

The background of the entire image is a photograph of a formal event, likely a wedding reception. It shows a long table covered with a black tablecloth, set with white plates, glassware, and small glass bottles containing a green liquid. In the foreground, a plate features a small appetizer on a tartlet base, garnished with a blackberry and a slice of cucumber. To the right, a large, lush arrangement of white roses is visible. The image is framed by teal and red abstract shapes: a teal shape with a red outline in the top left, and a red shape with a teal outline in the bottom left. The text 'OAK & ESSENCE CATERING' is written in white in the top left corner.

OAK & ESSENCE  
CATERING

**LUXEWOOD**  
EVERYDAY CATERING



WELCOME TO  
OAK & ESSENCE  
CATERING

## OUR STORY

Where tradition intersects with innovation, Oak & Essence Catering embodies culinary excellence. Our journey started with a deep respect for the sturdy oak tree, symbolizing strength and resilience. Just as its branches stretch towards the sky, our mission is to elevate the rich culinary traditions to new heights, honoring their legacy and embracing modern creativity.

At Oak & Essence, we celebrate the timeless flavors and soulful dishes that have woven themselves into the tapestry of American culinary history. From the savory spices of Creole cuisine to the comforting warmth of Southern soul food, each dish tells a story of heritage and passion. Our chefs, inspired by generations of culinary wisdom, infuse these traditions with bold, modern twists that capture the essence of our diverse world.

We believe in the power of flavors to connect people across cultures and continents. Our menus are crafted with meticulous attention to detail, offering a journey through global tastes that awaken the senses and ignite the palate. Whether it's a corporate gathering, a wedding celebration, or an intimate soirée, Oak & Essence Catering ensures every event is a masterpiece of flavor and sophistication.

Step into our sleek, modern kitchen where creativity meets precision. Here, innovation dances with tradition as we blend the robust spices of the Caribbean with the delicate flavors of Asia, and the hearty textures of Africa with the refined tastes of Europe. Each dish is a harmonious symphony of flavors, carefully curated to delight and inspire.

Beyond the culinary artistry, Oak & Essence Catering is committed to excellence in every aspect of our service. From the first consultation to the final bite, we strive to exceed expectations, creating unforgettable dining experiences that leave a lasting impression. Our dedication to quality, hospitality, and innovation sets us apart, ensuring that your event is not just memorable, but truly exceptional.

Join us at Oak & Essence Catering, where tradition meets innovation, and every bite tells a story of flavor, culture, and the timeless spirit of the oak.

## BRAND PROMISES

1. Flavorful Essence: We promise to infuse every dish with the flavorful essence of Black American culinary traditions, complemented by bold, global inspirations.
2. Innovative Branches: We promise to innovate like the mighty oak, blending traditional flavors with modern twists that surprise and delight, ensuring each bite is a culinary revelation.
3. Sleek Elegance: We promise a catering experience that exudes sleek elegance, from our sophisticated presentation to our impeccable service, setting the stage for an unforgettable event.
4. Deep Roots: We promise to uphold our roots in quality, sourcing the finest ingredients and crafting each dish with passion and precision and in service, providing impeccable attention to detail to your event from idea to execution.

At Oak & Essence Catering, these promises embody our commitment to culinary excellence, innovation, and creating unforgettable oak-periences that stand the test of time.



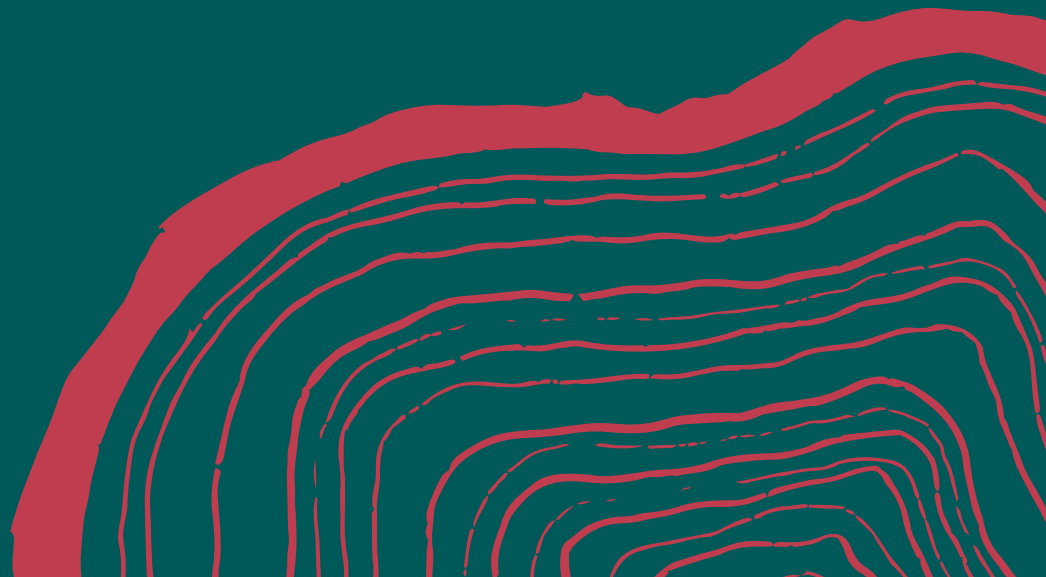
# OUR TIERS OF SERVICE

At Oak & Essence, we epitomize a fusion of tradition and innovation, drawing inspiration from the enduring strength of the oak tree. Like its resilient branches, our mission is to elevate every culinary affair to unparalleled levels of sophistication and excellence.

Throughout this guide, we delve into the nuances of menu curation, explore cutting-edge culinary trends that seamlessly blend global flavors with timeless elegance, and provide strategic insights for seamless event management. Whether you're a seasoned professional seeking to refine your skills or an aspiring host aiming for perfection, our objective is to empower you with the refined knowledge and creativity to surpass expectations.

Join us on a journey where tradition meets modernity, and where each event crafted by Oak & Essence Catering reflects our unwavering commitment to exceptional taste, style, and impeccable service.

Oak & Essence Catering offers a comprehensive range of catering tiers, each inspired by the intricate growth rings of an oak tree, symbolizing strength, growth, and timeless elegance. Beginning with **BRIGHTWOOD**, our zero-touch catering tier, we provide a seamless and safe dining experience, ensuring convenience without compromise. **BLOOMWOOD** caters specifically to student organizations, offering cost-conscious options that maintain sophistication and flavor, nurturing the growth of vibrant student communities. **LUXEWOOD** stands as our versatile everyday tier, renowned for its punctuality and ability to adapt, whether through boxed catering or lavish buffets, ensuring every event is executed flawlessly. Finally, **HEARTWOOD** represents the epitome of luxury and prestige in catering, reminiscent of presidential dining experiences, offering custom menus, luxurious settings, and unmatched service to meet the highest expectations of our distinguished clientele. Oak & Essence Catering promises not just exceptional dining but an expression of enduring quality and refinement, tailored to elevate every occasion with elegance and distinction.





