

Dear Rowan University,

When you dine with us, your health and safety is of paramount importance. You can rest assured we have taken many steps to ensure a safe foodservice environment and to reinforce our stringent health and hygiene standards.

At this time our catering services on campus fall under Tier 1 which requires the most social distancing. On that note, I am pleased to announce the launch of our new Carved + Crafted Contactless Catering program at Rowan University. In this tier we will only provide contactless catering which means:

- All meals are preordered and individually portioned into disposable containers
- Buffets will not be available
- All beverages will be provided in cans or bottles
- Disposable dinnerware and wrapped cutlery offered
- Available for pick up or drop off service only

Our team continues to monitor guidance provided by the Center for Disease Control and Prevention (CDC), World Health Organization (WHO) and other health authorities. We are taking several steps to ensure a safe foodservice environment and reinforce our stringent health and hygiene standards.

If you have any questions, please do not hesitate to contact the catering department at 856-256-4610 or 856-256-5662.

Best,

**Darren Nicoletto**

Director Of Catering & Special Events

Gourmet Dining | Rowan University

[DNicoletto@gourmetdiningllc.com](mailto:DNicoletto@gourmetdiningllc.com)

[Rowan.e-Cater.com](http://Rowan.e-Cater.com)

# Contactless Catering

Creative take-out or delivery.

Contactless.  
To keep you safe and healthy.

STEP 1:

Order thru eCater  
[Rowan.e-Cater.com](http://Rowan.e-Cater.com)

STEP 2:

Set pick up or delivery location  
+ select menu items.

STEP 3:

Serve + Enjoy.  
Each meal is packaged individually.



GOURMET DINING









# Your Health + Safety



When you dine with us, your health and safety is of paramount importance. We want you to know that we have a comprehensive plan in place to ensure we effectively manage the spread of illnesses such as COVID-19. Our team continues to monitor guidance provided by the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) and other health authorities.

You can rest assured we are taking many steps to ensure a safe foodservice environment and to reinforce our stringent health and hygiene standards.

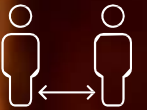
This includes:

- Maintaining strict cleaning, sanitizing and disinfecting protocols
- Ensuring CDC guidelines for handwashing and hygiene etiquette
- Reinforcing Food Safety Management System/HACCP standards for food preparation and service
- Temperature checks for anyone entering the workplace
- Contactless clock-in procedures for associates
- Social Distancing



Look for this icon throughout for details on our contactless approach.





All Morning  
Meal items are  
packaged  
together.  
Sandwiches  
individually  
wrapped.

# Breakfast



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# MORNING MEALS

Minimum of 12 person per order per option

## CONTINENTAL BREAKFAST

6.49 per person

Plain bagel (cals: 240-340)

Cream cheese (cals: 50) + jelly (cals: 40)

Hand fruit (cals: 30-110)

Bottled orange juice (cals:140)

## PREMIUM CONTINENTAL BREAKFAST

8.69 per person

Plain bagel (cals: 240-340)

Cream cheese (cals: 50) + jelly (cals: 40)

Seasonal fresh fruit cup (cals: 60)

Bottled orange juice (cals:140)

## TRADITIONAL BREAKFAST

10.99 per person

Cinnamon French toast (cals: 170-240)

Scrambled eggs (cals: 190)

Bacon (cals: 45-70)

Seasoned breakfast potatoes (cals: 120)

Bottled orange juice (cals:140)

## VEGAN BREAKFAST BOWL

9.99 per person

Spicy tofu breakfast bowl with kale, mushroom, tofu scramble, lemon couscous, grape tomato, scallion and avocado (cals: 451)

## BREAKFAST BURRITOS

7.99 per person

Minimum of 12 person per order per option

Served with a side of sour cream (cals: 30) + salsa (cals: 10).

