

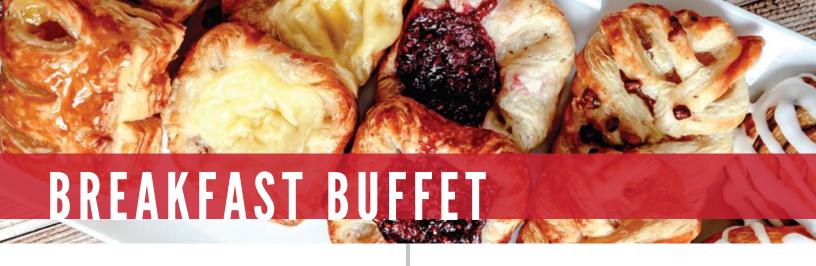


CASUAL CATERING GUIDE

FUELING THE FAN + ATHLETE EXPERIENCE

CONTACT US: cougareatscatering@uh.edu (713) 743-9122

ORDER ONLINE: uh.edu/dining/cougar-eats-co-catering



EVERYDAY CONTINENTAL

Min qty 10

7.25 per guest

Freshly Baked Assorted Muffins Seasonal Sliced Fruit Fruit Infused Water Orange Juice

*Substitute - Gluten Free Muffin

COUGAR CONTINENTAL

Min aty 10

Regular Coffee

10.50 per guest

Freshly Baked Assorted Danish

Assorted Scones

Mini Butter Croissants with Assorted Jams and Whipped Butter

Sliced Fruit

Orange Juice

Regular Starbucks Coffee

*Substitute - Gluten-Free Muffin

TRADITIONAL BREAKFAST

Choice of one protein

17.75 per quest

House-Made Cinnamon French Toast or Pancakes

Strawberry and Blueberry Compote

Scrambled Eggs

Choice of

Bacon, Pork Sausage, Vegan Sausage or Turkey Sausage

Seasoned Potatoes

Orange Juice

Regular Coffee & Hot Water with Assorted

Teavana Teas

Substitute Vegan Banana French Toast

SOUTHWEST TACO BAR

Min qty 10

12.50 per guest

Chorizo

Scrambled Eggs

Seasoned Black Beans

Guacamole

Sour Cream

Salsa

Breakfast Potato

Flour Tortilla

Vegan Chorizo - *Substitution 1.99

Orange Juice

Regular Coffee & Hot Water with Assorted Teavana Teas

BALANCED BREAKFAST

Min qty 10

15.50 per guest

Freshly Baked Assorted Muffins

Egg White Scramble, Sautéed Tomato, and Spinach

Turkey Sausage

Fresh Berries

Orange Juice

Regular Coffee & Hot Water with Assorted Teavana Teas

*Substitute - Gluten-Free Muffin

*Substitute - Vegan Sausage



BREAKFAST ENHANCEMENTS

Min qty 10

Omelet Action Station 10.00 per guest

Eggs, egg whites, ham, bacon, sausage, onions, mushrooms, tri-colored peppers, spinach, tomatoes, cheddar cheese and Swiss cheese

Breakfast Oatmeal Bar 4.00 per guest

with dried fruit, almond, and brown sugar

Shrimp and Grits Station 13.00 per guest

BREAKFAST BOXES

Min qty 10

Continental Breakfast Box 13.00 ea.

Muffin, Greek yogurt, orange juice, fresh fruit

Hot Breakfast Box 14.50 ea.

