

Nutritional Information - Hors D'oeuvres



Menu Item	Serving Size	Calories	Carb From Fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Egg	Dairy	Soy	Tree Nuts	Peanuts	Fish	Shellfish	Additional info	
Dips & Sauces																								
Blue Cheese	2 tablespoons	150	140	2	16	3	0	0	300	0	1	0	X				X							
Baba Ganoush	1/4 cup	40	21	5	3	1	0	1	49	2	3	2	X				X							
BBQ	2 tablespoons	60	0	15	0	0	0	0	380	0	13	0	X	X	X									
Caesar	2 tablespoons	120	110	1	12	3	0	10	320	0	0	1					X				X		Contains Anchovies	
Chile Ketchup	2 tablespoons	40	0	10	0	0	0	0	320	0	8	0	X	X	X									
Chipotle Pinto Bean Dip	2 tablespoons	82	18	32	2	0	0	0	151	5	0	5	X	X	X									
General Tso Sauce	2 tablespoons	58	4	13	1	0	0	0	292	0	13	0	X				X							
Guacamole	2 tablespoons	180	110	16	12	3	0	10	700	0	13	3	X	X	X									
Honey Mustard	2 tablespoons	170	150	5	17	3	0	5	170	0	4	0	X				X							
Orange Yogurt	2 tablespoons	23	1	5	0	0	0	1	11	0	3	1	X				X							
Hummus - Basil-Sundried Tomato	2 tablespoons	35	27	2	3	0	0	0	21	1	0	1												
Hummus - Regular	2 tablespoons	35	27	2	3	0	0	0	21	1	0	1												
Lemon Dill Sauce	2 tablespoons	115	104	2	12	3	0	4	86	9	1	1	X	X	X									
Lemon Tahini Sauce	2 tablespoons	65	46	3	5	1	0	1	173	1	1	2	X				X							
Marinara	2 tablespoons	15	5	3	0	0	0	0	123	1	2	1												
Mustard	2 tablespoons	0	0	0	0	0	0	0	330	0	0	0												
Pineapple Salsa	2 tablespoons	47	0	3	0	0	0	0	270	0	10	0	X	X	X									
Pumpkin Dip	1/3 cup	99	51	12	6	4	0	16	474	1	11	2	X				X							
Ranch Dip	2 tablespoons	120	110	1	12	2	0	10	240	0	1	1	X				X							
Salsa	2 tablespoons	10	0	3	0	0	0	0	230	1	2	0	X	X	X									
Sour Cream	2 tablespoons	60	45	2	5	3	0	0	20	15	1	1					X							
Sweet & Sour Sauce (Duck Sauce)	2 tablespoons	60	0	14	0	0	0	0	110	0	11	0	X											
Sweet Chili Sauce	2 tablespoons	60	0	3	0	0	0	0	360	0	12	0	X	X										
Tartar Sauce	2 tablespoons	105	89	4	10	3	0	4	137	6	3	1	X				X	X	X	X				
Thai Peanut Dip	1 tablespoon	40	28	2	3	1	0	0	156	0	2	1	X	X	X					X				
Hors D'oeuvres																								
Asparagus wrapped in prosciutto	1 piece	37	19	1	3	1	0	13	261	1	1	5					X							
Beef satay	1 skewer	68	27	0	3	1	0	16	35	0	0	9					X							
Beef Tenderloin	1 oz	50	144	0	2	1	0	22	117	0	0	8												
Buffalo wings	8 oz - about 4 wings	315	210	4	23	9	0	88	309	0	3	21					X							
Cheese - Aged Asiago	1 oz	109	72	1	10	5	0	24	330	0	1	7												
Cheese - Brie	1 oz	95	72	0	8	5	0	28	178	0	0	6												
Cheese - Cheddar	1 oz	114	81	0	9	6	0	30	176	0	0	7												
Cheese - Feta	1 oz	75	54	1	6	4	0	25	260	0	1	4												
Cheese - Fresh Mozzarella	1 oz	80	50	1	6	4	0	15	50	0	0	5												
Cheese - Imported Goat Cheese	1 oz	102	72	0	8	6	0	22	122	0	0	7												
Chicken fingers	1 oz	58	28	4	3	1	0	9	168	0	0	4												
Chicken satay	1 skewer	60	7	0	1	0	0	32	35	0	0	13												
Chicken Taquitos	3 pieces	340	120	41	13	7	0	35	690	4	3	16					X	X						