# LUXEWOOD

## Everyday Catering

Luxewood embodies Oak & Essence's commitment to excellence, offering an everyday catering experience that mirrors the strong, distinctive growth rings of an oak tree. Inspired by the dense, sturdy latewood rings that signify maturity, resilience, and the Luxe Life™ dining experience, this tier is crafted to surpass expectations and meet the diverse needs of any event.

### Features

- Exquisite Culinary Creations: Indulge in a curated selection of gourmet dishes and chef-inspired creations that elevate your event's dining experience.
- Versatile Service Options: From elegantly plated meals to lavish buffet spreads and convenient craft catering, Luxewood provides flexibility to cater to any occasion.
- Punctuality and Precision: True to its name, Luxewood ensures timely delivery and meticulous service, ensuring your event runs smoothly and seamlessly.
- Luxurious Presentation: Experience sophistication in every detail with everyday tableware, elegant decor, and impeccable presentation that leaves a lasting impression.
- Customization and Flexibility: Tailor your menu and service style to suit your event's theme, preferences, and dietary requirements, ensuring a personalized and memorable experience.
- Exceptional Service: Our dedicated team of professionals is committed to providing exemplary service and exceeding your every expectation.

Luxewood represents more than just catering; it embodies the depth of experience and dedication that Oak & Essence brings to every event. With a focus on quality, innovation, and reliability, Luxewood ensures that your event is not only memorable but also reflects the enduring strength and growth represented by the latewood rings of an oak tree.



# WELCOME

There are both big decisions and little details to attend to as you prepare for your upcoming catered event. Let Oak & Essence Catering by Thompson Hospitality guide you, from designing the perfect menu to personalizing all the details of your unique gathering.

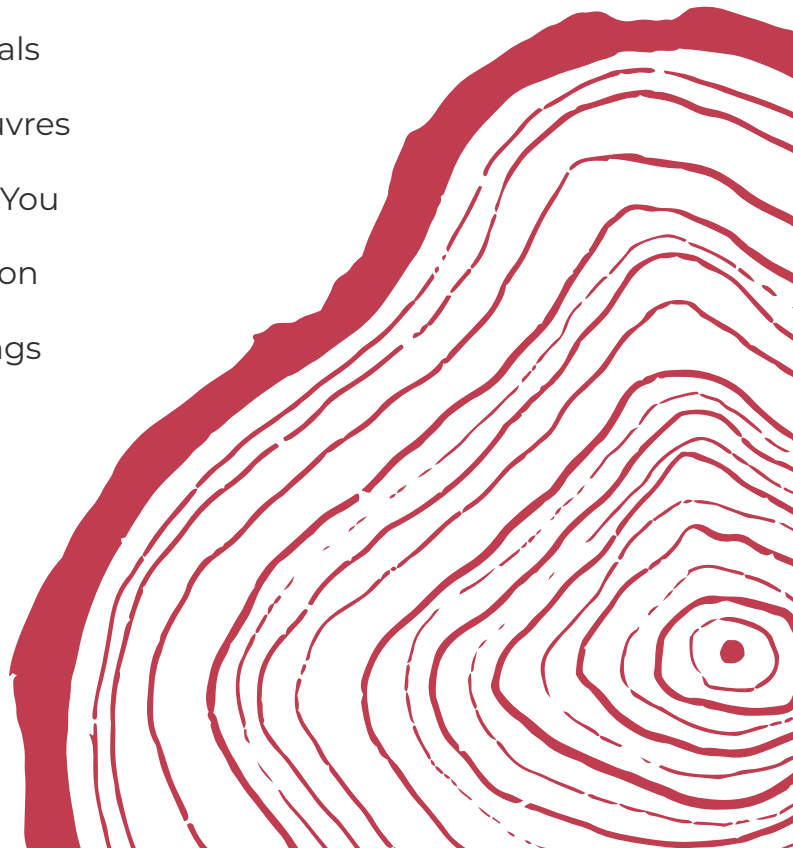
Our catering services can accommodate any size, theme, or individual requirements, in virtually any location- on or off campus.

We'll work with you to create a custom gathering menu inspired by your unique needs that will leave a lasting impression on your guests. All menus will follow the Thompson Hospitality culinary philosophy; authentic recipes using the freshest, seasonal ingredients.

Waiter service, buffet, small plates and internationally-inspired specialty stations; all served in your style! And because you've entrusted your event to Oak & Essence Catering by Thompson Hospitality, the food will be unmatched, the service spectacular, and the event will be unforgettable!

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FUEL YOUR DAY.





## GREET YOUR DAY

*Requires a minimum of 12 people.*

### **Continental Breakfast**

**Per Person**

**\$9.99**

Assorted Breakfast Pastries and Bagels  
Seasonal Fresh Fruit Display  
Regular and Decaf Coffee, Assorted Hot Teas  
Orange Juice

(Cals: 240-340)  
(Cals: 60)  
(Cals: 0)  
(Cals: 120)

### **Energy Breakfast**

**\$12.99**

Egg White Scrambled with Potato, Spinach  
and Tomato  
Seasonal Fresh Fruit And Greek Yogurt Bar  
with Granola  
Regular and Decaf Coffee, Assorted Hot Teas  
Orange Juice

(Cals: 240)  
(Cals: 60-370)  
(Cals: 0)  
(Cals: 120)

### **Traditional Breakfast**

**\$14.99**

**Choice of** French Toast or Buttermilk Pancakes  
Scrambled Eggs  
**Choose 2:** Bacon, Pork, Turkey, or Veggie Sausage  
Seasoned Breakfast Potatoes  
Seasonal Fresh Fruit Display  
Fresh Breakfast Pastries to include assortment of  
Mini Croissants, Muffins or Danishes  
Regular and Decaf Coffee, Assorted Hot Teas  
Orange Juice

(Cals: 170-240)  
(Cals: 190)  
(Cals: 45-80)  
(Cals: 120)  
(Cals: 60)  
(Cals: 130-210)  
(Cals: 0)  
(Cals: 120)

## Build Your Own Breakfast Salad

**Per Person**

\$13.99

### Choice Of Greens (Choose 2):

|              |            |
|--------------|------------|
| Kale         | (Cals: 35) |
| Arugula      | (Cals: 0)  |
| Baby Spinach | (Cals: 0)  |

### Proteins (Choose 1):

|                    |            |
|--------------------|------------|
| Egg White          | (Cals: 60) |
| Thick Cut Bacon    | (Cals: 45) |
| Marinated Soy Bean | (Cals: 25) |

### Dressings (Choose 1):

|                        |            |
|------------------------|------------|
| Everything Bagel Spice | (Cals: 20) |
| Tarragon Lemon         | (Cals: 15) |
| Buttermilk Ranch       | (Cals: 50) |

