



ASU Catering

Decidedly Green Spring 2017 Menu



DECIDEDLY GREEN CATERING IS COMMITTED TO MAKING ENVIRONMENTALLY AND SOCIALLY RESPONSIBLE DECISIONS IN ALL ASPECTS OF OUR SPECIAL EVENT AND CATERING SERVICES. WE ARE PLEASED TO OFFER A SEASONAL MENU AND CONTINUALLY STRIVE TO SOURCE LOCALLY, REDUCE WASTE, AND MINIMIZE OUR IMPACT ON THE EARTH.

LOCAL FOOD

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ASU CATERING WORKS WITH A VARIETY OF ARIZONA GROWERS IN AN EFFORT TO SUPPORT OUR LOCAL ECONOMY AND BRING FOOD FRESH FROM THE FARM TO YOUR FORK.

LOCAL GROWERS

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ABBY LEE FARMS, ARIZONA SPROUTING, ASU CAMPUS HARVEST, BLUE SKY FARMS, CROOKED SKY FARMS, HICKMAN'S FAMILY FARMS, HERBCO, LAURA'S GRANOLA, NATURESWEET, QUEEN CREEK OLIVE MILL, ROSIE'S BAKERY, ROUSSEAU FARMS, SHAMROCK FARMS, SUN ORCHARD JUICERY, TAYLOR FARMS, UNITED DAIRYMEN OF ARIZONA, TEPA, TUCSON TAMALE, AND WILCOX GREENHOUSE.

USDA CERTIFIED ORGANIC

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INDICATES THAT FOOD WAS GROWN WITHOUT USE OF MOST SYNTHETIC FERTILIZERS AND PESTICIDES, AND THAT IT IS FREE OF GENETIC MODIFICATION AND IRRADIATION.

GREEN GLOSSARY



MONTEREY BAY SEAFOOD WATCH

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BEST CHOICES – SEAFOOD THAT IS WELL MANAGED AND CAUGHT OR FARMED IN WAYS THAT CAUSE LITTLE HARM TO HABITATS OR OTHER WILDLIFE. FOR MORE INFORMATION, PLEASE VISIT WWW.SEAFOODWATCH.ORG

AMERICAN HUMANE CERTIFIED

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THIS PROGRAM PROVIDES THIRD-PARTY, INDEPENDENT VERIFICATION THAT CERTIFIED PRODUCERS' CARE AND HANDLING OF FARM ANIMALS MEET SCIENCE-BASED ANIMAL WELFARE STANDARDS.

LOCAL CAGE FREE EGGS

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LOCAL CAGE FREE HENS ARE ABLE TO SPREAD THEIR WINGS AND MOVE AROUND FREELY.

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Please contact our catering office to plan your next event. In addition to the items listed in this brochure, we would be happy to help identify and provide sustainable service items and tips for your green event.



BREAKFAST

BREAKFAST

All Breakfast options are served with cage free eggs, option of egg whites, local Sun orchard orange juice and Starbucks Organic Serena Blend Coffee and hot tea.

RISE AND SHINE CONTINENTAL \$12.29

seasonal or organic sliced fruit 35 cal/2.5 oz. serving
organic stoneyfield yogurt 200 cal/4 oz. serving
local granola 200-230 cal/4 oz. serving
rosie's bakery assorted pastries and whole wheat muffins 80-240 cal each

Includes appropriate condiments

MORNING GLORY BUFFET \$14.59

cage free scrambled eggs 180 cal/4 oz. serving
shredded hash browns 130-150 cal/3 oz. serving
natural bacon or chicken apple sausage 40 cal each or 120 cal each
rosie's bakery biscuits with local honey & jam 350-460 cal each

Includes appropriate condiments

SUNRISE BUFFET \$14.59

please select one

tofu scramble with local seasonal vegetables (vegan) 50-100 cal/3 oz. serving

Basil Tomato Frittata with Spicy Tomato Sauce (Vegetarian) 150-200 cal/3 oz. serving

