



LSUHealth

Tiger Den Cafe'

# Tiger Den Cafe

# Catering Menu

# Catering Guide & Menu

Louisiana State University Health Sciences Center  
Medical Education Building and Surrounding Buildings

We offer catering services for LSUHSC  
Medical Education Building & surrounding buildings.

We are committed to providing the highest quality products and  
the best customer service possible.

The Tiger Den welcomes the opportunity to provide you and your  
guests with special dietary requests on menus, such as vegan,  
kosher or food allergens.

We have designed this catering guide to help you plan your event.  
This is only a guide; our catering team will gladly work with you to  
create a menu customized to your event.

If you require additional menu planning or have questions  
concerning your event, please contact

Justine Cristadoro via email [cafemeb@lsuhsc.edu](mailto:cafemeb@lsuhsc.edu)

# Policies & Procedures

- All catering must be requested via the Catering Request Form. The form must be filled out in its entirety (start & ending times, location, etc.) and approved by your department head. Any request without approval will not be honored.
- All catering requests must be received at least 5 business days in advance. Proper planning and purchasing is essential for a successful event no matter how large or small. Events larger than 30 guests must be received at least 7 business days in advance. Requests submitted late may not be honored if product or staffing is unavailable. We accommodate our customers on a first-come, first-serve basis.
- A final guaranteed guest count is required at least 2 business days prior to the event.
- Additional labor charges will apply if functions exceed normal cafeteria operating hours. Normal hours are 7:00 AM to 3:00 PM Monday through Friday.
- Delivery charges of \$15 apply to Foundation Building, HDC, 1542 Tulane and Dental School.
- The minimum total for delivery is \$75. Requested items can be picked up in the cafeteria if the minimum is not met or an additional \$15 delivery charge may be applied.
- All events are priced to be buffet style or self-service unless other arrangements have been made prior to the event.
  - **DELIVERIES:** All disposable service ware, with linen tablecloth, delivery, setup, and pickup by catering staff. Service attendants are not included.
  - **ATTENDED SERVICE:** All disposable ware, with linen tablecloth, delivered, set up, and picked up by catering staff. Service attendants are included with attended events. Additional labor charges will be applied.
- Off-site catering is possible. However, customer pick up may be required or a delivery charge may apply if we are able to accommodate.
- buffets may only be transported where the walkway exists, please email for additional information.
- A forty-eight (48) hour notice is required for all cancellations or other charges can apply. The customer or department is still liable for all charges if cancelled on the day of the event.
- All events are billed according to current finance department procedures. Any non-university event will be billed via credit card.

# Breakfast Buffet

(Minimum of 15 Guests)

## Continental Breakfast

\$10.50 per person

- Assorted Muffins, Danishes & Croissants with Butter & Jelly
- Sliced Fresh Fruit
- Coffee Service
- Assorted Minute Maid Juice

## Power Boost

\$13.50 per person

- Assorted Protein Bars
- Yogurt Parfait  
12 ounce cup, Greek yogurt topped with jam, granola, and fresh fruit
- Whole Fruit  
(banana, apple, orange)
- Coffee Service
- Assorted Naked Juice Smoothies  
(Green Machine, Red Machine, Blue Machine, Strawberry Banana, Mango)

## Traditional Breakfast

\$10.50 per person

- Scrambled Eggs
- Bacon (2 per person)
- Sausage Patty (1 per person)
- Breakfast Potatoes
- Biscuit with butter and jelly
- Coffee Service or Assorted Minute Maid Juice

