

OAK & ESSENCE
CATERING



NORFOLK STATE UNIVERSITY
LUXEWOOD
EVERYDAY CATERING



WELCOME TO
OAK & ESSENCE
CATERING

OUR STORY

Where tradition intersects with innovation, Oak & Essence Catering embodies culinary excellence. Our journey started with a deep respect for the sturdy oak tree, symbolizing strength and resilience. Just as its branches stretch towards the sky, our mission is to elevate the rich culinary traditions to new heights, honoring their legacy and embracing modern creativity.

At Oak & Essence, we celebrate the timeless flavors and soulful dishes that have woven themselves into the tapestry of American culinary history. From the savory spices of Creole cuisine to the comforting warmth of Southern soul food, each dish tells a story of heritage and passion. Our chefs, inspired by generations of culinary wisdom, infuse these traditions with bold, modern twists that capture the essence of our diverse world.

We believe in the power of flavors to connect people across cultures and continents. Our menus are crafted with meticulous attention to detail, offering a journey through global tastes that awaken the senses and ignite the palate. Whether it's a corporate gathering, a wedding celebration, or an intimate soirée, Oak & Essence Catering ensures every event is a masterpiece of flavor and sophistication.

Step into our sleek, modern kitchen where creativity meets precision. Here, innovation dances with tradition as we blend the robust spices of the Caribbean with the delicate flavors of Asia, and the hearty textures of Africa with the refined tastes of Europe. Each dish is a harmonious symphony of flavors, carefully curated to delight and inspire.

Beyond the culinary artistry, Oak & Essence Catering is committed to excellence in every aspect of our service. From the first consultation to the final bite, we strive to exceed expectations, creating unforgettable dining experiences that leave a lasting impression. Our dedication to quality, hospitality, and innovation sets us apart, ensuring that your event is not just memorable, but truly exceptional.

Join us at Oak & Essence Catering, where tradition meets innovation, and every bite tells a story of flavor, culture, and the timeless spirit of the oak.

BRAND PROMISES

1. Flavorful Essence: We promise to infuse every dish with the flavorful essence of Black American culinary traditions, complemented by bold, global inspirations.
2. Innovative Branches: We promise to innovate like the mighty oak, blending traditional flavors with modern twists that surprise and delight, ensuring each bite is a culinary revelation.
3. Sleek Elegance: We promise a catering experience that exudes sleek elegance, from our sophisticated presentation to our impeccable service, setting the stage for an unforgettable event.
4. Deep Roots: We promise to uphold our roots in quality, sourcing the finest ingredients and crafting each dish with passion and precision and in service, providing impeccable attention to detail to your event from idea to execution.

At Oak & Essence Catering, these promises embody our commitment to culinary excellence, innovation, and creating unforgettable oak-periences that stand the test of time.



OUR TIERS OF SERVICE

At Oak & Essence, we epitomize a fusion of tradition and innovation, drawing inspiration from the enduring strength of the oak tree. Like its resilient branches, our mission is to elevate every culinary affair to unparalleled levels of sophistication and excellence.

Throughout this guide, we delve into the nuances of menu curation, explore cutting-edge culinary trends that seamlessly blend global flavors with timeless elegance, and provide strategic insights for seamless event management. Whether you're a seasoned professional seeking to refine your skills or an aspiring host aiming for perfection, our objective is to empower you with the refined knowledge and creativity to surpass expectations.

Join us on a journey where tradition meets modernity, and where each event crafted by Oak & Essence Catering reflects our unwavering commitment to exceptional taste, style, and impeccable service.

Oak & Essence Catering offers a comprehensive range of catering tiers, each inspired by the intricate growth rings of an oak tree, symbolizing strength, growth, and timeless elegance. Beginning with **BRIGHTWOOD**, our zero-touch catering tier, we provide a seamless and safe dining experience, ensuring convenience without compromise. **BLOOMWOOD** caters specifically to student organizations, offering cost-conscious options that maintain sophistication and flavor, nurturing the growth of vibrant student communities. **LUXEWOOD** stands as our versatile everyday tier, renowned for its punctuality and ability to adapt, whether through boxed catering or lavish buffets, ensuring every event is executed flawlessly. Finally, **HEARTWOOD** represents the epitome of luxury and prestige in catering, reminiscent of presidential dining experiences, offering custom menus, luxurious settings, and unmatched service to meet the highest expectations of our distinguished clientele. Oak & Essence Catering promises not just exceptional dining but an expression of enduring quality and refinement, tailored to elevate every occasion with elegance and distinction.





LUXEWOOD

Everyday Catering

Luxewood embodies Oak & Essence's commitment to excellence, offering an everyday catering experience that mirrors the strong, distinctive growth rings of an oak tree. Inspired by the dense, sturdy latewood rings that signify maturity, resilience, and the Luxe Life™ dining experience, this tier is crafted to surpass expectations and meet the diverse needs of any event.

Features

- Exquisite Culinary Creations: Indulge in a curated selection of gourmet dishes and chef-inspired creations that elevate your event's dining experience.
- Versatile Service Options: From elegantly plated meals to lavish buffet spreads and convenient craft catering, Luxewood provides flexibility to cater to any occasion.
- Punctuality and Precision: True to its name, Luxewood ensures timely delivery and meticulous service, ensuring your event runs smoothly and seamlessly.
- Luxurious Presentation: Experience sophistication in every detail with everyday tableware, elegant decor, and impeccable presentation that leaves a lasting impression.
- Customization and Flexibility: Tailor your menu and service style to suit your event's theme, preferences, and dietary requirements, ensuring a personalized and memorable experience.
- Exceptional Service: Our dedicated team of professionals is committed to providing exemplary service and exceeding your every expectation.

Luxewood represents more than just catering; it embodies the depth of experience and dedication that Oak & Essence brings to every event. With a focus on quality, innovation, and reliability, Luxewood ensures that your event is not only memorable but also reflects the enduring strength and growth represented by the latewood rings of an oak tree.



