

ARIZONA STUDENT UNIONS

Lunch Buffet Menu

Lunch Buffet

All Lunch buffets are served with Iced Water and Iced Tea

MEXICAN BUFFET @ \$17.50 per person

Salads

Ensalada de Lechuga with Sweet Grilled Onions and Smoky Lime Dressing (V, VE)

Crispy Tortilla Chips with Pico de Gallo and Fresh Tomatillo Salsa (V,VE,GF)

Entrées

Cochinita Pibil with Green Chile Rajas, Black Beans, and Pickled Red Onions (GF)

Chicken Adobo Enchiladas, Oaxaca Sauce and Melted Cheese

Accompaniment

Ancho Rice (V, VE, GF)

Desserts

Coconut Flan (V, GF)

Capirotada Pudding (V)

MEDITERRANEAN BUFFET @ \$16 per person

Salads

Greek Salad "Niçoise Style" (V, GF)

Yellow Potato Salad with Capers & Turmeric (V, VE, GF)

Entrees

Chicken Taouk with Sardinian Couscous & Cucumber Yogurt Sauce

Charred Beef Kabobs with Braised Lentils & Fresh Vegetables

Accompaniments

Persian Rice with Turmeric, Currants, and Almonds (V, GF)

Crispy Pita & Lavosh with Hummus & Baba Ghanoush (V, VE, GF)

Desserts

Traditional Baklava (V)

Lebanese Cookies (V)

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HOME COMFORTS BUFFET @ \$17.50 per person

Salads

Iceberg Wedge & Romaine Hearts with Candied Nuts,
Bleu Cheese Crumbles & Creamy Bleu Cheese Dressing (V, GF)

Entrées

Country Style Meatloaf with Onions & Mushrooms
Garlic Roasted Chicken with Peas & Carrots (GF)

Accompaniments

Macaroni & Cheese
Roasted Cauliflower (V, VE, GF)
Hearth Baked Artisanal Breads & Butter (V)

Desserts

Carrot Cake with Cream Cheese Icing (V)
Cheesecake Topped Brownies (V)

MOLTO GUSTO PANINI @ \$15 per person

Salad

Kale Crunch Salad (V, VE, GF)
Fruit Salad (V, VE, GF)

Sandwiches (Please select three)

CLASSIC: Tomato, Mozzarella and Basil (V)
THE MEAT MONGER: Pepperoni, Italian Sausage,
Mozzarella, our signature Red Sauce, and Garlic
BACKYARD BBQ: BBQ Chicken, Mozzarella,
Black Bean, Corn, Avocado & Cilantro
VERY VEGGIE: Tomatoes, Feta, Artichoke,
Red Pepper, Red Onion, Garlic, Olives and Capers (V)
CHICKEN ALFREDO: Chicken, White Sauce,
Mozzarella, Chili Flakes, Pesto
ITALIAN JOB PANINI: Salami, Pepperoni,
Mozzarella, Pepperoncini, Basil, & Olives
GYRO: Gyro Meat, Red Onion, Tomatoes, Feta,
Arugula, and Tzatziki Sauce

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Desserts

Assorted Cookies (V)

Bear Down Bars (V)

ITALIAN BUFFET @ \$17 per person

Salads

Italian Bread Salad with Cucumbers & Tomatoes (V)

Hearts of Romaine with Caesar Dressing (V, GF)

Entrées

Roasted Breast of Chicken with Saltimbocca Ragoût and Porcini Cream (GF)

Rigatoni Pillows Tossed with Garlic, Olive Oil, Plum Tomato,
Pesto, Asparagus, and Asiago Cheese (V)

Accompaniments

Seared Italian Field Squash & Tomato Ragoût (V, VE, GF)

Hearth Baked Artisanal Breads & Butter (V)

Desserts

Tiramisu (V)

Italian Custard Tart (V)

INDIAN BUFFET @ \$16 per person

Salads

Mixed Green Salad (V, VE, GF)

Marinated Cauliflower Salad (V, VE, GF)

Fresh Fruit Display (V, VE, GF)

Entrées

Tandoori Chicken (GF)

Vegetarian Jalfrezi, (V, GF)

Aloo Gobhi (Potato & Cauliflower) (V, GF)

Accompaniments

Saffron Basmati Rice (V, VE, GF)

Naan with Achar, Raita and Mango Chutney (V)

Desserts

Saffron Donuts (V)

Kheer (Rice Pudding) (V, GF)

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THE DELI BOARD BUFFET@ \$16.50 per person

Salads

Dill Baby Gold Potato Salad (V, GF)

Three Cabbage Coleslaw (V, GF)

Sliced New York Style Deli Meats

Oven Roasted Smoked Turkey, Honey Glazed Black Forest Ham, and Roasted Sirloin of Beef

Accompaniments

Grilled Vegetables (V, VE, GF)

Vermont White Cheddar, Gruyere, and Pepper Jack Cheeses (V, GF)

Sliced Tomatoes, Onions, and Lettuce (V, VE, GF)

