Pepperjack	110	1 oz
Cheese, Provolone	100	1 oz
Cheese, Swiss	90	1 oz
Chickpea tomato salad	80	3 oz
Classic Italian, pepperoni, capicola, salami, provolone with balsamic hero	730	Each
Cold fried tofu	60	1 oz
House-made chips	100	1 oz
Mediterranean grilled chicken sun-dried tomato hummus ciabatta	890	Each
Muffuletta vegetarian sandwich	600	Each
Quinoa and tabbouleh salad	260	3 oz
Roast beef	75	1 oz
Roast beef sub, American cheese, lettuce, tomato, onions	540	Each
Salami	300	1 oz
Seasonal roasted veggies	50	1 oz
Small garden salad	40	4 oz
Smoked ham	180	1 oz
Tuna salad	190	1 oz
Turkey	75	1 oz
Turkey bacon ranch on wheat with pepperjack and ranch dressing	640	Each

Pasta Station	Calories	Serving Size
Alfredo sauce	230	6-8 oz
Broccoli	5	6-8 oz
Gemelli pomodoro with eggplant	410	6-8 oz
Italian sausage	70	6-8 oz
Marinara	15	6-8 oz
Onions	15	6-8 oz
Orecchiette with broccoli rabe	730	6-8 oz
Rigatoni with Italian sausage & spicy tomato sauce	700	6-8 oz
Rigatoni with marinara or alfredo	250-330	6-8 oz
Spinach	0	6-8 oz
Tomatoes	10	6-8 oz
Tortellini a la bolognese	460	6-8 oz
Whole wheat penne with broccoli, lemon, and garlic	430	6-8 oz
Seated Dinners		
Airline chicken Parmesan with herb risotto and fresh green beans with garlic, tomato, and basil	2,910	6 oz
Asparagus and mushroom salad with mesclun greens and balsamic vinaigrette	140	6-8 oz
Boston bibb and arugula salad topped with sliced pears, apples, dried cranberries, walnuts, and goat cheese and honey mustard dressing	270	6-8 oz
Broccoli tofu stir fry with brown rice	380	6 oz
Chocolate layer cake	230	4-6 oz
Chocolate mousse with seasonal berries	270	4-6 oz
Classic Caesar salad with romaine, Parmesan, croutons, and Caesar dressing	310	6-8 oz
Crème brulee cheesecake	350	4-6 oz
Filet of beef with sherry demi glaze, honey whipped mashed sweet potatoes, grilled asparagus and wild mushrooms	620	6 oz
Fire roasted beet salad with feta cheese, chopped romaine, spring mix, shredded cabbage, mandarin oranges, candied walnuts, and citrus vinaigrette	460	6-8 oz
Greek lemon polenta with portabella mushroom ragout	260	6 oz
Halibut with cherry tomato vinaigrette, basmati rice with saffron and basil & candied buttermilk squash	590	6 oz
Herb crusted chicken breast with Parmesan polenta, sauteed broccoli rabe with roasted garlic, and a red pepper sauce	450	6 oz
Korean bulgogi beef short rib with wasabi mashed potatoes, bok choy, and fried wonton strips	1080	6 oz
Mixed green salad with romaine, red onions, tomatoes, croutons and creamy ranch dressing	390	6-8 oz
New York cheesecake with seasonal berries	350	4-6 oz
Smoked bone-in pork chop with BBQ demi roasted poblano mashed potatoes and sweet orange roasted baby carrots	1390	6 oz
Spinach and strawberry salad with toasted almonds, aged Gorgonzola and raspberry vinaigrette	340	6-8 oz
Strawberry shortcake	460	4-6 oz
Texas cobb salad with whole leaf lettuce, stewed black eyed peas, heirloom tomatoes, seared chili crostini, sharp cheddar, and jalapeno ranch	340	6-8 oz
Warm apple crisp	340	4-6 oz
Wedge salad with bleu cheese crumbles, praline bacon, roasted tomatoes, scallions, Parmesan croutons, and bleu cheese vinaigrette	500	6-8 oz

