

UW - CATERING MENU

»» BREAKFAST, LUNCH, DINNER, AND BREAKS ««

Welcome to our newly updated UW- Catering Menu. Madison-Area Delivery, Set Up, Service Utensils, Disposables, and Food Labels are included for orders totaling \$200 or more. Contact Olivia at catering@goodfoodmadison.com to check availability and place your order, or order online with our Online Catering Order Form on the Catering page of GoodFoodMadison.com. At least one week advance ordering notice appreciated. This menu is available for anyone's use, not just UW employees. We look forward to working with you!

BREAKFAST

Minimum of 18 for all Breakfast options (total must be \$200 or more.) Earliest delivery time is 7:30am. We proudly brew locally-roasted, organic & fair trade medium-roast Just Coffee. A serving is 12 oz and includes on side half & half, sugar, splenda, & stevia.

Low Carb Parfait Breakfast! – \$12

A perfect on-the-go hearty Breakfast: Creamy Greek Yogurt with pure vanilla extract and a pinch of stevia, served with Fresh Citrus & Mixed Berries, Toasted unsweetened Coconut Flakes, Toasted Sliced Almonds, Walnuts, Flax, and Sunflower Seeds served in Parfait cups. Includes Low Carb Pumpkin & Cream Cheese Muffins and Blueberry Muffins (GF, made with almond flour and no added sugars) and Hot Coffee.

Hot Breakfast Buffet with Coffee! – \$12

Cheesy Scrambled Local, Organic Eggs (2.5/person), Roasted Baby Red Breakfast Potatoes, Choice of Bacon or Sausage Links (2.5/person), assorted Mini Breakfast Pastries (2/person) and Hot Coffee.

~ Add Fresh Fruit Salad \$2.50/serving ~

Breakfast Taco Bar with Coffee! – \$12

Cheesy[Mild] Green Chile[Local Organic] Eggs, hot seasoned Black Beans, Homemade Pico de Gallo, Taco-seasoned Veggie Hash, Sour Cream, freshly shredded Cheddar, Diced Avocados, choice of sausage links or bacon(2.5/person), and on-side Tabasco. Includes soft corn tortillas and Hot Coffee.

~ Add Fresh Fruit Salad \$2.50/serving ~

Homemade Muffins, Fruit, and Coffee! – \$12

A classic breakfast that everyone can appreciate: Fresh Fruit Salad, Pumpkin and Cream Cheese Muffins, Blueberry Muffins and Hot Coffee.

LUNCH

\$150 minimum required for delivery with a \$10 delivery fee. 12 person minimum required for free local delivery.

HOMEMADE SOUP OPTIONS

All of our homemade soups are low carb, grain free, gluten free, and have no added sugars. Soups are vegetarian unless there is a meat named in the title. Throughout the menu, a serving is 10 oz unless otherwise specified.

CHEESY BROCCOLI
CREAMY CAULIFLOWER
BUTTERNUT SQUASH (VEGAN)
CREAMY MUSHROOM
ROASTED TOMATO & PEPPER BISQUE
CREAMY SPINACH ARTICHOKE
CHICKEN & VEGETABLES
CHICKEN "NO TORTILLA"



SIDE SALAD OPTIONS

VEGGIE

Spring mix and chopped romaine tossed with chopped tomato, red onion, cucumber, & shredded carrots, all tossed in our homemade Balsamic Vinaigrette (Vegan, GF)

CAESAR

Freshly chopped romaine, tomato, red onion, and cucumber, freshly grated Parmesan, and our baked Parm crisps, all tossed in our homemade Caesar dressing (contains anchovies)

CHOPPED BACON RANCH

Chopped romaine, tomato, cucumber, and red onion, all tossed in our house made buttermilk Ranch dressing, topped with house cooked & chopped bacon

MEDITERRANEAN

Feta cheese, chopped tomato, red onion and cucumber, spring mix and chopped romaine, tossed in our homemade Balsamic Vinaigrette

