

# Catering for Texas A&M Campuses

*Healthy catering options for  
Texas A&M University faculty  
and staff*



LIVING WELL  
AT TEXAS A&M

# About

Living Well is the employee wellness and engagement team at Texas A&M. We strive to help employees grow and thrive by focusing on overall wellness and work/life integration. This *living* guide is intended to be used as a resource for catering healthy meals and snacks for Texas A&M University faculty and staff needs.

With the partnership of local businesses, we created a guide with select menu options and information regarding catering services from each respected business. This is not a comprehensive catering list, but a few businesses Living Well has partnered with to make this guide possible. We hope this helps streamline the process of catering nutritious foods at events!

Love - Team Living Well

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# Our current partners



This is a *living* guide and we would love the opportunity to partner with additional businesses. Please contact **[livingwell@tamu.edu](mailto:livingwell@tamu.edu)** to inquire about partnering.

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# Menu

	Feeds	Total Per Person	Overall Sub-total
<b>Build Your Own Breakfast Bowl</b> Scrambled eggs, quinoa, and roasted vegetables. This option comes with regular or decaf coffee and water	1	\$12.95	\$12.95
<b>Light Breakfast</b> Fresh fruit display, yogurt & granola, and hard-boiled eggs. This option comes with regular or decaf coffee and water	1	\$9.95	\$9.95
<b>Seasonal Fresh Fruit Display</b> <i>Seasonal fruit and berries</i>	1	\$6.50	\$6.50
<b>Fruit and Nut Bar</b> <i>Seasonal hand fruit and selection of lightly salted nuts</i>	1	\$6.95	\$6.95
<b>Build Your Own Mediterranean Bowl</b> <i>Grilled chicken, charred cauliflower rice pilaf, yogurt cucumber dressing, shredded cheese, lettuce, tomato, and parsley salad, pita, and fruit cups with honey drizzle. This option comes with water and iced tea</i>	1	\$24.95	\$24.95

# Menu

	Feeds	Total Per Person	Overall Sub-total
<b>Veggies and Hummus</b> <i>Crisp vegetables and hummus</i>	1	\$4.95	\$4.95
<b>Charcuterie Display</b> Assorted meats, cheese, and artisan crackers	1	\$10.25	\$10.25
<b>Greek Salad with Grilled Chicken Box</b> Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onion, and mixed greens with a red wine vinaigrette	1	\$13.95	\$13.95
<b>Mediterranean Grain Salad Box</b> Orzo, barley, & farro with Kalamata olive, tomato & Bermuda onion	1	\$13.95	\$13.95
<b>Build Your Own Salad Bar</b> <i>Spring mix romaine, broccoli, carrots, chickpeas, croutons, cucumbers, artichokes, tomatoes, bacon bits, sunflower seeds, feta cheese, cheddar cheese, herbed grilled chicken, tofu, smoked tri-tip beef, ranch dressing &amp; balsamic dressing. Served with fruit cups with honey drizzle, iced water, and tea</i>	1	\$20.95	\$20.95

# Menu

	Feeds	Total Per Person	Overall Sub-total
<b>California Salmon Salad Box</b> Mesclun greens with grilled salmon, red cabbage, celery, black olives, tomatoes, cucumbers, and avocado with balsamic vinaigrette	1	\$22.95	\$22.95
<b>Blackened Chicken Caesar Salad Box</b> Chopped romaine lettuce, blackened chicken, grated Parmesan cheese, and house-made croutons with our traditional Caesar dressing	1	\$24.95	\$24.95

## Chartwells Contact Information

*There is a minimum of 20 people for anything we prepare for drop-off (boxed lunches and the like). For smaller catering events, the price may be adjusted.*

## Chartwells Contact Information

979-845-1118

TAMUCatering@compass-usa.com

MSC on the lower level, room L450

chartwellshighered.com

## Chartwells Hours

Monday – Friday, 8AM – 5PM

## Menu

	Feeds	Total Per Person	Overall Sub-total
<b>Build Your Own Taco Bar</b> <i>2 per person. Includes 2 proteins, tortillas, rice beans, cheese, guacamole, sour cream, roasted corn salsa, pico de gallo, shredded lettuce, chips &amp; salsa.</i>	15	\$12.99	\$194.85
<b>Case of Burritos</b> <i>A case of Freebird Burritos rolled up with your choice of Protein. Includes a variety of sauces!</i>	20	\$8.00	\$160.00
<b>Guacamole &amp; Chips</b> <i>32oz, serves 10-15</i>	10	\$2.39	\$23.85
<b>Salsa &amp; Chips</b> <i>32oz, serves 10-15</i>	10	\$1.36	\$13.60
<b>Dessert Box</b> <i>20 Dessert Bites. Includes your choice of freshly baked Chocolate Chip Cookies, Monster Brownies, and Magic Mallows, cut into bite-sized quarters and arranged in a box.</i>	20	\$0.75	\$15.00



