



Sebastian's Cafe

CATERING MENU



Before placing your order, please inform your server if a person in your party has a food allergy.

Consuming raw or undercooked eggs, meat, poultry, seafood, and shellfish may increase your risk of foodborne illness.



BREAKFAST

All prices are per person (pp). Minimum of 10 servings, unless otherwise marked.

Vegetable, Cheddar & Herb Frittata (v) 8.95

Cage-Free Eggs blended and baked with Seasonal Vegetables, Cheddar Cheese & Fresh Herbs, served with Mini Croissants & Seasoned Home Fries

Ham, Cheddar & Herb Frittata 9.25

Cage-Free Eggs blended and baked with Country Smoked Ham, Cheddar Cheese & Fresh Herbs, served with Mini Croissants & Seasoned Home Fries

Traditional America Breakfast 8.95

Fluffy Scrambled Cage-Free Eggs with Fresh Herbs and your choice of Crispy Bacon or Chicken Sausage, served with Mini Croissants & Seasoned Homefries

Egg Beaters available upon request for all egg dishes

Healthy Start (v) 9.75

Fresh Fruit Salad, Crunchy Granola, Non-Fat Greek Yogurt, Assorted Muffins (to include Bran), Peet's Premier Brewed Coffee & Tea Selections

Continental Breakfast (v) 7.25

Start Your Day with Freshly Baked Muffins, Bagels, Tea Breads and Mini Croissants, Accompanied with Butter, Jam & Cream Cheese, Assorted Chilled Juices & Peet's Premier Brewed Coffee and Tea Selections

+ add Seasonal Fresh Fruit Salad (v) 3.25

BREAKFAST ENHANCEMENTS

Seasonal Whole Fruit (v) 1.40

Assorted Cereal & Milk (v) 2.35

Greek Yogurt & Crunchy Granola (v) 2.50

Individual Yogurts (v) 1.75

Individual Chobani Yogurts (v) 2.65

Mini Quiche (v) 1.60

Minimum of 25 pieces

Granola Bars (v)	1.00
Assorted Mini Scones with Butter & Jam (v)	1.50
Mini Croissants (v)	1.75
Cinnamon Swirl Coffee Cake (v)	2.10
Assorted Freshly Baked Muffin (v)	2.35
Bagels & Cream Cheese (v)	1.95
Belvita Breakfast Snack (v)	2.10
Fruit Salad (vGN)	3.75
Steel Cut Oats (vGN) with Assorted Toppings of: Raisins, Brown Sugar & Cranberries	3.00
Kashi Pilaf Hot Cereal (vGN) with Assorted Toppings of: Raisins, Brown Sugar & Cranberries	3.00

BEVERAGES

Peet's Brewed Coffee & Tea Selections	2.50
Assorted Chilled Juices	1.75
Sparkling or Still Waters	1.75
Assorted Cold Sodas	1.40



LUNCH

All prices are per person. Minimum of 10 servings.

SEBASTIAN'S SANDWICH SELECTIONS

Choose from our Classic or Signature Sandwich Selections. Enjoy your sandwich as a Grab & Go Tote Bag or a Luncheon Buffet.

Classic Sandwiches

served on assorted Bakery Fresh Breads:

- Honey Cured Virginia Baked Ham & Swiss Cheese
- Turkey Breast with Bacon
- Albacore Tuna Salad
- Egg Salad (v)
- Tender Chicken Salad
- Roast Beef and Cheddar
- Roasted Seasonal Vegetables & Hummus (v)

Classic Sandwich
Tote Bag 11.25

Lunch includes your choice of Classic Sandwich, Bag of Chips, Cookie, Fresh Fruit & a Chocolate

Classic Sandwich Buffet 15.25

Lunch includes your choice of Classic Sandwiches, Bags of Chips, Cookie & Brownie Platter and your choice of **two** of the following salads :

- Crisp Garden Salad (v)
- Fresh Fruit Salad with Seasonal Berries (v)
- Red Bliss Potato Salad (v)
- Seasonal Pasta Salad (v)
- Asian Noodle Salad (v)
- Chick Pea Salad (v)
- Chef's Choice Grain Salad of the Day (v)

Signature Wraps

on Assorted Flavored Tortillas:

- Turkey Breast, Green Onion Dijonnaise, Sliced Tomatoes & Romaine Lettuce
- Marinated Grilled Chicken Breast with Romaine Lettuce, Parmesan Cheese & Zesty Caesar Dressing
- Albacore Tuna Salad with Sliced Red Onion, Sliced Pickles, Diced Tomatoes & Field Greens
- Seasonal Roasted Vegetables with Fresh Herbs, Hummus, Baby Spinach & Diced Tomatoes (VGN)
- Seasoned Tofu with Romaine, Red Cabbage, Shredded Carrots, Edamame & Romaine Lettuce (VGN)

