Guide to Healthy Catering
Northern Arizona Catering is committed to providing the finest quality meals and services. This guide offers healthy and well-balanced menus featuring enticing flavors with an emphasis on plant-based foods. There are a variety of options to enhance your menu with whole foods and nutrient rich recipes.

Our Catering Manager and Executive Chef are happy to meet with you to customize your healthy catering event to meet your needs and budget. Please keep in mind your event menu is based on seasonal availability. Place your order two weeks prior to your event to ensure we have enough lead time to work with our suppliers.

Contact Northern Arizona Catering for your order:
928-523-4981 | catering@nau.edu
APPETIZERS AND PARTY TRAYS

Pita and Hummus Bar
Fresh and toasted pita chips, choice of three different hummus, tzatziki sauce, shredded lettuce, and sliced black olives. $7.00 /person

Tuscan Bruschetta
Sliced Village Baker baguette toasted, topped with NAU Greenhouse heirloom tomatoes, red onions and NAU Greenhouse basil. $18.00 /dozen

Mozzarella Stack
NAU Greenhouse heirloom tomatoes stacked with fresh mozzarella, drizzled with Verde Valley Olive Oil Traders cherry balsamic dressing and olive oil. $18.00 /dozen

Endive with Goat Cheese
Endive lettuce topped with Black Mesa Ranch goat cheese. $23.00 /dozen

Mini Greek Pizza
Taylor Farm spinach pesto, NAU Greenhouse basil and sunshine cherry tomatoes with feta on grilled pita. $15.00 /dozen slices

Vegetable Silver Dollar Sandwiches
A dozen silver dollar buns stuffed with vegetables, roasted and shredded from Rousseau, Taylor, Mann, Crooked Sky and Duncan Family Farms. $12.00 /dozen

Seasonal Fresh Fruit
Seasonal sliced fruit from Crooked Sky Farms, Santa Rosa and Patagonia Orchards. $4.00 /person

Seasonal Vegetable Crudité
Fresh seasonal raw vegetables form Rousseau, Taylor, Mann, Crooked Sky and Duncan Family Farms cut for dipping in your choice of ranch or french onion dressing. $4.00 /person

Skewered Fruit with Yogurt Dressing
$25.00 /serves 15

Fruit Tray $26.25 /serves 15

Vegetable Tray with Ranch Dip $26.25 /serves 15

Relish Tray
Carrot sticks, celery sticks, pepperoncini, pickles, and olives. $26.25 /serves 15

SALADS

Trio Salad Combo
Tossed greens topped with choice of three of the following salads: chicken, egg, tuna, hummus or ham salad. Served with crackers, a Well-Balanced bar and bottled juice, tea or water. $10.50 /person

Chef's Salad
Julienne buffet ham, breast of turkey, swiss and cheddar cheeses served on a bed of mixed greens with tomato wedges, hard-boiled egg slices and ripe olives with your choice of dressing. Served with a whole wheat roll, Well-Balanced bar and bottled juice, tea or water. $10.00 /person
SIDE SALADS

Sweet B Salad
Duncan Family Farm red and gold beet, Black Mesa Ranch goat cheese, Duncan Family Farm spring mix, candied pecans with Verde Valley Olive Oil Traders cherry balsamic dressing and olive oil. $5.00 /person

Quinoa and Roasted Vegetable Salad
Quinoa with a medley of roasted seasonal vegetables from Rousseau, Taylor, Mann, Crooked Sky and Duncan Family Farms and a herb olive oil dressing. $5.00 /person

Garden Harvest Salad
Church Brothers romaine lettuce with Euro fresh grape tomatoes and Rousseau Farm baby carrots topped with house-made croutons from Village Baker bread. $5.00 /person

BOX LUNCHES

Roasted Veggie Club Box Lunch
Roasted eggplant, zucchini and red peppers with fresh mozzarella and artichoke tapenade on a ciabatta roll. All boxed lunches include a piece of whole fruit, Well-Balanced bar and bottled juice, tea or water. $10.00 /person