Scrambled eggs, bacon or turkey sausage, breakfast potatoes

* Substitute vegan sausage

HANDCRAFTED SANDWICHES

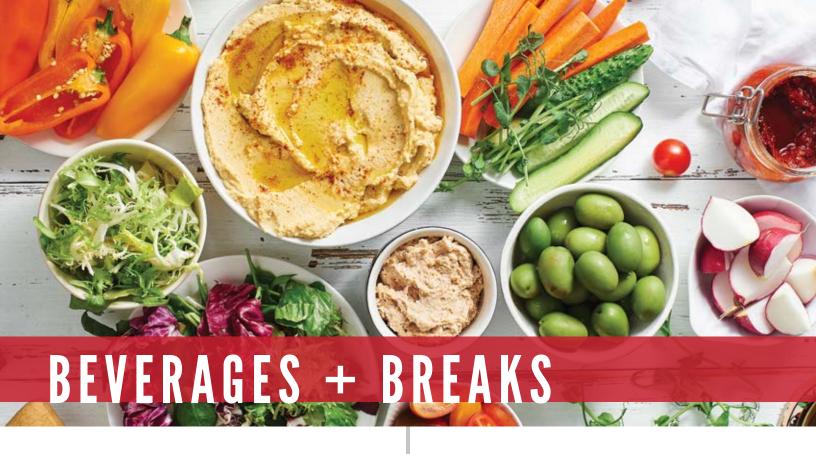
Min qty 10

Bacon and cage-free egg on French toast	4.25 ea.
Sausage and cage-free egg on French toast	4.75 ea.
Vegan sausage, blistered tomato, avocado spread on pretzel rolls	4.75 ea.
Fried egg whites, spinach and Swiss cheese on an English muffin	4.25 ea.
Southern style chicken biscuit *Substitute gluten-free sliced bread	4.25 ea.

A LA CARTE

Min qty one dozen

Assorted Bagels and Spread	17.50 per dz.
Assorted Freshly Baked Muffins	12.20 per dz.
Assorted Scones	17.00 per dz.
Mini Quiche	15.00 per dz.
Crispy Bacon (2 slices)	2.25 per guest
Pork Sausage (2 per guest)	2.25 per guest
Turkey Sausage (2 per guest)	2.25 per guest
Vegan Sausage (2 per guest)	2.25 per guest
Seasonal Fresh Fruit	5.50 per guest
Assorted Greek Yogurt and Granola	4.50 per guest
Assorted Quiche	2.75 per guest



BEVERAGES

Freshly Brewed Regular Coffee	19.50 per gallon
Freshly Brewed Decaf Coffee	19.50 per gallon
Hot Water + Assorted Teavana Teas	16.00 per gallon
Hot Chocolate	17.00 per gallon
Cold Iced Tea	14.75 per gallon
Lemonade	14.75 per gallon
Orange Juice	19.75 per gallon
Cougar Punch	19.75 per gallon
Cougar Sparkling Punch	20.50 per gallor
Fruit Infused Water	9.50 per gallon
Iced Water	3.00 per gallon
Bottled Sodas 20oz	2.25 ea.
Bottled Orange Juice 10oz	2.50 ea.
Assorted Bottled Juices 10oz	2.50 ea.
Sparkling Bottled Water	2.75 ea.
Regular Bottled Water 20oz	2.25 ea.

BALANCED BREAKS

Refresh Break	9.00 per guest
Granola har fresh herry cun mini pretzels	

Popcorn Trio 3.50 per guest Ranch, siracha and regular

Build Your Own Trail Mix 10.50 per guest Assorted dried fruits, berries, nuts, house-made granola, chocolate chips, and m&m's

Snack Attack 7.00 per guest House-made kettle chips with French onion dip, buttered popcorn, Cajun roasted nuts, chocolate covered pretzels

Buffalo Chicken Dip (3oz)

Salmon Dip (3oz)

with pita chips

Spinach + Artichoke Dip (3oz)

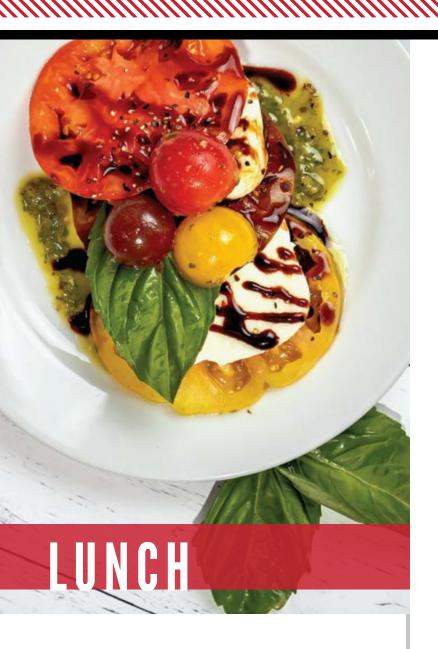
Chili Con Queso (3oz)