A Selection of Eclectic Spreads & Toppings and Hearth Baked Artisanal Breads (V)

Desserts

Raspberry S'mores Cookie (V)

Chocolate Brownie Pudding Glass (V)

SANDWICHES & SUCH BUFFET @ \$17 per person

Salads

Organic Mixed Greens and Garden Vegetables w/Ranch
and Oil & Vinegar Dressings (V, VE, GF)

Marble Potato Salad with Stone Mustard Vinaigrette (V, GF)

Mini Sandwiches

Grilled Vegetables with Hummus on Multigrain Bread (V)

Turkey & Stuffing with Cranberry Wrap

Roast Beef with Creamy Horseradish Spread, Balsamic Onions,
and Mushrooms on Herbed Focaccia

New Orleans Style Muffaletta with Aged Salamis, Pickle, and Olive Relishes

Accompaniments

Crisp Green Pickles & Peppers (V, VE, GF) and a
Selection of Kettle Chips and Sun Chips (V)

Desserts

Coconut Mango Cookie Bar (V)

Chocolate Covered Cheesecake on a Stick (V)

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STREET TACO BUFFET @ \$16 per person

Salad

Vegetable Cobb Salad (V, GF)

Tacos and Toppings

Chicken Tacos (GF)

Steak Tacos (GF)

Toppings selection:

Calabacitas, Cabbage, Pico de Gallo, Cilantro,
Onions (V, VE, GF) and Queso Fresco (V, GF)

Accompaniments

Black Beans (V, GF)

Spanish Rice (V, VE)

Dessert

Churros (V)

SANTA FE BUFFET @ \$17.50 per person

Salads

Tossed Green Salad with a Cilantro Lime Dressing (V, VE, GF)

Red Chili, Green Bean, Onion, and Tomato Salad (V, VE, GF)

Accompaniment

Tortilla Chips with Chili con Queso

Taco Bar:

Seasoned Ground Beef (GF)

Santa Fe Chicken (GF)

Soft and Hard Taco and Tostada Shells (V, VE), Salsa,
Guacamole, Sour Cream, Shredded Lettuce, Olives, Tomatoes,
Onions (V, VE, GF), Cheddar and Pepper Jack Cheeses (V, GF)

Accompaniments

Mexican Rice (V, GF)

Cheese Topped Refried Beans (V, GF)

Desserts

Carmel Flan (V, GF)

Kahlua Chocolate Mousse (V, VE)

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LEAVES & BEYOND MAKE-YOUR-OWN-SALAD BUFFET @ \$18 per person

Soup

Tomato Basil (V, GF)

Greens

Spinach, Mixed Greens, Romaine, and Sprouts (V, VE, GF)

Proteins

Chicken, Beef, and Shrimp

Toppings to include

Carrot, Grape Tomatoes, Cucumbers, Radishes, Jicama, Mushrooms,
Edamame, Sunflower Seeds, Croutons, Balsamic Vinaigrette,
Oil & Vinegar Dressing (V, VE, GF) and Buttermilk Ranch Dressing (V, GF)

Accompaniment

Assorted Rolls and Butter (V)

Desserts

Assorted Cookies (V)

Brownies (V)

SOUTHWESTERN BUFFET @ \$17.50 per person

Salads

White Sangria Fruit Salad (V, VE, GF)

Southwestern Caesar Salad (V)

Fajita Bar

Beef Fajita Mix with Red Chili (GF)

Four Chili Chicken Fajita Mix (GF)

Flour Tortillas (V, VE)

Chipotle Salsa, Salsa Verde, Pico De Gallo, Sour Cream, Jack Cheese, Onions,
Lettuce and Jalapeno Peppers (V)

Accompaniments

Squash, Corn and Peppers New Mexico Style (V, VE, GF)

Refried Black Beans (V, GF)

Desserts

Kahlua Flan (V, GF)

Peach Cobbler (V)

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ASIAN KITCHENS BUFFET @ \$17 per person

Salads

Yuzu Marinated Mushroom & Tofu Salad with Charred Scallions (V, VE, GF)

Thai Chicken Salad with Cilantro, Bean Sprouts, and Candied Peanuts,
served with Sesame Mint Dressing

Entrées

Orange Chicken with Caramelized Onions & Cilantro

Mongolian Beef Tenderloin with Scallions & Tinker Bell Peppers

Accompaniments

Steamed White Rice (V, VE, GF)

Spicy Szechuan Eggplant (V, VE, GF)

Desserts

Apricot Yuzu Parfait with Chicory Crème (V, GF)

Almond Sesame Seed Cookies (V)

Lunch Plated

All plated lunch is served with Iced Water, Iced Tea, Assorted Rolls and Butter.