Turkey Flatbread with Cranberry Mayo or Honey Pecan Box Lunch
Turkey, red onion and spring mix with cranberry mayonnaise on an oven-fired whole grain flatbread. All boxed lunches include a piece of whole fruit, Well-Balanced bar and bottled juice, tea or water. $10.00 /person

Grilled Vegan Box Lunch
Grilled vegetables with a roasted red pepper hummus spread rolled in a soft flour tortilla. All boxed lunches include a piece of whole fruit, Well-Balanced bar and bottled juice, tea or water. $10.00 /person

Chinese Chicken Lettuce Wrap – GF
Grilled chicken breast tossed with oriental sesame dressing and sesame wonton chips. Wrapped in lettuce from local farms. Served with cut fruit, a Raw fruit bar and bottled juice, tea or water. $8.50 /person
BOX LUNCHES CONTINUED

**Seasonal Vegetable Wrap**
Fresh seasonal vegetables from Rousseau, Taylor, Mann, Crooked Sky Farm and Duncan Family Farm, roasted to perfection served with a hummus spread and folded into a wrap of your choice: spinach, tomato, garlic, wheat or white. Served with cut fruit, a Raw fruit bar and bottled juice, tea or water. $8.00 /person

**Turkey, Avocado, Bacon, Lettuce and Tomato on Ciabatta**
Roasted turkey breast, avocado, bacon, lettuce and tomato with pesto aioli served on ciabatta. Served with cut fruit, a Raw fruit bar and bottled juice, tea or water. $9.00 /person

**The Peaks**
Our house-made tuna fish salad with thinly sliced apples and provolone cheese served on a toasted sub roll. Served with cut fruit, a Raw fruit bar and bottled juice, tea or water. $8.50 /person

**Honey Barbeque Chicken Sandwich**
Grilled chicken breast served with a light honey barbeque sauce, served on an artisan roll. Served with cut fruit, a Raw fruit bar and bottled juice, tea or water. $9.00 /person

**Twisted Turkey Wrap**
Sliced turkey breast wrapped in whole grain tortilla with cranberry sauce and a horseradish mayonnaise. Served with cut fruit, a Raw fruit bar and bottled juice, tea or water. $9.00 /person

**Jicama Salad Rolls -GF**
Baby shrimp, omelet strips, jicama shreds and julienne carrots wrapped in a rice paper with an Asian sauce (2 per order. Served with cut fruit, a Raw fruit bar and bottled juice, tea or water. $8.00 /person

**Chopped House Wedge Salad -GF**
Baby romaine topped with chick peas, diced red onions, hard-boiled egg and roma tomatoes with balsamic vinaigrette. Served with cut fruit, a Raw fruit bar and bottled juice, tea, or water. $8.00 /person

SANDWICHES

**Roasted Organic Eggplant Black Mesa Ranch Goat Cheese on Focaccia**
Organic eggplant roasted and topped with Black Mesa Ranch goat cheese on artisan focaccia bread with Duncan Family Farm spring mix and Verde Valley Olive Oil Traders balsamic dressing. $5.00 /sandwich
Roasted Vegetable Petite Wrap
Fresh seasonal vegetables from Rousseau, Taylor, Mann, Crooked Sky and Duncan Family Farms roasted to perfection with hummus wrapped in your choice of spinach, tomato, garlic, wheat or white wraps sliced into pinwheels for easy snacking. $14.00 /sandwich

Mediterranean Vegetable Pita
Roasted Mediterranean vegetable blend oven-roasted eggplant, red and yellow peppers and red onion marinated in light olive oil balsamic vinaigrette served in a soft pita. $5.00 /sandwich

PIZZA

Broccoli Alfredo Pizza
Church Brothers broccoli, house-made alfredo sauce with Shamrock Farms cream. $10.00 /pizza

Spicy Roasted Vegetable Flatbread
Mozzarella, black olives and roasted vegetables from Rousseau, Taylor, Mann, Crooked Sky Farm and Duncan Family Farms. $11.00 /pizza

DINNERS

Traditional Chicken Piccata
Seared breast of chicken in a lemon caper white wine sauce. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $21.00 /person

