

Catering Menu & Ordering Policy

2019

Catering Event Ordering Policies

- Events will require 5 business days notice once approval is received to allow for ordering and adequate staffing. Please allow proper time for the approval process to be executed.
- Updated customer/guest counts are required a minimum of 72 hours before event start time.
- Cancelled events must be communicated to Catering Services no less than 24 hours before the event except in the case of hospital emergencies.
- Any and all leftover foods must be left in the room to ensure food safety. Catering equipment (chafing dishes, platters, baskets, utensils etc.) is also to be left in the room for Catering Specialists to clean up.
- Catering delivery areas must be approved by Catering Services. Special pick up arrangements may need to be made depending on location and nature of the event at the discretion of Catering Services.
- Events requiring custom menus outside of what is normally offered will require a 10 business day advance notice. These events will be priced accordingly.

What is FIT?



FIT CRITERIA:

Items marked as FIT meet the following criteria, which were developed to be consistent with current dietary recommendations.

FIT DINING CRITERIA

	FULL MEAL OR COMBO PLATE	ENTRÉE ONLY	SIDE DISH	8 FL OZ SOUP	12 FL OZ SOUP
Calories	≤600	≤400	≤250		
Total Fat (g)	≤25	≤20			
Saturated Fat and Natural Trans Fat Combined*(g)	≤5	≤5	≤2	≤2	≤3
Sodium (mg)	≤600	≤600	≤250	≤500	≤750

*Note: Criteria for artificial trans fat is 0g.

FIT BREAKFAST CRITERIA

	BREAKFAST MEAL	BREAKFAST GRAINS, BREADS AND SIDES
Calories	≤400	≤250
Total Fat (g)	≤20	
Saturated Fat and Natural Trans Fat Combined*(g)	≤5	≤2
Sodium (mg)	≤600	
Sugars (g)		≤15
Others	If grain item, must have whole grain as first grain ingredient by weight	If grain item, must have whole grain as first grain ingredient by weight

*Note: Criteria for artificial trans fat is 0g.

FIT SNACK CRITERIA

	PER PACKAGE
Total Calories	≤250
Total Fat (g)	≤10 (nuts, soy-nuts and seeds exempt if all other nutrient criteria are met)
Saturated Fat	≤3
Trans Fat (g)	
Sugar (g)	≤20 (unsweetened fruit exempt)
Sodium (mg)	≤230

*Note: Candy and candy coated items do not meet the FIT criteria.

FIT BEVERAGE CRITERIA

BETTER	BEST
MILK <ul style="list-style-type: none"> Low fat and nonfat dairy and non dairy milks, sweetened or unsweetened (≤150 calories per package) 	WATER <ul style="list-style-type: none"> Plain still Plain sparkling Still with fruit essence (no caloric or non-caloric sweetener) Sparkling with fruit essence (no caloric or non-caloric sweetener) Mineral water (≤10mg sodium/8oz)
JUICE <ul style="list-style-type: none"> Fruit juice, at least 50% juice with no added sweetener (≤150 calories per package) Vegetable juice, 100% (≤150 calories, ≤150mg sodium per package) Fruit and Vegetable juice blends, 100% juice no added sweetener (≤150 calories, ≤150mg sodium per package) 	COFFEE/TEA <ul style="list-style-type: none"> Unsweetened
OTHER <ul style="list-style-type: none"> Lightly Sweetened Beverages (≤80 calories, ≤150mg sodium per package) Unsweetened Coconut Water Zero calorie sweetened beverages (excludes energy drinks) 	

FOR MORE INFORMATION VISIT BALANCEITTAKEYOU.COM

Cold Breakfast

All breakfast buffets served with Whiff Roasters Coffee, tea, hot chocolate packets, 4oz assorted juices & 8oz bottled waters

- **Continental Breakfast**

House made muffins, bagels, breakfast pastries, whole fruit, yogurt cups, butter, variety of cream cheeses & preserves.

- **Fruit & Yogurt Bar**

Fresh fruit, assorted yogurt & a variety of toppings.

- **Wellness Continental**

Fresh cut fruit, hard boiled eggs, assorted ½ cut bagels (including whole grain), Greek yogurt, low fat cream cheese & preserves.



Hot Breakfast

All breakfast buffets served with Whiff Roasters Coffee, tea, hot chocolate packets, 4oz assorted juices & 8oz bottled waters

- **Steel Cut Oatmeal Bar**

Hot steel cut oatmeal with a variety of toppings.