Soyrizo Benedict with Poblano Hollandaise (Vegetarian) 125-180 cal/3 oz. serving

Includes

shredded hash browns 130-150 cal/3 oz. serving
Zucchini Bread or Banana Nut Loaf 165-350 each or 165-380 each

Includes appropriate condiments

A LA CART ADDITIONS

priced individually per item

soy milk (60-80 cal/8 oz. serving) \$2.19
kind bar (170-200 cal each) \$2.49
shamrock farms 2% milk (140 cal/8 oz. serving) \$2.19
seasonal fruit organic yogurt parfait (440 cal each) \$6.19
seasonal fruit salad (35 cal/2.5 oz. serving) \$3.69
mini cage free spinach mushroom frittata (140-180 cal each) \$2.59
pico de gallo and salsa fresca (0 cal/2 oz. serving) \$1.69
build your own oatmeal bar (150-200 cal/8 oz. serving) \$3.89

FARMERS BUFFET



FARMERS BUFFET

Includes: Rolls, Iced Tea, and Infused Water as well as a Southwestern Salad with Romaine, Pico, Cojita Cheese, Salsa and Ranch; and an Orange Jicama Salad with Romaine, Jicama, Oranges, and Cilantro Lime Vinaigrette

whole wheat rolls 110 cal each
iced tea 0 cal/8 oz. serving

INFUSED WATER

lemon infused water 0 cal/8 oz. serving
orange infused water 10 cal/8 oz. serving
apple infused water 20 cal/8 oz. serving
cucumber infused water 10 cal/8 oz. serving
grapefruit infused water 10 cal/8 oz. serving

SOUTHWESTERN SALAD

romaine, pico, cojita
cheese, salsa and ranch 120-160 cal/4 oz. serving

ORANGE JICAMA SALAD

romaine, jicama,
oranges, cilantro
lime vinaigrette 100-150 cal/4 oz. serving

ENTRÉE SELECTIONS

please select one

TEPA HAND CRAFTED PLANT-BASED SUSTAINABLE PROTEIN TACO WITH LETTUCE, PICO DE GALLO, SALSA FRESCA ON A HARD CORN SHELL, SERVED WITH RICE AND BEANS (VEGAN) \$13.89

tapa taco 250-300 cal/2 taco shells with tepa
rice 110 cal/4 oz. per serving
and beans 90 cal/4 oz. serving

ROASTED ACORN SQUASH STUFFED WITH RAISINS AND RICE, TOPPED WITH SHREDDED MOZZARELLA CHEESE SERVED WITH GRILLED SWEET POTATOES AND SEASONAL LOCAL STEAMED VEGETABLES (VEGETARIAN) \$12.89

roasted acorn squash 175-225 cal/4 oz. serving
grilled sweet potato 125 cal/4 oz. serving
steamed vegetables 100-130 cal/4 oz. serving

CHIPOTLE ORANGE ROASTED CHICKEN SERVED WITH TOASTED CUMIN BEANS AND SEASONAL LOCAL STEAMED VEGETABLES \$17.59

chipotle orange
roasted chicken 440-460 cal/6 oz. serving
beans 110-150 cal/4 oz. serving
steamed vegetables 100-130 cal/4 oz. serving

CHOICE OF GRILLED SEITAN OR TOFU, MARINATED W/ ORANGE SAUCE, SERVED W/ CORN PAELLA AND SEASONAL LOCAL STEAMED VEGETABLES (VEGAN) \$13.59

grilled seitan 380-410 cal/each
with vegetables 100-130 cal/4 oz. serving
corn paella 100-150 cal/4 oz. serving



FARMERS BUFFET

DESSERT SELECTIONS

please select one

campus harvest seville orange mesquite bars	310-370 cal each
campus harvest date bars	310-370 cal each
rosie's bakery vegan brownies	250 cal each
rosie's vegan zucchini bread	165-350 cal each

Campus Harvest



Location: ASU Campus Tempe & Polytechnic

We are proud to offer menu items with edible landscaping grown on the ASU campus harvested by students and volunteers. Two of the most abundant crops are Medjool Dates and Seville oranges. We have used these ingredients to serve delicious items such as date bars, Seville orange vinaigrettes and "Devil-ade".



