BREKKFAST

soaring eagle
$8.95 per person
Individual yogurts
Granola
Individual oatmeal cups
Fresh fruit salad
Assorted bottled juices
Freshly brewed coffee

golden eagle
$9.20 per person
Individual yogurt parfaits
Homemade bake shop coffee cake
Assorted bagels and cream cheese
Assorted bottled juices
Freshly brewed coffee

eagle on the fly
$7.60 per person
Mini scones
Mini muffins
Fresh fruit salad
Assorted bottled juices
Freshly brewed coffee

a-la-carte

Bowl of granola $2.70/p
Assorted whole fruit $1.65/ea
Bowl of Frosted Flakes $3.00/ea
Bowl of Rice Krispies $3.00/ea
Bowl of Kashi $3.00/ea
Bowl of Special K $3.00/ea
Cup of oatmeal $3.20/ea
Individual yogurt $2.40/ea
Nutrigrain bar $2.10/ea
Assorted tea breads $9.60
Bagel w/ cream cheese $2.80/ea
Blueberry mini muffins $15.55/dz
Cinnamon coffee cake mini muffins $15.55/dz

a-la-carte

bowl of granola $2.70/p
bowl of frosted flakes $3.00/ea
bowl of rice krispies $3.00/ea
bowl of kashi $3.00/ea
bowl of special k $3.00/ea
cup of oatmeal $3.20/ea
individual yogurt $2.40/ea
nutrigrain bar $2.10/ea
assorted tea breads $9.60
bagel w/ cream cheese $2.80/ea
blueberry mini muffins $15.55/dz
cinnamon coffee cake mini muffins $15.55/dz

ADD-ONS

beverages
Coffee service (reg/decaf) $23.35/10p
Tea service $23.35/10p
Minute Maid orange juice $2.85/ea
Minute Maid mixed berry juice $2.85/ea
Bottled water $2.10/ea
Milk (Skim/2%) $1.35/ea
Canned soda $2.40/ea

snacks + sweets
Kettle chips $1.90/ea
Bag of pretzels $1.90/ea
Fresh fruit salad $4.45/ea
Assorted whole fruit $1.65/ea
Brownie square $1.80/ea
Jumbo cookie of the day $2.85/ea

heights express

AVAILABLE 8AM-5:45PM, Monday-Friday

HOW TO ORDER:
1. Order online at bc.edu/heightsexpress
2. Create an order name and select a delivery date. We require 36-hour lead time on all orders.
3. Select your delivery location. We conveniently deliver your order right to you.
4. Select your menu choices.
5. Complete payment information ($30 minimum per order).

For assistance, please call the Heights Catering Office at (617) 552-3175.

Orders Under 36-Hour Lead Time: Need a box of coffee, breakfast or lunch for a meeting that day? Dining to Go is a quick and convenient service ideal for small gatherings. Order online and your food will be ready for pick up at several convenient campus locations. Visit bc.edu/diningtogo to learn more.

Full-Service & Large Events: The Heights Catering team is here to help you plan everything from a large reception to an intimate waited luncheon. Call Event Management at 617-552-0311.

Menu items and prices subject to change.
LUNCH MENU

salads
- Baby spinach salad with zinfandel and ranch dressings $5.40/ea
- Classic Caesar salad $4.85/ea
- Chef Salad with zinfandel and ranch dressings $8.15/ea
- Marinated vegetable salad $5.40/ea
- Red Bliss potato salad $2.40/ea
- Salad of mixed greens served with balsamic and ranch dressings $5.40/ea

sandwiches & wraps $7.55 each
- Grilled Tuscan chicken sandwich
- Smoked turkey & cheddar on cranberry bread with lettuce, tomato and honey mustard
- Ham & Swiss on marble rye with lettuce, tomato & Dijon sauce
- Ham & cheese wrap
- Roast beef wrap
- Italian sub with salami, Capicola, mortadella, provolone and lettuce topped with olive oil & vinegar
- Italian wrap with salami, Capicola, mortadella, provolone, ettuce, oil & vinegar dressing
- Tuna salad wrap
- Grilled portobella mushrooms on country bread with Havarti, baby spinach, tomato, sliced red onion & balsamic dressing
- Caprese sandwich with fresh mozzarella, sliced tomatoes, field greens and pesto vinaigrette on focaccia bread
- Grilled vegetable wrap