Sweets and Treats	Calories	Serving Size
Assorted candy bars	204-325	Each
Assorted freshly baked cookies, Iced	230	1.3 oz
Assorted freshly baked cookies, Jumbo	352-612	4 oz
Assorted freshly baked cookies, Regular	88-195	1.3 oz
Crackers with cheese	100	Each
Cupcakes, Jumbo	370-525	4 oz
Cupcakes, Mini	131-200	1 oz
Cupcakes, Regular	310-480	2 oz
Fresh whole fruit	30-110	Each
Fruit & nuts energy bars	110	Each
Granola bars	190	Each
House blend trail mix with nuts and chocolate	310	4 oz
House-made fudge brownies with icing	200	3 oz
Individually bagged chips	130-320	Each
Mini candy bars	88-210	Each
Mixed nuts	50	3 oz
Savory party mix	210	3 oz
S'mores - Graham crackers, marshmallows, and chocolate with sticks	216	Each
Soft pretzels with mustard or cheese dip	75-145	Each
Yogurt-covered pretzels	270-280	3 oz
Taco House		
Baked corn tortilla chips	70	1 oz
Black bean and corn salad	150	3 oz
Crab avocado shooter with diced jicama and chili lime tortillas	130	1 ea
De-constructed posole salad with chili lime vinaigrette	290	3 oz
Fresh, house-made guacamole	110	2 oz
Grilled chicken skewers with soft corn tortillas	390	4 oz
Grilled mahi mahi baja fish tacos	210	4 oz
Mexican red rice	180	3 oz
Mini al pastor tacos with onion and cilantro	170	2 oz
Mini carne asada with onions and cilantro	280	2 oz
Mini churro chocolate dipping sauce	250	1 ea
Mini grilled chicken flautas with ancho chili crema	160	2 oz
Salsa	10	2 oz
Wild mushroom queso fundido with fresh corn tortillas	380	2 oz
Taste of Mediterranean		
Blackened salmon with lemon and parsley	140	4 oz
Broccoli rabe with red chili flakes & roast garlic	15	3 oz
Chermoula spiced chicken skewers with tzatziki sauce	350	4 oz
Chickpea and tomato salad	80	3 oz
Kafta meatballs on tabbouleh with red chili tomato sauce	310	4 oz
Lentil hummus with grilled pita chips	680	3 oz
Marinated olives	40	1 oz
Mezze grilled & marinated vegetables with hummus	150	3 oz
Mini falafel with tahini sauce	350	3 oz
Whole wheat penne with broccoli, lemon, and garlic	430	6 oz
Za'tar roast chicken breast	240	4 oz

Taste of the South

	Calories	Serving Size
BBQ baked beans	270	3 oz
Buttermilk fried chicken	500	2 pieces
Cheddar jalapeno cornbread	330	1 ea
Classic Carolina pulled pork with slider rolls	400	4 oz
Lime cilantro cabbage coleslaw	120	3 oz
Macaroni & cheese	330	3 oz
Strawberry shortcake	660	1 ea

The Morning Start

Assorted breakfast pastries	240-340	1 ea
Assorted breakfast pastries and bagels with cream cheese	240-340	1 ea
Bacon, pork sausage, or turkey sausage	45-70	2 ea
Cinnamon French toast or buttermilk pancakes	170-240	2 ea
Fresh breakfast pastries with mini croissants, muffins, or Danishes	130-210	1 ea
Orange juice	120	8 oz
Regular and decaf coffee and assorted hot teas	0	12 oz
Regular coffee	0	12 oz
Scrambled eggs	190	2 ea
Seasonal fresh fruit display	60	3 oz
Seasoned breakfast potatoes	120	1 ea
Fresh hand fruit	62-128	1 ea

ALL THE RIGHT INGREDIENTS

Thanks for selecting us!



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