Tiger Den Café

Catering Menu
We offer catering services for LSUHSC Medical Education Building & surrounding buildings. We are committed to providing the highest quality products and the best customer service possible. The Tiger Den welcomes the opportunity to provide you and your guests with special dietary requests on menus, such as vegan, kosher or food allergens. We have designed this catering guide to help you plan your event. This is only a guide, our catering team will gladly work with you to create a menu customized to your event. If you require additional menu planning or have questions concerning your event, please contact Paul Beninati or Jaclyn Prince via email cafemeb@lsuhsc.edu
Policies & Procedures

- All catering must be requested via the Catering Request Form. The form must be filled out in its entirety (start & ending times, location, etc.) and approved by your department head. Any request without approval will not be honored.
- All catering requests must be received at least 5 business days in advance. Proper planning and purchasing is essential for a successful event no matter how large or small. Events larger than 30 guests must be received at least 7 business days in advance. Requests submitted late may not be honored if product or staffing is unavailable. We accommodate our customers on a first-come, first-serve basis.
- A final guaranteed guest count is required at least 2 business days prior to the event.
- Additional labor charges will apply if functions exceed normal cafeteria operating hours. Normal hours are 7:00 AM to 3:00 PM Monday through Friday.
- Delivery charges of $15 apply to Foundation Building, HDC, 1542 Tulane and Dental School.
- The minimum total for delivery is $75. Requested items can be picked up in the cafeteria if the minimum is not met or an additional $15 delivery charge may be applied.
- All events are priced to be buffet style or self-service unless other arrangements have been made prior to the event.
  - **DELIVERIES:** All disposable service ware, with linen tablecloth, delivery, setup, and pickup by catering staff. Service attendants are not included.
  - **ATTENDED SERVICE:** All disposable ware, with linen tablecloth, delivered, set up, and picked up by catering staff. Service attendants are included with attended events. Additional labor charges will be applied.
- Off-site catering is possible. However, customer pick up may be required or a delivery charge may apply if we are able to accommodate.
- Hot food buffets may only be transported where the walkway exists, please email for additional information.
- A forty-eight (48) hour notice is required for all cancellations or other charges can apply. The customer or department is still liable for all charges if cancelled on the day of the event.
- All events are billed according to current finance department procedures. Any non-university event will be billed via credit card.
Breakfast Buffet
(Minimum of 15 Guests)

**Continental Breakfast**
$9.50 per person
- Assorted Muffins, Danishes & Croissants with Butter & Jelly
- Sliced Fresh Fruit
- Coffee Service
- Assorted Minute Maid Juice

**Power Boost**
$12.50 per person
- Assorted Protein Bars
- Yogurt Parfait
  12 ounce cup, Greek yogurt topped with jam, granola, and fresh fruit
- Whole Fruit
  (banana, apple, orange)
- Coffee Service
- Assorted Naked Juice Smoothies
  (Green Machine, Red Machine, Blue Machine, Strawberry Banana, Mango)

**Traditional Breakfast**
$10.50 per person
- Scrambled Eggs
- Bacon (2 per person)
- Sausage Patty (1 per person)
- Breakfast Potatoes
- Biscuit with butter and jelly
- Coffee Service or Assorted Minute Maid Juice
# Build-Your-Own Breakfast Buffet

