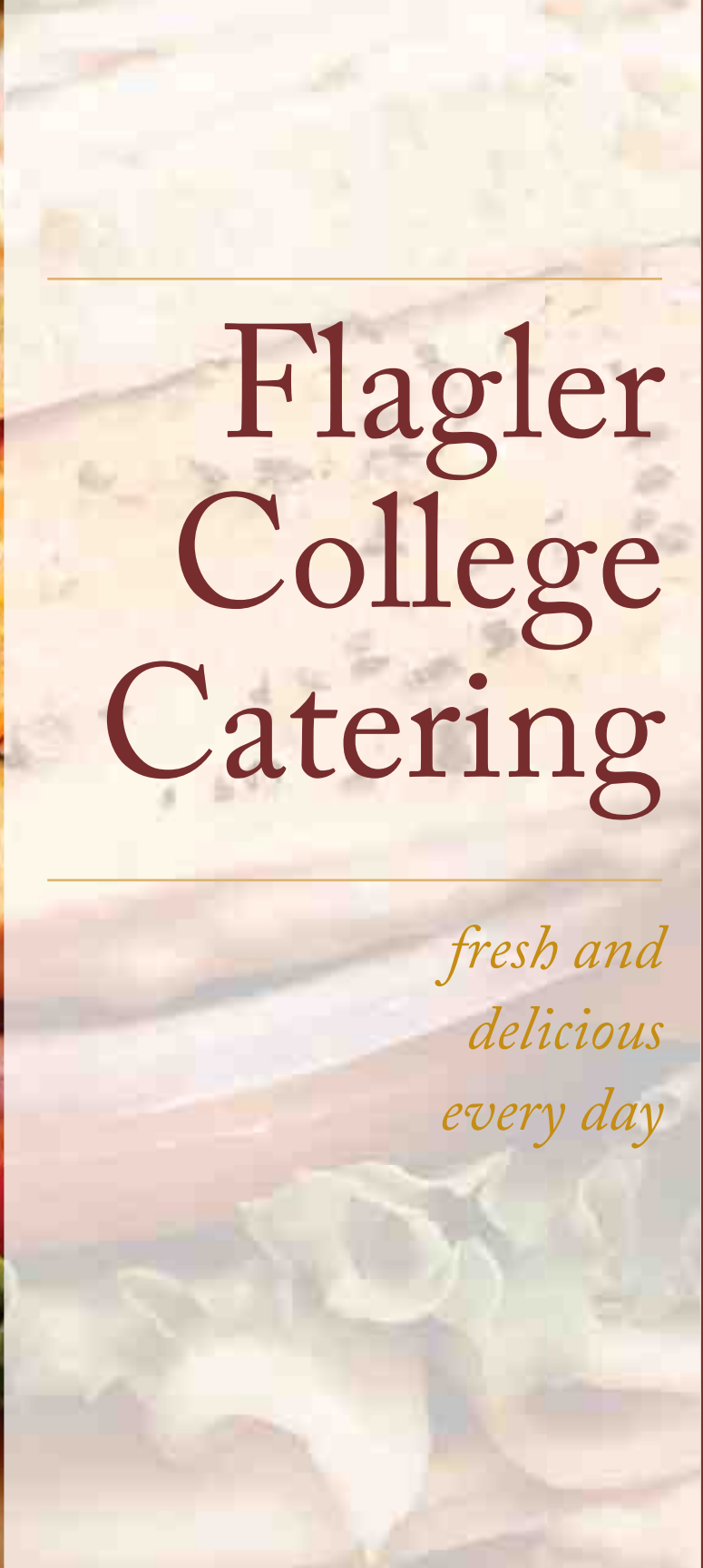




Flagler College Catering

*fresh and
delicious
every day*



All prices are per person and available for 12 guests or more

basic beginnings \$7.29

Assorted Danish 200-430 cal each
Gourmet Coffee, Decaf and Hot Tea 0 cal/8 oz. serving

