



Catering
Limited Release

JAN-APR

FRESH FORWARD

The Balanced Start

available for 12 or more guests

Wholesome breakfast with oats, egg bites, fruit, and water & coffee service. \$16.49/guest

FRESH FRUIT PLATTER

40 cal per 3oz. serving  

CHOICE OF TWO (2)

GOLDEN MORNING PARFAIT

Spiced banana, chia, oats, granola layered with nonfat Greek yogurt

240 cal each  

CHOCOLATE COCONUT CHIA PARFAIT

Cocoa-flavored coconut milk with coconut flakes and chia seeds

390 cal each 

BLUEBERRY ZEST PARFAIT

Lemony blueberries layered with nonfat Greek yogurt, chia, oats, and granola

220 cal each  

ROASTED STRAWBERRY COCONUT CHIA PUDDING

Layers of roasted strawberries, toasted coconut, and coconut chia pudding

240 cal each 

CHOICE OF TWO (2)

BACON & SWISS EGG BITE

110 cal each

MEDI-EGG BITE

50 cal each 

3-CHEESE EGG BITE

150 cal each 

PLANT-BASED CHORIZO & EGG BITE

50 cal each 

CHOICE OF ONE (1)

SMOKED CHICKEN APPLE SAUSAGE

220 cal per 4oz. serving

MAPLE CHIPOTLE BACON

80 cal each

INCOGMEATO™ SAUSAGE PATTY

150 cal each 

To order or for more information, contact:

catering@gvsu.edu

gvsu.catertrax.com | 616.331.3342

The Chopping Block

available for 12 or more guests

Chopped salad with crisp greens, vibrant toppings, and your choice of protein. Includes soup, assorted breads, lemon bars or brownies, and beverages.
\$20.69/guest

CHOICE OF TWO (2) CHOPPED SALADS

BRUSSELS & BUTTERNUT CHOPPED SALAD

Spinach topped with balsamic onions, butternut squash, apples, wheatberries, goat cheese, Brussels sprouts, dried cranberries, and pumpkin seeds
210 cal per 4.5oz. serving   

UMAMI CRUNCH CHOPPED SALAD

Napa cabbage with kimchi, cucumber, scallion, wheatberries, roasted shiitake, carrot, avocado, and gochujang-glazed mixed nuts
130 cal per 5.5oz. serving   

GREEN GODDESS CHOPPED SALAD

A fresh blend of romaine, cucumber, peas, avocado, corn, radish, scallion, and hard-boiled egg, topped with sunflower seeds
100 cal per 4oz. serving   

MEDITERRANEAN CHOPPED SALAD

Iceberg, cucumber, tomato, red onion, kalamata olives, feta, banana peppers with pita chips
80 cal per 4oz. serving   

CHOICE OF TWO (2) PROTEINS

SALT & PEPPER SPICED FLANK STEAK

190 cal per 3oz. serving

DICED CHICKEN

140 cal per 3oz. serving

FRESH-BAKED FLAKED SALMON

140 cal per 3oz. serving

SALT & PEPPER TOFU

270 cal per 3oz. serving 



The Fresh Forward Feast

The Fresh Forward Feast

available for 12 or more guests

Choice of one (1) entrée and choice of sides.
Includes rolls, butter, choice of beverage, and lemon bars or brownies. \$22.49/guest

CHOICE OF ONE (1) VEGETABLE

MAPLE-ROASTED CARROTS

100 cal per 2oz. serving   

ROASTED VEGETABLES

60 cal per 3oz. serving   

SELECT ONE (1) ENTRÉE

CHICKEN WITH LEMON ARTICHOKE SAUCE

Sauteed chicken simmered in a sauce of fresh lemon, white wine, artichokes, and tarragon
210 cal per 6oz. serving 

ORANGE-GLAZED GRILLED SALMON

Grilled citrus-thyme-marinated fresh salmon brushed with an orange herb glaze
160 cal per 3oz. serving 

BLUE CHEESE & CHIVE-CRUSTED STEAK

Strip steak topped with a rich blue cheese & chive crust
490 cal per 9oz. serving

TOFU PARMESAN

Crispy breaded tofu topped with spaghetti sauce and melted plant-based mozzarella
410 cal per 6oz. serving 