WELCOME

There are both big decisions and little details to attend to as you prepare for your upcoming catered event. Let Oak & Essence Catering by Thompson Hospitality guide you, from designing the perfect menu to personalizing all the details of your unique gathering.

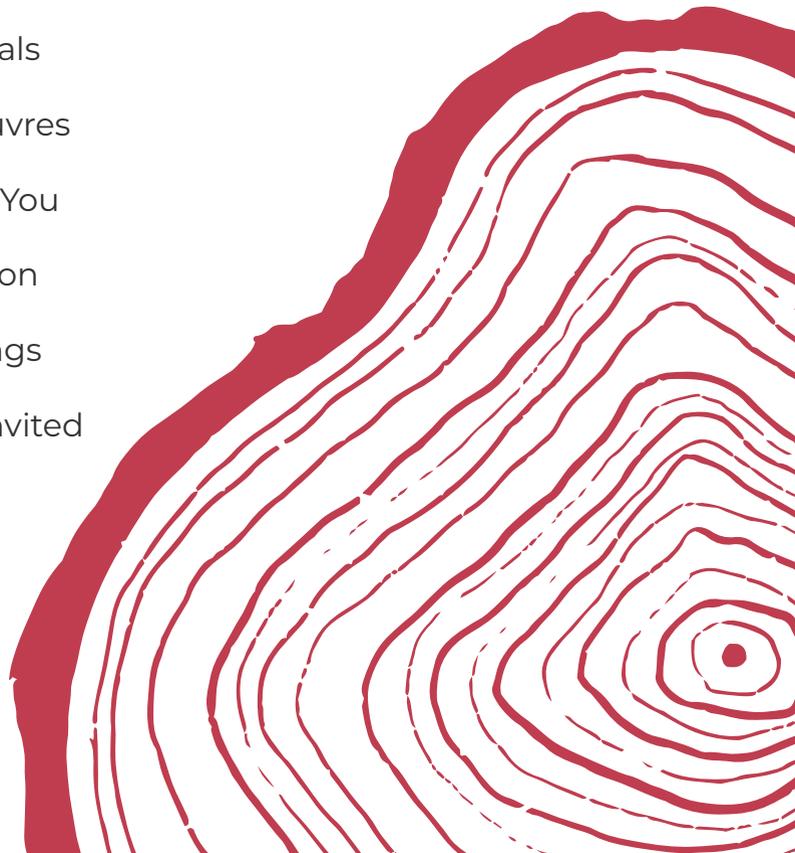
Our catering services can accommodate any size, theme, or individual requirements, in virtually any location- on or off campus.

We'll work with you to create a custom gathering menu inspired by your unique needs that will leave a lasting impression on your guests. All menus will follow the Thompson Hospitality culinary philosophy; authentic recipes using the freshest, seasonal ingredients.

Waiter service, buffet, small plates and internationally-inspired specialty stations; all served in your style! And because you've entrusted your event to Oak & Essence Catering by Thompson Hospitality, the food will be unmatched, the service spectacular, and the event will be unforgettable!

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A top-down view of a coffee cup and a plate of avocado toast with seeds, overlaid with a teal and red graphic design. The coffee cup is white with a light brown beverage. The plate is white with sliced avocado and seeds. The graphic design consists of a teal shape with red wavy lines and a red border.

FUEL YOUR DAY.





GREET YOUR DAY

	Per Person
Continental Breakfast	\$9.99
Assorted breakfast pastries and bagels with cream cheese	(Cals: 240-340)
Seasonal fresh fruit display	(Cals: 60)
Regular and decaf coffee and assorted hot teas	(Cals: 0)
Orange juice	(Cals: 120)
Energy Breakfast	\$17.99
Egg white scrambled with potato, spinach and tomato	(Cals: 240)
Seasonal fresh fruit and greek yogurt bar with granola	(Cals: 60-370)
Regular and decaf coffee and assorted hot teas	(Cals: 0)
Orange juice	(Cals: 120)
Traditional Breakfast	\$13.49
French toast, buttermilk pancakes or waffles add veggie sausage links	(Cals: 170-240)
Scrambled eggs	(Cals: 80)
Bacon, pork sausage or turkey sausage	(Cals: 190)
Seasoned breakfast potatoes	(Cals: 45-70)
Seasonal fresh fruit display	(Cals: 120)
Fresh breakfast pastries to include assortment of mini croissants, muffins or danishes	(Cals: 60)
Regular and decaf coffee and assorted hot teas	(Cals: 130-210)
Orange juice	(Cals: 0)
	(Cals: 120)

Build Your Own Breakfast Salad

Choice of Greens (Pick 2):	
Kale	(Cals: 35)
Arugula	(Cals: 0)
Baby spinach	(Cals: 0)
Proteins (Pick 1):	
Poached egg	(Cals: 60)
Egg white	(Cals: 60)
Thick cut bacon	(Cals: 45)
Marinated soy bean	(Cals: 25)
Dressings (Pick 1):	
Everything bagel spice	(Cals: 20)
Tarragon lemon	(Cals: 15)
Buttermilk ranch	(Cals: 50)

Toppings (Pick 4):	
Tomato	(Cals: 10)
Red onion	(Cals: 5)
Cheddar	(Cals: 30)
Swiss	(Cals: 25)
Bell pepper	(Cals: 5)
Roasted mushroom	(Cals: 70)
Sweet potato	(Cals: 50)
Peas	(Cals: 30)
Asparagus	(Cals: 20)
Avocado	(Cals: 60)