Includes appropriate condiments

mini continental \$9.79

Miniature Muffins 80-120 cal each
Miniature Danish 140-170 cal each
Miniature Croissants 180 cal each
Miniature Bagels 110-160 cal each
Fresh Seasonal Sliced Fruit 35 cal/2.5 oz. serving
Assorted Juice 110-170 cal each
Gourmet Coffee, Decaf and Hot Tea 0 cal/8 oz. serving

Includes appropriate condiments

new yorker \$13.99

Bagels 170-360 cal each
Smoked Salmon Platter with
Hard-boiled Eggs, Sliced Tomato,
Cucumber, Slivered Red Onion,
and Cream Cheese 120 cal/3.25 oz. serving
Fresh Seasonal Sliced Fruit 35 cal/2.5 oz. serving
Assorted Juice 110-170 cal each
Gourmet Coffee, Decaf and Hot Tea 0 cal/8 oz. serving

Includes appropriate condiments

à la carte breakfast

Assorted Bagels with Butter, Cream Cheese and Preserves
\$1.99 per person

Assorted Bagels 170-360 cal each
Includes appropriate condiments

Basket of Miniature Muffins, Danish and Scones
\$1.99 per person

Miniature Muffins 80-120 cal each
Miniature Danish 140-170 cal each
Miniature Scones 120-240 cal each

Includes appropriate condiments

Fresh Seasonal Sliced Fruit (35 cal/2.5 oz. serving)
\$2.99 per person

Granola Bars (190 cal each) \$1.69 per person

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ultimate breakfast \$14.99

Muffins, Bagels and Croissants served with appropriate condiments, Scrambled Eggs, Cheddar Vegetable Strata, Hash Browns, Crisp Bacon, Sausage Links, Pancakes and Syrup, Fresh Seasonal Sliced Fruit, Assorted Juices, Gourmet Coffee, Decaf and Hot Tea

Muffins	190-520 cal each
Bagels	170-360 cal each
Croissants	180 cal each
■ Scrambled Eggs	180 cal/4 oz. serving
■ Cheddar Vegetable Strata	190 cal/4.75 oz. serving
■ Hash Browns	130-150 cal/3 oz. serving
Bacon	40 cal each
Sausage Links	130 cal each
Pancakes	50 cal each
Syrup	110 cal/1 oz. serving
Fresh Seasonal Sliced Fruit	35 cal/2.5 oz. serving
Assorted Juice	110-170 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz. serving

Includes appropriate condiments

american breakfast \$10.49

Assorted Danish, Scrambled Eggs, choice of Breakfast Potatoes, Crisp Bacon, choice of Breakfast Sausage, Gourmet Coffee, Decaf and Hot Tea

Danish	200-430 cal each
■ Scrambled Eggs	180 cal/4 oz. serving
■ Sliced Hash Browns	140 cal/2 oz. serving
■ Diced Hash Browns	130 cal/3 oz. serving
■ Shredded Hash Browns	150 cal/3 oz. serving
Hash Brown Patties	150 cal/2.25 oz. serving
Bacon	40 cal each
Sausage Links	130 cal each
Sausage Patties	200 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz. serving

Includes appropriate condiments

sunrise sandwich buffet \$10.99

Select two (2) Breakfast Sandwiches accompanied by Fresh Seasonal Sliced Fruit, choice of Breakfast Potatoes, Assorted Pastries, Gourmet Coffee, Decaf and Hot Tea

Egg & Cheese English Muffin	270 cal each
Sausage, Egg & Cheese on Biscuit	520 cal each
Bacon, Egg & Cheese on Bagel	370 cal each
Fresh Seasonal Sliced Fruit	35 cal/2.5 oz. serving
■ Sliced Hash Browns	140 cal/2 oz. serving
■ Diced Hash Browns	130 cal/3 oz. serving
■ Shredded Hash Browns	150 cal/3 oz. serving
Hash Brown Patties	150 cal/2.25 oz. serving
Muffins	190-520 cal each
Danish	200-430 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz. serving