Signature Wrap Tote Bag 11.95

Includes Your Choice of Signature Sandwich, Bag of Chips, Cookie and your choice of **one** of the following salads:

- Fresh Fruit Salad with Seasonal Berries (v)
- Red Bliss Potato Salad with Fresh Herbs (v)

- Seasonal Pasta Salad (v)
- Asian Noodle Salad (v)
- Chick Pea Salad (v)
- Chef's Choice Grain Salad of the Day (v)

Signature Wrap Buffet 15.25

Includes your choice of Signature Sandwiches, Bag of Chips, Cookie & Brownie Platter and your choice of **two** of the following salads:

- Crisp Garden Salad (v)
- Fresh Fruit Salad with Seasonal Berries (v)
- Red Bliss Potato Salad (v)
- Seasonal Pasta Salad (v)
- Asian Noodle Salad (v)
- Chick Pea Salad (v)
- Chef's Choice Grain Salad of the Day (v)

SALADS OF THE SEASON

Boxed Salads Includes Whole Wheat Pita and a Cookie

Buffet Salads include: Whole Wheat Pita, Cookie or Brownie and a choice of **two** of the Side Salads listed below:

- Fresh Fruit Salad (v)
- Red Bliss Potato Salad (v)
- Asian Noodle Salad (v)
- Seasonal Pasta Salad (v)
- Chick Pea Salad (v)
- Chef's Choice Grain Salad of the Day (v)

Chef's Salad 9.95 Box
 14.25 Buffet

Julienned Baked Virginia Ham, Oven Roasted Turkey Breast & Swiss Cheese, served on Crisp Greens, with Tomatoes, Cucumbers & Hard Boiled Egg Wedges, served with an Italian Vinaigrette

Cape Cod
Chicken Salad 10.50 Box
 14.50 Buffet

Grilled Marinated Chicken Breast served over Crisp Greens with Chopped Celery, Red Onions, Dried Cranberries & Toasted Almonds, served with Homestyle Herbed Ranch Dressing

Chicken Caesar Salad 10.00 Box
 14.25 Buffet

Marinated Grilled Chicken, Seasonal Roasted Vegetables, Herb Croutons, Parmesan Cheese & Crisp Romaine with a Tangy Caesar Dressing

Cobb Salad 10.95 Box
 14.50 Buffet

Grilled Chicken, Smoked Bacon, Hard Boiled Eggs, Tomatoes, Cucumbers, Blue Cheese, Sliced Avocado & Crisp Salad Greens with a Creamy Italian Dressing

Tuna Niçoise Salad 11.75 Box
 14.95 Buffet

Albacore Tuna, Potato Salad, Green Beans, Olives, Tomatoes, Cucumbers and Crisp Romaine served with a Zesty Lemon Caper Vinaigrette

Mediterranean
Salad (v) 9.75 Box
 12.50 Buffet

Chick Pea Salad, Roasted Seasonal Vegetable Salad, Chef's Choice Grain Salad, served over Mixed Greens, with Balsamic Vinaigrette

Kale Salad (v) 10.25 Box
14.50 Buffet

Trio of Roasted Vegetables, Feta Cheese,
Sunflower Seeds & Raisins served over
Chopped Kale with Balsamic Vinaigrette

COLD LUNCH BUFFET

*All prices are per person (pp).
Minimum of 10 servings.*

Spa Luncheon 12.75

Marinated Grilled Chicken Breast
topped with a Zesty Pineapple Chili
Salsa, accompanied by Seasonal Grilled
Vegetables & Chef's Grain Salad of the
Day, served with Whole Wheat Pita
& Olive Oil

*Substitute Grilled Tofu Steak for Grilled Chicken
upon Request*

Baja Salad

Choose from:

Sliced Marinated
Chicken Breast 10.75

Lime Cilantro Shrimp 13.95

Spinach topped with Black Beans,
Scallions, Tomatoes, Avocado & Shredded

Cheddar Cheese, garnished with Tortilla
Strips, served with Spicy Ranch Dressing

Roasted Glazed Salmon 13.50

Roasted Salmon with Citrus Balsamic
Glaze, served with Shaved Broccoli Slaw,
Brown Rice Salad and Whole Wheat Pita