Per Person

\$13.89

Toast Bar

Choice of Bread (Pick 1):	
Artisan sourdough	(Cals: 130)
Rye	(Cals: 110)
Tuscan breads	(Cals: 75)
Spreads (Pick 2):	
Sweet or savory marmalade	(Cals: 10)
Za'tar spiced chickpea hummus with onion	(Cals: 80)
White bean hummus	(Cals: 130)
Mushroom ragout	(Cals: 90)
Avocado	(Cals: 90)
Toppers (Pick 1):	
Toasted cashews	(Cals: 40)
Chia seeds	(Cals: 25)
Sunflower seeds	(Cals: 45)

Toppings (Pick 4):	
Pickled red onion	(Cals: 10)
Pickled radish	(Cals: 35)
Roasted eggplant	(Cals: 25)
Roasted cherry tomato	(Cals: 50)
Roasted carrot	(Cals: 40)
Marinated artichoke	(Cals: 25)
Marinated cucumber	(Cals: 25)
Arugula	(Cals: 0)
Fresh mozzarella	(Cals: 90)

Per Person

\$13.99



TABLE D'HOTE

		Per Person
Assorted bagels and spreads	(Cals: 240-340)	\$4.59
Freshly-baked croissants	(Cals: 350)	\$3.79
Assorted danish	(Cals: 270-390)	\$4.79
Assorted freshly baked muffins	(Cals: 140-420)	\$2.25
Yogurt parfait with fresh berries and granola	(Cals: 250)	\$4.25
Overnight oats (min 10 ppl)	(Cals: 300-540)	\$2.99
Avocado toast	(Cals: 230-270)	\$4.55
Bacon, pork sausage, turkey sausage or ham	(Cals: 45-70)	\$2.05
Seasonal fresh fruit display	(Cals: 60)	\$4.69
Ham & swiss cheese quiche	(Cals: 390)	\$2.79
Greek yogurt	(Cals: 70-90)	\$3.09
Tuscan kale, roasted pepper & goat cheese quiche	(Cals: 230)	\$2.89
Hardboiled hen eggs	(Cals: 70)	\$1.15
Ancient grain oatmeal (min 10 ppl)	(Cals: 65)	\$2.65
Smoked salmon platter (min 10 ppl)	(Cals: 70)	\$7.59

HAND CRAFTED EGG SANDWICHES

All Sandwiches can be made on a Croissant, Buttermilk Biscuit, Wrap or English Muffin

Continental Breakfast

Bacon and cage-free egg on a fresh English muffin	(Cals: 350)	Per Person \$4.29
Cage-free egg and cheese on a fresh English muffin	(Cals: 280)	\$4.29
Fried chicken on a buttermilk biscuit	(Cals: 560)	\$4.29
Tomato and cage-free egg on a whole wheat wrap	(Cals: 570)	\$5.39
Cage-free egg and bacon on a croissant	(Cals: 390)	\$6.29
Hot ham and cheese on a buttermilk biscuit	(Cals: 510)	\$4.69



BAIANCED BREAKS

	Per Person
Chips and Salsa	\$4.99
Lime & sea salt tortilla chips	(Cals: 100)
Housemade tomato salsa	(Cals: 10)
Avocado guacamole	(Cals: 110)
Fruit & Nut Bar	\$4.99
Selection of lightly salted nuts	(Cals: 45-50)
Popcorn Trio	\$5.99
Spicy chili, herb & rosemary and regular popcorn	(Cals: 140-200)
Mezze Spreads	\$9.99
Crisp vegetables & pita chips	(Cals: 40-80)
Yellow lentil hummus	(Cals: 60)
Classic chick pea hummus	(Cals: 30)



SWEETS AND TREATS

		Price Per Dozen
Assorted freshly baked cookies	(Cals: 170-210)	\$16.00
Housemade fudge brownies	(Cals: 200)	\$18.00
Pick 1 Cereal treat:	(Cals: 190-350)	\$17.89
Trix, Cinnamon Toast Crunch, Cocoa Puffs, & Rice Krispy Treat Platter		
Pick 1 Dessert bar:	(Cals: 110-320)	\$19.39
Smore's bar, blondie, M&M blondie, pecan, lemon bar		
Individually wrapped granola bars	(Cals: 190)	\$9.99
Fresh whole fruit	(Cals: 30-110)	\$10.99
		Price Per Bag
Individually bagged chips	(Cals: 130-320)	\$2.99
Individually bagged popcorn	(Cals: 180)	\$2.99

BEVERAGES

Freshly brewed regular or decaffeinated coffee	Per Gallon (serves 8)
Hot water and assorted teas	(Cals: 0) \$21.00
	(Cals: 0) \$21.00

COLD BEVERAGES

Cold bottled soda	Single
Cold water bottles	(Cals 0-190) \$2.49
Cold iced tea or lemonade	(Cals: 0) \$2.49
Sparkling water	(Cals 0-160) \$2.75
	(Cals: 0) \$3.09
Fruit punch or lemonade	Per Gallon (serves 8)
	\$20.00



CLASSIC DELI BUFFET

Your choice of three deli classics, two fresh cheese pairings, artisan-baked breads, chips or a side salad, housemade cookie and condiments. The classic deli buffet is accompanied by fresh veggies and the classic spreads that make a sandwich great.

Build Your Own Sandwich

Per Person

\$13.99

Pick 3 Proteins:

Smoked ham	(Cals: 180)
Turkey	(Cals: 75)
Salami	(Cals: 300)
Roast beef	(Cals: 75)
Tuna salad	(Cals: 190)
Cold fried tofu	(Cals: 60)
Seasonal roasted vegetables	(Cals: 50)

Pick 2 Cheeses:

American	(Cals: 90)
Swiss	(Cals: 90)
Provolone	(Cals: 100)
Pepper jack	(Cals: 110)
Cheddar	(Cals: 110)

Pick 1 Side:

Housemade chips	(Cals: 100)
Quinoa & tabbouleh salad	(Cals: 260)
Small garden salad	(Cals: 40)
Chick pea tomato salad	(Cals: 80)

CHOOSE YOUR
FAVORITE.