French Onion Dip (3oz)

White Bean Hummus (3oz)

6.00 per guest
6.00 per guest
6.00 per guest

3



SALAD + WRAP COMBO

Min qty 10

Half chipotle chicken wrap, half Tex-Mex 13.75 ea. salad, and chocolate chip cookie

Half Mediterranean chicken wrap, half 14.25 ea. Greek salad and chocolate chip cookie

Add on vegan chicken additional 2.25 ea.

GRAB + GO

Min qty 10

Express Box Lunch

11.50 ea.

Choice of 3 sandwiches served on chef's selection of local fresh bread with Lay's potato chips, freshly baked chocolate chips and condiments.

Artisan Box Lunch

14.75 ea.

Choice of 3 sandwiches served on chef's selection of local fresh bread with Ms. Vickie's kettle chips, whole grain salad or pasta salad, and house made brownie

Add On:

Dill Pickle1.00 per guestWhole Fruit1.50 per guestSeasonal Fresh Fruit1.50 per guest

Artisan Sandwich Board 17.00 per guest

Choice of 3 artisan sandwiches, choice of side salad, served with chips

ON-THE-GO SALAD

Min qty 10

Turkey Avocado Cobb 14.75 ea.

A composed salad with bacon, avocado, turkey, cherry tomatoes, hardboiled egg, crumbled blue cheese and ranch dressing.

Southern Salmon Caesar Salad 18.50 ea.

Romaine Caesar salad with lemon pepper grilled salmon, shaved parmesan, pickled onions and Caesar dressing

Traditional Chef's Box Salad 11.25 ea.

Bibb lettuce with chef's choice of two meats, hardboiled eggs, cucumbers, grape tomatoes, Swiss cheese, croutons, and blue cheese dressing

Greek Salad with Grilled Chicken 12.25 ea.

Tossed salad with fresh tomatoes, cucumbers, red onions, romaine lettuce, black olives and feta cheese in Greek salad dressing



SOUTHERN CLASSIC

Min 20 Guests

21.50 per guest

Garden salad with tomatoes, cucumber, and carrots

Buttermilk marinated chicken breast

Candied yams

Macaroni and cheese

Buttery cornbread

Sautéed cabbage

Chef D's Peach Cobbler

*Vegan substitute - crispy cauliflower wedge

Add pulled pork 2.59 per guest

TASTE OF ASIA

Min 20 Guests

21.00 per guest

Asian chopped salad

Charred hoisin tenderloin

Vegetable fried rice

Mini vegetable dumplings

Dragon fruit bundt cake

*Vegan substitute - vegan kung pao tofu

Add sweet Thai grilled chicken (6oz)

4.50 per guest

HOMESTYLE BUFFET

Min 20 Guests

21.00 per guest

Garden salad with tomatoes, cucumber, and carrots

Dijon chicken breast

Garlic and herb rice pilaf

Sautéed green beans

Honey yeast rolls

House-made strawberry shortcake

*Vegan substitute - pan seared lemon pepper tofu

Add lemon pepper salmon 6.00 per guest

BAYOU CITY

Min 20 Guests

23.00 per quest

Cajun coleslaw

Chicken and andouille sausage gumbo (white rice)

Fried okra

Blackened catfish

Cajun-style collard greens

Bourbon bread pudding with white chocolate and almonds

*Vegan substitution - vegan gumbo, white rice

LONESTAR BBQ

Min 20 Guests

20.50 per guest

Traditional American style potato salad

Cilantro lime coleslaw

Smoked brisket

Baked beans

Butter rolls

Caramel pecan brownies

*Vegan substitute - pulled jackfruit

Add bourbon chicken

4.50 per guest

TEX-MEX FAJITAS

Min 20 Guests

18.75 per guest

Fajita style carne asada (4oz)