LUNCH PACKAGES

salad platter (1) $13.10 per person
- Tuna salad
- Chicken salad with grapes
- Whole fruit
- Congo bar squares
- Chocolate shortbread cookies
- Bottled water
- Assorted canned soda

wrap express $12.25 per person
- Grilled veggie wraps
- Ham and cheese wraps
- Turkey club wraps
- Roast beef wraps
- Chicken Caesar wraps
- Red bliss potato salad
- Congo bar squares
- Brownie squares
- Bottled water + assorted canned soda

salad platter (2) $13.10 per person
- Lo mein noodle salad with grilled beef, snap peas, carrots and sprouts
- Sesame spinach salad with grilled chicken, Mandarin oranges, and fried wonton strips
- Whole fruit
- Congo bar squares
- Chocolate shortbread cookies
- Bottled water + assorted canned soda

california dreamin’ $15.60 per person
- Roast beef on sourdough bread
- Grilled chicken and brie on a wheat baguette
- Hummus, cucumber and feta on a roll
- Grilled Spring vegetable and Israeli couscous salad
- Brownie squares
- Bottled water + assorted canned soda

express box lunch $10.45 per person
- Ham on a roll
- Turkey on a roll
- Tuna on a roll
- Hummus, cucumber and feta on a roll
- Whole fruit
- Potato chips
- Cookies
- Bottled water + assorted canned soda

bc traditions $15.60 per person
- Smoked turkey on cran-apple bread
- Ham and Swiss cheese on marble rye
- Grilled portobella on Tuscan bread
- Pasta salad
- Apple caramel bars
- Brownie squares
- Cookies
- Bottled water + assorted canned soda

italian luncheon $15.65 per person
- Traditional Italian sub
- Grilled Tuscan chicken sandwich
- Caprese sandwich
- Caesar salad
- Potato chips
- Almond biscotti
- Chocolate biscotti
- Bottled water + assorted canned soda

heights express deli $13.10 per person
- Platter of turkey, ham and roast beef
- Platter of American, Swiss and provolone cheeses
- Platter of lettuce, tomato, onion and pickles
- Assorted breads and rolls
- Granny Smith and Royal Gala apples
- Potato chips
- Jumbo cookie
- Bottled water + assorted canned soda

HOT LUNCH

quick serve express $21.35 per person
- Mixed green garden salad
- Chicken Marsala with mushrooms
- Penne primavera
- Ciabatta dinner rolls
- Cookie of the day

hearty mid-day $21.95 per person
- Caesar salad
- Baked chicken parmesan
- Grilled vegetable lasagna
- Garlic bread
- Cookie of the day

BREAK PACKAGES

big dipper $10.20 per person
- Tortilla chips, homemade potato chips and pretzels with layered Mexican dip
- Vegetable platter with veggie dip
- Fruit platter with honey lime yogurt dip

vermont $9.15 per person
- Aged Vermont cheddar served with crackers and sliced local apples
- Bowl of mixed nuts
- Cold apple cider

mediterranean $9.15 per person
- Plain hummus
- Roasted red pepper hummus
- Pita chips
- Feta cheese with herbed olive oil
- Marinated olives
- Baby carrots
- Red & green peppers
- Tzatziki dip
- Bowl of smoked almonds

SMALL PLATES

Sliced fruit platter $4.45/p
- Crudite tray $4.20/p
- Cheese board $5.20/p

SEASONAL MENU ITEMS AVAILABLE AT BC.EDU/HEIGHTSEXPRESS