LUNCH BUFFET

Artisan Sandwich Board

Per Person
\$15.99

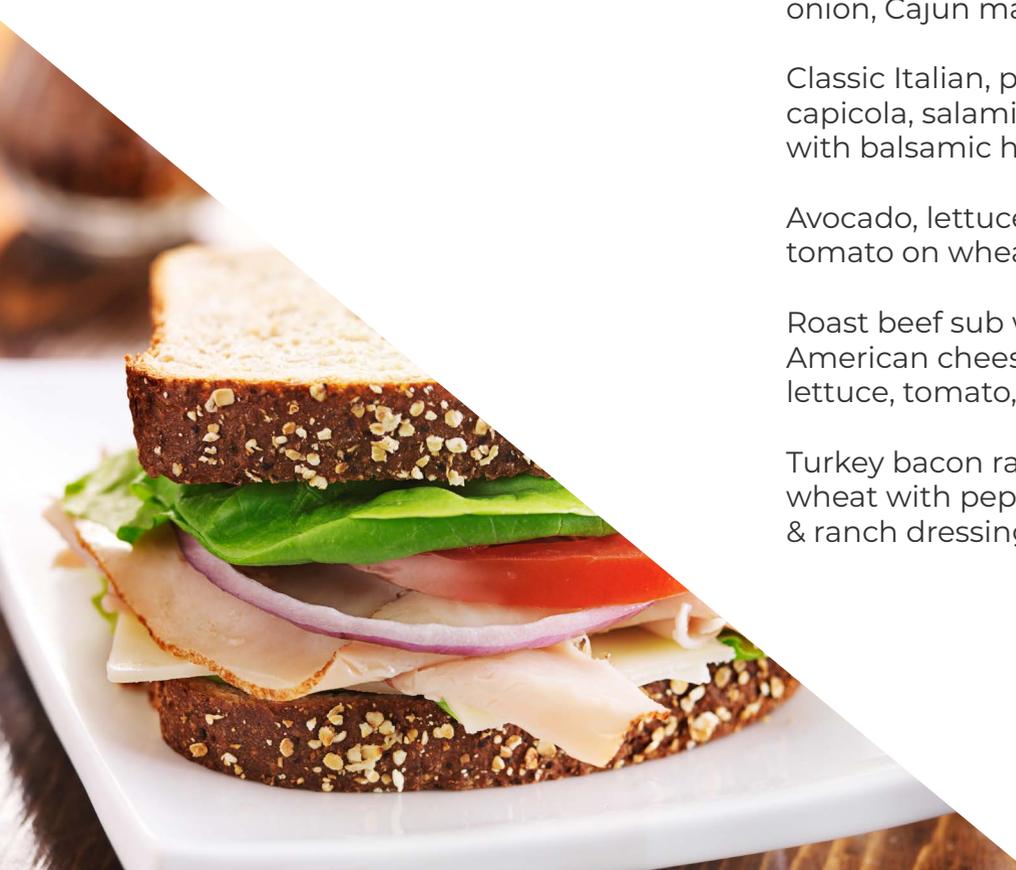
Your choice of 4-sandwiches served with chips and a side salad.

Pick 1 Side (Chips Included):

- Chick pea tomato salad (Cals: 80)
- Quinoa & tabbouleh salad (Cals: 260)
- Small garden salad (Cals: 40)

Pick 4 Sandwiches:

- Muffuletta vegetarian sandwich (Cals: 600)
- Mediterranean grilled chicken, sun-dried tomato hummus ciabtta (Cals: 890)
- Cajun roast turkey with pepperjack, Bermuda onion, Cajun mayo (Cals: 480)
- Classic Italian, pepperoni, capicola, salami & provolone with balsamic hero (Cals: 730)
- Avocado, lettuce, tomato on wheat (Cals: 450)
- Roast beef sub with American cheese, lettuce, tomato, onion (Cals: 540)
- Turkey bacon ranch on wheat with pepper jack & ranch dressing (Cals: 640)



CRAFT LUNCHEES

Express Box Lunch

Per Person
\$12.55

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad, freshly-baked cookie and a canned soda or a bottled water.

Pick 1 Sandwich:

Turkey breast and provolone cheese	(Cals: 490)
Ham and Swiss cheese	(Cals: 470)
Roast beef and cheddar	(Cals: 440)
Grilled veggie wrap	(Cals: 570)
Tuna salad	(Cals: 580)
Grilled Mediterranean chicken	(Cals: 730)

Artisan Box Lunch

Per Person
\$13.25

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad, dessert bar, and a canned soda or bottled water.

Pick 1 Sandwich:

Muffuletta vegetarian sandwich	(Cals: 600)
Mediterranean grilled chicken, sun-dried tomato, hummus ciabatta	(Cals: 890)
Avocado, lettuce, tomato on wheat	(Cals: 450)
Roast beef sub, American cheese, lettuce, tomato, onion	(Cals: 540)
Turkey bacon ranch on wheat with pepper jack & ranch dressing	(Cals: 640)

Pick 1 Side:

Chick pea tomato salad	(Cals: 80)
Quinoa & tabbouleh salad	(Cals: 260)
Small garden salad	(Cals: 40)
Chips	(Cals: 100)



CRAFT SALADS

All Salads include Artisan Crackers, choice of Dressing, Cookie, and Disposable Cutlery

	Per Person
Turkey Avocado Cobb Salad Mesclun greens with turkey, bacon, fresh avocado, cage-free hardboiled egg, black olives, onion, and house-made croutons	(Cals: 450) \$12.55
Blackened Chicken Caesar Salad Chopped romaine lettuce, blackened chicken, grated Parmesan cheese, and housemade croutons with our traditional Caesar dressing	(Cals: 430) \$13.39
Traditional Chef's Salad Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers, and crisp greens with creamy buttermilk dressing	(Cals: 520) \$12.55
Greek Salad with Grilled Chicken Grilled chicken, tomatoes, cucumbers, Kalamata olives, feta cheese, red onion, and mixed greens with a red wine vinaigrette	(Cals: 730) \$13.39
Mediterranean Grain Salad Orzo, barley, & farro with Kalamata olive, tomato & onion	(Cals: 330) \$13.39