### Toppings (Choose 4):

|                  |            |
|------------------|------------|
| Tomato           | (Cals: 10) |
| Red Onion        | (Cals: 5)  |
| Cheddar          | (Cals: 30) |
| Swiss            | (Cals: 25) |
| Bell Pepper      | (Cals: 5)  |
| Roasted Mushroom | (Cals: 70) |
| Sweet Potato     | (Cals: 50) |
| Peas             | (Cals: 30) |
| Asparagus        | (Cals: 20) |
| Avocado          | (Cals: 60) |

## Toast Bar

**Per Person**

\$13.99

### Choice Of Bread (Choose 1):

|                   |             |
|-------------------|-------------|
| Artisan Sourdough | (Cals: 130) |
| Rye               | (Cals: 110) |
| Tuscan Breads     | (Cals: 75)  |

### Spreads (Choose 2):

|                        |             |
|------------------------|-------------|
| Sweet or Savory        | (Cals: 10)  |
| Marmalade              |             |
| Za'tar Spiced Chickpea | (Cals: 80)  |
| Hummus with Onion      |             |
| White Bean Hummus      | (Cals: 130) |
| Mushroom Ragout        | (Cals: 90)  |

### Toppers (Choose 1):

|                 |            |
|-----------------|------------|
| Toasted Cashews | (Cals: 40) |
| Chia Seeds      | (Cals: 25) |
| Sunflower Seeds | (Cals: 45) |

### Toppings (Choose 4):

|                       |            |
|-----------------------|------------|
| Pickled Red Onion     | (Cals: 10) |
| Pickled Radish        | (Cals: 35) |
| Roasted Eggplant      | (Cals: 25) |
| Roasted Cherry Tomato | (Cals: 50) |
| Roasted Carrot        | (Cals: 40) |
| Marinated Artichoke   | (Cals: 25) |
| Marinated Cucumber    | (Cals: 25) |
| Arugula               | (Cals: 0)  |
| Fresh Mozzarella      | (Cals: 90) |



## TABLE D'HOTE

*Requires a minimum of 12 people.*

|                                                  |                 | <b>Per Person</b> |
|--------------------------------------------------|-----------------|-------------------|
| Assorted Bagels and Spreads                      | (Cals: 240-340) | \$4.99            |
| Freshly-Baked Croissants                         | (Cals: 350)     | \$3.99            |
| Assorted Danish                                  | (Cals: 270-390) | \$4.99            |
| Assorted Freshly Baked Muffins                   | (Cals: 140-420) | \$2.99            |
| Yogurt Parfait With Fresh Berries and Granola    | (Cals: 250)     | \$5.99            |
| Overnight Oats                                   | (Cals: 300-540) | \$2.99            |
| Avocado Toast                                    | (Cals: 230-270) | \$4.99            |
| Bacon                                            | (Cals: 60)      | \$2.99            |
| Pork Sausage                                     | (Cals: 70)      | \$2.99            |
| Turkey Sausage                                   | (Cals: 50)      | \$2.99            |
| Veggie Sausage                                   | (Cals: 40)      | \$2.99            |
| Ham                                              | (Cals: 70)      | \$2.99            |
| Seasonal Fresh Fruit Display                     | (Cals: 60)      | \$5.99            |
| Ham & Swiss Cheese Quiche                        | (Cals: 390)     | \$2.99            |
| Greek Yogurt                                     | (Cals: 70-90)   | \$3.99            |
| Tuscan Kale, Roasted Pepper & Goat Cheese Quiche | (Cals: 230)     | \$2.99            |
| Hard Boiled Hen Eggs                             | (Cals: 70)      | \$1.99            |
| Ancient Grain Oatmeal                            | (Cals: 65)      | \$2.99            |
| Smoked Salmon Platter                            | (Cals: 70)      | \$9.99            |

# HAND CRAFTED EGG SANDWICHES

*All Sandwiches can be made on a Croissant, Buttermilk Biscuit, Wrap or English Muffin. Requires a minimum of 12 people.*

## **Continental Breakfast**

|                                                    |             |                             |
|----------------------------------------------------|-------------|-----------------------------|
| Bacon and Cage-Free Egg on a Fresh English Muffin  | (Cals: 350) | <b>Per Person</b><br>\$4.99 |
| Cage-Free Egg and Cheese on a Fresh English Muffin | (Cals: 280) | \$4.99                      |
| Fried Chicken on a Buttermilk Biscuit              | (Cals: 560) | \$4.99                      |
| Tomato and Cage-Free Egg on a Whole Wheat Wrap     | (Cals: 570) | \$5.99                      |
| Cage-Free Egg and Bacon on a Croissant             | (Cals: 390) | \$6.99                      |
| Hot Ham and Cheese on a Buttermilk Biscuit         | (Cals: 510) | \$4.99                      |



# BAIANCED BREAKS

*Requires a minimum of 12 people.*

## **Chips And Salsa**

Lime & Sea Salt Tortilla Chips  
Housemade Tomato Salsa  
Avocado Guacamole

(Cals: 100)  
(Cals: 10)  
(Cals: 110)

## **Per Person**

\$4.99

## **Fruit & Nut Bar**

Selection of Lightly Salted Nuts

(Cals: 45-50)

\$4.99

## **Popcorn Trio**

Spicy Chili, Herb & Rosemary and Regular Popcorn

(Cals: 140-200)

\$5.99

## **Mezze Spreads**

Crisp Vegetables & Pita Chips  
Yellow Lentil Hummus  
Classic Chick Pea Hummus

(Cals: 40-80)  
(Cals: 60)  
(Cals: 30)

\$9.99





## SWEETS AND TREATS

*Requires a minimum of 12 people.*

|                                                                                        |                 |                                   |
|----------------------------------------------------------------------------------------|-----------------|-----------------------------------|
| Assorted Freshly Baked Cookies                                                         | (Cals: 170-210) | <b>Price Per Dozen</b><br>\$16.00 |
| Housemade Fudge Brownies                                                               | (Cals: 200)     | \$18.00                           |
| <b>Choose 1 Dessert Bar:</b><br>Smore's Bar, Blondie, M&M Blondie,<br>Pecan, Lemon Bar | (Cals: 110-320) | \$19.99                           |
| Individually Wrapped Granola Bars                                                      | (Cals: 190)     | \$11.99                           |
| Fresh Whole Fruit                                                                      | (Cals: 30-110)  | \$9.99                            |
| Individually Bagged Chips                                                              | (Cals: 130-320) | <b>Price Per Bag</b><br>\$2.99    |
| Individually Bagged Popcorn                                                            | (Cals: 180)     | \$2.99                            |