Fajita style mojito chicken (4oz)

Pickled onions

Sazon cilantro rice

Flour tortilla or corn

Black beans

Churros

*Vegan substitute - chili lime tofu

Substitute or add shrimp

2.59 per guest





COUGAR PICNIC

Min 20 Guests

19.25 per guest

Hamburgers

Hotdogs

Lettuce, tomato, pickles, onions

Potato Salad

Ketchup, mustard, mayonnaise, relish

Fresh baked cookies and brownies

*Vegan substitute – black bean burger

Add or substitute hamburgers for BBQ chicken

4.50 per guest

BELLO ITALIAN

Min 20 Guests

18.50 per guest

Classic Caesar salad

Chicken marsala

Sautéed broccoli with garlic

Herb lemon pasta

Garlic Bread

Tiramisu

Vegan substitute - eggplant parmesan

Add baked ziti 3.50 per guest

COUGAR CLASSIC

Min 20 Guests

20.25 per guest

Cougar bistro salad-granny apples, dried cranberries, arugula, spiced pecan, pickled onion

Parmesan encrusted chicken with creamy garlic sauce

Onion and chive red mashed potato

Crispy brussels sprouts or seasonal vegetables

Cougar berry cake

Vegan substitute - mushroom steak

Add slow-braised Texas beef short rib

7.00 per guest



HOT HORS D'OEUVRES

Min qty one dozen

*Priced per dozen

Shrimp and pepper jack grit cake	27.00
Buffalo cauliflower wonton	19.00
Chicken parmesan meatball	21.00
Open face beef slider, crispy jalapeno and onion, blue cheese, hickory smoke BBQ	23.00
Chickpea pancake with kale, and fennel with tahini dressing	14.50
Spanakopita	17.00
Vegetable spring rolls with sweet & spicy sauce	30.00
3 , 3	30.00 25.00
sweet & spicy sauce	
sweet & spicy sauce Southwest grilled chicken quesadillas Beef empanadas with creamy	25.00

COLD HORS D'OEUVRES

Min qty one dozen

*Priced per dozen

Vegan chorizo with berry salsa on crostini	25.00
Pulled mesquite chicken with cream cheese mousse, pepper chutney on pita chip	26.00
Shrimp ponzu shooters with sesame wonton chip	30.00
Shaved beef tenderloin with olive tapenade, onion jam on crostini	28.00
Smoked salmon wonton chip	30.00
Tuna poke	37.00
Caprese skewer	18.00
Chilled Gulf shrimp bloody shooter	30.00
Sweet chili chicken wonton cups	28.00
Hummus shooters	16.00
Assorted tea sandwiches	25.00
Classic bruschetta	18.00



RECEPTION TABLES (PLATTERS)

Min 15 guests

Slider Trio (mini burger, mini buffalo, mini crab cake)

*heat lamp required

14.00 per guest

Assorted Mini Gourmet Sandwich 29.00 per dz.

Flatbreads (heat lamp required)

Chicken and Spinach Alfredo Flatbread (serves 2-3 people) 14.50 ea.

Heirloom and Tomato, Basil Roasted Garlic and Asiago Flatbread (Serves 2-3 people) 14.50 ea.

Vegan Chorizo, Spinach, Smoked Gouda Flatbread 14.50 ea.

(Serves 2-3 people)

Imported Cheese Board Served with Artisan Breads & Crackers 8.00 per guest

Domestic Cheese Board Served with Artisan Breads & Crackers 8.00 per guest

Wings n' Things 16.00 per dz.