THEME MEALS:
LITTLE ITALY

*Served with Caesar salad (Cals: 360) & housemade cookies (Cals: 170-200)
& freshly baked garlic bread (Cals: 210)*

Build Your Own

\$22.99

Pick 1 Pasta:

Spaghetti

(Cals: 111)

Fettucine

(Cals: 400)

Tortellini

(Cals: 280)

Pick 1 Protein:

Chicken piccata

(Cals: 250)

Chicken marsala

(Cals: 380)

Chicken parmesan

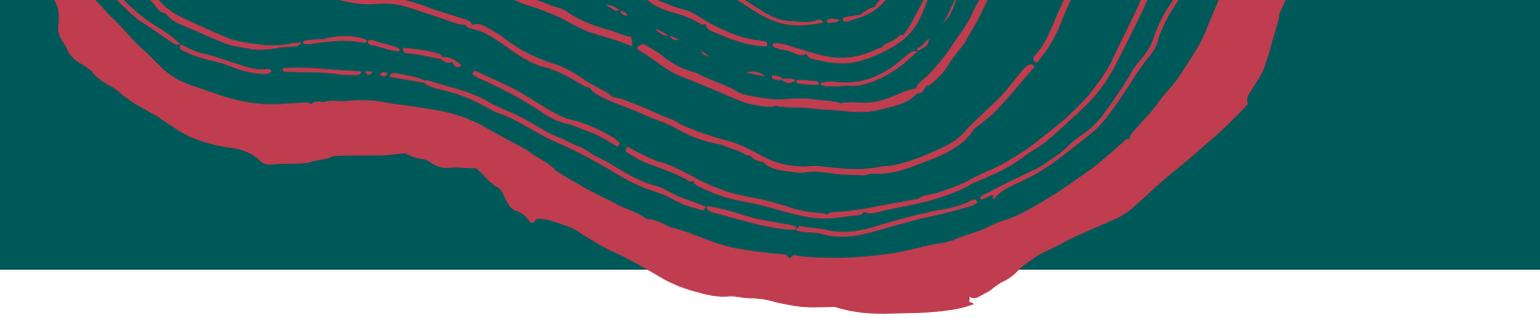
(Cals: 470)

Meatballs with red sauce

(Cals: 220)

Add an antipasto platter (Cals: 520): +\$8.99 per person





SOUTHERN DELIGHT

Per Person

\$22.99

- Herb brined turkey breast with sage gravy (Cals: 260)
- Herb & crusted salmon (Cals: 170)
- Garlic roasted red bliss potatoes (Cals: 130)
- Roasted brussels sprouts (Cals: 45)
- Tossed garden salad (Cals: 40)
- Fudge brownies (Cals: 200)

Per Person

\$22.99

- Classic Carolina pulled pork with slider rolls (Cals: 400)
- Buttermilk fried chicken (Cals: 500)
- Macaroni & cheese (Cals: 330)
- Green beans (Cals: 65)
- BBQ baked beans (Cals: 270)
- Lime cilantro cabbage cole slaw (Cals: 120)
- Cheddar jalapeno cornbread (Cals: 330)
- Fudge brownies (Cals: 200)

Per Person (Lunch per diem)

\$19.00

- Buttermilk fried chicken (Cals: 500)
- Macaroni c& heese (Cals: 330)
- Green beans (Cals: 65)
- BBQ baked beans (Cals: 270)
- Lime cilantro cabbage cole slaw (Cals: 120)
- Fudge brownies (Cals: 200)





EXPAND YOUR
TASTE.





GRILL

Includes assorted buns, lettuce (Cals: 0), tomatoes (Cals: 0), pickles (Cals: 0), onions (Cals: 5), condiments (Cals: 10-90), freshly baked cookies (Cals: 170-200), and brownies (Cals: 200)

Build Your Own

Per Person

\$13.89

Pick 3:

Hamburger (Cals: 340)
 Turkey burger (Cals: 298)
 Veggie burger (Cals: 280)
 Hot dog (Cals: 480)
 BBQ glazed chicken (Cals: 630)

Pick 2 Sides:

Potato salad (Cals: 170)
 Pasta salad (Cals: 270)
 Coleslaw (Cals: 96)
 Traditional mac & cheese (Cals: 330)

TASTE OF THE MEDITERRANEAN

Per Person

\$22.99

Blackened salmon with lemon & parsley (Cals: 140)
 Za'tar roasted chicken breast (Cals: 240)
 Whole wheat penne with broccoli, lemon & garlic (Cals: 430)
 Broccoli rabe with red chili flake & roast garlic (Cals: 15)
 Chick pea & tomato salad (Cals: 80)

Per Person

\$18.99

Chermoula spiced chicken skewers with tzatziki sauce (Cals: 350)
 Kafta meatballs on tabbouleh with red chili tomato sauce (Cals: 310)
 Mini falafel with tahini sauce (Cals: 350)
 Lentil hummus with grilled pita chips (Cals: 680)
 Mezze grilled & marinated vegetables with hummus (Cals: 150)
 Marinated olives (Cals: 40)



TACO HOUSE

Per Person

\$18.99

Mini al pastor tacos with onion & cilantro	(Cals: 170)
Mini carne asada with onion & cilantro	(Cals: 280)
Mini grilled chicken flautas ancho chili crema	(Cals: 160)
Deconstructed posole salad with chili lime vinaigrette	(Cals: 290)
Crab avocado shooter with diced jicama & chili lime tortilla	(Cals: 130)
Wild mushroom queso fundido with fresh tortillas	(Cals: 380)
Mini churro chocolate dipping sauce	(Cals: 250)