# Build-Your-Own Breakfast Buffet

{Minimum order of 20}

Fresh Baked Assorted Muffins	\$2.25 each
Fresh Baked Pastries {Scone,Croissant, Danish}	\$2.25 each
Seasonal Fruit Bowl (Small: 1s-2opp)	\$35.00
Seasonal Fruit Bowl {Large:2s - soppl}	\$70.00
Yogurt Parfait 12 ounce cup, Greek yogurt topped with jam, granola, and fresh fruit	\$4.50 per person
Greek Yogurt Strawberry,blueberry or vanilla available	\$1.50 per person
Scrambled Eggs (2 eggs per Serving)	\$1.50 per person
Hardboiled Eggs (2 eggs per Serving/peeled)	\$1.75 per person
Applewood Smoked Bacon (2 slices per Serving)	\$1.50 per person
Pork Sausage Patty (1 per Serving)	\$1.50 per person
Turkey Sausage Link (2 per Serving)	\$1.50 per person
Home Fried Potatoes (4 ounce serving)	\$1.50 per person
Assorted Cereal & Milk	\$3.25 per person
Old Fashioned Oatmeal (8 ounce Serving) (Served with brown sugar and raisins)	\$1.50 per person
Grits (8 ounce Serving)	\$1.50 per person
Buttermilk Biscuits 1 per serving, served w/butter and jelly	\$1.50 per person
Breakfast Burritos Egg,Bacon or Sausage & Cheese served w/salsa	\$4.00 per person
Buttermilk Pancakes (2 per serving, served w/butter and syrup)	\$3.00 per person

# Beverages

## Beverages

- **Coffee Service** \$30.00 per pot  
One pots serves 20 people  
Included sugar,splenda, Yz and Yz, stirrers, and cups
- **Hot Tea** \$1.35 ea  
Earl grey,English breakfast, Green tea, Raspberry,Lemon,Mint, Chai
- **Bottled Iced Tea** \$2.75 ea  
Unsweetened, Sweetened, Green tea, Lemonade-iced tea
- **Minute Maid Juice** \$1.89 ea  
Orange juice, Grapefruit, Apple \*Ask for additional varieties
- **12 oz Bottled Water** \$1.25 ea
- **20 oz Bottled Water** \$1.85 ea
- **Sparkling Water (11oz)** \$1.75 ea
- **Canned Soda** \$1.25 ea  
Coke, Diet coke, Coke zero,Sprite, Sprite zero  
\*Ask for additional varieties

# Boxed Lunch

(Minimum order of 15)

## The Deli Board

**\$13.50 Per Person**

Each box includes your choice of:  
one small salad, one wrap, kettle or baked chips,  
fresh baked cookie, whole fruit,  
canned soda or bottled water.

*Please specify options*

### Small Salads

- **Mixed Greens**  
Spring mix, shredded carrots, grape tomatoes, diced cucumber, croutons
- **Caesar**  
Romaine lettuce, croutons, parmesan cheese, Caesar dressing
- **Tortellini Pasta Salad**  
Cheese tortellini, cherry, tomatoes, roasted red peppers, red onion, pesto, parmesan cheese
- **Quinoa Chickpea Salad**  
Quinoa, diced peppers, red onion, chickpeas, tomatoes, parsley, diced cucumber, lemon vinaigrette

### Wraps

(Wheat Wrap or Spinach)

- **Bacon, Chicken & Ranch Wrap**  
Grilled chicken, bacon, cheddar cheese, lettuce, tomato, ranch dressing
- **Chicken Caesar Wrap**  
Grilled chicken, red onion, parmesan cheese, romaine lettuce, Caesar dressing
- **Shrimp Salad Wrap**  
(\$1.00 extra per person)  
Lemon dill shrimp salad, lettuce, tomato
- **Hummus Vegetarian Wrap**  
Traditional hummus, alfalfa sprouts, shredded carrots, cucumber, red onion, tomato
- **Turkey or Ham Wrap**  
Sliced turkey or ham, cheddar cheese, lettuce, tomato
- **House Salad Wrap**  
House made chicken or tuna salad, lettuce, tomato

# Salad Platters

Single- Individual Portion (minimum of 15 orders)