Italian Chicken
Grilled boneless breast of chicken seasoned with Italian marinade and served with a tomato basil sauce. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $22.00 /person

Grilled Salmon with Salsa
Grilled salmon filet topped with one sweet and one spicy salsa. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $28.00 /person
DINNERS CONTINUED

**Lemon Basil Chicken**
Grilled all natural chicken breast topped with lemon basil sauce. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $22.00 /person

**Chicken Osso Buco Style**
Chicken quarters braised in a white wine sauce with tomato, onion and herbs. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $22.00 /person

**Citrus Crusted Tilapia with Chive Butter Sauce**
Sautéed tilapia with crusted citrus breading and chive butter sauce. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $22.00 /person

**Chèvre, Orzo and Basil Stuffed Portobello**
Portobello mushroom caps stuffed with chèvre cheese, tri-colored orzo and fresh basil. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $20.00 /person

**Spaghetti Squash**
Spaghetti squash with sofrito and vegan pinto beans. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $18.00 /person

**Portobello Mushroom Napoleon**
Portobello mushroom layered with zucchini, spinach, roasted red and yellow peppers, polenta and mozzarella on roasted tomato coulis. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspretto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $20.00 /person
Vegetarian Stuffed Peppers w/ Herbed Tomato Sauce
Bell peppers stuffed with rice and fresh garden vegetables and spices with a vegetarian herbed tomato sauce. Includes a choice of a salad or starter, two accompaniments and fresh baked whole wheat dinner rolls. Freshly brewed Aspreetto coffee, decaffeinated coffee, herbal and non-herbal Numi teas with hot water and freshly brewed iced tea. $24.00 /person

Asian Fusion
Your choice of cilantro breast of chicken or teriyaki glazed salmon filet, Asian cucumber salad, garlic lemon ginger broccoli, sticky rice or vegetarian fried rice, vegetable lo mein, almond gourmet bars or tropical rice pudding, bottled water or freshly brewed iced tea or lemonade and iced water. $15.00 /person

DESSERTS
Vegan Apricot Bars
Delicious vegan apricot bars are a chewy treat sweetened naturally with agave and apricots $6.00 /serving
Joan's RAW Bars
Raw bars made in house by our baker, features fruit, nuts and seeds in a tasty combination $24.00/dozen

Roasted Vegetable Lasagna
Roasted NAU Greenhouse sunshine cherry tomatoes, Duncan Family Farms swiss chard and Taylor Farms spinach $ 6.00 /serving

BUFFETS
Salad Buffet
Your choice of two salads (seafood, tuna, chicken, egg or tofu), tossed green salad with garden vegetables, croutons and choice of two dressings (Italian, Caesar or ranch), assorted whole wheat breads and rolls, relish tray condiments, and choice of beverage. $12.00 /person

Mediterranean Buffet
Your choice of two entrées (Greek style chicken, beef moussaka or vegetable moussaka), Big Fat Greek salad with balsamic vinaigrette dressing, Moroccan spiced roasted vegetables, lemon rice, hummus and baked pita chips, baklava, choice of beverage. $16.00 /person

NO FRILLS - PICNIC STYLE
No Frills Catering is designed for you to pick-up at the University Union. Paper service is included.

Veggie Burgers and Buns $22.00/serves 15
Veggie Bean Burritos $15.00/serves 15
Garden Salad with Dressings $12.00/serves 15
Grilled Chicken Breasts $24/serves 15
**BEVERAGES**

**Bistro Coffee and Tea Service**
Our Bistro coffee service includes freshly brewed Aspretto coffee, decaffeinated coffee, Numi herbal and non-herbal teas with hot water and iced water. $2.00/person

**Iced Water** $3.00/gallon

**Fruit Infused Water** $4.00/gallon

**Unsweetened Iced Tea** $10.25/gallon

**Assorted Fruit Juices** $14.25/gallon

**Aspretto Fair-Trade Coffee** $13.00/gallon

**Assorted Organic Numi Teas** $10.00/gallon

**Bottled Water** $1.50 each

**Milk** $1.00/pint

Contact Northern Arizona Catering for your order: 928-523-4981 | catering@nau.edu