Choice of two:

Cage free eggs, potatoes & cheddar cheese (cals: 510)

Cage free eggs, potatoes, crispy bacon & cheddar cheese (cals: 625)

Cage free eggs, potatoes, savory sausage + cheddar cheese (cals: 620)

Cage free eggs, potatoes, farm fresh vegetables + cheddar cheese (cals: 565)

Tofu, peppers, mushroom, spinach, potatoes, onions (cals: 385)



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# HAND-CRAFTED SANDWICHES

Minimum of 12 person per order per option

## CHOOSE YOUR BREAD

Croissant (cals: 350)

Biscuit (cals: 200)

Wrap (cals: 290)

English muffin (cals: 130)

## CHOOSE YOUR CHEESE

Swiss (cals: 95)

American (cals: 50)

Provolone (cals: 100)

## CHOOSE YOUR FILLING

Bacon and egg (cals: 170)

4.29 per person

Egg and cheese (cals: 130)

3.99 per person

Fried chicken and arugula (cals: 270)

4.99 per person

Egg, spinach and tomato (cals: 90)

4.29 per person

Hot ham, egg and cheese (cals: 120)

4.29 per person

Sausage and egg(cals: 460)

4.29 per person

## BREAKFAST A LA CARTE

Yogurt parfaits with fresh berries and granola (cals: 250)

4.29 per person

Assorted hand fruit (cals: 30-110)

2.09 per person

Seasonal fresh fruit cups (cals: 60)

4.29 per person

Assorted individual cereal cups (cals: 230-290)

2.11 per person

Half pint of whole milk (cals: 200)

1.09 per person

Granola bars (cals: 190)

1.49 per person

KIND bars (cals: 110)

2.69 per person

## FRESH BAKED PASTRIES

Assorted bagels with butter and cream cheese (cals: 240-340)

21.99 per dozen

Assorted muffins (cals: 140-420)

17.99 per dozen

Assorted Danish (cals: 270-390)

24.99 per dozen

Assorted donuts (cals: 80-130)

21.99 per dozen

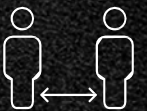
Assorted scones (cals: 50-200)

27.99 per dozen





# Snacks + Sweets



Personal Snack Pack  
items packaged  
individually and  
bundled together.  
Sweet Treats  
individually wrapped.

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# PERSONAL SNACK PACKS

Minimum of 12 person per order per option

## MEZZE SPREADS

4.29 per person

Served with crisp vegetables and pita chips (cals: 50-80)

Classic chickpea hummus (cals: 30)

Babaganoush (cals: 50)

## CHACUTERIE BOARD

9.99 per person

A selection of cured meats, cheeses, assorted nuts, dried fruits, and crackers (cals: 70-1200)

## CHEESE BOARD

6.99 per person

A selection of hard and soft cheeses with assorted nuts, dried fruits, and crackers (cals: 70-682)

## SWEET + SALTY

3.99 per person

Assorted candy bars, bagged chips or pretzels, canned soda or bottled water (cals: 110-540)

## HEALTH NUT

3.99 per person

Assorted granola bars, hand fruit, bottled water (cals: 30-300)

## COOKIE MONSTER

5.99 per person

Assorted home-baked cookies + bottled cold brew coffee (cals: 170-200)

## REFRESH

5.59 per person

Yogurt parfait with fresh berries and granola (cals: 250) and bottled water



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# PHILLY PRETZEL FACTORY

Individually wrapped mini soft pretzel (cals: 190) 12.29 per dozen

Individually wrapped full sized soft pretzels(cals: 200) 16.29 per dozen

Individually portioned dips 11.99 per dozen

*Cheddar cheese (Cals: 80), yellow mustard (Cals: 45), spicy brown mustard (Cals: 60), butter cream (Cals: 272), brownie batter (Cals: 254), cinnamon (Cals: 314), pumpkin\*, salted caramel\**

*\*available seasonally*

## SNACKS, SWEETS + TREATS

Assorted freshly-baked cookies (cals: 170-210) 13.99 per dozen

House-made fudge brownies (cals: 200) 16.99 per dozen

Cereal Treats 17.99 per dozen

*Choice of Trix, Cinnamon Toast Crunch, Cocoa Puffs, or Rice Krispy Treat (cals: 37-690)*

Individually bagged chips (cals: 160) 12.99 per dozen

Individually bagged pretzels (cals: 110) 12.99 per dozen

Granola bars (cals: 190) 17.89 per dozen

KIND bars (cals: 110) 30.99 per dozen

Assorted candy bars (cals: 200-300) 18.99 per dozen

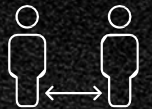
Fresh hand fruit (cals: 30-110) 21.99 per dozen

Yogurt parfait with fresh berries and granola (cals: 250) 50.99 per dozen

Seasonal fresh fruit cup (cals: 60) 50.99 per dozen



# Boxed Lunches



Complete meals  
boxed individually.