Includes appropriate condiments

Egg Whites available on request - nominal fee may apply

All prices are per person and available for 12 guests or more

grits bar \$6.69

Traditional Grits, Bacon and Cinnamon Sugar served with Raisins, Cheddar Cheese, Scallions and Butter

390 cal/9.25 oz. serving

belgian waffles \$6.69

- Belgian Waffles 60 cal each
- ■ Fresh Strawberry and Peach Fruit Topping 25 cal/1 oz. serving
- Whipped Cream 50 cal/.5 oz. serving
- Maple Syrup 110 cal/1 oz. serving

Includes appropriate condiments

home-style biscuits and gravy \$2.89

(590 cal/7 oz. portion)

Egg Whites available on request - nominal fee may apply



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deli express \$10.99

Create your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads and Cookies

Deli Platter

Sliced Oven Roasted Turkey	60 cal/1 oz. serving
Sliced Roast Beef	30 cal/1 oz. serving
Deli Ham	40 cal/1 oz. serving
Tuna	80 cal/1 oz. serving
Cheese Tray	60 cal/1 oz. serving

Relish Tray (Lettuce, Tomato, Onion, Pickles, Peppercini)	30 cal/2 oz. serving
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Assorted Baked Breads & Rolls	110-160 cal each
Side Salads	25-240 cal each
■ Assorted Cookies	170-200 cal each

Includes appropriate condiments

classic selections \$14.99

Your choice of three (3) Classic Sandwiches and two (2) Side Salads accompanied by Potato Chips, Pickles, Cookies, Iced Tea and Iced Water

Classic Selection Sandwiches	350-750 cal each
Side Salads	25-240 cal each
Pickles	0 cal each
Individual Bags of Chips	150-160 cal each
■ Assorted Cookies	170-200 cal each
Iced Tea	0 cal/8 oz. serving
Iced Water	0 cal/8 oz. serving

Includes appropriate condiments

Deli Sliced Turkey and Swiss on Hearty Wheat Bread (490 cal each)

Grilled Chicken Club with Bacon and Swiss on Toasted Wheat Bread (750 cal each)

■ Greek Salad Wrap with Crumbled Feta, Black Olives, Fresh Cucumbers, Plum Tomatoes and Red Onion (430 cal each)

Deli Sliced Ham with Honey Mustard Dressing on Ciabatta Bread (370 cal each)

Roast Beef with Chive Cream Cheese Spread on Ciabatta (450 cal each)

classic

classic box lunch \$8.99

Your choice of Smoked Turkey with Swiss, Ham and Swiss or Roasted Vegetables & Cheese - served with Potato Chips, Whole Fruit, and a Cookie

Turkey and Swiss	490 cal each
Ham and Swiss	430 cal each
Garden Vegetable and Cheese	570 cal each
Individual Bag of Chips	150-160 cal each
Whole Fruit	80-110 cal each
■ Cookie	170-200 cal each

premium box lunch

Vegetable and Boursin Sandwich with Lemon Couscous \$10.99

■ Garden Vegetable and Boursin Sandwich	570 cal each
■ Lemon Caper Cous Cous	110 cal/3 oz. serving
■ Roasted Vegetables	120 cal/3.25 oz. serving
■ Bakery-fresh Brownie	250 cal/2.25 oz. serving

Grilled Chicken Salad with a Fresh Roll \$13.99

Seasoned Chicken and Fresh Garden Vegetables over Mixed Greens in a Balsamic Vinaigrette 420 cal each

Bakery Fresh Roll 90 cal each
 ■ Gourmet Cookie 170-200 cal each

Includes appropriate condiments

Includes Assorted Individual Chips, Whole Fruit and Gourmet Dessert

Additional Premium Box Lunch options available upon request!