Cold crab with basil mayonnaise on toasted baguette	1 piece	50	27	2	3	1	0	15	161	0	0	3												
Cold filet mignon on baguette with horseradish cream	1 piece	81	54	2	6	2	0	13	38	0	0	3												
Crackers - Assorted	3-6 pieces	70-90	25-45	9-10	3-5	1	0	0	125-150	1	1	0	X	X										
Crostino with fresh mozzarella, roasted peppers & olive tapenade	1 piece	207	71	26	8	4	0	11	355	1	2	9	X				X							
Dumpling - Pork	5 pieces	270	80	32	9	3.0	0	30	600	1	3	14												
Dumpling - Vegetable	About 5 pieces	240	30	44	4	1	0	0	500	3	3	6	X	X										
Flat Breads	1.5 pieces	70	15	11	2	0	0	0	75	1	1	2	X	X										
Freshly cut fruit kebobs	1 kebob	11	1	3	0	0	0	0	2	0	3	0	X	X	X									
Genoa Salami	3 oz	366	284	0	32	12	0	96	1644	0	0	19												
Herbed cream cheese on cucumber rounds	1 piece	38	31	1	3	2	0	11	621	0	0	1	X				X							
Jalapeno poppers	2 pieces	210	50	32	5	4	0	15	650	1	2	2	X				X							
Jerk chicken	2 oz skewer	115	24	2	3	0	0	62	170	0	1	18												
Meatballs	1 meatball	80	57	2	6.3	3	0	15	147	0	0	4												
Mini crab cakes	4 cakes	160	90	6	10	2	0	75	500	0	0	11					X				X	X	Contains: Anchovies; Crab	
Mini Sandwich - Black Forest Ham with Brie	1 mini sandwich	208	71	16	8	4	0	44	1024	1	0	14					X							X1
Mini Sandwich - Cucumber & Smoked Salmon	1 mini sandwich	134	67	5	8	3	0	29	482	0	0	12					X	X			X			X1 ; Contains Salmon
Mini Sandwich - Curried Chicken salad with raisins & cashews	1 mini sandwich	295	138	17	15	2	0	59	313	2	0	19					X				X			X1
Mini Sandwich - Grilled Vegetables	1 mini sandwich	88	43	6	1	0	2	118	10	2	3	2	X				X							X1
Mini Sandwich - Nicose Egg Salad	1 mini sandwich	290	151	14	17	5	0	374	574	1	0	14	X				X							X1; Contains: Tuna
Mini Sandwich - Nicose Tuna Salad	1 mini sandwich	122	61	2	7	1	0	22	541	0	0	12					X							X1
Mini Sandwich - Roasted Beef with Horseradish Mayo & Provolone	1 mini sandwich	174	70	12	9	3	0	39	525	1	1	15					X	X						X1
Mini Sandwich - Roasted Turkey Breast with Cranberry Relish	1 mini sandwich	142	42	14	5	1	0	27	552	1	3	12												X1
Mini Sandwich - Tarragon Chicken Salad	1 mini sandwich	231	147	9	16	5	0	47	242	0	2	11					X							X1
Phyllo tart shells with curried chicken salad	1 piece	83	46	3	6	1	0	19	55	0	1	6												Contains: Cashews
Pigs in a blanket	6 pieces	330	60	55	7	3	0	10	230	2	1	10					X	X						
Hors D'oeuvres - Pita Bread	1 piece	230	50	38	5	1	0	0	370	2	0	7												
Quesadilla - Black bean/cheese/peppers	1 quesadilla	402	202	31	23	14	0	60	683	3	3	19	X				X							
Quesadilla - Cheese	1 quesadilla	492	283	26	32	20	0	90	828	1	3	25	X				X							
Quesadilla - Chicken	1 quesadilla	473	220	27	23	14	25	114	680	1	3	34	X				X							
Roasted Peppers	2 tablespoons	8	0	1	0	0	0	0	78	0	1	0												
Roasted peppers with asiago cheese & Italian bread	1 piece	176	56	20	7	3	0	15	475	0	2	8	X				X							
Shrimp - Cajun	5 shrimp	75	0	0	0	0	0	135	1000	0														