Balanced Boost

available for 12 or more guests

Wellness shots and energy bites to recharge and refocus. \$9.49/guest

CHOICE OF TWO (2)

CHOCOLATE BERRY SMOOTHIE

Strawberries, banana, chocolate, and yogurt
100 cal per 4oz. serving   

CITRUS CARROT SMOOTHIE

Mango, orange, carrot, honey, chia seeds, and apple juice
90 cal per 4oz. serving   

COCONUT MANGO SMOOTHIE

Mango, coconut, strawberries, yogurt, and apple juice
310 cal per 4oz. serving  

BANANA BERRY SMOOTHIE

Banana, strawberries, orange, turmeric, and apple juice
50 cal per 4oz. serving   

CHOICE OF TWO (2)

CHERRY VANILLA ENERGY BITES

Cherries, dates, vanilla, flax seeds, and oats
45 cal each   

PUMPKIN NUT ENERGY BITES

Pumpkin, pecans, cinnamon, oats, chia seeds, and yogurt
40 cal each   

COFFEE ENERGY BITES

Walnuts, almonds, dates, pumpkin seeds, and chia seeds, coffee and cocoa
120 cal each   

BANANA BREAD ENERGY BITES

Banana, walnuts, peanut butter, dates, and oats
60 cal per 4oz. serving   

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request. 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 can range from single 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.

Crunch Time

available for 12 or more guests

Game-day favorites including wings, chips, and craveable dips. \$20.19/guest

TORTILLA CHIPS

280 cal per 2oz. serving VG

PITA WEDGES

25 cal each V

CHOICE OF THREE (3) DIPS

HUMMUS

330 cal per 5oz. serving VG PF

ROASTED RED PEPPER HUMMUS

230 cal per 4oz. serving VG PF EW

PIMENTO CHEESE DIP

60 cal per 1oz. serving V

SPINACH & ARTICHOKE DIP

90 cal per 1oz. serving

BUFFALO BLUE CHEESE DIP

100 cal per 1oz. serving

TACO DIP

50 cal per 1oz. serving

GUACAMOLE

150 cal per 3oz. serving VG

BLACK BEAN SALSA

35 cal per 1oz. serving VG

SALSA ROJA

20 cal per 1oz. serving VG

CHOICE OF TWO (2) WINGS

(Buffalo wings include blue cheese dressing; BBQ wings include ranch; both are accompanied by celery)

BBQ CHICKEN WINGS

430 cal per 12oz. serving

BUFFALO CHICKEN WINGS

450 cal per 11oz. serving

BONELESS BBQ CHICKEN WINGS

640 cal per 8oz. serving

BONELESS BUFFALO CHICKEN WINGS

440 cal per 7oz. serving

Shareable Boards

Each platter serves 12

Contact our team for additional options

FRUIT & CHEESE BOARD

Goat cheese, Swiss cheese, smoked Gouda, cheddar, strawberries, grapes, pita chips, and crostini **\$59.99**

250 cal per 5oz. serving V

MEZZE BOARD

Mediterranean feast with hummus, falafel, dolma, feta, and vibrant sides **\$48.19**

450 cal per 6 oz. serving V

CHEESE & CHARCUTERIE BOARD

Our fruit and cheese platter with assorted cured meats **\$67.99**
310 cal per 5 oz. serving

PINWHEELS & PICKLES

Flavor-packed pinwheel platter featuring turkey, Italian meats, roast beef, chicken, and portobello pinwheels **\$88.79**

150 cal each

Zero Proof Collective

A refreshing mix of chilled mocktails and warm, cozy toddy-style sips. \$7.29/guest
available for 12 or more guests

CHOICE OF TWO (2) BEVERAGES

CITRUS CLOUD

Zesty orange and cream mocktail
140 cal per 10oz. serving

SUNSET SPLASH

Orange, pineapple, cherry, and sparkling water
100 cal per 10oz. serving

BLUEBERRY "NO" JITO

Blueberry and mint sparkling mocktail
140 cal per 10oz. serving

MOCK-IRISH COFFEE

Freshly brewed coffee with hints of caramel and vanilla, topped with whipped topping and cocoa
280 cal per 8oz. serving

CARAMEL APPLE MOCK-TODDY

Spiced apple cider with caramel, whipped topping, and sea salt
330 cal per 8oz. serving



Vegetarian



Vegan



Eat Well



Plant Forward