*Minimum order of 20*

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Fresh Baked Assorted Muffins</td>
<td>$2.25 each</td>
</tr>
<tr>
<td>Fresh Baked Pastries (Scone, Croissant, Danish)</td>
<td>$2.25 each</td>
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<tr>
<td>Seasonal Fruit Bowl (Small: 15-20 ppl)</td>
<td>$35.00</td>
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<tr>
<td>Seasonal Fruit Bowl (Large: 25 – 50 ppl)</td>
<td>$70.00</td>
</tr>
<tr>
<td>Yogurt Parfait</td>
<td>$4.50 per person</td>
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<tr>
<td>12 ounce cup, Greek yogurt topped with jam, granola, and fresh fruit</td>
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<tr>
<td>Greek Yogurt (Strawberry, blueberry or vanilla available)</td>
<td>$1.50 per person</td>
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<tr>
<td>Scrambled Eggs (2 eggs per Serving)</td>
<td>$1.50 per person</td>
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<tr>
<td>Hardboiled Eggs (2 eggs per Serving/peeled)</td>
<td>$1.75 per person</td>
</tr>
<tr>
<td>Applewood Smoked Bacon (2 slices per Serving)</td>
<td>$1.50 per person</td>
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<tr>
<td>Pork Sausage Patty (1 per Serving)</td>
<td>$1.50 per person</td>
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<tr>
<td>Turkey Sausage Link (2 per Serving)</td>
<td>$1.50 per person</td>
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<tr>
<td>Home Fried Potatoes (4 ounce serving)</td>
<td>$1.50 per person</td>
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<tr>
<td>Assorted Cereal &amp; Milk</td>
<td>$1.75 per person</td>
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<tr>
<td>Old Fashioned Oatmeal (8 ounce Serving) (Served with brown sugar and raisins)</td>
<td>$1.50 per person</td>
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<tr>
<td>Grits (8 ounce Serving)</td>
<td>$1.50 per person</td>
</tr>
<tr>
<td>Buttermilk Biscuits</td>
<td>$1.50 per person</td>
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<tr>
<td>1 per serving, served w/butter and jelly</td>
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</tr>
<tr>
<td>Breakfast Burritos</td>
<td>$4.00 per person</td>
</tr>
<tr>
<td>Egg, Bacon or Sausage &amp; Cheese served w/salsa</td>
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<tr>
<td>Buttermilk Pancakes</td>
<td>$3.00 per person</td>
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<tr>
<td>(2 per serving, served w/butter and syrup)</td>
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</tbody>
</table>
Beverages

- **Coffee Service** $30.00 per pot
  One pot serves 20 people
  Included sugar, splenda, ½ and ½, stirrers, and cups

- **Hot Tea** $1.35 ea
  Earl grey, English breakfast, Green tea, Raspberry, Lemon, Mint, Chai

- **Bottled Iced Tea** $2.75 ea
  Unsweetened, Sweetened, Green tea, Lemonade-iced tea

- **Minute Maid Juice** $1.70 ea
  Orange juice, Grapefruit, Apple *Ask for additional varieties

- **12 oz Bottled Water** $1.25 ea

- **20 oz Bottled Water** $1.65 ea

- **Sparkling Water (11 oz)** $1.50 ea

- **Canned Soda** $1.25 ea
  Coke, Diet coke, Coke zero, Sprite, Sprite zero
  *Ask for additional varieties
**Boxed Lunch**

*(Minimum order of 15)*

**The Deli Board**

$12.50 per person

Each box includes your choice of:
one small salad, one wrap, kettle or baked chips, fresh baked cookie, whole fruit, canned soda or bottled water.

*Please specify options*

**Small Salads**

- **Mixed Greens**
  Spring mix, shredded carrots, grape tomatoes, diced cucumber, croutons

- **Caesar**
  Romaine lettuce, croutons, parmesan cheese, Caesar dressing

- **Tortellini Pasta Salad**
  Cheese tortellini, cherry, tomatoes, roasted red peppers, red onion, pesto, parmesan cheese

- **Quinoa Chickpea Salad**
  Quinoa, diced peppers, red onion, chickpeas, tomatoes, parsley, diced cucumber, lemon vinaigrette

**Wraps**

*(Wheat Wrap or Spinach)*

- **Bacon, Chicken & Ranch Wrap**
  Grilled chicken, bacon, cheddar cheese, lettuce, tomato, ranch dressing

- **Chicken Caesar Wrap**
  Grilled chicken, red onion, parmesan cheese, romaine lettuce, Caesar dressing

- **Shrimp Salad Wrap**
  ($1.00 extra per person)
  Lemon dill shrimp salad, lettuce, tomato

- **Hummus Vegetarian Wrap**
  Traditional hummus, alfalfa sprouts, shredded carrots, cucumber, red onion, tomato

- **Turkey or Ham Wrap**
  Sliced turkey or ham, cheddar cheese, lettuce, tomato

- **House Salad Wrap**
  House made chicken or tuna salad, lettuce, tomato
Salad Platters

Single- Individual Portion (minimum of 15 orders)
Small Serves 15-20 people
Large Serves 25-50 people

- **Tortellini Pasta Salad**
  - Single $2.75
  - Sm. $55
  - Lg. $140
  Tortellini Pasta, roasted peppers, cherry tomatoes, artichokes, pesto, parmesan cheese

- **Potato Salad**
  - Single $2.75
  - Sm. $45
  - Lg. $90
  Creole Potato Salad