## BEVERAGES

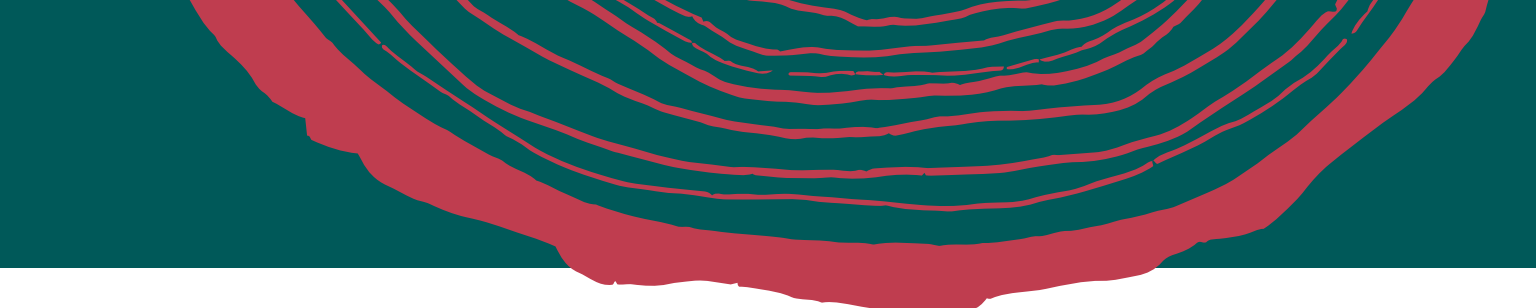
*Requires a minimum of 12 people.*

|                                                |           | <b>Per Gallon</b> |
|------------------------------------------------|-----------|-------------------|
| Freshly Brewed Regular or Decaffeinated Coffee | (Cals: 0) | \$6.79            |
| Hot Water and Assorted Teas                    | (Cals: 0) | \$7.69            |

## COLD BEVERAGES

*Requires a minimum of 12 people.*

|                       |              | Single            | 6 Pack | 12 Pack | Case    |
|-----------------------|--------------|-------------------|--------|---------|---------|
| Cold Canned Beverages | (Cals 0-190) | \$1.99            | —      | —       | —       |
| Cold Water Bottles    | (Cals: 0)    | \$2.99            | \$6.99 | \$12.99 | \$29.99 |
| Cold Iced Tea or      | (Cals 0-160) | \$9.99            | —      | —       | —       |
| Lemonade              |              | <i>Per gallon</i> |        |         |         |



## CLASSIC DELI BUFFET

*Your choice of three deli classics, two fresh cheese pairings, artisan-baked breads, chips or a side salad, housemade cookies and condiments. The classic deli buffet is accompanied by fresh veggies and the classic spreads that make a sandwich great. Requires a minimum of 12 people.*

**Per Person**  
\$13.99

### **Build Your Own Sandwich**

#### **Choose 3 Proteins:**

|                             |             |
|-----------------------------|-------------|
| Smoked Ham                  | (Cals: 180) |
| Turkey                      | (Cals: 75)  |
| Salami                      | (Cals: 300) |
| Roast Beef                  | (Cals: 75)  |
| Tuna Salad                  | (Cals: 190) |
| Cold Fried Tofu             | (Cals: 60)  |
| Seasonal Roasted Vegetables | (Cals: 50)  |

#### **Choose 2 Cheeses:**

|             |             |
|-------------|-------------|
| American    | (Cals: 90)  |
| Swiss       | (Cals: 90)  |
| Provolone   | (Cals: 100) |
| Pepper Jack | (Cals: 110) |
| Cheddar     | (Cals: 110) |

#### **Choose 1 Side:**

|                          |             |
|--------------------------|-------------|
| Housemade Chips          | (Cals: 100) |
| Quinoa & Tabbouleh Salad | (Cals: 260) |
| Small Garden Salad       | (Cals: 40)  |
| Chick Pea Tomato Salad   | (Cals: 80)  |

CHOOSE YOUR  
FAVORITE.





# LUNCH BUFFET

*Requires a minimum of 12 people.*

## **Artisan Sandwich Board**

*Your choice of 4-sandwiches served with chips and a side salad.*

**Per Person**

**\$15.99**

### **Choose 1 Side (Chips Included):**

- Chick Pea Tomato Salad (Cals: 80)
- Quinoa & Tabbouleh Salad (Cals: 260)
- Small Garden Salad (Cals: 40)

### **Choose 4 Sandwiches:**

Muffuletta Vegetarian Sandwich (Cals: 600)

Mediterranean Grilled Chicken, Sun-Dried Tomato Hummus Ciabtta (Cals: 890)

Cajun Roast Turkey with Pepperjack, Bermuda Onion, Cajun Mayo (Cals: 480)

Classic Italian, Pepperoni, Capicola, Salami & Provolone with Balsamic Hero (Cals: 730)

Avocado, Lettuce, Tomato on Wheat (Cals: 450)

Roast Beef Sub with American Cheese, Lettuce, Tomato, Onion (Cals: 540)

Turkey Bacon Ranch on Wheat with Pepper Jack & Ranch Dressing (Cals: 640)



# CRAFT LUNCHES

*Requires a minimum of 12 people.*

## **Express Box Lunch**

**Per Person**

**\$13.99**

*All sandwiches served on chef's selection of fresh bread and include fruit, your choice of a side salad or chips, canned soda, and freshly baked cookies.*

### **Available Sandwiches:**

|                                  |             |
|----------------------------------|-------------|
| Turkey Breast & Provolone Cheese | (Cals: 490) |
| Ham & Swiss                      | (Cals: 470) |
| Roast Beef & Cheddar             | (Cals: 440) |
| Grilled Veggie Wrap              | (Cals: 570) |
| Tuna Salad                       | (Cals: 580) |
| Grilled Mediterranean Chicken    | (Cals: 730) |

**Per Person**

**\$14.99**

## **Artisan Box Lunch**

|                                                                     |             |
|---------------------------------------------------------------------|-------------|
| Muffuletta Vegetarian Sandwich                                      | (Cals: 600) |
| Mediterranean Grilled Chicken, Sun-Dried Tomato,<br>Hummus Ciabatta | (Cals: 890) |
| Avocado, Lettuce, Tomato on Wheat                                   | (Cals: 450) |
| Roast Beef Sub, American Cheese, Lettuce, Tomato, Onion             | (Cals: 540) |
| Turkey Bacon Ranch on Wheat with Pepper Jack<br>& Ranch Dressing    | (Cals: 640) |

### **Choose 1 Side:**

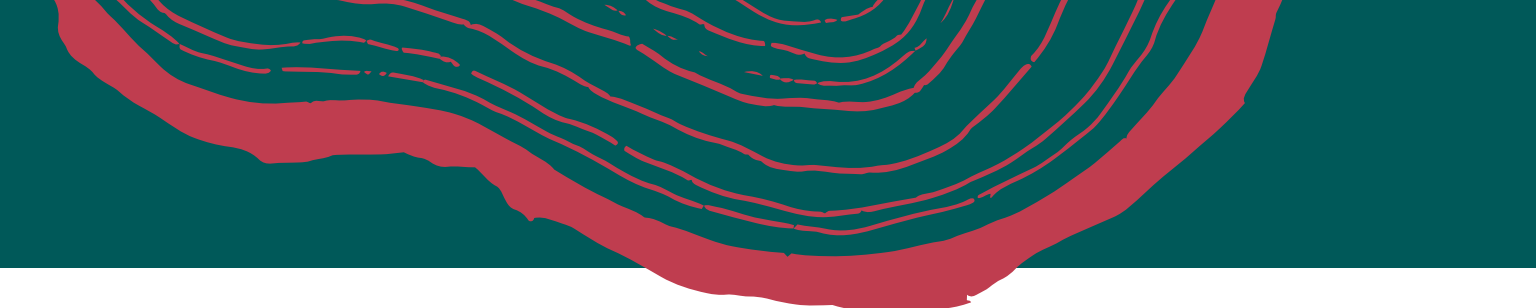
|                    |             |
|--------------------|-------------|
| Small Garden Salad | (Cals: 40)  |
| Chips              | (Cals: 100) |