Please contact your catering professional!

lunch & buffet

the executive luncheon \$16.49

Your choice of three (3) Sandwiches and two (2) Side Salads accompanied by Potato Chips, Pickles, Cookies, Iced Tea and Iced Water

Executive Luncheon Sandwiches	380-760 cal each
Side Salads	25-240 cal each
Pickles	0 cal each
Individual Bags of Chips	150-160 cal each
■ Assorted Cookies	170-200 cal each
Iced Tea	0 cal/8 oz. serving
Iced Water	0 cal/8 oz. serving

Includes appropriate condiments

■ Granny Smith Apples and Brie with Fresh Baby Spinach on a French Baguette (760 cal each)

Chicken Caesar Wrap (630 cal each)

Chicken Teriyaki Ciabatta with Pineapple Salsa (510 cal each)

■ Grilled Vegetable Wrap (570 cal each)

Tuna Salad Ciabatta with Fresh Romaine and Sliced Tomato (540 cal each)

Turkey & Ham Club Sub with Bacon, Swiss Cheese and Honey Dijon Dressing (390 cal each)

Turkey, Bacon, and Ranch Sub with Lettuce and Tomato (380 cal each)

salad selections

(Included with Deli Express, Classic Selections, and Executive Luncheon Sandwich Buffets)

■ Greek Penne Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (90 cal/3 oz. serving)

■ Asian Slaw with Red Peppers, Carrots, Scallions, Minced Fresh Mint and Cilantro in a Sesame Teriyaki Dressing (70 cal/3 oz. serving)

■ ■ Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapeños, Fresh Cilantro and Fresh Garlic (120 cal/4 oz. serving)

■ ■ Chilled Dill Cucumber Salad with Onions tossed in Italian Dressing (60 cal/3.75 oz. serving)

■ Sweet Chile Cucumber Salad with Red Onion, Fresh Cilantro and a Sweet and Spicy Chili Sauce (25 cal/3 oz. serving)

■ Red Skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing (240 cal/4 oz. serving)

■ Traditional Coleslaw finely shredded with Carrots in a Mayonnaise and Celery Seed Dressing (170 cal/3.5 oz. serving)

■ Traditional Garden Salad (50 cal/3.5 oz. serving)

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*Served with Assorted Rolls and Butter, Ice Water and Iced Tea
(12 Person Minimum)*

tasty tex mex \$16.99

Create your own Fajitas with our Tex Mex sides!

- Chips and Salsa 150 cal/2 oz. serving
- Mexican Rice 130 cal/3 oz. serving
- Refried Beans 140 cal/3.75 oz. serving

Beef Fajitas with Tortillas,
Shredded Cheddar
and Sour Cream 590 cal/5 oz. serving

Chicken Fajitas with Tortillas,
Shredded Cheddar
and Sour Cream 580 cal/5 oz. serving

- Fire Roasted Salsa 10 cal/1 oz. serving
- Salsa Verde 10 cal/1 oz. serving
- Pico De Gallo 10 cal/1 oz. serving
- Cinnamon Crisps 20 cal each
- Iced Tea 0 cal/8 oz. serving
- Iced Water 0 cal/8 oz. serving

Includes appropriate condiments



basic italian buffet \$15.99

- Italian House Salad 50 cal/3.5 oz. serving
- Garlic Breadsticks 110 cal each
- Baked Pasta 440 cal/12.75 oz. serving

Home-style Lasagna
with Parmesan Cheese 320 cal/7.25 oz. serving

- Assorted Cookies 170-200 cal each
- Bakery-fresh Brownies 250 cal/2.25 oz. serving
- Iced Tea 0 cal/8 oz. serving
- Iced Water 0 cal/8 oz. serving