HOT LUNCH BUFFET

*All prices are per person. Minimum of 10
servings.*

Mediterranean
Grilled Chicken 14.50

- Greek Salad with Tomatoes,
Cucumbers, Red Onions, Queen Olives
and Feta Cheese (v)
- Mediterranean Grilled Chicken
with Sun-Dried Tomatoes, Spinach,
Sweet Garlic and Basil
- Seasonal Squash, Red Peppers
& Artichoke Hearts (v)
- Brown Rice Pilaf (v)
- Whole Wheat Pita

Orange Agave
Grilled Salmon 15.75

- Spinach Salad with Mandarin Oranges, Red Onions & Crispy Wontons with Kimchi Vinaigrette
- Orange Agave Grilled Sustainable Salmon Filet with Scallions
- Gingered Brown Basmati Rice (v)
- Chili Oil Seared Green Beans with Shiitake Mushrooms (v)
- Whole Wheat Pita

Multi Grain Pasta
Primavera (V) 12.00

- Crispy Greens with Tomatoes, Cucumbers and Carrots with Sun-Dried Tomato Vinaigrette
- Multigrain Pasta Primavera Tossed with Seasonal Vegetables, Olive Oil, Parmesan Cheese and Fresh Herbs
- Whole Wheat Pita

+ Add Marinated Grilled Chicken 3.00

Whole Wheat Penne Pasta
with Broccoli (v) 10.50

- Crispy Greens with Roasted Mushrooms, Red Peppers, Red Onions & Balsamic Vinaigrette (v)
- Whole Wheat Penne Pasta and Broccoli tossed with Garlic, Olive Oil, Fresh Basil & Parmesan Cheese
- Whole Wheat Pita

+ Add Marinated Grilled Chicken 3.00pp

+ Add Iggy's Whole Grain Rolls to any buffet (48 hours notice) 1.00pp

*Please inquire about our
Seasonal Plated Luncheons!*



PIZZA (8 SLICES)*

Cheese (v)	13.00
Pepperoni	13.75
Sausage	13.75
Grilled Mushrooms (v)	13.50
Grilled Peppers & Onions (v)	13.75
Margherita (v) <i>Fresh Mozzarella, Tomato & Basil</i>	14.95
Pesto Chicken	14.95
Special of the Day	14.95
White (v) <i>Ricotta, Mozzarella & Provolone Cheese</i>	14.95
Buffalo Chicken with Blue Cheese	14.95
Spinach, Artichoke, Feta & Onion	14.95
Additional Toppings	1.25 each
Broccoli, Bacon, Olives, Artichokes, Spinach, Jalapeños	

* **Whole Grain Pizza Dough available upon request**

AFTERNOON BREAKS & SWEET TREATS

All prices are per person. Minimum of 10 servings.

Classic Afternoon Tea (v) 10.25
Minimum of 15 servings

Premier Tea Selection with thinly sliced Lemon, accompanied by Mini Scones (1 pp), Assorted Mini Sandwiches (2pp), Mini Pastries (1pp), Jams & Whipped Butter

Sweet & Salty Break (v) 3.25
Assorted Bags of Salty Snacks
& Sweet Snack Size Candies

Domestic Cheese Platter (v) 3.75
Minimum of 10 servings

Cubed Domestic Cheese
garnished with Grapes & Strawberries,

served with Assorted Crackers

Traditional Crudités (VGN) 3.90

Crisp Garden Vegetables
with Hummus

Dried Fruit & Nuts (VGN) 6.95

Selection of Cashews, Pecans, Walnuts,
Almonds with Dried Apricots, Raisins
& Cranberries

Warm Artichoke
& Spinach Dip (V) 4.50

with Specialty Crackers
& Sliced Baguette

SWEET & SAVORY NIBBLES

*All prices are per person.
Minimum of 10 servings.*

Freshly Baked Cookie 1.75

Assorted Brownies 1.95

Assorted Specialty Bars 2.10

Hummus & Pita Chips 3.50

Tortilla Chips & Salsa 3.25

Mixed Nuts 2.90

Fancy Assorted
Tea Cookies 1.75
(minimum 3 dozen)

Assorted Mini Pastries 2.75
(minimum 3 dozen)

SPECIAL OCCASION CAKES

*All are vegetarian and serve 30 people.
3 business day notice required.*

Vanilla Cake	85.00
Lemon Chiffon Cake	85.00
Chocolate Raspberry	85.00

*For larger or specialty cakes please inquire
about pricing.*

HORS D'OEUVRES



The following are priced per piece
and can be served either passed or
stationery.