Per Person

\$13.99

Grilled chicken skewers with soft corn tortillas	(Cals: 390)
Black bean and corn salad	(Cals: 150)
Mexican red rice	(Cals: 180)
Fresh, housemade guacamole with salsa	(Cals: 120)
Baked corn tortilla chips	(Cals: 70)

ASIAN FUSION

Per Person

\$22.99

Soba noodle salad with miso mustard vinaigrette	(Cals: 180)
Shrimp gyoza chili vinegar	(Cals: 170)
Pork dumpling hoisin peanut sauce	(Cals: 180)
Chili tofu & vegetables	(Cals: 100)
BBQ hoisin steak, avocado, scallion lettuce wraps	(Cals: 270)
Guacaname with fried wonton crisps	(Cals: 220)
Pao zaf cold vegetable zoodle salad	(Cals: 360)
Shrimp poke	(Cals: 680)

HOT HORS D'OEUVRES

One Serving		Per Person
Spanakopita 3 pp	(Cals: 160)	\$2.99
Shrimp & vegetable spring roll with Mongolian sweet & sour sauce 2 pp	(Cals: 80)	\$4.99
Vegetable spring roll with Mongolian sweet & sour sauce 2 pp	(Cals: 90)	\$3.25
Mini quiche with apples, cheddar & cinnamon 3 pp	(Cals: 250)	\$2.99
Heirloom tomato, torn basil, roasted garlic, and Asiago flatbread 3 pp	(Cals: 290)	\$2.99
Grilled chicken & cheddar cheese quesadilla 2 pp	(Cals: 200)	\$3.99
Beef empanadas with avocado dip 3 PER PERSON	(Cals: 360)	\$3.99
Thai chicken satay with spicy peanut sauce 3 pp	(Cals: 110)	\$3.99
Beef sliders with bacon cheddar & spicy tomato ketchup 2 pp	(Cals: 320)	\$4.99
Mini roast pork bao 2 pp	(Cals: 30)	\$3.99
Tandoori kebab 2 pp	(Cals: 120)	\$3.99
Beef (Cals: 381) or plant based meatballs (Cals: 255) with barbeque or sweet & sour sauce 4 pp		\$2.99
Pinwheels: ham (Cals: 135) and turkey (Cals: 115) or grilled vegetables (Cals: 98) 3 pp		\$2.99
Chicken wings: Lemon pepper (Cals: 178), Buffalo (Cals: 350), BBQ (Cals: 259), Sriracha (Cals: 295), Hot Honey (Cals: 360), with your choice of dressing 3 pp		\$5.99

Beef burger sliders 2 pp (Cals: 253) \$4.25

Grilled chicken sliders 2 pp (Cals: 150) \$3.99

COLD HORS D'OEUVRES

One Serving

Goat cheese and garlic and herb crostini 2 pp (Cals: 290) **Per Person** \$3.99

Smoked salmon mousse on potato crisp 3 pp (Cals: 70) \$4.99

Caprese skewer-cherry tomato, fresh mozzarella, basil & balsamic glaze 4 pp (Cals: 120) \$2.99

Thai chicken lettuce wrap 4 pp (Cals: 400) \$4.25

Harvest chicken salad in a phyllo cup 2 pp (Cals: 150) \$3.99

Cumin crusted beef tenderloin on a plantain chip 1 pp (Cals: 160) \$4.99

Hummus shooter with crudité garnish 2 pp (Cals: 130) \$3.99

Cheese Display (Cals: 160) **Per Person** \$8.99

Min. of 48 pieces

Served with artisan bread, crackers and fresh fruit garnish

Crudité Display (Cals: 130) \$4.99

Min. of 48 pieces

Seasonal vegetables served with ranch dipping sauce

Seasonal Fresh Fruit Display (Cals: 45) \$4.89

Min. of 48 pieces

Seasonal fruit & berries

Mediterranean Market Display (Cals: 230) \$7.89

Min. of 48 pieces

Cumin marinated chicken skewers, roasted eggplant, roasted peppers, hummus, marinated olives, feta cheese, parmesan cheese, rocket arugula served with flatbreads & crostini

THE FLAVORS
YOU LOVE.





CARVED FOR YOU

Served with appropriate sauces & dinner rolls with whipped butter.

Pick 1 Your choice of:		\$18.99
Roasted round of beef	(Cals: 260)	
Roasted pork loin	(Cals: 160)	
Boneless Virginia ham	(Cals: 110)	
Herb-roasted breast of turkey	(Cals: 130)	
Pick 4 À la carte:		
Horseradish whipped potato	(Cals: 150)	\$3.99
Mashed sweet potatoes with pecan butter	(Cals: 180)	\$3.99
Rosemary roasted potatoes	(Cals: 110)	\$3.99
Herb risotto	(Cals: 600)	\$6.99
Lentil & basmati rice pilaf	(Cals: 190)	\$3.99
Potatoes au gratin	(Cals: 410)	\$3.99
Macaroni and cheese	(Cals: 330)	\$3.99
Grilled asparagus	(Cals: 60)	\$3.99
Grilled Brussels sprouts with lemon	(Cals: 60)	\$3.99
Creamed spinach	(Cals: 60)	\$3.99
Za'tar roasted carrots	(Cals: 35)	\$3.99
Roasted squash with fresh herbs and garlic	(Cals: 100)	\$3.99
Cauliflower grits with roasted carrot and chimichurri	(Cals: 530)	\$3.99



PASTA STATION

Build Your Own

Marinara sauce	(Cals: 15)
Alfredo sauce	(Cals: 230)
Spinach	(Cals: 0)
Broccoli	(Cals: 5)
Onions	(Cals: 15)
Tomatoes	(Cals: 10)
Parmesean cheese	(Cals: 20)

Pick 2:
Rigatoni
Whole wheat penne
Gemelli
Tortellini
Fettuccini (Cals: 110)