THREE COURSE PLATED LUNCH @ \$18 per person

STARTERS (SELECT ONE)

Salads

Simple Organic Greens with Fennel, Radish and Pecans,
served with Citrus Champagne Vinaigrette (GF)

Simple Caesar Salad with Soy Nuts, Shaved Reggiano, and Sprouts (V, GF)
Iceberg Wedge with Radish, Watercress, Goat Bleu, Pancetta, and Crème Fraîche,
served with Mustard Vinaigrette (V, GF)

Other Starters

Cream of Tomato Soup with Crème Fraîche and Croutons (V)

Country Chicken & Rice Soup

Quinoa Chili, served in Cornbread Muffin in a Husk +\$2

Sweet Corn Chowder with Smoked Shrimp and Cilantro +\$2

Maryland Lump Crab Cake with Red Pepper and Sweet Corn +\$2 (V)

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ENTRÉE SELECTIONS ~ (SELECT NO MORE THAN TWO)

Beef

Braised Short Rib of Beef with Whisky Shallot Essence,
served with Mashed Potatoes and Seasonal Vegetables +\$4 (GF)
Charred Crusted Tri Tip, served with Creamy Garlic Mashed Potatoes
and Caramelized Brussel Sprouts +\$4 (GF)

Chicken

Chicken Two Ways (Breast and Confit of Chicken), served with White Bean Fennel Puree
and Farmer's Market Vegetable Vinaigrette (GF)
Roasted Breast of Chicken with Saltimbocca Ragout and Porcini Cream
Red Wine Braised Chicken served with Root Vegetables, Fingerling Potatoes, and Herb Jus
Garlic Roasted Chicken with Peas and Carrots, served with French Potato Puree,
and Braised Vegetables (GF)
Half Chicken Under a Brick, served with Cream Spinach and Garlic Mashed Potatoes (GF)
Pecan Crusted Chicken with Bourbon Cream Sauce, served with Mashed Sweet Potatoes & Chives
Four Chili Chicken, served with Spicy Corn Relish, Tomatillo Rice, and Grilled Vegetables

Fish

Tasmanian Salmon, served with Artichokes Barigoule and Celeriac Puree +\$2 (GF)

Vegetarian

Farfallini Pasta with Forest Mushrooms, (V)
Oven Dried Tomatoes, Herbs, and Parmesan Cheese in Butter Parmesan Sauce
Mushroom Agnolotti (V)
Sweet Potato Cannelloni, served with Roasted Vegetables and Toasted Walnuts (V)
Spinach & Wild Mushroom Cannelloni with Rustic Tomato Bruschetta (V)
Potato Gnocchi, (V) served with Market Vegetables, Butternut, Parsnips, Carrots,
and Haricot Vert in a Mushroom Broth
Black Bean and Corn Cake, served with Pico De Gallo, Avocado Puree,
and Crisp Corn Strips (V, VE< GF)

Pork

Pork Two Ways (Roasted Pork Loin and Shredded Kalua Pork),
served with Three Cheese Polenta and Seared Vegetables

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DESSERT SELECTION ~ (SELECT ONE)

Vanilla Berry Brûlé Trifle (GF)

Lemon Tart with Raspberries

Coconut Flan with Pineapple Confit (V)

Blueberry Cheesecake (V)

Strawberry Shortcake (V)

Passion Fruit Tiramisù (V)

Chocolate Brownie Trifle (V)

Boxed Lunch

BOX IT TO-GO SANDWICHES @ \$12 each

BOX IT TO-GO SALADS @ \$13 each

*Sandwiches or salads includes Whole Fresh Fruit,
a Chocolate Chip Cookie and Bottled Water or Soft Drink*

CHICKEN CAESAR SALAD

Wedge of Romaine Lettuce with Pulled Herb Baked Chicken Shaved Reggiano
and Croutons with Classic Caesar Dressing

SALMON SALAD

Grilled Salmon Fillet presented on Field Greens with Marinated Grilled Vegetables
and Balsamic-Maple Vinaigrette (GF)

BLACKENED CHICKEN SALAD

Lightly Blackened Chicken Breast and Corn & Black Bean Relish on Mixed Field Greens
with Citrus Vinaigrette (GF)

STEAK SALAD

Grilled Steak and Arugula, Mozzarella, Tomatoes and Garden Vegetables with
Chipotle Ranch Dressing (GF)

ANGUS ON CIABATTA

Sliced Angus Sirloin on Ciabatta Bread with Caramelized Onions, Balsamic Aioli,
Roasted Tomato and Pepper Cress. Served with Bleu Cheese Potato Salad.

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TURKEY & BRIE

Turkey with Brie and Horseradish Mayonnaise on a Freshly Baked Croissant.
Served with Herbed Pasta Salad.

CHICKEN CLUB

Grilled Chicken with Havarti, Smoked Bacon, Lettuce and Tomato on
Freshly Baked Red Pepper-Swiss Focaccia. Served with Fruit Salad.

SHAVED HAM & CHEESE

Shaved Ham and Gruyere with Greens, Tomato and Honey-Dijon Mayonnaise
on a Baguette. Served with Roasted Mushroom Salad

GRILLED VEGGIES

Freshly Grilled Vegetables with Swiss Cheese on Multigrain Bread.
Served with Roasted Mushroom Salad. (V)

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