*To simplify service for larger events, sandwich selections are limited based on guest count.*

*Groups of 10 or less: Select up to 2 sandwich choices.*

*Groups of 15 or more guests: Select up to 3 sandwich choices.*

*A vegetarian option may be added and will not count toward the sandwich selection.*



## CRAFT SALADS

*All salads include artisan crackers, choice of dressing (ranch, italian, or balsamic), cookies, canned soda, and disposable cutlery. Requires a minimum of 12 people.*

|                                                                                                                                 |             | Per Person |
|---------------------------------------------------------------------------------------------------------------------------------|-------------|------------|
| <b>Turkey Avocado Cobb Salad</b>                                                                                                | (Cals: 450) | \$14.99    |
| Mesclun greens with turkey, bacon, fresh avocado, cage-free hardboiled egg, black olives, onion, and house-made croutons        |             |            |
| <b>Blackened Chicken Caesar Salad</b>                                                                                           | (Cals: 430) | \$13.99    |
| Chopped romaine lettuce, blackened chicken, grated Parmesan cheese, and housemade croutons with our traditional Caesar dressing |             |            |
| <b>Traditional Chef's Salad</b>                                                                                                 | (Cals: 520) | \$12.99    |
| Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers, and crisp greens with creamy buttermilk dressing           |             |            |
| <b>Greek Salad with Grilled Chicken</b>                                                                                         | (Cals: 730) | \$13.99    |
| Grilled chicken, tomatoes, cucumbers, Kalamata olives, feta cheese, red onion, and mixed greens with a red wine vinaigrette     |             |            |
| <b>Mediterranean Grain Salad</b>                                                                                                | (Cals: 330) | \$12.99    |
| Orzo, barley, & farro with Kalamata olive, tomato & onion                                                                       |             |            |

## THEME MEALS: LITTLE ITALY

*Served with Caesar salad (Cals: 360) & housemade cookies (Cals: 170-200)  
& freshly baked garlic bread (Cals: 210). Requires a minimum of 12 people.*

**Per Person**  
\$22.99

Build Your Own

**Choose 1 Pasta:**

Spaghetti

(Cals: 111)

Fettucine

(Cals: 400)

Tortellini

(Cals: 280)

**Choose 1 Protein:**

Meatballs or Ground Beef

(Cals: 250)

Chicken Piccata

(Cals: 380)

Chicken Marsala

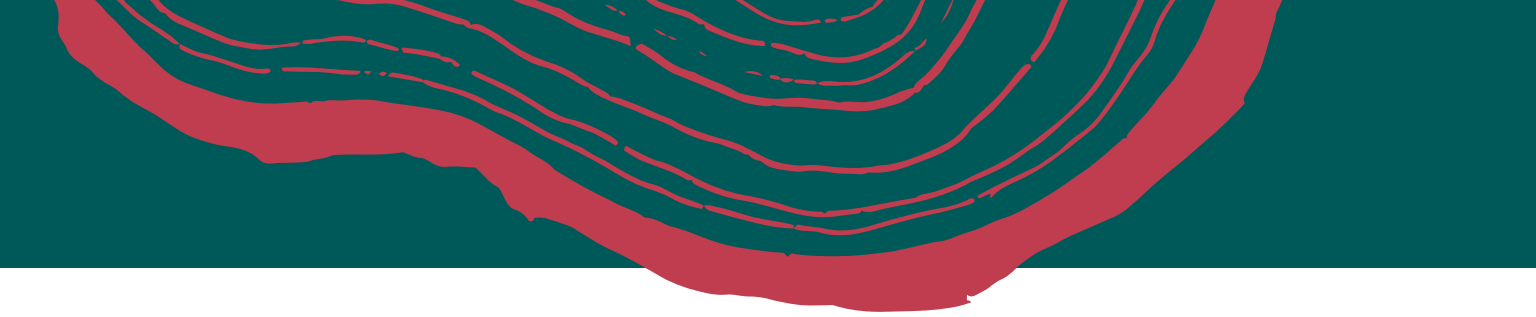
(Cals: 470)

Chicken Parmesan

(Cals: 220)

*Add an antipasto platter (Cals: 520): +\$8.99 per person*





# SOUTHERN DELIGHT

*Requires a minimum of 12 people.*

**Menu 1**

|                                           |             |
|-------------------------------------------|-------------|
| Herb Brined Turkey Breast with Sage Gravy | (Cals: 260) |
| Herb & Crusted Salmon                     | (Cals: 170) |
| Garlic Mashed Potatoes                    | (Cals: 130) |
| Roasted Brussels Sprouts                  | (Cals: 45)  |
| Tossed Garden Salad                       | (Cals: 40)  |
| Fudge Brownies                            | (Cals: 200) |

**Per Person**  
\$27.99

**OR**

**Menu 2**

|                                 |             |
|---------------------------------|-------------|
| Classic Carolina BBQ Chicken    | (Cals: 400) |
| Buttermilk Fried Chicken        | (Cals: 500) |
| Macaroni & Cheese               | (Cals: 330) |
| Green Beans                     | (Cals: 65)  |
| BBQ Baked Beans                 | (Cals: 270) |
| Lime Cilantro Cabbage Cole Slaw | (Cals: 120) |
| Cheddar Jalapeno Cornbread      | (Cals: 330) |
| Fudge Brownies                  | (Cals: 200) |

**Per Person**  
\$27.99





EXPAND YOUR  
TASTE.