- **Cole Slaw**
  - Single $2.75
  - Sm. $45
  - Lg. $90
  Cabbage, Carrots, and house made dressing

- **Green Bean & Potato Salad**
  - Single $2.75
  - Sm. $55
  - Lg. $100
  Steamed green beans, potatoes, cherry tomatoes, Dijon vinaigrette

- **Quinoa & Chickpea Salad**
  - Single $3.00
  - Sm. $60
  - Lg. $150
  Quinoa, chickpea, red onion, green peppers, cherry tomatoes, parsley, Cucumber, lemon vinaigrette

- **Strawberry Quinoa Salad**
  - Single $3.50
  - Sm. $MP
  - Lg. $MP
  Quinoa, chickpea, red onion, green peppers, cherry tomatoes, parsley, Cucumber, lemon vinaigrette

- **Caprese Salad**
  - Single $5.50
  - Sm. $MP
  - Lg. $MP
  Spring Mix, cherry tomatoes, red onion, white beans, fresh mozzarella cheese, croutons

- **Spinach Salad**
  - Single $5.50
  - Sm. $MP
  - Lg. $MP
  Baby spinach, cherry tomatoes, red onion, hardboiled egg, cheddar cheese, croutons

- **Cranberry Pecan Salad**
  - Single $5.50
  - Sm. $MP
  - Lg. $MP
  Spring mix, dried cranberries, goat cheese, red onion, honey glazed pecans

- **Mixed Greens Salad**
  - Single $5.00
  - Sm. $35
  - Lg. $70
  Spring mix, shredded carrots, grape tomatoes, diced cucumber, hardboiled egg, croutons

- **Caesar Salad**
  - Single $5.00
  - Sm. $35
  - Lg. $70
  Romaine lettuce, croutons, parmesan cheese, Caesar dressing

**Add Protein:**
- Grilled Chicken, Boiled Shrimp, Steamed or Grilled Salmon,
  - Chicken Salad, Tuna Salad

Single: $3.50
Small: $25.00
Large: $50.00

**Dressing Options:**
- Oil & vinegar, Red wine vinaigrette, Ranch, Caesar, Balsamic, Light Italian
**Lunch Buffet**

*(Minimum of 20 Guests)*

**Single Entree:** $15.50/person (+$2.00 for seafood options)

May only be performed in the immediate LSUHSC complex

All of the above selections are served with your selection of two side items, one salad, one dessert, and canned soda and/or bottled water.

Please specify selections

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### Meat Entrées

- **Herbed Grilled or Baked Chicken Breast**
  - Lemon herb marinated and grilled
- **Cajun Pork Chops**
  - Grilled pork chop with buttermilk gravy
- **Creole Chicken & Sausage Jambalaya**
  - Rice, chicken, smoked sausage
- **Chicken Pasta with Spinach**
  - (alfredo, marinara, or lemon garlic sauce)
  *(gluten free available)*

### Seafood Entrées

- **Steamed or Blackened Salmon**
  - Served with lemon and herbs
- **Creole Shrimp & Sausage Jambalaya**
  - Grilled shrimp, smoked sausage, rice
- **Crawfish Etouffee with Rice**
  - Smothered crawfish over rice
- **Shrimp Pasta with Spinach**
  - (alfredo, marinara, or lemon garlic sauce)
  *(gluten free available)*

### Vegetarian Entrées

- **Mushroom, Leek & Goat Cheese Tart**
  - Sautéed mushrooms and leeks topped with goat cheese in puff pastry
- **Eggplant Parmesan**
  - Layered eggplant, marinara sauce, fresh mozzarella cheese
- **Hummus Quesadilla**
  - Traditional hummus, roasted peppers, spinach & feta cheese
- **Pasta Primavera**
  - Seasonal vegetables served over penne pasta
  *Gluten free options available

### Friday Only

- **Baked or Fried Catfish**
- **Chicken & Sausage**
- **Crab & Shrimp Gumbo**
Salads

Choose One Option

Mixed Greens Salad
Spring mix, shredded carrots, grape tomatoes, diced cucumber, hardboiled egg, croutons

Spinach Salad
Baby spinach, cherry tomatoes, red onion, hardboiled egg, cheddar cheese, croutons

Caesar Salad
Romaine lettuce, croutons, parmesan cheese, Caesar dressing

Dressing Options:
Oil & vinegar, Red wine vinaigrette, Ranch, Caesar, Balsamic, Light Italian