Italian Antipasti Display 8.00 per guest

Pita Chips with Hummus Trio 6.00 per guest

Seasonal Fruit Display 6.00 per guest

Crudité Display 4.00 per guest







RECEPTION ACTION STATIONS

(Requires a Chef attendant and a power source)

*4 oz. of protein per person

Pasta Station 14.75 per guest

Ravioli and tortellini, brown butter, mushroom, cream sauce, wilted arugula, and blistered tomato

Smoked Leg of Lamb 21.00 per guest

Tzatziki sauce, warm pita

Spit-Roasted Turkey Breast 12.50 per guest

Texas Style Smoked Brisket 16.00 per guest

Build Your Own Street Taco 13.00 per guest

Pork carnitas, carne asada, mini chicken flautas, onion, cilantro, lime crema, queso fresco, salsa roja, guacamole, fresh limes and mini corn tortillas

Elote Corn Station 7.99 per guest

Creamed grilled street corn, crumbled cotija cheese, fire-roasted salsa, corn tortillas and dusted with Tajin spice

Garlic Roasted Beef 16.75 per guest **Strip Loin**

Banana Foster Station 9.00 per guest

House-made cake drizzle with sautéed banana and bourbon sauce



LEMON PEPPER SCALLOPS

Min 15 guests 42.00 per guest

Arugula Bistro Salad

with arugula, granny apples, candied almonds, dried cranberries, goat cheese, and balsamic dressing

Lemon Pepper Scallops

(6 oz.) with caramelized sweet potato, red quinoa, pickled cucumbers, shaved rainbow carrots and jalapeno pineapple chutney

Strawberry Pancake Martini

Vegan option

Gluten-free dessert option

Vegan dessert option

Teriyaki Glazed Eggplant

Lemon Bundt Cake

Chocolate Mousse

ROSEMARY BEEF TENDERLOIN

Min 15 guests 41.00 per guest

Wedge Salad

with bacon, cherry tomatoes, cucumber, blue cheese, and ranch dressing

Rosemary Beef Tenderloin

(6 oz.) with red whipped potato, asparagus, and a rosemary red wine reduction

Red Velvet Bundt Cake

Vegan option

Gluten-free dessert option

Vegan dessert option

Black Pepper Tofu

Lemon Bundt Cake

Chocolate Mousse

GRILLED DIJON CHICKEN

Min 15 guests 27.00 per guest

Caprese Salad

with marinated tomato slices, fresh mozzarella, basil, and balsamic reduction

Dijon Marinated Chicken Breast

(6 oz.) with dried cranberries and pecan rice pilaf, green beans, and dijon white wine cream sauce

Deconstructed Lemon Chiffon Cake

Vegan option

Gluten-free dessert option

Vegan dessert option

Caramelized Cabbage

Lemon Bundt Cake

Chocolate Mousse



BLACKENED SALMON

Min 15 guests 35.00 per guest

Fennel Orange Salad with spinach, shaved fennel, mandarin oranges, roasted pistachios, and a citrus vinaigrette

Blackened Salmon (6 oz.) with garlic farro, sautéed broccoli rabe and red pepper coulis

Turtle Cheesecake

Vegan option

Mushroom Steak

Gluten-free dessert option

Lemon Bundt Cake

Vegan dessert option

Chocolate Mousse

SEARED AIRLINE CHICKEN

Min 15 guests 32.00 per guest

Strawberry Salad spring mix, strawberry slices, cornbread croutons, candied pecans, shaved parmesan and a strawberry vinaigrette

Seared Airline Chicken (6 oz.) with blistered grapes, shallots, charred brussel sprouts, coconut rice and a lemon wine butter sauce

Key Lime Tart

Vegan option

Pan Seared Crusted Tofu with blistered grapes and shallots Gluten-free dessert option

Lemon Bundt Cake

Vegan dessert option

Chocolate Mousse



SWEETS + TREATS

Whole Fruit	2.00 ea.
Assorted Freshly Baked Cookies	12.25 per dz.
Fudge Brownies	12.75 per dz.
Blondies	12.75 per dz.
Cheesecake Brownies	13.75 per dz.
Miniature Dessert	17.00 per dz.
Kettle Chips	2.25 ea.
Lemon Chess Tartlet	2.50 ea.
Pecan Tartlet	2.50 ea.
Cherry Cheese Tartlet	2.50 ea.
Bourbon Bread Pudding	4.00 ea.