Pick 2:
Italian sausage
Chicken
Shrimp

Per Person
\$18.99



SWEET THINGS

Gourmet hot chocolate station

Served with chocolate shavings, whipped toppings and mini marshmallows

(Cals: 185)

Per Person

\$10.99

Mini cupcake station

Pick 2:

Carrot cake

(Cals: 90)

Coconut cream

(Cals: 110)

Cookies & cream

(Cals: 120)

Turtle

(Cals: 130)

Peanut butter cup

(Cals: 110)

Red velvet

(Cals: 90)

Devil's food with marshmallows

(Cals: 170)

Tiramisu

(Cals : 100)

Per Person

\$6.99

Fondue Station

Chocolate (Cals: 310) and Caramel (Cals: 180) Dips served with:

Per Person

\$8.99

Strawberries

(Cals: 10)

Pineapple

(Cals: 20)

Pound cake

(Cals: 170)

Shortbread cookies

(Cals: 160)

Brownie bites

(Cals: 200)

Pretzel rods

(Cals: 110)

Marshmallows

(Cals: 10)

Shortcake Bar

Buttermilk shortcake (cals: 350) served with:

Per Person

\$8.99

Fresh or compote strawberry

(Cals: 10-20)

Peach

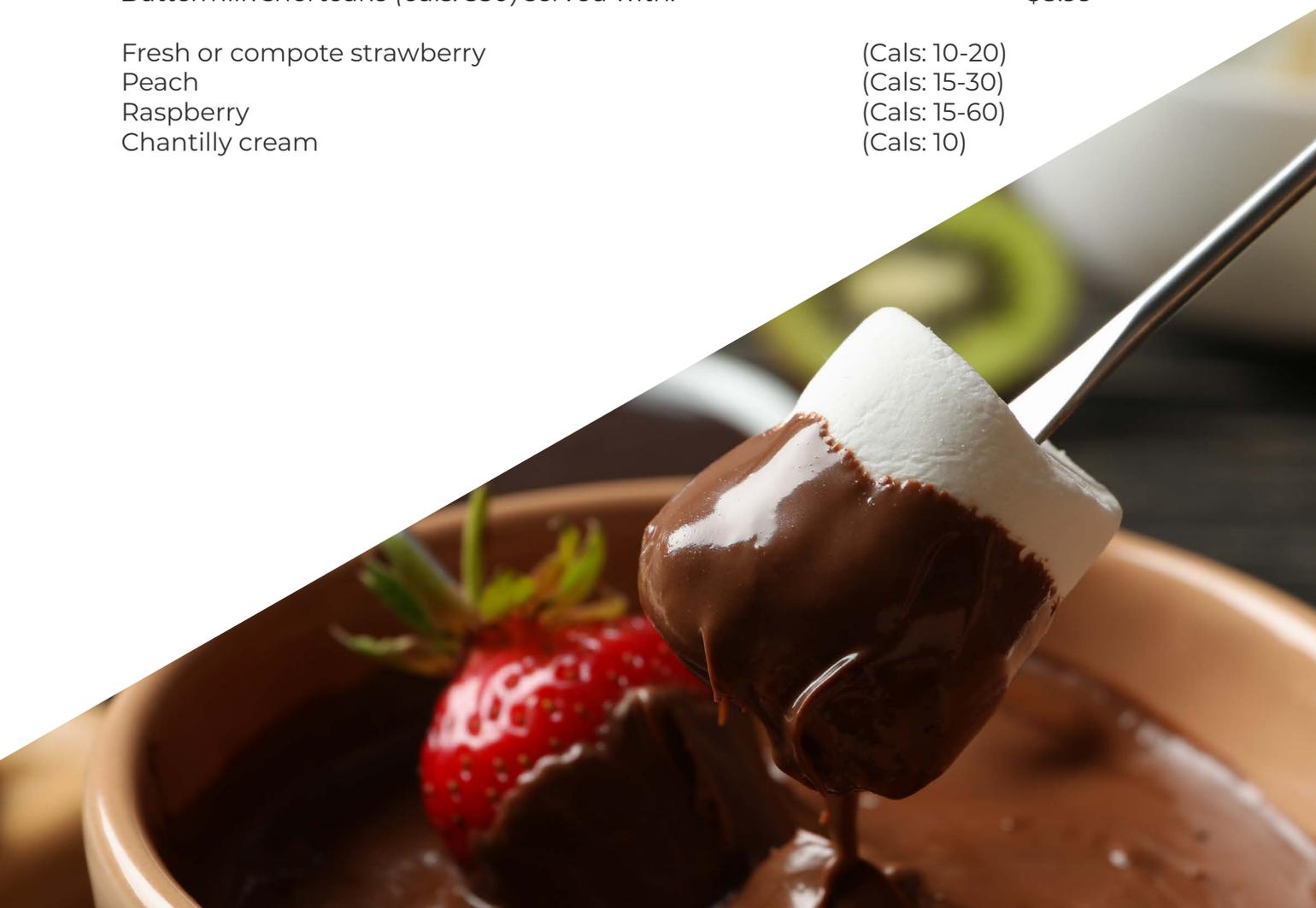
(Cals: 15-30)

Raspberry

(Cals: 15-60)

Chantilly cream

(Cals: 10)