Includes appropriate condiments

pasta trio buffet \$16.99

Cheese Manicotti with a Marinara Sauce, Cheese Ravioli
with a Spinach Alfredo Sauce, Rigatoni Pasta with a Rosa
Sauce and sides...add on Grilled Chicken Breast for an
additional fee

- Caesar Salad 160 cal/2.66 oz. serving
- Garlic Breadsticks 110 cal each
- Manicotti Marinara 130 cal/3.25 oz. serving
- Cheese Ravioli 110 cal/2.5 oz. serving
- Spinach Alfredo Sauce 50 cal/1 oz. serving
- Rigatoni 80 cal/2 oz. serving
- Rosa Sauce 30 cal/1 oz. serving
- Assorted Cookies 170-200 cal each
- Bakery-fresh Brownies 250 cal/2.25 oz. serving
- Iced Tea 0 cal/8 oz. serving
- Iced Water 0 cal/8 oz. serving

Includes appropriate condiments

Add on Grilled Chicken Breast \$2.29
(160 cal/3 oz. serving)

bbq picnic \$13.99

- Home-style Potato Salad 240 cal/4 oz. serving
- Fresh Country Coleslaw 170 cal/3.5 oz. serving
- House-made Kettle Chips 240 cal/1.25 oz. each
- Grilled Hamburgers with Buns 330 cal each
- Hot Dogs with Buns 310 cal each

■ Garnish Tray (Lettuce,
Pickles, Tomatoes) 10 cal each

- Assorted Cookies 170-200 cal each
- Bakery-fresh Brownies 250 cal/2.25 oz. serving
- Iced Tea 0 cal/8 oz. serving
- Iced Water 0 cal/8 oz. serving

Includes appropriate condiments

BUFFETS

*Served with Assorted Rolls and Butter, Ice Water and Iced Tea
(12 Person Minimum)*

build your own bite sized bbq \$15.49

■ Fresh Country Coleslaw	170 cal/3.5 oz. serving
■ Vegetarian Baked Beans	150 cal/4 oz. serving
Collard Greens	90 cal/3 oz. serving
■ Macaroni and Cheese	260 cal/4 oz. serving
Hush Puppies	70 cal each
Pulled Chicken	190 cal/3 oz. serving
Pulled Pork	300 cal/3 oz. serving
■ Slider Buns	80 cal each
■ Assorted Cookies	170-200 cal each
■ Bakery-fresh Brownies	250 cal/2.25 oz. serving
Iced Tea	0 cal/8 oz. serving
Iced Water	0 cal/8 oz. serving

Includes appropriate condiments

lazy summer bbq \$17.99

■ Old-fashioned Coleslaw	160 cal/3 oz. serving
■ Cornbread Fiesta Muffins	120 cal each
■ Macaroni and Cheese	240 cal/4 oz. serving
Barbecued Baked Beans	170 cal/4.75 oz. serving
Lazy Country Chicken	430 cal/6 oz. serving
Sliced Brisket	350 cal/5 oz. serving
■ Assorted Cookies	170-200 cal each
■ Lemon Cheesecake Bars	310 cal/2.75 oz. each
■ Raspberry Coconut Bars	370 cal/3.25 oz. serving
Iced Tea	0 cal/8 oz. serving
Iced Water	0 cal/8 oz. serving

Includes appropriate condiments

lunch & buffet



Build Your Own Buffet: Select two salads, one entrée, two sides, and one dessert

buffet starters

■ Seasonal Garden Salad with Balsamic Vinaigrette
(50 cal/3.5 oz. serving)

Classic Caesar Salad (160 cal/2.66 oz. serving)

■ Greek Salad with Crumbled Feta
(120 cal/3.25 oz. serving)

Crudités with Tzatziki Sauce (110 cal/5 oz. serving)

■ Traditional Hummus with Toasted Pita
(130 cal/1.75 oz. serving)