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# BOXED LUNCHES

Minimum of 12 person per order per option

## EXPRESS BOX LUNCH

11.99 per person

All sandwiches served on Kaiser rolls with seasonal hand fruit, potato chips, and bottled water or canned soda.

### Sandwich Selections

Turkey breast and provolone cheese (cals: 490)

Ham and swiss (cals: 590)

Roast beef and cheddar (cals: 540)

Grilled veggie wrap (cals: 580)

Tuna salad (cals: 580)

Grilled Mediterranean chicken (cals: 730)

## THE METROPOLITAN

13.99 per person

All wraps are served with choice of small garden salad (cals: 40) or classic pasta salad (cals: 270), potato chips, cookie and canned soda or bottled water.

Crispy chicken strips, romaine lettuce, Caesar dressing, parmesan cheese (Cals: 750)

Smoked turkey breast, Swiss cheese, autumn greens, honey mustard (Cals: 620)

Roast beef, boursin cheese, leaf lettuce, horseradish sauce (Cals: 605)

Marinated grilled vegetables, leaf lettuce, balsamic vinaigrette (Cals: 405)

Fresh mozzarella, roasted red peppers, spring greens, balsamic vinaigrette (Cals: 300)

Tuna salad, roasted red peppers, provolone, romaine lettuce (Cals: 455)

## ARTISAN BOX LUNCH

14.99 per person

All sandwiches served with hand fruit, choice of side salad, potato chips, cookie and canned soda or bottled water.

### Sandwich Selections:

Muffuletta vegetarian ciabatta (cals: 600)

Mediterranean grilled chicken with sun-dried tomato hummus on ciabatta (cals: 730)

Cajun roast turkey with pepper jack, bermuda onion, cajun mayo, brioche bun (cals: 480)

Classic Italian, pepperoni, capicola, salami and provolone with balsamic on club roll (cals: 730)

Avocado, lettuce and tomato on 5-grain wheat (cals: 450)

Roast beef sub with American cheese, lettuce, tomato, onion, onion roll (cals: 540)

Turkey, bacon and ranch on a wrap with pepper jack cheese (cals: 640)

### Side Salads:

Chickpea tomato salad (cals: 80)

Quinoa and tabbouleh salad (cals: 260)

Small garden salad (cals: 40)

Homestyle potato salad (cals: 170)

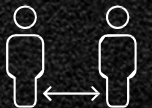
Classic pasta salad (cals: 270)

Fruit salad (Cals: 115)





# Boxed Salads



Complete meals  
boxed individually.



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# BOXED SALADS

Minimum of 12 person per order

All salads include bottled water, freshly-baked cookie, and cutlery.

## **Turkey Avocado Cobb** 13.99 per person

Mesclun greens, with turkey, applewood-smoked bacon, cage-free hardboiled egg, black olives, onion, house-made croutons and avocado-ranch dressing (cals: 450)

## **Blackened Chicken Caesar Salad** 14.99 per person

Chopped romaine lettuce, blackened chicken, grated Parmesan cheese, and house-made croutons with our traditional Caesar dressing (cals: 430)

## **Traditional Chef's Salad** 13.99 per person

Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers, and crisp greens with creamy buttermilk dressing (cals: 520)

## **Greek Salad with Grilled Chicken** 14.99 per person

Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onion, and mixed greens with a red wine vinaigrette (cals: 730)

## **California Salmon Salad** 15.99 per person

Mesclun greens with grilled salmon, red cabbage, celery, black olives, tomatoes, cucumbers, and avocado-lime vinaigrette (cals: 420)

## **Mediterranean Grain Salad** 13.99 per person

Orzo, barley, & farro with Kalamata olive, tomato & Bermuda onion (cals: 330)

## **Baja Salad** 13.99 per person

Romaine and mixed greens topped with grape tomatoes, cheddar cheeses, corn and black bean salsa, seasoned tortilla strips, pepita & cilantro lime vinaigrette (cals: 195)

## **Ancient Grain Salad** 13.99 per person

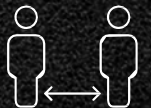
Arugula, farro, cucumber, grape tomatoes, roasted sweet potato with seeded dukkah + lemon served with oregano vinaigrette (cals: 415)

## **Vegetarian Chef's Salad** 13.99 per person

Romaine, cucumber, tomato, blue cheese, broccoli, pumpkin seeds + hard-boiled egg served with creamy ranch dressing (cals: 440)



# Boxed Burritos, Bowls + more



Complete meals  
boxed individually.