## OUR MISSION

**To deliver Craveable Food and It's Your  
World Service to every guest as One Tribe.**

### Notes from Freebirds

*We prefer you give us a minimum of 24 hours' notice on all orders; however, we will work hard to accommodate any last-minute orders. Please contact your local catering manager to confirm your order or email your questions to [cater@freebirds.com](mailto:cater@freebirds.com).*

### Freebirds Locations Near Texas A&M Campuses

1301 W Pipeline Rd Hurst, TX 76053	700 Earl Rudder FWY College Station, TX 77840	2000 Ross Ave, Unit 190 Dallas, TX 75201
5425 South Padre Island Dr., Ste. 139 Corpus Christi, TX 78411	4000 Arlington Highlands Blvd, Ste. 121 Arlington, TX 76018	3745 Greenbriar Street Houston, TX 77098
200 University Blvd, Ste 200 Round Rock, TX 78665	2320 S. 31st street Ste 100 Temple, TX 76504	

### Freebirds Contact Information & Hours

<a href="mailto:cater@freebirds.com">cater@freebirds.com</a> 888-811-BIRD	<a href="https://www.freebirds.com/">https://www.freebirds.com/</a>	10:30AM - 9:30PM * hours may vary
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## Menu

	Feeds	Total Per Person	Overall Sub-total
Group Pack of Half Piadas	20	\$11.50	\$229.99
Salad by the Pan	10	\$8.99	\$89.99
Piada Box Lunch <i>with kettle chips</i>	1	\$12.49	\$12.49
Al'Carte Salad by the Pan	10	\$1.90	\$18.99

## Piada Options

### Crispy Chicken BLT

*Crispy chicken, tomatoes, romaine, pancetta, basil aioli, creamy parmesan*

### Mediterranean Veggie

*Harissa grain blend, arugula, hummus, cucumber salad, pickled red onions, tomatoes, feta, basil aioli*

### Steak & Avocado

*Grilled steak, arugula, corn & cherry tomatoes, sliced avocado, basil aioli, mozzarella, pancetta, romaine*

### Chicken Pesto

*Grilled chicken, mozzarella, feta, tomatoes, basil aioli, romaine*

## Salad Options

### Bacon & Blue **GF**

*Mixed greens, arugula, red cabbage, brown rice & quinoa, blue cheese, pancetta, sweet potatoes, dried cranberries, cider vinaigrette*

### Farmers Market **VG**

*Mixed greens, corn & cherry tomatoes, feta, red cabbage, strawberries, pecans, lemon-basil dressing*

### Power Bowl **V**

*Harissa grain blend, hummus, roasted sweet potatoes, sweet corn & tomato, roasted broccoli, cucumber salad, pickled red onions, yogurt harissa*

### Deluxe Caesar

*Romaine, pancetta, red cabbage, parmesan crisps, grated parmesan, tomatoes, Caesar dressing*

**It's good food,  
made fast,  
made fresh.  
Every time.**

## **Piada Locations Near Texas A&M Campuses**

*5801 Memorial Dr  
Houston, TX 77007*

*1025 University Dr Suite 109,  
College Station, TX 77845*

*6602 Fannin Street  
Houston, TX 77030*

*6333 E. Mockingbird  
Lane Dallas, TX 75214*

*3300 Heritage Trace Parkway  
#110 Fort Worth, TX 76177*

## **Piada Contact Information & Hours**

*1-855-MYPIADA*

*<https://mypiada.com/>*

*10:45AM - 10:00PM*

## **Piada Discount**

*Ask a Piada catering representative about discounts for Texas A&M University faculty and staff.*