SIMPLE KALE-CITRUS

Freshly chopped pink grapefruit and orange segments tossed with chopped kale, spring mix, romaine, and homemade Balsamic Vinaigrette, topped with crumbled feta

COMBOS

Soup & Half Wrap with Drink and Treat! – \$18

Per person: 10 ounces of homemade soup, 1 half wrap from a labeled assortment, homemade KETO chips, Guacamole and BLT dip. Choice of Treat (Chocolate Chip Cookie - traditional recipe, or 2 mini Chocolate Covered Peanut Butter Bars (low carb & gf), and a cold drink from an assortment of iced water, sparkling waters, Fesca, and Diet Coke; For a group of 12-15 people: please choose 1 soup. For a group 16+ people, please choose 2 soups.

Half Wrap & Salad with Drink and Treat! – \$18

Per person: generous serving of your choice of Side Salad(s), 1 half wrap from a labeled assortment, homemade KETO chips, Guacamole and BLT dip. Choice of Treat (Chocolate Chip Cookie - traditional recipe, or 2 mini Chocolate Covered Peanut Butter Bars (low carb & GF), and a Cold Drink from an assortment of iced water, sparkling waters, Zevia [Stevia] sodas, Fresca, and Diet Coke. For a group of 12-15 people, please choose 1 Side Salad. For a group of 16+ please choose 2 Side Salads

Soup & Salad with Drink and Treat! – \$18

Per person: 10 ounces of homemade soup, generous serving of your choice of Side Salads, includes homemade KETO chips, Guacamole and BLT dip. Choice of Treat (Chocolate Chip Cookie - traditional recipe, or 2 mini Chocolate Covered Peanut Butter Bars (low carb & GF), and a cold drink from an assortment of iced water, sparkling waters, Zevia [Stevia] sodas, Fresca, and Diet Coke. For a group of 12-15 people: please choose 1 soup and 1 side salad; For a group of 16+ people, please choose 2 soups and 2 side salads.

Soup, Half Wrap, & Side Salad with Drink OR Treat! – \$18

Per person: 10 ounces of homemade soup, 1 half wrap from a labeled assortment, a generous serving of your choice of Side Salads, a fruit salad, and Choice of Treat (Chocolate Chip Cookie-traditional recipe, or 2 mini Chocolate Covered Peanut Butter Bars(low carb & GF) OR a cold drink from an assortment of iced water, sparkling waters, Fresca, and Diet Coke. For a group of 12-15 people, please choose 1 side salad and 1 soup; For a group of 16+ people, please choose 2 soups and 2 side salads.

Box Lunches! – \$18

Assorted & clearly labeled full entrée size wraps and salads (to include however many vegetarian boxes you'd like.) Includes a side of homemade KETO chips with Guacamole or BLT dip and fresh fruit cup. Choice of Chocolate Chip Cookie or Chocolate Covered Peanut Butter Bar (GF & low carb) in each box, and a Cold Beverage. Minimum order is 9 boxes.



GET IT WHILE IT'S HOT!

Killer Taco Bar with Treat and Drink! – \$18

Minimum 12. Build your own Tacos or Taco Salad! Taco-seasoned ground beef, crumbled taco tofu(Vegetarian friendly), taco-seasoned grilled chicken breast, fajita grilled peppers & onions, hot seasoned black beans, sour cream, freshly grated cheddar, minced red onion with cilantro, fresh cut lime wedges, and on-side Tabasco. Includes soft corn tortillas and soft flour tortillas in addition to Tortilla Chips, homemade Pico de Gallo, and Guacamole. Includes a drink, treat, and your choice of Chocolate Chip Cookies or Low Carb & GF Chocolate Covered Peanut Butter Bars. Drinks: assortment of Water, Fresca, Diet Coke, and La Croixs.

BBQ Pulled Pork with Treat and Drink! – \$18

Minimum 12. Slow roasted pulled pork in our homemade bbq sauce with no added sugars, grilled BBQ Tofu(Vegetarian friendly), low carb GF Swedish Buns, shredded sharp white cheddar, our pickled red onions, and a dill pickle spear. Includes all 4 of the following sides: Keto Cole Slaw, Hot Cheesy Baked Cauliflower, homemade KETO chips and your choice of Side Salad. Choice of Treat and Cold Drink.