Seasonal Fresh Fruit Salad (35 cal/2.25 oz. serving)

buffet entrees

Chicken Cacciatore with Fresh Herbs and Vegetables
(180 cal/5 oz. serving) \$15.99

Stuffed Chicken Breast with Goat Cheese and Sun-dried
Tomatoes (280 cal/4.5 oz. serving) \$17.89

Chicken and Shrimp Creole
(240 cal/8.75 oz. serving) \$16.59

Honey and Brown Sugar Ham
(170 cal/3.5 oz. serving) \$16.99

Cajun Roasted Pork Loin (240 cal/5 oz. serving) \$17.79

Baked Tilapia with Mango Salsa
(350 cal/8.5 oz. serving) \$17.49

Soy and Orange Marinated Steak with Cilantro and
Cumin (160 cal/3 oz. serving) \$18.49

buffet sides

Italian Seasoned Green Beans (40 cal/3.25 oz. serving)

■ Goat Cheese and Roasted Garlic Mashed Potatoes
(170 cal/4.25 oz. serving)

■ Pan Roasted Vegetables (45 cal/3 oz. serving)

■ Herb-Roasted Mushrooms (100 cal/2.25 oz. serving)

■ Penne with Marinara Sauce (100 cal/3 oz. serving)

■ Marinated Roasted Red Potatoes
(120 cal/2.75 oz. serving)

■ Brussel Sprouts with Almond Butter
(70 cal/3 oz. serving)

buffet finishes

■ Apple Pie (410 cal/5.5 oz. serving)

■ Bread Pudding with Caramel Apple Sauce
(360 cal/6.75 oz. serving)

New-York Style Cheesecake (460 cal each)

■ Warm Peach Cobbler (120 cal/3.75 oz. serving)

■ Mini Brownie and Cappuccino Mousse Parfaits
(230 cal/3 oz. serving)

■ Spiced Carrot Cake (370 cal/3 oz. serving)

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classic cheese tray

serves 12: \$41.99 24: \$69.99 48: \$110.99

Classic Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini (290 cal/2.75 oz. serving)

fresh garden crudité's

serves 12: \$35.99 24: \$71.99 48: \$142.99

Fresh Garden Crudité's with Ranch Dill Dip and Pita Chips

■ Fresh Garden Crudité's
with Ranch Dill Dip 120 cal/5 oz. serving

■ Pita Chips 270 cal/4 oz. serving

fresh seasonal fruit

serves 12: \$35.99 24: \$71.99 48: \$142.99

Fresh Seasonal Fruit Tray (40 cal/2.5 oz. serving)

antipasto platter

serves 12: \$64.99 24: \$124.99 48: \$249.99

Antipasto Platter with Marinated Vegetables, Italian Meats and Assorted Cheeses (250 cal/5 oz. serving)

housemade spinach dip

serves 12: \$29.99 24: \$49.99 48: \$87.99

■ Housemade Spinach Dip served with Fresh Pita Chips
(230 cal/2.25 oz. serving)



May we suggest a Served Meal or Reception?

Our talented chefs are delighted to create special menus that accommodate your culinary preferences and budget. Please contact our Catering Office at (904) 829-5861 to arrange a personal consultation.

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Reception stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 12 guests or more.

happy hour \$14.99

Have a "pub" break with your favorite Happy Hour finger foods

■ Chilled Spinach Dip with Pita Chips	230 cal/2.25 oz. serving
Mini Cheesesteaks	170 cal each
Buffalo Chicken Tenders served with Celery Sticks and Blue Cheese Dip	680 cal/6.75 oz. serving
Assorted Cookies and Dessert Bars	170-370 cal each

chef's pasta \$14.99

Pasta bar cooked to order by our Chef!

