



# Build Your Own

**\$9.99 PER ATHLETE**  
PLUS COST OF PROTEIN

ALL MENUS MAY BE SERVED BUFFET STYLE OR INDIVIDUALLY WRAPPED

## PROTEIN (8 OZ)

- Grilled Chicken \$7
- Grilled Tofu \$7
- Grilled Pork tenderloin \$9
- Grilled Steak (sirloin) \$11
- Seared Tuna \$13
- Sauteed Seitan \$13
- Grilled Salmon \$15
- Grilled Steak (filet) \$19

## CARBS (4 OZ)

- Quinoa
- Barley
- Brown Rice
- Israeli Cous-Cous
- Roasted Fingerling Potato
- Whole Wheat Spaghetti
- Whole Wheat Penne
- Whole Wheat Linguini
- Mashed Sweet Potato
- Garlic Mashed Potato
- Sauteed Plantains
- Baked Polenta

## VEGGIES (4 OZ)

- Steamed Broccoli
- Steamed Cauliflower
- Steamed Asparagus
- Steamed Green Beans
- Steamed Baby Carrots
- Roasted Corn
- Sauteed Spinach
- Sauteed Kale
- Sauteed Collard Greens
- Sauteed Shitake Mushrooms
- Grilled Eggplant
- Sauteed Zucchini & Squash
- Roasted Butternut Squash

## SEASONING & SAUCES

- Salt & Pepper
- Blackening Seasoning
- Chimichurri
- Ponzu
- Roasted Red Pepper Sauce
- Spicy Peanut Sauce
- Honey Soy Sauce
- Honey, Lemon, Thyme
- White Bean Red Wine Sauce
- Salsa Verde
- Pico de Gallo
- Peach & Garlic Sauce
- Coconut Curry

## ADDITIONAL SIDES

### Sweet Potato Fries \$3.95

*Hand Cut & Baked*

### Pasta Salad \$3.95

*Whole Wheat Penne, Cherry Tomato, Spinach, Shredded Carrot, Broccoli, Red Onion in Italian Dressing*

### Brown Rice (4 oz.) \$3.95

*Prepared in Vegetable Stock*

### Cous-Cous (4 oz.) \$3.95

### Red Bliss Potato Salad \$3.95

*Red Bliss Potato, Turkey Bacon, Red Onion, Whole Grain, Mustard, Lite Mayo*

### Baked Potato \$4.95

*Served with Scallions, Sour Cream, and Cheddar Cheese*

### Garden Salad \$4.95

*Spring Mix, Cherry Tomato, Red Onion, Broccoli, Shredded Carrot, Whole Grain Croutons in a Balsamic Vinaigrette*

### Barley & Kale Salad \$4.95

*Barley, Kale, Cherry Tomato, Scallion in a Balsamic Dressing*

### House Salad \$4.95

*Spring Mix, Yellow & Red Tomato, Cucumber, Carrot in Low Fat Italian Dressing.*

### Spinach Salad \$5.95

*Spinach, Turkey Bacon, Cherry Tomato, Feta, Craisins, Low Fat Ranch Dressing*

### Fruit Salad \$5.95

*Mix of Seasonal Varieties*

### Wheat-berry Salad \$5.95

*Whole Wheat, Sunflower Seed, Red Pepper, Raisins in a Cilantro Lime Vinaigrette*

### Light Mac 'N Cheese \$5.95

*Whole Wheat Pasta in a Low-Fat Cheddar Sauce*

## ADDITIONAL BUFFET OPTIONS

PLEASE SELECT 1-2 ENTREES LISTED BELOW

### \$10 PER PERSON

#### GRILLED BUFFALO CHICKEN WRAP

Cal: 532 PRO: 46g CHO: 39g Fat: 22g

#### GRILLED CHICKEN CAESAR WRAP

Cal: 760 PRO: 63g CHO: 51g Fat: 33g

#### GRILLED CHICKEN SALAD ON WHOLE WHEAT

Cal: 460 PRO: 53g CHO: 37g Fat: 11g

#### TUNA SALAD ON WHOLE WHEAT

Cal: 704 PRO: 66g CHO: 89g Fat: 12g

#### GREEK SALAD ON WHOLE WHEAT ROLL UP

Cal: 380 PRO: 14g CHO: 43g Fat: 20g

#### BBQ CHICKEN SANDWICH

Cal: 660 PRO: 54g CHO: 68g Fat: 19g

#### HUMMUS, ROASTED KALE SUNDRIED TOMATO ROLL UP

Cal: 460 PRO: 22g CHO: 72g Fat: 16g

#### TURKEY BLT

Cal: 730 PRO: 52g CHO: 84g Fat: 32g

#### CHICKEN CHEESESTEAK

Cal: 5860 PRO: 52g CHO: 84g Fat: 42g

#### SANTA FE AVOCADO WRAP

Cal: 408 PRO: 15g CHO: 52g Fat: 25g

#### TURKEY TACO & RICE

Cal: 750 PRO: 33g CHO: 111g Fat: 19g

#### BLACKENED CHICKEN PRIMAVERA

Cal: 810 PRO: 85g CHO: 95g Fat: 10g

#### CHICKEN STIR FRY

Cal: 840 PRO: 76g CHO: 97g Fat: 15g

#### SWEET & SOUR CHICKEN

Cal: 1010 PRO: 66g CHO: 160g Fat: 12g

#### TURKEY MEATBALL MARINARA

Cal: 1180 PRO: 78g CHO: 130g Fat: 37g

#### TURKEY BOLOGNESE

Cal: 1030 PRO: 57g CHO: 145g Fat: 26g

#### CHICKEN ENCHILADA

Cal: 1280 PRO: 76g CHO: 180g Fat: 43g

#### BAKED WINGS (BBQ OR BUFFALO)

Cal: 770 PRO: 66g CHO: 130g Fat: 37g

### \$18 PER PERSON

#### TERIYAKI SALMON

Cal: 900 PRO: 76g CHO: 97g Fat: 20g

#### SIRLOIN STIR FRY

Cal: 840 PRO: 75g CHO: 97g Fat: 15g

#### SHRIMP SCAMPI

Cal: 880 PRO: 46g CHO: 139g Fat: 6g

#### TUNA SALAD ON WHOLE WHEAT

Cal: 1150 PRO: 88g CHO: 172g Fat: 18g

**\*\* ALL MENUS ARE CUSTOMIZABLE \*\***

**\*\* PRICES SUBJECT TO CHANGE DUE TO COVID \*\***

**\$20 Delivery**

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**WWW.HIGHBROWEVENTGROUP.COM**