- **Hot Breakfast Buffet**

Scrambled eggs, choice of bacon or sausage, home fries & bagel halves.

- **Wellness Hot Breakfast**

Scrambled wellness eggs, choice of turkey bacon or turkey sausage, fresh cut fruit & assorted yogurts.

- **Breakfast Sandwich Buffet**

Assorted breakfast sandwiches with hash browns.

- **Wellness Breakfast Sandwich Buffet**

Assorted wellness breakfast sandwiches with fit breakfast potato.

Cold Lunch Buffets

- Conference Sandwich Selection

assortment of upscale wraps & sandwiches, condiments, side salad, chips, dessert, assorted soda & bottled water.



- Wellness Sandwich Buffet

assortment of FIT sandwiches, FIT side salad, fresh cut fruit, pretzels, assorted diet sodas & bottled water.

- Boxed Lunch

assortment of upscale wraps & sandwiches, condiments, salad du jour, chips, whole fruit, dessert, bottled water & assorted soda.

Soup

fresh baked rolls & butter

add soup to your deli selection



- FIT soup du jour
- Classic soup du jour
- Chicken Noodle
- Vegetarian Vegetable

Hot Buffets

all buffets are served with salad, dinner rolls, butter, dessert & assorted beverages including bottled water (excluding wellness buffet)

- **Chef's Choice Seasonal Hot Buffet**

Chef's choice hot entrée, vegetable & starch

- Chicken/pork
- Beef
- Seafood
- Vegan/Vegetarian



- **Chef's Choice Wellness Buffet**

Chef's choice FIT hot entrée, FIT Vegetable, FIT starch, whole grain rolls, tossed green salad, low fat dressing, fruit for dessert, assorted diet sodas & bottled water.

- Chicken/pork
- Beef
- Seafood
- Vegan/Vegetarian

Snack Breaks

- **Snack Basket**

Assortment of packaged sweet & salty snacks



- **Crudité Tray**

Seasonal vegetables with low fat ranch dip & hummus



- **Fruit Display**

Seasonal fruit with low fat yogurt dip

- **Cheese Board**

A selection of cheese served with mustard, jams & crackers



- **Wellness Basket**

Assortment of snacks with 150 calories or less

Beverages

- Coffee & Tea

Whiff Roasters regular & decaf coffee, tea, condiments



- Infused water tower

Seasonal infused water with fruit & herbs



- Wellness cold beverage

Zero calorie carbonated beverages including soda, juices & bottled water

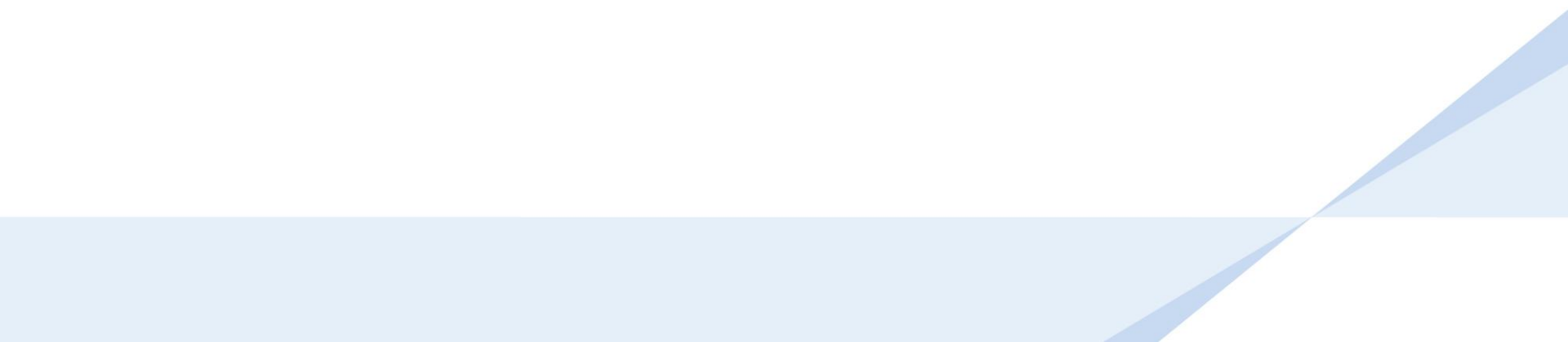


- Wellness hot beverage

Seattle's best regular & decaf coffee, tea, healthy condiments

We Customize

Our catering menu is only a guideline. We are happy to customize a menu to meet your culinary and budgetary needs.

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