Loaded Baked Potato Bar with Treat and Drink! – \$18

Minimum 12. Piping hot sea salt-encrusted baked potatoes and all the fixings on the side: hot homemade cheese sauce, beef chili, shredded cheddar, sour cream, sliced green onion, butter, house cooked bacon bits, fresh salsa, steamed garlic butter broccoli, salt/pepper & Tabasco. Includes your choice of Side Salad and a Fresh Fruit Salad. Your choice of Treat and Drink for the group.

Chicken Stir Fry with Treat and Drink! – \$18

Our take on the Traditional Chicken Stir Fry with broccoli, onions, bell pepper, ginger, and a touch of garlic. Tossed in our homemade Tamari Sauce (Gluten free) with Basmati and Cauliflower rice. Tofu Stir Fry available for Vegetarian guests upon request. Includes your choice of side salad in addition to a treat and drink for the group.

AM AND PM BREAKS

Pick any three of the following items for your AM or PM Break. \$10/serving. Min 15 with \$10 delivery fee. Min 20 for free local delivery.



Hot Coffee & Tea

Assorted Cold Drinks on Ice

Water, Assorted Sparkling Waters, Fresca, Diet Coke, and Zevia sodas

Cold Brew Coffee and Iced Tea

Citrus & Berry Salad

fresh orange and grapefruit segments and mixed berries

Fresh Fruit Salad

melon, pineapple, grapes, and mixed berries

Crudité Tray

carrot, celery, cucumber, bell pepper, broccoli, and grape tomato with Homemade Lemon-Tahini Hummus and Ranch Dip

Best Ever Deviled Eggs

Classic recipe finished with smoked paprika. Vegetarian.

Cheese and Sausage Tray with crackers

Caprese Skewers

Fresh Grape Tomato, Basil leaves, and Fresh Mozzarella with sea salt, cracked pepper, balsamic reduction, and olive oil

Antipasto Skewers

Green olives, cherry tomato, fresh mozzarella, hard salami, provolone, artichoke heart, and pepperoncini all skewered and drizzled with garlic herb vinaigrette

Homemade Guacamole

with on side carrot & celery sticks and tortilla chips (vegan)

Loaded Twice Baked Mini Potato Bites

Baby new potatoes twice baked with cheddar, sour cream, bacon, and green onion stuffed inside, and a buttery sea-salt encrusted skin. Modifiable to vegetarian. A one or two bite delight!
2/serving, served warm.

Bacon-Wrapped Chicken Skewers

served hot with Ranch dressing on the side, 2/person

Stuffed Mushrooms

Cheesy Bacon Stuffed Mushrooms or Roasted Red Pepper & Parmesan, 2/person

Bacon Wrapped Cheesy Jalapeno Poppers, 2/person

Hot Spinach & Artichoke Dip

with on side carrot & celery sticks and tortilla chips

Asian Meatballs, 3/person

Pumpkin & Cream Cheese Muffins

GF, low carb, made with almond flour & no added sugars

Cheesecake Bars

Chocolate Cookie or Key Lime; made with almond nut crust (GF & low carb)

Chocolate Covered Peanut Butter Bars

Gluten Free, Low Carb, No added sugars

Chocolate Chip Cookies

Traditional recipe, nut free

DINNER

One menu option per every 20 people please. \$200 subtotal required for free local delivery.
Real dinnerware and flatware as well as buffet set up/take down are included.

Includes your choice of side salad, 1 appetizer from below, and an assortment of mini desserts(Cookie Cheesecake Bars, Key Lime Cheesecake Bars, and Chocolate Covered Peanut Butter Bars.)

Cheese Board-

Our favorite cheeses from Wisconsin and Europe, Hard Salami and Prosciutto, green and Kalamata olives, cherry tomatoes, grapes, fresh berries, dried fruits, and mixed premium nuts, all artistically arranged and served with crackers.