10.00 per drink

3.00

LIQUOR PACKAGES

Bottle Water

BEER Domestic Beer Bud Light Michelob Ultra Coors Light Miller Light Imported and Craft Beer Modelo Karbach Hopadillo	9.50 9.50 9.50 9.50 10.50 Market Price Market Price
BEER Domestic Beer Bud Light Michelob Ultra Coors Light Miller Light Imported and Craft Beer Modelo Karbach Hopadillo Lovestreet	9.509.509.5010.50Market Price
BEER Domestic Beer Bud Light Michelob Ultra Coors Light Miller Light Imported and Craft Beer Modelo Karbach Hopadillo	9.509.509.5010.50Market Price
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BEER Domestic Beer Bud Light Michelob Ultra Coors Light Miller Light Imported and Craft Beer	9.50 9.50 9.50
BEER Domestic Beer Bud Light Michelob Ultra Coors Light Miller Light	9.50 9.50
BEER Domestic Beer Bud Light Michelob Ultra Coors Light	9.50 9.50
BEER Domestic Beer Bud Light Michelob Ultra	9.50
BEER Domestic Beer Bud Light	
BEER Domestic Beer	9.50
BEER	
Glenlivet 12 Year, Tanqueray, Patron Silver, Knob Creek	
Grey Goose, Ketel One, Bacardi, Captain Morgan, Maker's Mark, Crown,	
Ultra Premium Package	13.00 per drink
Tito's, Bacardi, Jack Daniel's, Johnnnie Walker Black, Beefeater, Dulce Vida, Crown	
Premium Package	12.00 per drink
Smirnoff, Bacardi, Jim Beam, Dewar's, Bombay Dry, Dulce Vida	
Well Package	10.00 per drink



CABERNET	
Mon Frère	32.00
Carmel Road	37.00
Penfolds	49.00
Quilt	75.00
PINOT NOIR	
Elouan	37.00
COTE DU RHONE	
E. Guigal	37.00
CHARDONNAY	
St. Francis Chardonnay	36.00
Carmel Road	37.00
Sonoma-Cutrer	49.00
Quilt	75.00

PROSECCO	
Benaccetto	37.00
ROSÉ	
Charles & Charles	32.00
PINOT GRIGIO	
Seaglass	33.00
SAUVIGNON BLANC	
Yealands	39.00
SPARKLING	
Mumm	36.00

Contact Us

Monday - Friday • 9am - 4pm • (713) 743-9122 • cougareatscatering@uh.edu

Online Ordering

The online ordering tool Spoonfed accepts orders up to 72 hours or 3 days in advance. Customized service and menus will require 7-10 business days for creation and pricing.

Policies & Procedures

To ensure the optimal selection and the best possible service, we kindly ask that events are booked at least seven business days in advance. We understand events arise unexpectedly, and we will do our best to accommodate your needs. If an order is placed less than 72 hours in advance, a \$15 late charge will automatically be added to your invoice.

Order Minimums

If an order does not meet the minimum guest count or minimum quantity count, an additional charge of \$25.00 will be applied. Please refer to the catering guide for minimum orders on menu items.

Center Pieces & Gift Baskets

To provide additional assistance for our guests, we are adding options to order center pieces and gift baskets on our website. We will have an option of 3 pre-made centerpieces to choose from, at an additional cost. We will also provide options for 3 pre-made gift baskets to choose from, at an additional cost. Orders must be placed 7-10 days before event date.

Final Guarantees/Confirmation

We kindly request a confirmed number of guests or any changes to your order to be specified 3 business days before the event. This number is considered the guaranteed guest count. The final guest count cannot be reduced within the 72-hour timeframe before the event. Guest count can be increased. The price and menu may vary for the increased numbers, as these are based on product availability. If your catered event is less than \$1200, a confirmation approval is required through Spoonfed. When the event totals over \$1200, we kindly require a signed Banquet Event Order (BEO) to confirm your catered event.