CORDIALLY INVITED

First Course		Per Person
Mixed green salad with romaine, red onions, tomatoes, croutons and creamy ranch dressing	(Cals: 390)	\$4.49
Classic Caesar salad with romaine, parmesan, croutons, and Caesar dressing	(Cals: 310)	\$5.99
Spinach and strawberry salad with toasted almonds, aged gorgonzola and raspberry vinaigrette	(Cals: 340)	\$5.99
Asparagus and mushroom salad with mesclun greens and balsamic vinaigrette	(Cals: 140)	\$5.99
Texas cobb salad with whole leaf lettuce, stewed black eyed peas, heirloom tomatoes, seared chili crostini, sharp cheddar, jalapeño ranch	(Cals: 340)	\$6.99
Wedge salad with bleu cheese crumbles, praline bacon, roasted tomatoes, scallions, parmesan croutons and bleu cheese vinaigrette	(Cals: 500)	\$5.49
Fire roasted beet salad with feta cheese, chopped romaine, spring mix, shredded cabbage, mandarin oranges, candied walnuts and citrus vinaigrette	(Cals: 460)	\$6.99
Boston bibb and arugula salad topped with sliced pears, apples, dried cranberries, walnuts, goat cheese and honey mustard dressing	(Cals: 270)	\$6.99

Entrées

		Per Person
Airline chicken parmesan with herb risotto and fresh green beans with garlic, tomato, and basil	(Cals: 2,910)	\$18.99
Herb crusted chicken breast with parmesan polenta, sautéed broccoli rabe with roasted garlic, and red pepper sauce	(Cals: 450)	\$18.99
Smoked bone-in pork chop with BBQ demi roasted poblano mashed potatoes and sweet orange roasted baby carrots	(Cals: 1,390)	\$28.99
Korean bulgogi beef short rib with wasabi mashed potatoes, bok choy, and fried wonton strips	(Cals: 1,080)	\$28.99
Halibut with cherry tomato vinaigrette, basmati rice with saffron and basil, & candied butternut squash	(Cals: 590)	\$34.99
Filet of beef with sherry demi glaze, honey whipped mashed sweet potatoes, grilled asparagus and wild mushrooms	(Cals: 620)	\$36.99
Broccoli tofu stir fry with brown rice	(Cals: 380)	\$3.79
Greek lemon polenta with portabella mushroom ragout	(Cals: 260)	\$6.89

Desserts

		Per Person
Crème brulee cheesecake	(Cals: 350)	\$5.99
New York cheesecake with seasonal berries	(Cals: 350)	\$5.99
Chocolate layer cake	(Cals: 230)	\$5.49
Strawberry shortcake	(Cals: 460)	\$6.49
Chocolate mousse with seasonal berries	(Cals: 270)	\$4.49
Warm apple crisp	(Cals: 340)	\$4.49



ENJOY!





Welcome to **Oak & Essence Catering by Thompson Hospitality!** Our mission is to provide you with exceptional quality, exceptional service and a creative cutting-edge culinary experience. Our professional staff is available to assist you in planning your special event Monday-Friday 9:00am - 5:00pm. Please contact our catering department at 757-823-9473 for customized service and menus.

Placing an Order

Please note, all catering orders must be placed two weeks prior to the event. Contact the Catering Office at 757-823-9473, or by norfolkcatering@thompsonhospitality.com. A room must be reserved before initiating a catering request for an on-campus function. After a location has been confirmed with the university, our staff will help you determine the menu, event setup and all the other details for your event.

Guidelines for Planning Your Event

In arranging catered events, attendance must be guaranteed five business days in advance of the event. This guarantee will allow for the proper planning of your event and will be your commitment to pay for the guaranteed number or the actual number of attendees, whichever is greater. For weekend events, the count must be guaranteed on the Monday before the event so as to allow ample time for the ordering process.

Payment for Sponsored University Events

Payment for a scheduled event should be made to Thompson Hospitality and is due three (3) business days prior to the event. This payment will place the event in what is known as "confirmed status". If the event is not in confirmed status, Dining Services cannot guarantee that the service will be rendered. Therefore, it is crucial that the communication between you, the customer, the approving official office, and the Dining Service's Catering Office is effective. As applicable, please provide one of the following forms of payment to the Catering Office:

- Completed copy of the purchase order form with all authorized signatures
- Foundation or Fund Certification Form
- **Approved per diem breakfast \$24.40, lunch \$28.50, dinner \$42.00**

Payment for Non-University Sponsored Events

Payment for a scheduled event should be made to Thompson Hospitality ten business days prior to the event, the client must remit half of the bill. This payment will place the event in “confirmed status”. If the event is not in confirmed status, Dining Services can not guarantee that the service will be rendered. The remaining balance (50 percent) is due three days prior to the event. As applicable, please provide one of the following forms of payment to the Catering Office:

- Credit Card
- Cash
- Certified Check
- Money Order

For non-university sponsored events, state sales tax will be charged unless a tax exempt certificate is received prior to the start of your event.

Cancellation

To avoid any pro-rated charges, all cancellations must be submitted, in writing, to the Catering Office at least 72 hours (three business days) prior to your event.

Delivery fees

A delivery fee of \$80.00 will be applied to any event held away from the campus. This fee is for the transport of food, service equipment, china, flatware and linen.



Labor

For events that are delivered, an attendant will ensure that all items are to your satisfaction. If an attendant is requested, or required based on the style of service provided, additional charges will be applied as follows:

Wait Staff: \$84.00 per four hours (minimum)
Culinary: \$100.00 per four hours (minimum)
Bar Tender: \$120.00 per four hours (minimum)

Service Times

All events will include a two-hour service time. Events requiring serving time beyond what is mutually agreed upon will be assessed an additional charge of \$24.00 per hour.

Taxes

For non-university sponsored events, state sales tax will be charged unless a tax exempt certificate is received prior to the start of your event.

Safe Food Handling

Safe food handling is a high priority for Catering Services. Therefore, we do not allow left over food to be carried out. For your safety, and that of your guests, a Catering representative will remove food from your event in a timely manner.

Security

Catering Services is not liable for any equipment, supplies or personal belongings left in public function areas.

LOOKING FOR MORE?

Oak & Essence offers four distinct tiers of catering.

BRIGHTWOOD

Zero-Contact Catering

BLOOMWOOD

Student Organization Catering

LUXEWOOD

Everyday Catering

HEARTWOOD

Luxury Catering



LUXEWOOD
OAK & ESSENCE™
CATERING

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