## GRILL

*Includes assorted buns, lettuce (Cals: 0), tomatoes (Cals: 0), pickles (Cals: 0), onions (Cals: 5), condiments (Cals: 10-90), freshly baked cookies (Cals: 170-200), and brownies (Cals: 200) **Your choice of protein or proteins will be portioned across the total guest count.** Requires a minimum of 12 people.*

### Build Your Own

**Per Person**

\$15.99

#### Choose 3:

Hamburger (Cals: 340)  
Turkey Burger (Cals: 298)  
Veggie Burger (Cals: 280)  
Hot Dog (Cals: 480)  
BBQ Chicken (Cals: 630)

#### Choose 2:

Potato Salad (Cals: 170)  
Pasta Salad (Cals: 270)  
Coleslaw (Cals: 96)  
Mac & Cheese (Cals: 330)

## TASTE OF THE MEDITERRANEAN

*Requires a minimum of 12 people.*

**Per Person**

\$25.99

### Menu 1

#### Choice of Protein

Blackened Salmon with Lemon & Parsley (Cals: 140)

#### OR

Za'tar Roasted Chicken Breast (Cals: 240)

Whole Wheat Penne with Broccoli, Lemon & Garlic (Cals: 430)

Broccoli Rabe with Red Chili Flake & Roast Garlic (Cals: 15)

Chick Pea & Tomato Salad (Cals: 80)

**Per Person**

\$19.99

### Menu 2

#### Choice of Protein

Chermoula Spiced Chicken Skewers with Tzatziki Sauce (Cals: 350)

#### OR

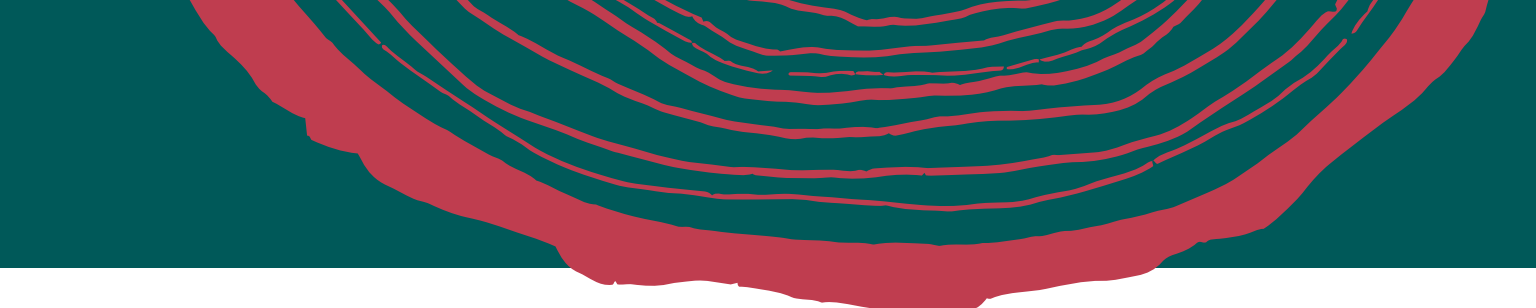
Kafta Meatballs on Tabbouleh with Red Chili Sauce (Cals: 310)

Mini Falafel with Tahini Sauce (Cals: 350)

Lentil Hummus with Grilled Pita Chips (Cals: 680)

Mezze Grilled & Marinated Vegetables with Hummus (Cals: 150)

Marinated Olives (Cals: 40)



# TACO HOUSE

Every Taco House meal includes access to our Churro Bar, featuring warm cinnamon sugar churros with an assortment of sweet dipping sauces.  
Requires a minimum of 12 people.

**Per Person**  
\$15.99

**Mini Al Pastor Tacos** (Cals: 170)  
Tender pork is slow-braised in a vibrant blend of sweet pineapple, smoky chipotle peppers, guajillo chiles, fresh citrus, garlic, and Mexican oregano

**Mini Carne Asada Tacos** (Cals: 280)  
Tender strips of marinated flank steak grilled over high heat and sliced thin, then served on warm corn tortillas. Marinated with fresh citrus, garlic, cilantro

**Mini Grilled Chicken Flautas Ancho Chili Crema** (Cals: 160)  
Crispy flour tortillas filled with seasoned shredded chicken and melted Monterey Jack cheese, fried until golden brown and topped with a creamy avocado crema and fresh house-made pico de gallo

**Mini Grilled Chicken Flautas Ancho Chili Crema** (Cals: 160)  
Crispy flour tortillas filled with seasoned shredded chicken and melted Monterey Jack cheese, fried until golden brown and topped with a creamy avocado crema and fresh house-made pico de gallo

**Taco de Res Sazonada** (Cals: 270)  
Crispy corn taco shells filled with flavorful seasoned beef, topped with crisp lettuce, shredded cheddar cheese, and diced tomatoes

**Sides**  
Black Bean And Corn Salad (Cals: 150) \$3.99  
Mexican Red Rice (Cals: 180) \$3.99  
Fresh Housemade Guacamole with Salsa (Cals: 120) \$3.99  
Baked Corn Tortilla Chips (Cals: 70) \$3.99

# ASIAN FUSION

**Per Person**  
\$22.99

Soba Noodle Salad with Miso Mustard Vinaigrette (Cals: 180)  
Shrimp Gyoza Chili Vinegar (Cals: 170)  
Pork Dumpling Hoisin Peanut Sauce (Cals: 180)  
Chili Tofu & Vegetables (Cals: 100)  
BBQ Hoisin Steak, Avocado, Scallion Lettuce Wraps (Cals: 270)  
Guacaname with Fried Wonton Crisps (Cals: 220)  
Pao Zaf Cold Vegetable Zoodle Salad (Cals: 360)  
Shrimp Poke (Cals: 680)

## HOT HORS D'OEUVRES

*Requires a minimum of 12 people.*

|                                                                                                                                                          |             | <b>Per Dozen</b> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------|
| Spanakopita                                                                                                                                              | (Cals: 160) | \$35.99          |
| Shrimp & Vegetable Spring Roll with Mongolian Sweet & Sour Sauce                                                                                         | (Cals: 80)  | \$39.99          |
| Vegetable Spring Roll with Mongolian Sweet & Sour Sauce                                                                                                  | (Cals: 90)  | \$39.99          |
| Mini Quiche with Apples, Cheddar & Cinnamon                                                                                                              | (Cals: 250) | \$35.99          |
| Heirloom Tomato, Torn Basil, Roasted Garlic, and Asiago Flatbread                                                                                        | (Cals: 290) | \$35.99          |
| Grilled Chicken & Cheddar Cheese Quesadilla                                                                                                              | (Cals: 200) | \$47.99          |
| Beef Empanadas with Avocado Dip                                                                                                                          | (Cals: 360) | \$47.99          |
| Thai Chicken Satay with Spicy Peanut Sauce                                                                                                               | (Cals: 110) | \$47.99          |
| Beef Sliders with Bacon Cheddar & Spicy Tomato Ketchup                                                                                                   | (Cals: 320) | \$59.99          |
| Tandoori Kebab                                                                                                                                           | (Cals: 120) | \$47.99          |
| Beef (Cals: 381) or Plant Based Meatballs (Cals: 255) with Barbeque or Sweet & Sour Sauce                                                                |             | \$35.99          |
| Chicken Wings: Lemon Pepper (Cals: 178), Buffalo (Cals: 350), Bbq (Cals: 259), Sriracha (Cals: 295), Hot Honey (Cals: 360), with your choice of dressing |             | \$24.99          |
| Spinach Dip and Pita Chips <b>(per pan, serves 15)</b>                                                                                                   | (Cals: 253) | \$19.99          |
| Grilled Chicken Sliders                                                                                                                                  | (Cals: 150) | \$56.99          |
| Crab Dip                                                                                                                                                 |             | \$MKP            |
| Crab Cakes                                                                                                                                               |             | \$MKP            |
| Lamb Chops                                                                                                                                               |             | \$MKP            |