Shrimp Cocktail-

Served with lemon wedges and keto cocktail sauce.

Caprese Skewers-

fresh mozzarella, ripe cherry tomato and fresh basil leaves drizzled with balsamic reduction & extra virgin olive oil, finished with sea salt and cracked pepper.

Crudite Tray-

carrot, celery, cucumber, bell pepper, broccoli & grape tomatoes with homemade ranch dip and homemade lemon-tahini hummus



POULTRY ENTRÉES

- Creamy Artichoke Chicken – \$24.45

Creamy artichoke, garlic, Parmesan, & white wine sauce smothering juicy grilled chicken breast. Served with garlicky, buttery smashed baby red potatoes and grilled asparagus. Finished with Parmesan, fresh basil, microgreens, and lemon twist.

- Grilled Chicken, Halloumi Cheese, and Veggie Skewers – \$25.25

with seasoned & grilled sweet onions, bell peppers, zucchini, eggplant, and grape tomato. Finished with extra virgin olive oil and balsamic reduction. Served with our cranberry & almond wild rice pilaf and buttery cauliflower purée

- Chicken Breast with Pesto Cream Sauce – \$24.75

Juicy grilled chicken breast smothered in creamy basil pesto cream sauce, served on sautéed garlic butter courgetti, with thyme roasted cherry tomatoes, Parmesan, and quartered, roasted potatoes

- Chicken Marsala – \$25.25

Tender chicken topped with creamy marsala wine sauce & mushrooms, served with garlicky, buttery smashed baby red potatoes and blistered cherry tomatoes

SEAFOOD ENTRÉES

- Oven Baked Salmon – \$25.95

Lemon, thyme & butter baked wild caught salmon filet served with our cranberry almond wild rice pilaf or garlic butter smashed baby reds, with grilled zucchini & summer squash & lemon wedge.

- Oven Baked Salmon with Dijon & Creme fraiche – \$26.45

Oven baked wild caught salmon filet topped with dijon & creme fraiche sauce, leeks & capers. Served with grilled asparagus and garlic butter smashed baby reds.

- Butter Baked Cod – \$24.45

Simply seasoned cod filets with smoked paprika, lemon, parsley & drawn butter. Served with smashed garlic butter baby reds, grilled asparagus, and lemon wedge.

- Chipotle Lime Grilled Jumbo Shrimp Skewers – \$29.45

Topped with pineapple mango salsa, and served with a side of cilantro crema, lime wedge, cilantro lime basmati rice, and grilled zucchini & summer squash

- Garlic & Herb Grilled Rainbow Trout Filet – \$24.45

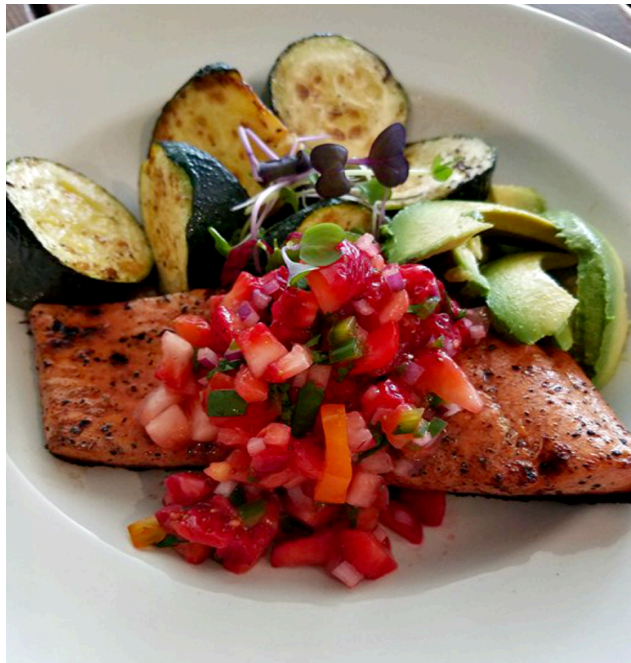
Served with lemon & drawn butter, cranberry almond wild rice pilaf, and grilled zucchini & summer squash