SIGNATURE SANDWICH



SANDWICH BUFFET \$16.89

includes your choice of 3 sandwiches, local greens salad, sonoran caesar, organic iced tea, infused water & choice of dessert

local greens salad	50 cal/3.5 oz. serving
sonoran caesar with chipotle dressing	120-160 cal/4 oz. serving
organic iced tea	0 cal each

INFUSED WATER

lemon infused water	0 cal/8 oz. serving
orange infused water	10 cal/8 oz. serving
apple infused water	20 cal/8 oz. serving
cucumber infused water	10 cal/8 oz. serving
grapefruit infused water	10 cal/8 oz. serving

BOXED LUNCHES \$13.49

includes your choice of 3 sandwiches, 1 dessert, and quinoa salad; reduce waste at your next event with reusable to-go containers

quinoa salad	110/3.5 oz. serving
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add beverages to your boxed lunch

bottled water (0 cal each) \$1.99 each
assorted sodas (can) (0-150 cal each) \$1.99 each





SIGNATURE SANDWICH

SANDWICHES

TURKEY WRAP 490 cal each
american humane certified smoked turkey rolled with lettuce, tomato, arugula and swiss cheese, finished with a cilantro campus harvest seville orange aoli in a honey wheat wrap

CHICKEN TORTE 560 cal each
all natural chicken with southwestern seasoning layered with refried beans, pico de gallo, shredded lettuce, and cojita cheese all on a ciabatta Roll

DILL SALMON SALAD SANDWICH 520 cal each
sustainably sourced salmon blended with local dill, mayonnaise, and onion placed on a fresh focaccia bread with lettuce and tomato

VEGETARIAN FALAFEL 420 cal each
whole wheat pita pocket filled with local cucumber, vine ripe tomato and locally produced falafel patties, finished with lemon cucumber yogurt sauce

SPICED TOFU SANDWICH 300-350 cal each
asian marinated tofu steak with shredded cabbage, carrot, cilantro, sliced jalapeno, green onion finished with brioche roll

VEGAN PORTABELLO SANDWICH 360 cal each
balsamic grilled portabello lightly seasoned with caramelized sweet onions, lettuce, and our house vinaigrette served with fresh ciabatta

DESSERTS

please select one

seasonal fruit salad (35 cal/2.5 oz. serving)

campus harvest orange mesquite bars
(310-370 cal each)

campus harvest date bars (310-370 cal each)

rosie's bakery vegan brownies (250 cal each)



LOCAL TAMALES BUFFET



LOCAL TAMALES BUFFET \$14.99

Includes choice of two tamales, Campus Harvest Seville Orange Jicama water, and Cinnamon Crisp Dessert

TAMALES SELECTIONS

Vegan Blue Corn Tamale, Vegetarian Green Corn Tamale or Pork and Cheese Tamale. Served with Hot Spanish Rice, Spiced Black Beans, Salsa and Sour Cream.

cinnamon crisp	150-175 cal/ 1.25 oz. serving
jicama and orange water	50 cal/ 8 oz. serving
spanish rice	130 cal/3 oz. serving
black beans	110 cal/3 oz. serving
salsa	20 cal/2 oz. serving
sour cream	60 cal/1 oz. serving

please select two:

vegan blue corn tamale	261 cal each
vegetarian green corn tamale	235 cal each
pork and cheese tamale	376 cal each





PLATTERS AND TRAYS

PLATTERS AND TRAYS

regular serves up to 35 guests; large serves up to 50 guests

MEDITERRANEAN TRAY

\$89.69 regular \$112.19 large

feta Cheese, rolled prosciutto, queen creek olives, local roasted sweet red peppers, and baba ghanoush with pita chips and grilled asparagus (200-230 cal/3 oz. serving)

