



## BREAKFAST

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

## ADD-ONS

### beverages

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

### snacks + sweets

|                         |                  |
|-------------------------|------------------|
| Kettle chips            | <b>\$1.90/ea</b> |
| Bag of pretzels         | <b>\$1.90/ea</b> |
| Fresh fruit salad       | <b>\$4.45/ea</b> |
| Assorted whole fruit    | <b>\$1.65/ea</b> |
| Brownie square          | <b>\$1.80/ea</b> |
| Jumbo cookie of the day | <b>\$2.85/ea</b> |



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

### HOW TO ORDER:

1. Order online at [bc.edu/heightsexpress](http://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](http://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.



## CATERING MENU

**BC.EDU/HEIGHTSEXPRESS**

**PREPARED FRESH ON CAMPUS.  
NO DELIVERY FEE.  
CONVENIENT PAYMENT  
THROUGH P-CARDS AND  
CREDIT CARDS.**



## LUNCH MENU

### salads

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

### sandwiches & wraps

**\$7.55 each**

|  |
|--|
| Grilled Tuscan chicken sandwich  |
| Smoked turkey club wrap  |
| 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 portabella 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  
Potato salad  
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 | <b>\$4.45/p</b> |
| Crudite tray         | <b>\$4.20/p</b> |
| Cheese board         | <b>\$5.20/p</b> |

**SEASONAL MENU ITEMS AVAILABLE  
AT [BC.EDU/HEIGHTSEXPRESS](http://BC.EDU/HEIGHTSEXPRESS)**