*We request a minimum of 25 pieces per type
of hors d'oeuvres. Hot hors d'oeuvres require
an attendant.*

HOT HORS D'OEUVRES

Buffalo Chicken Spring Rolls <i>with Blue Cheese Dipping Sauce</i>	2.50
Risotto Arancini <i>with Pesto Oil (v)</i>	1.75
Crispy Cheese Ravioli <i>with Marinara</i>	1.75
Chicken Quesadilla <i>with Avocado Dip</i>	2.50
Spinach & Cheese Spanikopita (v)	1.75
Wild Mushroom Empanadas (v)	2.25

Maryland Crab Cakes
with Lemon Dill Aioli 2.50

Coconut Chicken
with Mango Salsa 2.25

Scallops Wrapped
in Bacon 2.25

COLD HORS D' OEUVRES

*50 piece minimum for each type,
48 hours notice required.*

California Rolls
with Soy Sauce, Wasabi
& Pickled Ginger (v) 3.75

Smoked Salmon Rosette
on Pumpernickel Canapé 3.00

Quinoa Bruschetta
with Balsamic Glaze (v) 3.80

Cherry Tomato
stuffed with Hummus (v) 3.25

Tomato Canapé with Pesto 3.50

Mini BLT on Brioche 3.25

Artichoke Bottom
with Crab Salad 3.50

STATIONARY RECEPTION DISPLAY

*All prices are per person. Minimum of 10
servings, unless otherwise noted.*

Crimson Brie en Croûte (v) 85.00
Serves 20

Baked Triple Crème Brie filled with
Spiced Pears & Cranberries, wrapped in
Flaky Puff Pastry and served with Sliced
Baguettes & Crispy Crackers

Vegetarian Antipasto
Display 9.95

A bounty of Roasted Mushrooms,
Artichoke Hearts, Roasted Peppers,
Marinated Olives, Fresh Mozzarella,
Tomatoes & Grilled Eggplant served
over Field Greens drizzled with
Balsamic Vinaigrette, served with
Sliced Baguette

+ add Prosciutto 3.00

Cheese Platter (v) 7.50

Wedges of Imported & Domestic
Cheeses, garnished with Grapes
& Strawberries, served with Crispy
Crackers & Sliced Baguette



Crudités & Dips (v) 6.50

Crisp Vegetable display to include Asparagus Spears, Carrots, Sugar Snap Peas, Julienned Peppers and Cherry Tomatoes, served with Herbed Ranch Dip & a Red Pepper Hummus Dip

15 person minimum

Mediterranean Display (v) 9.50

Hummus & Tabbouleh, Cucumber Rounds, Carrot Sticks, Celery Sticks, Greek Olives & Toasted Pita Chips

Southwestern Chips & Dips Display (v) 5.95

Tri-Color Tortilla Chips served with Salsa, Guacamole & Sour Cream with Scallions

Seasonal Sliced Fruit (v) 3.75

Garnished with Grapes & Strawberries

HOT DINNER BUFFETS

All prices are per person. All buffets are served with Peet's Premier Brewed Coffee and Tea Selections. 15 person minimum.

The North End 28.25

- Mixed Green Salad topped with Basil Garlic Marinated Fresh Mozzarella & Tomatoes (v)
- Seasonal Grilled Vegetable Salad (v)
- Vegetable Lasagna (v)
- Grilled Breast of Chicken with Mediterranean Relish & Parmesan Cheese
- Herbed Parmesan Garlic Bread (v)
- Tiramisu (v)

Cruising the Caribbean 29.50

- Jicama Slaw (v)
- Rice & Peas (v)
- Roasted Zucchini & Summer Squash (v)
- Marinated Grilled Jerk Salmon
- Grilled Flatbreads (v)
- Coconut Spice Cake (v)

Athena's Table 31.00

- Classic Greek Salad with Tomatoes, Cucumbers, Feta Cheese, Red Onions with Balsamic Vinaigrette (v)
- Mediterranean Multigrain Orzo Salad (v)
- Pesto Grilled Breast of Chicken
- Lemon Oregano Grilled Shrimp
- Tzatziki Sauce & Pita Bread (v)
- Minted Greek Yogurt drizzled with Honey & Fruit Salad (v)

Southern Barbecue 36.25

- Tossed Garden Salad (v)
- Creamy Coleslaw (v)
- Orange Chipotle BBQ Boneless Chicken Breast
- Garlicky Grilled Shrimp
- Jambalaya Rice (v)
- Corn Bread (v)
- Strawberry Shortcake with Whipped Cream (v)

Moroccan Mélange 36.75

- Spinach Salad with Olives, Tomatoes, Cucumber and Shredded Carrots with Spiced Lemon Dressing (v)
- Chicken Tagine
- Tandoori Spiced Grilled Salmon
- Grilled Vegetables with Chick Peas (v)
- Couscous with Toasted Pine Nuts (v)
- Pita Triangles with Olive Oil (v)
- Sliced Fresh Fruit & Seasonal Berries (v)