- Grilled Mahi Mahi with Pineapple Mango Salsa – \$26.45

Cilantro & lime marinated Mahi grilled & topped with our sweet & slightly spicy Pineapple Mango Salsa, over cilantro lime basmati rice, with grilled garlic butter zucchini & summer squash on the side

- Garlic Butter Grilled Jumbo Shrimp Skewers – \$28.45

Served with cranberry almond wild rice pilaf, grilled zucchini & summer squash, and lemon wedge.



BEEF ENTRÉES

- Beef Tenderloin Kebabs – \$29.45

Marinated choice beef tenderloin skewered & grilled with colorful bell peppers & sweet onions. Served over garlic butter smashed baby reds and creamy baked spinach gratin

- Cilantro Lime Grilled Flank Steak – \$27.45

Cilantro & lime marinated flank steak grilled to medium rare, sliced thin, topped with salsa verde & queso fresco. Served over cilantro lime basmati rice, with grilled zucchini & summer squash on the side. (Fee for on site grilling may apply.)

- Braised Short Ribs – \$27.45

Red wine braised fork-tender short ribs served with garlic butter smashed baby red potatoes and rustic roasted carrots, finished with pan jus & microgreens

- Corned Beef & Cabbage – \$26.45

Slow roasted corned beef brisket served sliced with on side horseradish-dijon sauce, braised cabbage, smashed garlic butter baby red potatoes, soda bread, and rustic roasted carrots.



PORK ENTRÉES

- Apple, Cranberry & Goat Cheese Stuffed Pork Tenderloin – \$26.45

Juicy roasted pork tenderloin stuffed with creamy goat cheese and apple, cranberry, garlic & fennel compote. Served sliced with port wine & pan jus reduction. Includes creamy garlic butter cauliflower puree and rustic roasted carrots

- Bacon Wrapped Pork Tenderloin – \$25.00

Simply seasoned pork tenderloin wrapped with bacon, grilled and finished with red wine cranberry sauce, served with garlic butter smashed baby red potatoes and rustic roasted carrots

- Fork Tender BBQ Ribs – \$26.45

Tender St. Louis style fall-off-the-bone bbq ribs served with garlic butter smashed baby red potatoes, tangy cole slaw, and corn bread

VEGETARIAN ENTRÉES

- Stuffed Portobello – \$23.45

Grilled portobello mushroom stuffed with crumbled blue cheese, caramelized onions, sautéed mushrooms & balsamic reduction. Served with smashed garlic butter baby red potatoes and grilled asparagus

- Greek Quinoa Salad Stuffed Red Bell Pepper – \$23.45

Tender roasted whole red bell peppers stuffed with our Greek Quinoa Salad [seasoned quinoa, feta, kalamata olive, tomato, parsley, lemon] and topped with lemon-tahini sauce, fresh basil & parsley. Served with smashed baby red potatoes and rustic roasted carrots.



- Grilled Vegetable & Halloumi Kebabs – \$23.45

Halloumi grilling cheese, bell pepper, sweet onions, grape tomato, eggplant, and zucchini simply seasoned, grilled, and finished with balsamic reduction. Served over cranberry almond wild rice pilaf and baked spinach gratin.

- Courgetti [or Fettuccini] Alfredo – \$22.45 FETTUCINI / \$23.45 COURGETTI

Our fabulous homemade alfredo sauce smothering courgetti or fettuccini noodles. Served with roasted & blistered cherry tomatoes and grilled asparagus.

- Pad Thai with Grilled Tofu (Vegan) – \$22.45 RICE NOODLES / \$23.45 COURGETTI

Homemade Peanut Pad Thai sauce tossed with your choice of rice noodles or courgetti, with marinated & grilled locally made tofu, basil, cilantro, bean sprouts, crushed roasted peanuts, diced red bell pepper, and lime wedge on the side.

