

This Training Table menu is professionally designed to provide the right balance of protein, starches, and vegetables for NCAA student-athletes. Furthermore, we have reworked some of our most popular dishes, like our famous mac and cheese, to be more health conscious. Bread Garden has always been committed to providing fresh, made-from-scratch meals. Now you can be sure you are providing your team with the right fuel for success!

## **breakfast buffet**

\$13 per person

Includes paper service and chafer rental

Delivery with set up service is \$20

### **MENU 1:**

Cheese and chive scrambled eggs

Chicken sausage patties

Sweet potato and yukon gold hash

Ancient grain bread with toaster and butter packets

Sauteed spinach with red peppers and onion

Assorted whole fruit: apples, bananas, oranges

### **MENU 2:**

Denver Scramble (eggs, diced ham, peppers and cheese)

Honey-chipotle chicken breast

Fresh baked biscuits

Garlic mashed cauliflower and potatoes

Green beans with caramelized onions

Peanut butter chocolate chip granola bars

### **MENU 3:**

Mini vegetable quiche

Ham steak

Performance mac n cheese

Zucchini hash

Oatmeal

Mixed berry bowl

**order now**

PHONE

319-354-4246

WEB

BreadGardenMarket.com

# **lunch options**

\$11.99 per meal includes one main course and two sides.  
These items are individually portioned and packaged, but not boxed per meal

**PICK ONE OF THE FOLLOWING:**

Salmon and Kimchee Poke Bowl

Ahi Avocado Poke Bowl

Mango Asparagus Sushi

California Roll

Garlic Chipotle Chicken Burrito: tortilla with brown rice, lettuce, salsa rojo and cheese

Roasted Vegetable Burrito: tortilla with brown rice, lettuce, salsa rojo and cheese

Garlic Chipotle Chicken Burrito Bowl: with brown rice, black beans, lettuce, salsa rojo and cheese  
Roasted Vegetable

Burrito Bowl: with brown rice, black beans, lettuce, salsa rojo and cheese

**PICK TWO OF THE FOLLOWING:**

Garden side salad with balsamic vinaigrette

Cheese tortellini pasta salad

Fruit yogurt

Cottage cheese

Fresh fruit salad

Chocolate chunk cookie

## **UI SPORTS PERFORMANCE BOXED LUNCH**

\$10.99/meal

Available as personalized boxed lunches, individual grab-and-go buffet assortment or self-service buffet. Includes dinner napkins and utensil sets. As well as plates and disposable serving utensils for the standard buffet service.

**SANDWICH CHOICES:**

1) Turkey: with swiss, lettuce and tomato with honey mustard on nine grain

2) Hummus: with fresh vegetables on ancient grain bread

3) Chicken BLT: with avocado on sourdough (no mayo)

4) Healthy Ham: low sodium ham, lacey, swiss, honey mustard, caramelized onions, tomato and greens on nine grain

**SIDES:**

1) Garden salad with balsamic vinaigrette

2) Cheese tortellini pasta salad

3) Cottage cheese

**SWEET:**

1) Fruit salad

2) Fruit yogurt

3) Chocolate chunk cookie

**order now**

PHONE  
319-354-4246

WEB  
BreadGardenMarket.com

# dinner options

Includes paper service, chafer rentals  
Delivery with set up service is \$20

## BGM TRAINING TABLE

### MENU 1: TACO BAR (\$15/ person)

Flour and corn tortillas  
Taco seasoned ground beef  
Garlic chipotle chicken  
Sautéed fajita vegetables  
Chopped lettuce  
Diced tomato  
Shredded cheese  
Salsa rojo  
Guacamole  
Berry cobbler

### MENU 2 : CLASSIC (\$17/person)

Quartered rotisserie chicken  
Garlic shrimp  
Roasted sweet potato  
Penne primavera  
Roasted broccoli with peppers  
Spinach salad with balsamic vinaigrette  
Mini fresh fruit tarts

### MENU 3: HOMESTYLE (\$17/person)

Meatloaf  
Spinach and sun dried tomato stuffed chicken  
Mashed cauliflower and potatoes  
Performance mac and cheese  
Sautéed sesame kale  
Garden salad with balsamic vinaigrette  
Apple crisp

### MENU 4 : BREAKFAST FOR DINNER (\$16/person)

Cheese and chive scramble  
Chicken sausage  
Protein pancakes w/ maple syrup  
Sweet potato hash  
Cheesy broccoli  
Caesar salad  
Mini fruit danish

**order now**

PHONE  
319-354-4246

WEB  
BreadGardenMarket.com