Side Items

Choose Two Options

Starches

- Rice Pilaf
- White/Brown Rice
- Wild Rice
- Herbed Lentils
- Quinoa
- Roasted Garlic Mashed Potatoes
- Oven Roasted Potatoes
- Mac & Cheese
- Creole Potato Salad
- Bean Salad

Vegetables

- Garlic Green Beans
- Roasted Cauliflower
- Steamed Broccoli
- Roasted Carrots
- Roasted Sweet Potatoes
- Sweet Potato Casserole
- Sautéed Spinach & Mushrooms
- Cilantro Lime Cole Slaw
- Tomato Salad
- Cucumber Salad

Desserts

Choose One Option

Assorted Cookies
Petite Fours
Lemon Bars
White Chocolate Bread Pudding Bars
Brownie or Blondie
## Reception Items

**Finger Sandwiches**
Small- 25 Sandwiches  
Large- 50 Sandwiches

- **French Bread Finger Sandwiches**  
  Turkey or ham with cheddar cheese on French bread  
  (Chicken or tuna salad additional $ 10.00 per tray)
  Sm. $28.00  
  Lg. $56.00

- **Wrap Pinwheels**  
  Turkey or ham with cheddar cheese on wheat or spinach wrap  
  (chicken or tuna salad additional $ 10.00)
  Sm. $28.00  
  Lg. $56.00

- **Mini Muffuletta**  
  Sesame bun, olive salad, salami, ham, mortadella, and provolone cheese
  Sm. $38.00  
  Lg. $75.00

**Platters**
Small- 15-20 people  
Large- 25-40 people

- **Seasonal Fruit Bowl**  
  Sm. $ 35  
  Lg. $70

- **Vegetable Platter** (with ranch dressing)  
  Sm. $ 35  
  Lg. $ 80

- **Cheese & Crackers**  
  Sm. $ 40  
  Lg. $85

- **Specialty Cheese & Crackers**  
  Sm. $ MP  
  Lg. $ MP

**Small Bites**
*Other items are available please inquire*

- **Crab Rangoon**  
  Fried crab meat dumpling  
  $8.00/dozen

- **Pot Stickers**  
  Pork fried dumpling, served with teriyaki sauce  
  $8.50/dozen

- **Boudin Bite**  
  Cajun pork sausage with rice served with creole mustard sauce  
  $11.00/dozen

- **Mini Meat Pie**  
  Beef and pork or Crawfish (addition $2.00)  
  $11.00/dozen

- **Cocktail Shrimp**  
  Iced shrimp served with cocktail sauce  
  $8.50/dozen

- **Shrimp & Crab Dip with Pita Crackers**  
  Baked crab & shrimp dip topped with bread crumbs and herbs  
  $35 (15-20 people)

- **Hummus & Pita Crackers**  
  Traditional hummus served with Stacy’s pita chips and baby carrots  
  $25 (15-20 people)

- **Spanakopita**  
  Flaky filo dough triangles with spinach & feta cheese  
  $12.5 /dozen
Treats & Sweets

Custom orders available please email or call
Additional items are available please inquire

**Snacks**
*Other items are available please inquire*

- Granola Bars $1.00 ea
  Nature valley granola bar
- Kind or Cliff Bar $2.75 ea
  Assorted flavors
- Trail Mix $2.50 ea
- Chex Mix $.75 ea
- Yogurt Covered Pretzel $2.25 ea
- Gluten Free Snacks $MP
  Cookies, pretzel, quinoa chips, lentil chips
- Chips $1.00 ea
  Kettle or baked chips
- Assorted Nuts $2.75 ea

**Sweets**

- Cookies $.85 ea
  Chocolate chip, oatmeal, and white chocolate macadamia, double chocolate chip
- Brownies or Blondie $1.85 ea
  Flaky filo dough triangles with spinach & feta cheese
- Lemon Bar $1.85 ea
  Flaky filo dough triangles with spinach & feta cheese
- Petite Four $9.50/ dz
  Flaky filo dough triangles with spinach & feta cheese
- Eclair $20.00/ dz
  Bavarian cream filled pate choux
- Cheesecake Bite $20.00/ dz
  Assorted mini cheesecake
- Creole Cheesecake $32.00
  Serves 10
- Sour Cream Coffee Cake $36.00
  Serves 12
- White Chocolate Bread Pudding $30.00
  Serves 25