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# BOXED BURRITOS

Minimum of 12 person per order

Individually wrapped burritos composed of rice, black beans, cheese, pico de gallo and your choice of protein. Served with tortilla chips (cals: 95), sour cream (cals: 55) + salsa (cals: 10)

**11.99 per person**

Choice of two proteins:

Seasoned beef (cals: 635)

Marinated chicken (cals: 570)

Green chili cauliflower (cals: 505)

# BOXED BOWLS

Minimum of 12 person per order

## Chicken Bowl

**10.29 per person**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with chili lime chicken (cals: 1216)

## Pulled Pork Bowl

**10.29 per person**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with slow roasted pork carnitas (cals: 1219)

## Barbacoa Bowl

**10.99 per person**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with beef barbacoa (cals: 1136)

## Vegetarian Bowl

**10.29 per person**

Cilantro lime rice, salsa, corn and black beans, cheddar cheese, shredded romaine, and guacamole with roasted vegetables (cals: 1136)

# HOME-MADE STROMBOLI

Four servings per order. Packaged individually.

\*Exclusive to the Glassboro Campus

**39.99 per order**

3-cheese (cals: 825)

**43.99 per order**

Pepperoni (cals: 1200)

**45.99 per order**

Meat lovers (cals: 1200)

**39.99 per order**

Margherita (cals: 565)

**45.99 per order**

Buffalo chicken (cals: 1090)

**43.99 per order**

Spinach, bacon & ranch (cals: 820)

**45.99 per order**

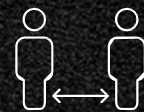
Chipotle BBQ chicken (cals: 600)

**39.99 per order**

Broccoli & Cheese (cals: 880)



# Boxed Theme Meals



All meals are  
packaged  
individually  
and served hot  
in disposable  
packaging.



Minimum of 12 people for all boxed theme meals per option.

## Little Italy

### Option 1 14.99 each

Rustic lasagna (cals: 480), freshly-baked garlic breadsticks (cals: 210), fresh baked cookie (cals: 170-200)

### Option 2 14.99 each

Tortellini primavera (cals: 280) freshly-baked garlic breadsticks (cals: 210), fresh baked cookie (cals: 170-200)

### Option 3 15.99 each

Chicken marsala over bed of penne (cals: 380), freshly-baked garlic breadsticks (cals: 210), fresh baked cookie (cals: 170-200)

### Option 4 15.99 each

Chicken parmesan over bed of penne (cals: 470), freshly-baked garlic breadsticks (cals: 210), fresh baked cookie (cals: 170-200)

## Home-Style

### Option 1 15.99 each

Herb-brined turkey breast with sage gravy (cals: 260), garlic roasted red bliss potatoes (cals: 130), roast brussels sprouts (cals: 45), and fudge brownie (cals: 200)

### Option 2 16.99 each

Herb and panko crusted salmon (cals: 170), garlic roasted red bliss potatoes (cals: 130), roast brussels sprouts (cals: 45), and fudge brownie (cals: 200)

### Option 3 15.99 each

Beyond (Beyond Meat) Meatloaf (cals: 259), garlic roasted bliss potatoes (cals: 125), roasted brussels sprouts (cals: 44), and fudge brownie (cals: 200)

## Taste of the South

### Option 1 13.99 each

Carolina pulled pork with slider rolls (cals: 400), macaroni and cheese (cals: 330), BBQ baked beans (cals: 270), cornbread (cals: 330) and brownie (cals: 200)

### Option 2 14.99 each

Buttermilk fried chicken (cals: 500), macaroni and cheese (cals: 330), BBQ baked beans (cals: 270), cornbread (cals: 330) and brownie (cals: 200)

### Option 3 15.99 each

Pulled BBQ portabella mushroom with slider rolls (cals: 282), macaroni and cheese (cals: 330), BBQ baked beans (cals: 270), cornbread (cals: 330) and brownie (cals: 200)