Cancellation Policy

Cancellations must be made five business days before the contracted event date. Cancellations must be made in writing, three business days before your event. A 50% charge will be assessed if a cancellation is made within 48 hours of the event. If cancellation is made less than 24 hours before the event, the client is responsible for the full amount.

Service Fee

A 20% service fee will be charged for all event orders. This will cover the setup and take down costs associated with a staffed event (4 hours). Additional labor fees of \$36.00 per hour, per attendant will be applied for a staffed event past the four-hour mark.

Catering estimates 1 server/attendant to 40 guests for a buffet event. Any additional personnel requested by the client to be at the event will be charged according to the following scale:

- Chef Attendant: \$50.00 per hour 2 hrs. minimum
- Server: \$36.00 per hour 2 hrs. minimum
- Bartender FOH: \$40.00 per hour 2 hrs. minimum

Pick Up Orders

For pickup orders from the catering kitchen, no service charge fee will be charged.

Service Ware and China

All disposable service ware will be furnished as an accompaniment to all items purchased. We provide high-quality disposable paperware or eco-friendly products. There is an additional cost to service ware that is requested and not our standard. China is available upon request, and the order to be placed 5-7 days in advance. China fees are applicable and include flatware, salad/entrée/dessert plate, and beverage glass. A fee will apply for the special request.



Linen

Tablecloths are supplied for all food and beverage service tables at events. Tablecloths for non-food tables are available (size 86*152, not floor length) for an additional \$6.99

Billing

A credit card is required for all catering orders (external guests). Order will automatically be charged the next business day, following your event. University of Houston departments can use the voucher payment method for all orders. A voucher payment must be processed within 30 days of your event.

Any approved direct billing will be assessed a 5% late charge if the invoice is not paid within 30 days of the event and an additional 5% late charge will be added for each additional 30 days the bill is unpaid. Full payment is required before the events, except for those hosted by a University of Houston department.

Tax-Exempt

We request tax-exempt forms be emailed to cougareatscatering@uh.edu five business days before the event.

Special Diets & Dietary Restrictions

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

Alcohol Service

All alcohol services must be provided by the University of Houston – Dining Services & Fresh Fork Catering, the holder of the liquor license. The reserving party must complete a Registration of Alcoholic Beverage Distribution Form through the Dean of Students Office for review and approval when University of Houston students are expected or anticipated to attend the function. We do not provide alcohol for events that are serviced by outside caterers.

Forms are available from Student Centers Conference and Reservation Services or via the University of Houston website, under the Dean of Students Office link: http://www.uh.edu/dos

TABC requires the form be completed a minimum of 15 business days before the event in which you are requesting alcoholic beverages to be sold. If the event is outside Student Center South, we require notification within 20 business days of your event to receive the necessary permit in time to avoid expedited processing fees. Submissions of a Temporary Event Authorization request are subject to the following late filing fees (paid to TABC) if submitted less than 10 business days before the start date of the event:

- \$300 for applications received nine to seven business days before the event
- \$500 for applications received six to four business days before the event
- \$900 for applications received three to one business day before the event

Client is required to provide a credit card for the TABC application to gain the permit. All Alcoholic beverages sold will be served by a TABC certified bartender. The bartender must refuse service to anyone underage and must ask for proof of age for anyone under 30. The bartender is required to refuse service to persons who are not conducting themselves in an orderly manner or appear to be intoxicated. University of Houston Dining Services and Fresh Fork Catering reserve the right to refuse alcohol service to any individual for any reason, and to shut down and remove the bar at any time if we deem necessary.

Safetu

For the health and safety of our guests, it is our strict policy that all food must remain with the catering department at the end of the event for proper disposal. Unless specifically ordered and contracted as carry-out items, no food or related products may be removed from the service area, except by authorized representatives of the catering team. The Catering team cannot provide containers for packaging leftover food. Our policy prohibits us from allowing guests to remove any remaining food or beverages. If food is removed from an event, the catering department isn't responsible or liable for the quality or safety of these items.