



Breakfast To Go Meals

Prepared by Black & Gold Catering at Towson University

Continental Breakfast

Choice of

- Pastry (Cheese Danish, Coffee Cake, or Bagels with Cream Cheese)
- House-baked muffin (Blueberry, Banana Nut, or Bran Raisin)
- Sausage Egg & Cheese on English Muffin
 - Bacon, Egg, & Gouda on Ciabatta

Every choice includes:

Fresh Fruit Cup

Yogurt Parfait

Tropicana Juice or Bottled Water

\$7.50

****Vegetarian and Gluten Free Options available upon request****

****No minimum order and free local delivery**

Please call 410-704-3480 or e-mail bgcatering@towson.edu by 5pm to place your order for the next business day

BG BLACK & GOLD
CATERING

Lunch To Go Meals

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Choice of Sandwich

- **Ham and Swiss with German Honey Dijon on a Pretzel Roll**
 - **Chesapeake Shrimp Salad Wrap**
- **Grilled Chicken with Provolone & Basil Mayo on Baguette**
- **Flank Steak with Roasted Garlic Mayo, Lettuce, Tomato on Sundried Tomato Focaccia**
 - **Dried Cherry, Apricot & Walnut Chicken Salad on a Croissant**
- **Turkey Breast with Roasted Garlic & Lemon Aioli, Red Onions , Baby Spinach & Mozzarella on Ciabatta**

Choice of Salad

- **Chicken Caesar Salad with Caesar Dressing**
- **Southwest Chicken Salad with Romaine Lettuce, Diced Tomatoes, Cheddar Cheese, Black Beans, Corn Salsa, & Chipotle Ranch Dressing**
- **Steak House Salad with Seasoned Flank Steak, Red Onions, Baby Spinach, Chopped Egg, Seasonal Vegetables, & Balsamic Dressing**

**Every lunch order includes a cookie, chips, fruit,
& bottled beverage**

\$10.00

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