Small Serves 15-20 people

Large Serves 25-50 people

- Tortellini Pasta Salad                      Single \$2.75      Sm. \$55      Lg. \$140  
Tortellini Pasta, roasted peppers, cherry tomatoes, artichokes, pesto, parmesan cheese
- Potato Salad                                      Single \$2.75      Sm. \$45      Lg. \$90  
Creole Potato Salad
- Cole Slaw    Single \$2.75      Sm. \$45      Lg. \$90  
Cabbage, Carrots, and house made dressing
- Green Bean & Potato Salad                      Single \$2.75      Sm. \$55      Lg. \$100  
Steamed green beans, potatoes, cherry tomatoes, Dijon vinaigrette
- Quinoa & Chickpea Salad                      Single \$3.00      Sm. \$60      Lg. \$150  
Quinoa, chickpea, red onion, green peppers, cherry tomatoes, parsley, Cucumber, lemon vinaigrette
- Strawberry Quinoa Salad                      Single \$3.50      Sm. \$MP      Lg. \$MP  
Quinoa, chickpea, red onion, green peppers, cherry tomatoes, parsley, Cucumber, lemon vinaigrette
- Caprese Salad                                      Single \$5.50      Sm. \$MP      Lg. \$MP  
Spring Mix, cherry tomatoes, red onion, white beans, fresh mozzarella cheese, croutons
- Spinach Salad                                      Single \$5.50      Sm. \$MP      Lg. \$MP  
Baby spinach, cherry tomatoes, red onion, hardboiled egg, cheddar cheese, croutons
- Cranberry Pecan Salad                      Single \$5.50      Sm. \$MP      Lg. \$MP  
Spring mix, dried cranberries, goat cheese, red onion, honey glazed pecans
- Mixed Greens Salad                              Single \$5.00      Sm. \$35      Lg. \$70  
Spring mix, shredded carrots, grape tomatoes, diced cucumber, hardboiled egg, croutons
- Caesar Salad    Single \$5.00      Sm. \$35      Lg. \$70  
Romaine lettuce, croutons, parmesan cheese, Caesar dressing

## Add Protein:

Grilled Chicken, Boiled Shrimp, Steamed or Grilled Salmon,  
Chicken Salad, Tuna Salad

Single: \$3.50

Small: \$25.00

Large: \$50.00

## Dressing Options:

Oil & vinegar, Red wine vinaigrette, Ranch, Caesar, Balsamic, Light Italian



# Lunch Buffet

(Minimum of 20 Guests)

Single Entree: \$15.50/person {+\$2.00 for seafood options)

May only be performed in the immediate LSUHSC complex

All of the above selections are served with your selection of two side items, one salad, one dessert, and canned soda and/or bottled water.

Please specify selections

## Meat Entrees

## Seafood Entrees

Herbed Grilled or Baked Chicken Breast

Lemon herb marinated and grilled

Cajun Pork Chops

Grilled pork chop with buttermilk gravy

Creole Chicken & Sausage Jambalaya

Rice, chicken, smoked sausage

Chicken Pasta with Spinach

(alfredo, marinara, or lemon garlic sauce)

\*{gluten free available)

Steamed or Blackened Salmon

Served with lemon and herbs

Creole Shrimp & Sausage Jambalaya

Grilled shrimp, smoked sausage, rice

Crawfish Etouffee with Rice

Smothered crawfish over rice

Shrimp Pasta with Spinach

(alfredo, marinara, or lemon garlic sauce)

\*{gluten free available)

## Vegetarian Entrees

Mushroom, Leek & Goat Cheese Tart

Sauteed mushrooms and leeks topped with goat cheese in puff pastry

Eggplant Parmesan

Layered eggplant, marinara sauce, fresh mozzarella cheese

Hummus Quesadilla

Traditional hummus, roasted peppers, spinach & feta cheese

Pasta Primavera

Seasonal vegetables served over penne pasta

\*Gluten free options available

## Friday Only

Baked or Fried Catfish

Chicken & Sausage

Crab & Shrimp Gumbo

# Salads

*Choose One Option*

## Mixed Greens Salad

Spring mix, shredded carrots, grape tomatoes, diced cucumber, hardboiled egg, croutons

## Spinach Salad

Baby spinach, cherry tomatoes, red onion, hardboiled egg, cheddar cheese, croutons