## COLD HORS D'OEUVRES

*Requires a minimum of 12 people.*

|                                                                                                                                                                                    |             | <b>Per Dozen</b>  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------------|
| Goat Cheese and Garlic & Herb Crostini                                                                                                                                             | (Cals: 290) | \$47.99           |
| Smoked Salmon Mousse on Potato Crisp                                                                                                                                               | (Cals: 70)  | \$59.99           |
| Caprese Skewer                                                                                                                                                                     | (Cals: 120) | \$35.99           |
| Cherry Tomato, Fresh Mozzarella Basil & Balsamic Glaze                                                                                                                             |             |                   |
| Pinwheels: Ham (Cals: 135) and Turkey (Cals: 115)                                                                                                                                  |             | \$35.99           |
| <b>or</b> Grilled Vegetables (Cals: 98)                                                                                                                                            |             |                   |
| Thai Chicken Lettuce Wrap                                                                                                                                                          | (Cals: 400) | \$49.99           |
| Harvest Chicken Salad in a Phyllo Cup                                                                                                                                              | (Cals: 150) | \$47.99           |
| Cumin Crusted Beef Tenderloin on a Plantain Chip                                                                                                                                   | (Cals: 160) | \$59.99           |
| Hummus Shooter with Crudité Garnish                                                                                                                                                | (Cals: 130) | \$47.99           |
|                                                                                                                                                                                    |             | <b>Per Person</b> |
| <b>Cheese Display</b>                                                                                                                                                              | (Cals: 160) | \$6.99            |
| Served with Artisan Bread, Crackers and Fresh Fruit Garnish                                                                                                                        |             |                   |
| <b>Crudité Display</b>                                                                                                                                                             | (Cals: 130) | \$4.99            |
| Seasonal Vegetables Served with Ranch Dipping Sauce                                                                                                                                |             |                   |
| <b>Seasonal Fresh Fruit Display</b>                                                                                                                                                | (Cals: 45)  | \$7.99            |
| Seasonal Fruit & Berries                                                                                                                                                           |             |                   |
| <b>Mediterranean Market Display</b>                                                                                                                                                | (Cals: 230) | \$9.99            |
| Cumin Marinated Chicken Skewers, Roasted Eggplant, Roasted Peppers,<br>Hummus, Marinated Olives, Feta Cheese, Parmesan Cheese, Rocket<br>Arugula Served with Flatbreads & Crostini |             |                   |

THE FLAVORS  
YOU LOVE.





# CARVED FOR YOU

*Requires a minimum of 12 people.*

*Served with appropriate sauces & dinner rolls with whipped butter.*

## Choose 1 Your Choice Of:

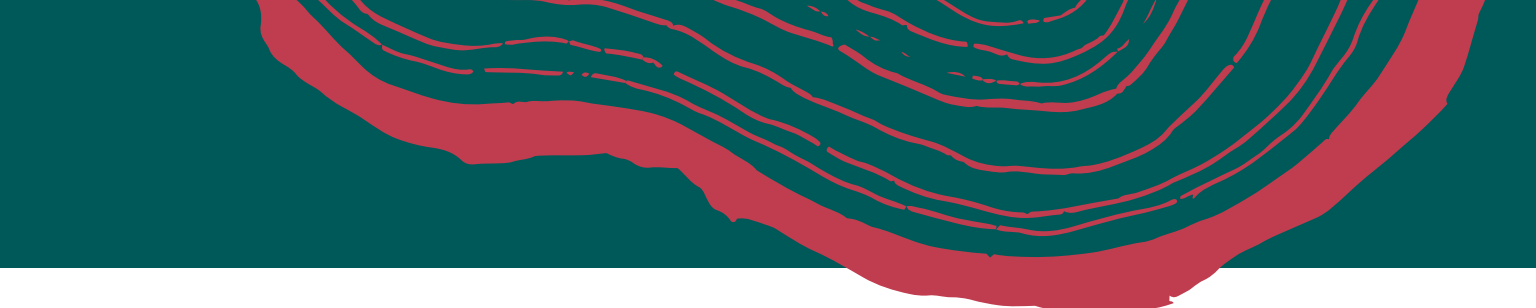
|                               |             |
|-------------------------------|-------------|
| Roasted Round of Beef         | (Cals: 260) |
| Roasted Pork Loin             | (Cals: 160) |
| Boneless Virginia Ham         | (Cals: 110) |
| Herb-Roasted Breast of Turkey | (Cals: 130) |

**Per Person**  
\$22.99

## Choose 3 À La Carte:

|                                                       |             |
|-------------------------------------------------------|-------------|
| Horseradish Whipped Potato                            | (Cals: 150) |
| Mashed Sweet Potatoes With Pecan Butter               | (Cals: 180) |
| Rosemary Roasted Potatoes                             | (Cals: 110) |
| Lentil & Basmati Rice Pilaf                           | (Cals: 190) |
| Potatoes Au Gratin                                    | (Cals: 410) |
| Macaroni and Cheese                                   | (Cals: 330) |
| Grilled Asparagus                                     | (Cals: 60)  |
| Grilled Brussels Sprouts with Lemon                   | (Cals: 60)  |
| Creamed Spinach                                       | (Cals: 60)  |
| Za'tar Roasted Carrots                                | (Cals: 35)  |
| Roasted Squash with Fresh Herbs and Garlic            | (Cals: 100) |
| Cauliflower Grits with Roasted Carrot and Chimichurri | (Cals: 530) |

**Per Person**  
\$3.99



## PASTA STATION

*Requires a minimum of 12 people.*

### **Build Your Own**

|                  |             |
|------------------|-------------|
| Marinara Sauce   | (Cals: 15)  |
| Alfredo Sauce    | (Cals: 230) |
| Spinach          | (Cals: 0)   |
| Broccoli         | (Cals: 5)   |
| Onions           | (Cals: 15)  |
| Tomatoes         | (Cals: 10)  |
| Parmesean Cheese | (Cals: 20)  |

### **Choose 2 Pastas:**

Rigatoni  
Whole Wheat Penne  
Gemelli  
Tortellini  
Fettuccini (Cals: 110)

### **Choose 2 Proteins:**

Italian Sausage  
Chicken  
Shrimp

### **Per Person**

\$18.99



# SWEET THINGS

*Requires a minimum of 12 people.*

**Gourmet Hot Chocolate Station**

(Cals: 185)

**Per Person**  
\$10.99

*Served with chocolate shavings, whipped toppings and mini marshmallows*

**Cupcake Station**

**Per Person**

*The cupcake station includes a variety of assorted cupcake flavors and will be in proportion to the guest count*

\$6.99

- Vanilla Bean
- Double Chocolate
- Peanut Butter
- Red Velvet

(Cals: 300)  
(Cals: 260)  
(Cals: 310)  
(Cals: 310)



### Shortcake

*Buttermilk shortcake, your choice of topping,  
with Chantilly cream(cals: 350)*