VEGAN PLATTER

\$81.89 regular \$103.69 large

super protein hummus, grilled tofu with peanut sauce, garlic edamame, vegan local lettuce wraps and vegetables (140-190 cal/3 oz. serving)

LOCAL TAMALES TRAY \$131.29 large

please select one

vegan blue corn tamale 261 cal/each

vegetarian green corn tamale 235 cal/each

pork and cheese tamale 376 cal/each

pico de gallo and salsa fresca
and sour cream (60-80 cal /2 oz. serving) \$1.69

Queen Creek Olive Mill



Location: Queen Creek, AZ

Distance: 35 miles from ASU

A family-owned olive mill that grows and presses olives for production of high quality extra virgin olive oil. Their olive groves sit at the base of the San Tan Mountains in an area known for its fertile soil.



HORS D'OEUVRES



HORS D'OEUVRES

priced per dozen

vegan soyrito chipotle agave ball
(90-110 cal/1 oz. serving) \$22.79

southwestern vegetable empanada
(90-130/1 oz. serving) \$25.89

teriyaki chicken satay (70-100/1 oz. serving) \$25.99

native fry bread with local honey and fruit chutney
(150-200 cal each) \$15.49

cucumber cup with tomato basil bruschetta and feta
(100-110 cal each) \$17.59

tepa satay with pesto sauce
(90-105 cal each) \$26.99

parmesean artichoke hearts
(140-190 cal each) \$26.99

california rolls with wasabi mayo
(80-100 cal each) \$29.99

vegetable rolls with sweet soy (60-90 cal each)
\$30.19





BEVERAGES

BEVERAGES

serves 12 guests per gallon

starbucks organic serena blend coffee
(0 cal/8 oz. serving) \$26.39

hot tea (0 cal/8 oz. serving) \$26.39

iced tea (0 cal/8 oz. serving) \$18.69

local basil lemonade (110 cal/8 oz. serving) \$18.69

campus harvest "devilade" (160-190/8 oz. serving)
\$12.39

INFUSED WATER \$5.19

lemon infused water	0 cal/8 oz. serving
orange infused water	10 cal/8 oz. serving
cucumber infused water	10 cal/8 oz. serving
ginger peach infused water	15 cal/8 oz. serving
strawberry cilantro infused water	20 cal/8 oz. orange
orange jicama infused water	10 cal/8 oz. serving
cucumber basil infused water	0 cal/8 oz. serving

Sun Orchard



Location: Tempe, AZ

Distance: 3 miles from ASU

Sun Orchard has been producing orange juice from Arizona grown oranges for over thirty years. Focused on providing local juice to market, the company also has extensive sustainability programs focusing on waste stream management, water and energy conservation, reduction of emissions and more environmentally friendly packaging.



DESSERTS



DESSERTS

priced per dozen

rosie's bakery vegan brownies (250 cal each) \$19.99

campus harvest date bars (310-370 cal each) \$19.69

vegan snickerdoodle cookies (168 cal each) \$18.59

campus harvest orange mesquite bars
(310-370 cal each) \$19.69

rosie's vegan zucchini bread (165-350 cal each) \$19.99

rosie's banana nut loaf (165-380 cal each) \$19.99

laura's granola oatmeal chocolate chip cookies
(170-230 cal each) \$19.99

Gluten Friendly Everything Bar (330 cal/each) \$19.99

Rosie's Bakery



Location: Memorial Union, ASU Tempe Campus
Distance: 0 miles from ASU

Nobody knows pastries better than Rosie and her dedicated team who arrive every morning at the crack of dawn to bake all those goodies we enjoy in the dining halls. Rosie Garcia has been baking professionally for the past 38 years and has been the head pastry chef at Arizona State University for the past 23 years!



CONTACT US TODAY

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