

get balanced!

meetings & events

Event Type	Menu Item	Vendor	Minimum # Persons	Average Cost Per Person
The Breakfast Meeting	<i>Granola Parfaits</i> V <i>With honey, berries, and Greek yogurt</i>	Westside Market	No min. Sold individually	\$3.99
	<i>Mini Danish Tray + Fresh Fruit Tray</i> V <i>For a balanced and sweet breakfast</i>	Milano Market	No min.	\$7.50
	<i>Irish Oatmeal</i> V <i>Served with brown sugar, raisins, banana, and milk</i>	Columbia Catering	20 person min.	\$1.00
	<i>Scrambled Eggs</i> V GB! Tip: Add a piece of fruit for a power breakfast	Kitchenette	10 person min.	\$3.00
The Working Lunch or Dinner	<i>Wrap Platter</i> V <i>Served with a variety of veggie and meat fillings</i>	Westside Market	8 person min.	\$7.45
	<i>Mini Sandwich Platter</i> V K <i>Choose from a variety of kosher dairy options</i>	Café Nana	10 person min.	\$3.00
	<i>Subway Fresh Fit Platter</i> V <i>Featuring vegetarian and meat sandwiches on 9-grain bread</i>	Subway	5 person min.	\$4.99
	<i>Combination Sushi Platter</i> V <i>Includes a variety of veggie and fish rolls</i>	Westside Market	10 person min. (5.5 pieces pp)	\$6.80
	<i>Fusilli with Mixed Vegetables</i> V <i>Light tomato sauce and tender grilled veggies</i>	Westside Market	12 person min.	\$3.85
	<i>Baby Spinach Salad with Berries</i> V <i>Tossed with a zesty vinaigrette</i>	Westside Market	4 person min. (1/2 lb pp)	\$2.10

V Vegetarian VN Vegan GF Gluten Free K Kosher

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	<i>Pizza Primavera</i> V <i>Loaded with veggies.</i>	Famous Famiglia	5 person min. (2 slices pp)	\$5.30
	<i>Gluten-Free, No-Cheese Veggie Pizza</i> V GF VN <i>Great for friends with food sensitivities</i>	Nussbaum & Wu	5 person min. (2 slices pp)	\$6.90
	<i>Burrito By the Box</i> V <i>Customizable with chips, salsa, sour cream, and guacamole on the side</i> GB! Tip: Go light on the rice and heavy on the veggies	Chipotle	No min. Sold individually	\$10.15
	<i>Steamed Seasonal Vegetables</i> V <i>To round out a healthy meal</i>	Columbia Catering	10 person min.	\$3.75
	<i>Vegetarian Chili</i> V <i>Served with saltines</i>	Columbia Catering	10 person min.	\$6.25
The Afternoon or Late-Night Snack	<i>Mixed Greek Appetizer Plate</i> V <i>Tzatziki, taramosalata, eggplant dip, skordalia, feta cheese, olives, dolmadakia, tomatoes & cucumbers</i>	Symposium	4 person min.	\$4.25
	<i>Fresh Vegetable Crudités Platter</i> V <i>Served with choice of dipping sauces</i>	Westside Market	8 person min.	\$3.95
	<i>Dips and Pita Tray</i> V <i>Choose from a variety of dips including hummus, feta and roasted peppers, kalamata olives, yogurt and cucumber, or eggplant</i>	Westside Market	8 person min.	\$4.15
	<i>Cheese Platter</i> V <i>With fresh berries, grapes, and crackers</i>	Westside Market	8 person min.	\$4.65

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	<i>Mini Burekas Platter</i> V K <i>Assortment of spinach, cheese, and potato</i>	Café Nana	10 person min.	\$3.00
	<i>Empanada Sampler</i> V <i>Includes ground beef, chicken, & spinach and goat cheese</i>	Havana Central	7 person min. (2 pp)	\$4.85
The Sweet Treat	<i>Seasonal Fruit Bowl</i> V <i>Selection of sliced fruits</i>	Subconscious	No min.	\$3.75
	<i>Sweet and Healthy Platter</i> V <i>Freshly sliced fruits with brownies and cookies</i>	Subconscious	No min.	\$3.25
	<i>Dessert Platter</i> V K <i>Assorted cookies, pastries, and muffins</i>	Café Nana	10 person min.	\$2.50
The Complete Package	<i>Sandwich Soiree</i> V <i>Includes a 6-foot hero with potato salad, condiments, and drinks</i>	Columbia Catering	30 person min.	\$5.00
	<i>Box Lunch</i> V <i>With 10" sub, chips, and drinks</i>	Subconscious	No min. Sold individually	\$7.50
	<i>Falafel Fiesta</i> V <i>Includes falafel, pita, salads, sides, dessert, and drinks</i>	Maoz Vegetarian	No min. Sold individually	\$9.50
	<i>To Go Meal</i> V <i>Boxed meal with a 6" sandwich, a cookie, and your choice of a bag of chips, apple slices, or a yogurt in a stackable box</i>	Subway	No min. Sold individually	\$5.25

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Vendor Information

Café Nana

606 W. 115th St. (b/w Broadway & Riverside)
347-244-0033
www.cafenana.com

Chipotle

2843 Broadway (at 110th St.)
212-222-1712
www.chipotle.com

Columbia Catering

(\$15 delivery fee; no fee for pick-up.)
212-854-4630
www.uem.columbia.edu/menus

Famous Famiglia

2859 Broadway (at 111th St.)
212-865-1234
www.famousfamiglia.com

Havana Central at the West End

2911 Broadway (b/w 113th and 114th St.)
212-662-8830
www.havanacentral.com

Kitchenette

1272 Amsterdam (at 122nd St.)
212-531-7600
www.kitchenetterestaurant.com

Maoz Vegetarian

2857 Broadway (b/w 110th and 111th St.)
212-222-6464
www.maozusa.com

Milano Market

2892 Broadway (b/w 112th and 113th St.)
212-665-9500

Subconscious

1213 Amsterdam (b/w 119th and 120th St.)
212-864-2720
www.subconscious.com

Subway

2825 Broadway (at 110th St.)
212-222-0900
www.subway.com

Symposium

544 W. 113th St. (b/w Broadway and Amsterdam)
212-865-1011

Westside Market

2840 Broadway (at 110th St.)
212-222-3367
www.wmarketnyc.com

Dietary Code Legend

- V** - Item can be ordered as vegetarian
- VN** - Item specified as vegan by vendor
- GF** - Item specified as gluten free by vendor
- K** - Item specified as kosher by vendor