French Bistro 35.00

- Field Greens tossed with a Sun-Dried Tomato Tarragon Vinaigrette and garnished with a Montrachet Cheese Croûte (v)
- Poulet Cordon Blue
- Salmon au Poivre
- Pommes Lyonnaise (v)
- Haricots Verts with Crispy Garlic Frites (v)
- Crusty Baguettes
- Apple Streusel Tart (v)



CHEF'S TABLE DISPLAY COOKING STATIONS

Chef Fee 275.00

Pasta Sauté (v) 9.25

Choose 2: Penne Pasta, Tri-Colored
Tortellini & Multigrain Spaghetti (v)

Marinara Sauce & Pesto Alfredo Sauce

Sautéed selections to include:

- Grilled Mushrooms
- Broccoli Florets
- Roasted Vegetable Medley
- Artichoke Hearts
- Spinach

Served with Whole Wheat Garlic Bread

Risotto Station 13.75

Savory Creamy Risotto (v)
with sautéed selections to include:

- Wild Mushrooms with Fresh Thyme
- Parmesan Cheese
- Grilled Asparagus
- Saffron Shrimp
- Artichoke Hearts

Mashed Potato Martini Bar 9.75

Yukon Gold & Sweet Potatoes (v),
served in Martini Glasses with toppings
to include:

- Caramelized Onions
- Apple Wood Smoked Bacon
- Snipped Chives
- Cheddar Cheese
- Savory Gravy
- Sautéed Mushrooms
- Sour Cream



ORDERING GUIDELINES

Our Catering Team is here to help plan your events. We will be happy to help customize a menu that fits into your budget for your event.

Orders can be placed Monday through Friday, 9am-5pm.

Email orders to:
hsph_catering@harvard.edu

Phone: 617-432-4624
Fax: 617-432-0318

- Delivery hours between 7am-5pm
- Additional delivery charges will apply for earlier or later deliveries and pickups.
- Additional labor charges may also apply for large groups and all-day meetings.
- Orders must be received **48 hours prior** to event.
- A limited menu will be available for orders placed less than 48 hours from the event time.

- Please note that certain menu items require 24-72 hours' notice.
- Events held after business hours shall be subject to fees.
- Minimum Order \$25.00 within the T.H. Chan School of Public Health; \$50.00 outside of the T. H. Chan School of Public Health
- For Larger and Specialty events we require 5 business days' notice.

CANCELLATION

48 hours notice is required for all event cancellations. Cancellations received after that time will be liable for any event costs incurred up to that point.

STAFFING GUIDELINES

Staff is booked for a minimum of 4 hours. We can help determine the appropriate staffing levels for your event. Set up and break down time shall be included. Premium rates shall apply for events held on Weekends and Holidays. If the party concludes later than scheduled additional charges may be incurred.

Staff Rates per hour (*4 hr Minimum*)

Bartender	\$32/hr
Wait staff	\$32/hr
Chef	\$46/hr
Utility	\$31/hr

OPEN FLAMES & STERNO

For your guests' safety, we require an attendant to be available at events which use open flames or sterno. The cost for the attendant will be passed on to you at the current rates.

ALCOHOLIC BEVERAGE SERVICE

A TIPS-certified bartender is required for all alcoholic beverage service, with a minimum of 4 hours per bartender.

LINEN

House linen is available for your events. \$11 per table.

SPECIALTY ITEMS

Specialty items such as China, Flowers, Kosher Meals, upscale Linen and Rentals can be provided for your event. Please speak with your event manager when arranging your event.

SERVICE & RENTAL ITEMS

Compostables	85¢ per person
China service	\$7.50-\$12 per person

SEASONAL MENUS

Please ask to see our Seasonal Selections of Plated Meals, Breaks, Buffets and Hors d'oeuvres that shall feature the freshest local and sustainable ingredients available.

PAYMENT

We accept Checks, Money Orders, Visa, MasterCard & 33-digit billing codes.

We cannot accept Harvard purchasing cards.

Before placing your order, please inform your server if a person in your party has a food allergy.

Thank you for supporting a Harvard based business.



CONTACT

SEBASTIAN'S CAFE CATERING

Harvard T.H. Chan School of Public Health
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Boston, MA 02115

Phone: 617-432-4624

Fax: 617-432-0318

*[www.dining.harvard.edu/campus-dining/
cafes/locations/sebastians](http://www.dining.harvard.edu/campus-dining/cafes/locations/sebastians)*

Serving the Longwood Campus Community