## Caesar Salad

Romaine lettuce, croutons, parmesan cheese, Caesar dressing

**Dressing Options:**

Oil & vinegar, Red wine vinaigrette, Ranch, Caesar, Balsamic, Light Italian

# Side Items

*Choose Two Options*

## Starches

Rice Pilaf

White/Brown Rice

Wild Rice

Herbed Lentils

Quinoa

Roasted Garlic Mashed Potatoes

Oven Roasted Potatoes

Mac & Cheese

Creole Potato Salad

Bean Salad

## Vegetables

Garlic Green Beans

Roasted Cauliflower

Steamed Broccoli

Roasted Carrots

Roasted Sweet Potatoes

Sweet Potato Casserole

Sauteed Spinach & Mushrooms

Cilantro Lime Cole Slaw

Tomato Salad

Cucumber Salad

# Desserts

*Choose One Option*

Assorted Cookies

Petite Fours

Lemon Bars

Brownie or Blondie

# Reception Items

## Finger Sandwiches

Small- 25 Sandwiches

Large- 50 Sandwiches

- French Bread Finger Sandwiches Sm. \$35.00 Lg. \$70.00  
Turkey or ham with cheddar cheese on French bread  
(Chicken or tuna salad additional \$ 10.00 per tray)
- Wrap Pinwheels Sm. \$35.00 Lg. \$70.00  
Turkey or ham with cheddar cheese on wheat or spinach wrap  
(chicken or tuna salad additional \$ 10.00)
- Mini Muffuletta Sm. \$38.00 Lg. \$75.00  
Sesame bun, olive salad, salami, ham, mortadella, and provolone cheese

## Platter

Small- 15-20 people

Large- 25-40 people

- Seasonal Fruit Bowl Sm. \$ 35 Lg. \$70
- Vegetable Platter (with ranch dressing) Sm. \$ 35 Lg. \$ 80
- Cheese & Crackers Sm. \$ 40 Lg. \$85
- Specialty Cheese & Crackers Sm. \$ MP Lg. \$MP

## Small Bites

\*Other items are available please inquire

- Crab Rangoon \$9.75/dozen  
Fried crabmeat dumpling
- Pot Stickers \$8.50/dozen  
Pork fried dumpling served with teriyaki sauce
- Boudin Bite \$11.00/dozen  
Cajun pork sausage with rice served with creole mustard sauce
- Mini Meat Pie \$11.00/dozen  
Beef and pork or Crawfish (addition \$2.00)
- Cocktail Shrimp \$9.75/dozen  
Iced shrimp served with cocktail sauce
- Shrimp & Crab Dip with Pita Crackers \$65 (15-20 people)  
Baked crab & shrimp dip topped with bread crumbs and herbs
- Hummus & Pita Crackers \$32 (15-20 people)  
Traditional hummus served with Stacy's pita chips and baby carrots
- Spanakopita \$12.5 /dozen  
Flaky filo dough triangles with spinach & feta cheese

# Treats & Sweets

Custom orders available please email or call  
Additional items are available please inquire

## Snacks

\*Other items are available please inquire

- Granola Bars \$1.00 ea  
Nature valley granola bar
- Kind or Cliff Bar \$3.00 ea  
Assorted flavors
- Trail Mix \$2.75 ea
- Chex Mix \$1.00 ea
- Yogurt Covered Pretzel \$2.25 ea
- Gluten Free Snacks \$MP  
Cookies, pretzels, quinoa chips, lentil chips
- Chips \$1.00 ea  
Kettle or baked chips
- Assorted Nuts \$2.75 ea

## Sweets

- Cookies \$1.60 ea  
Chocolate chip, oatmeal, and white chocolate macadamia,
- Brownies or Blondie \$1.95 ea
- Macaroon \$10.00/ dz
- Lemon Bar \$19.00/ 15
- Petite Four \$15.00/ dz
- Éclair \$15.00/ dz
- Cheesecake Burrito \$11.00/ dz
- Cheesecake Bites \$25.00/ dz
- Cheesecake \$30.00  
Serves 10
- Sour Cream Coffee Cake \$36.00  
Serves 12
- Bread Pudding \$20.00  
Serves 12