■ Cellentani Pasta	90 cal/2 oz. serving
■ Penne Pasta	90 cal/2.5 oz. serving
■ ■ Marinara Sauce	25 cal/1 oz. serving
■ Alfredo Sauce	60 cal/1 oz. serving
Primavera Pesto Sauce	40 cal/1 oz. serving
Roasted Mushrooms	100 cal/2.25 oz. serving
Broccoli	10 cal/1 oz. serving
Spinach	0 cal/0.5 oz. serving
Onions	10 cal/0.5 oz. serving
Tomatoes	5 cal/1 oz. serving
Zucchini	5 cal/1 oz. serving
Peas	10 cal/0.25 oz. serving
Green Peppers	10 cal/1 oz. serving

traditional carving \$14.99

Choice of Roasted Turkey, Honey Ham or Slow-cooked Beef Carved by our Chef, served with Rolls and spreads

Bakery Fresh Rolls	90 cal each
Carved Roasted Turkey	120 cal/3 oz. serving
Carved Honey Ham	170 cal/3.5 oz. serving
Carved Slow-cooked Beef	240 cal/3 oz. serving

Includes appropriate condiments

All prices are per person and available for 12 guests or more

energy break \$3.49

Raise the bar!

Granola Bars	90 cal each
Fruit Filled Bars	160 cal each
Breakfast Bars	250 cal each

the healthy alternative \$7.99

Get healthy with our heart-happy break

Apples	80 cal each
Oranges	80 cal each
Bananas	110 cal each
Pears	100 cal each
Individual Yogurt Cups	50-150 cal each
Trail Mix	290 cal each
Granola Bars	190 cal each

snack attack \$5.99

The perfect blend of sweet and salty to get you through your day!

Individual Bags of Chips	150-160 cal each
Honey Peanuts	160 cal/1 oz. serving
Bakery-fresh Brownies	250 cal/2.25 oz. serving
Trail Mix	290 cal each
Assorted Cookies	170-200 cal each





ORDERING INFORMATION

Lead Time

Notice of 72 hours is appreciated; however, we will do our best to accommodate all late orders that are received. We appreciate the importance of your function and will do whatever it takes to exceed your expectations.

Extras

If rental equipment, linens, or service staff are needed, we can take care of it for you with necessary charges.

CONTACT US TODAY

904.829.8778

catering@flagler.edu

www.flagler.catertrax.com

Prices effective until 08/01/2017

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

BEVERAGES

Regular and Decaffeinated Coffee, Tea (0 cal/8 oz. serving)
\$1.99 per person

Includes appropriate condiments

Hot Apple Cider (160 cal/8 oz. serving) \$1.99 per person

Hot Chocolate (160 cal/8 oz. serving) \$1.99 per person

Iced Tea (0 cal/8 oz. serving) \$1.79 per person

Includes appropriate condiments

Lemonade (90 cal/8 oz. serving) \$1.79 per person

Fruit Punch (50 cal/8 oz. serving) \$1.79 per person

Infused Water \$8.99 per gallon

Lemon Infused Water 0 cal/8 oz. serving

Orange Infused Water 10 cal/8 oz. serving

Apple Infused Water 20 cal/8 oz. serving

Cucumber Infused Water 10 cal/8 oz. serving

Grapefruit Infused Water 10 cal/8 oz. serving

Bottled Water (0 cal each) \$1.99 per person

Assorted Sodas (16oz) (0-200 cal each) \$2.09

Assorted Individual Fruit Juices (110-170 cal each) \$2.29

DESSERTS

All prices are per person and available for 12 guests or more

Assorted Gourmet Cookies (170-200 cal each)
\$10.99 per dozen

Bakery-fresh Brownies (250 cal/2.25 oz. serving)
\$13.99 per dozen

Gourmet Dessert Bars \$15.99 per dozen

■ Lemon Cheesecake Bars 310 cal/2.75 oz. each

■ Raspberry Coconut Bar 370 cal/3.25 oz. serving

Multi-Layer Chocolate Cake (4860 cal each) \$15.99 each

■ Chocolate Covered Strawberries (40 cal each)
\$19.99 per dozen