## Cookout

Minimum of 12 person order

### Pick 1 12.99 per person

Hamburgers (cals: 340)

Veggie burgers (cals: 280)

Hot dogs (cals: 480)

BBQ chicken sandwich (cals: 630)

### Includes

Bag of Chips, Pasta salad (cals: 270), lettuce (cals: 0), tomatoes (cals: 0), pickles (cals: 0), onions (cals: 5), condiments (cals: 10-90), and fresh-baked cookies (cals: 170-200)

### Complete your meal

Side salad 3.99 each

Caesar salad 3.99 each

### Beverages:

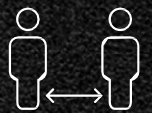
Bottled Water 1.49 each

Iced Tea 1.49 each





# Premium Dinner Boxes



All meals are  
packaged  
individually  
and served hot  
in disposable  
packaging.



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# PREMIUM DINNER BOXES

## Minimum of 12 person order

Mixed greens salad with romaine, tomatoes, red onions, croutons and creamy ranch dressing (cals: 390)	3.99 each
Classic caesar salad with romaine, parmesan, croutons and caesar dressing (cals: 310)	3.99 each
Spinach and strawberry salad with toasted almonds, aged gorgonzola and raspberry vinaigrette (cals: 340)	4.99 each
Wedge salad with bleu cheese crumbles, praline bacon, roasted tomatoes, scallions, parmesan croutons and bleu cheese vinaigrette (cals: 500)	4.99 each
Fire roasted beet salad with feta cheese, chopped romaine, spring mix, shredded cabbage, mandarin oranges, candied walnuts and citrus vinaigrette (cals: 460)	4.99 each

## Entrées

Airline chicken parmesan with herb risotto and fresh green beans with garlic, tomato and basil (cals: 2910)	17.99 per person
Herb crusted chicken breast with parmesan polenta, sautéed broccoli with roasted garlic, and a red pepper sauce (cals: 450)	17.99 per person
Korean bulgogi beef short rib with wasabi mashed potatoes, bok choy, and fried wonton strips (cals: 1080)	19.99 per person
Salmon with cherry tomato vinaigrette, basmati rice with saffron and basil, and candied butternut squash (cals: 590)	23.99 per person
Filet of beef with sherry demi glaze, honey whipped mashed sweet potatoes, grilled asparagus and wild mushrooms (cals: 620)	23.99 per person
Broccoli tofu stir fry with brown rice (cals: 380)	15.99 per person
Greek lemon polenta with a portabella mushroom (cals: 260)	15.99 per person

## Desserts

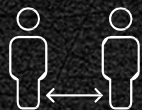
New York cheesecake with seasonal berries (cals: 350)	4.29 each
Chocolate layer cake (cals: 230)	3.99 each
Chocolate mousse with seasonal berries (cals: 270)	3.99 each

# BEVERAGES

Bottled Cold Brew	2.99 each
Bottled Tea	2.99 each
Canned Sodas	1.49 each
Bottled Water	1.49 each
Bottled Orange Juice	2.29 each
Wawa Joe-to-Go	23.99 each

*\*96 oz (12 cups). This is not an individual portion.*

# Beverages



All beverages in individual bottles for your safety.



# POLICIES

To ensure proper delivery/pick up time, place your orders within 3 business days or sooner. Orders placed under 3 business days are subject to a \$50.00 late fee.

All items are packaged in disposable containers and for the individual unless otherwise noted. Napkins and disposable cutlery will be provided as needed depending on menu choice and guest count. Groups/Hosts will be responsible for clean-up and trash removal.

Please let us know if any of your guests have food allergies and/or dietary restrictions; we are happy to accommodate.

Custom menus are available upon request and require two weeks notice. Please contact your catering representative for further information.

## STRATFORD & CAMDEN CAMPUSES

All orders for the Camden & Stratford campus are subject to a \$25.00 delivery fee.

**STEP 1:** Order thru eCater

**STEP 2:** Set pick up or delivery location + select menu items

**STEP 3:** Serve + Enjoy.

THANK YOU



*Served Safely.*

*est. 1987*

# GOURMET DINING

*Building Dining Partnerships*

**CARVED + CRAFTED**  
*catering*

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