### Per Slice

\$8.99

Fresh or compote strawberry

(Cals: 10-20)

Peach

(Cals: 15-30)

Raspberry

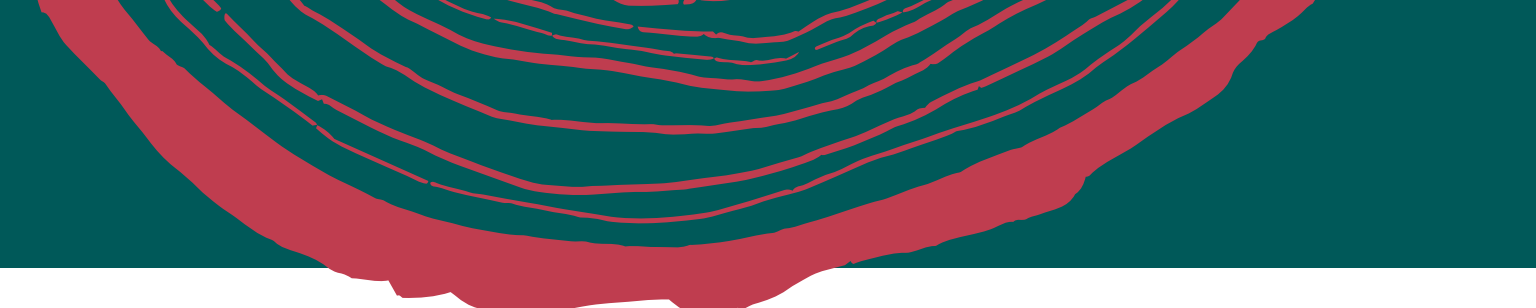
(Cals: 15-60)





ENJOY!





Welcome to **Oak & Essence Catering by Thompson Hospitality!** Our mission is to provide you with exceptional quality, exceptional service and a creative cutting-edge culinary experience. Our professional staff is available to assist you in planning your special event Monday-Friday 9:00am - 5:00pm. Please contact our catering department at 757-823-9473 for customized service and menus.

### **Placing an Order**

Please note, all catering orders must be placed two weeks prior to the event. Contact the Catering Office at 757-823-9473, or by [norfolkcatering@thompsonhospitality.com](mailto:norfolkcatering@thompsonhospitality.com). A room must be reserved before initiating a catering request for an on-campus function. After a location has been confirmed with the university, our staff will help you determine the menu, event setup and all the other details for your event.

### **Guidelines for Planning Your Event**

In arranging catered events, attendance must be guaranteed five business days in advance of the event. This guarantee will allow for the proper planning of your event and will be your commitment to pay for the guaranteed number or the actual number of attendees, whichever is greater. For weekend events, the count must be guaranteed on the Monday before the event so as to allow ample time for the ordering process.

### **Payment for Sponsored University Events**

Payment for a scheduled event should be made to Thompson Hospitality and is due three (3) business days prior to the event. This payment will place the event in what is known as "confirmed status". If the event is not in confirmed status, Dining Services cannot guarantee that the service will be rendered. Therefore, it is crucial that the communication between you, the customer, the approving official office, and the Dining Service's Catering Office is effective. As applicable, please provide one of the following forms of payment to the Catering Office:

- Completed copy of the purchase order form with all authorized signatures
- Foundation or Fund Certification Form
- **Approved per diem breakfast \$24.40, lunch \$28.50, dinner \$42.00**

### **Payment for Non-University Sponsored Events**

Payment for a scheduled event should be made to Thompson Hospitality ten business days prior to the event, the client must remit half of the bill. This payment will place the event in "confirmed status". If the event is not in confirmed status, Dining Services can not guarantee that the service will be rendered. The remaining balance (50 percent) is due three days prior to the event. As applicable, please provide one of the following forms of payment to the Catering Office:

- Credit Card
- Cash
- Certified Check
- Money Order

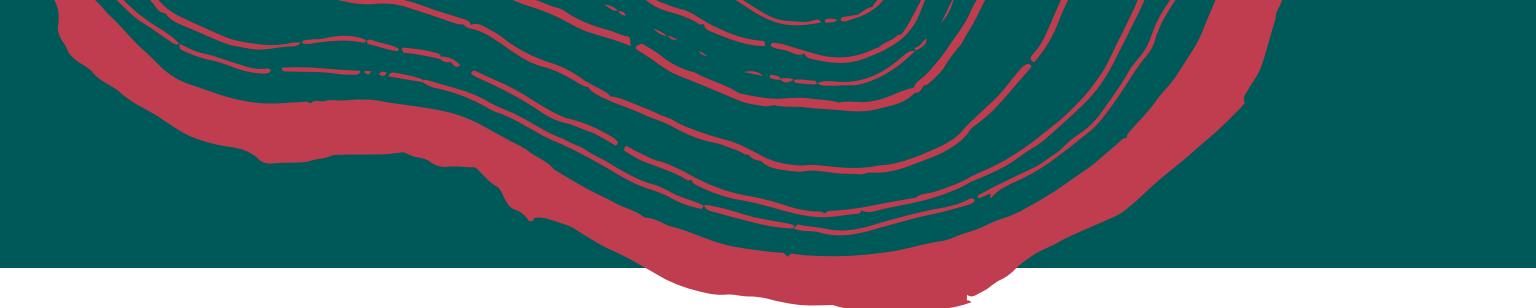
For non-university sponsored events, state sales tax will be charged unless a tax exempt certificate is received prior to the start of your event.

### **Cancellation**

To avoid any pro-rated charges, all cancellations must be submitted, in writing, to the Catering Office at least 72 hours (three business days) prior to your event.

### **Delivery fees**

A delivery fee of \$80.00 will be applied to any event held away from the campus. This fee is for the transport of food, service equipment, china, flatware and linen.



### **Labor**

For events that are delivered, an attendant will ensure that all items are to your satisfaction. If an attendant is requested, or required based on the style of service provided, additional charges will be applied as follows:

Wait Staff: \$106.00 per four hours (minimum)

Culinary: \$106.00 per four hours (minimum)

Bar Tender: \$120.00 per four hours (minimum)

### **Service Times**

All events will include a two-hour service time. Events requiring serving time beyond what is mutually agreed upon will be assessed an additional charge of \$24.00 per hour.

### **Taxes**

For non-university sponsored events, state sales tax will be charged unless a tax exempt certificate is received prior to the start of your event.

### **Safe Food Handling**

Safe food handling is a high priority for Catering Services. Therefore, we do not allow left over food to be carried out. For your safety, and that of your guests, a Catering representative will remove food from your event in a timely manner.

### **Security**

Catering Services is not liable for any equipment, supplies or personal belongings left in public function areas.

# LOOKING FOR MORE?

Oak & Essence offers four distinct tiers of catering.

## **BRIGHTWOOD**

Zero-Contact Catering

## **BLOOMWOOD**

Student Organization Catering

## **LUXEWOOD**

Everyday Catering

## **HEARTWOOD**

Luxury Catering