# Menu

	Feeds	Total Per Person	Overall Sub-total
<b>Rosemary Chicken</b> <i>Chicken roasted in a lemon rosemary marinade</i>	10-12	\$9.58-11.50	\$115.00
<b>Orange Glazed Salmon</b> <i>Salmon glazed with our Mimosa Jam and cooked over charred zucchini</i>	10-12	\$10.42-12.50	\$125.00
<b>Side Options</b> <i>Herb roasted vegetable tray, red skin mashed potato tray, southern market salad tray</i>	10-12	\$1.08-2.90	\$29.00
<b>Challah Rolls</b>	12	\$1.08	\$12.95
<b>Sweet or Unsweet Tea</b> <i>per gallon</i>	10-12	\$0.83-1.00	\$10.00
<b>Fresh Squeezed Lemonade</b> <i>per gallon</i>	10-12	\$1.33-1.60	\$16.00
<b>BCS Pure Water</b> <i>per gallon</i>	10-12	\$0.67-0.80	\$8.00



# Menu

	Feeds	Total Per Person	Overall Sub-total
<b>Grab N' Go Breakfast Bag</b> <i>Sausage or bacon, cage-free scrambled egg, and melted cheddar cheese biscuit sandwich, home fries, and fruit cup packaged in individual bags</i>	10	\$10.50	\$105.00
<b>Classic Breakfast Buffet</b> <i>Cage-free eggs, rosemary home fries, bacon or sausage, fluffy buttermilk biscuits, and house- made jams.</i>	10	\$10.50	\$105.00
<b>Breakfast Sandwich Pack</b> <i>Individually wrapped sausage, cage-free scrambled egg, and melted cheddar cheese biscuit sandwiches.</i>	12	\$7.50	\$90.00
<b>Seasonal Fresh Fruit Tray</b> <i>Mouthwatering mix of pineapple, kiwi, strawberry, blueberry, &amp; blackberry. Fruit selection may vary seasonally.</i>	12	\$3.75	\$45.00
<b>Coffee Traveler</b> <i>Large insulated container with your choice of freshly brewed House Blend or Pecan Roast. Our Pecan Roast is brewed with fresh pecans- no artificial flavor, just the real stuff!</i>	10-12	\$1.33- 1.60	\$16.00



**Locally sourced.**

**Always fresh ingredients.**

**EVERYTHING made from scratch.**

#### **Notes from Stella Southern Café**

*Catering orders assume a minimum of 10 people. Delivery is available with order of \$150 or more. Delivery fee is \$25.00. All plasticware, plates, and serving spoons/ tongs are included for no additional charge by request. Staffing and recyclable chafing dishes available upon request for an additional fee and are subject to availability. Any events after 2 PM are subject to availability and require a \$1500 minimum order and 18% automatic gratuity.*

#### **Stella Southern Café Contact Information**

(979) 704-3207  
catering@stellabcs.com  
<https://www.stellabcs.com/>

4040 State Highway 6 South,  
Suite 100  
College Station, TX 77845

#### **Stella Southern Café Hours**

*7:00AM - 2:00PM Every Day\* We are closed some major holidays, and catering may be limited for minor holidays. Please reach out for availability.*

# Additional Considerations When Catering

## Local grocery stores

*Some grocery stores cater events or can help you find food options at their store. Snacks and drinks are also great items to purchase at grocery stores.*

## Dietary Restrictions

*Planning ahead for those with dietary restrictions can be made simple when planning for an event by including a step in the event registration or estimating the number of attendees with dietary restrictions. Here is a list of common dietary restrictions:*

- Dairy
- Lactose
- Vegan
- Gluten
- Nuts
- Vegetarian

## Budget

*When asking for quotes from businesses being transparent about the budget is key. Some common additions to catering costs are drop-off fees and minimum head-count fees. Inquiring from multiple businesses about their options and pricing can allow you to find the best catering fit for your event.*

## Discounts

*Local businesses may offer Texas A&M staff & faculty discounts! When ordering inquire about a discount from the business or check discount program websites.*

## Tax Exemption

*Most businesses will honor tax-exemption forms! It is good to double-check prior to submitting payment to the business. For online orders, tax exemption may require more steps, and an employee of the business may be able to help you over the phone. Keep in mind each business may have a different process.*



# *Happy Eating*



750 Agronomy Rd, College Station, TX 77843



<https://livingwell.tamu.edu/>



[livingwell@tamu.edu](mailto:livingwell@tamu.edu)



@livingwelltamu



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