Breakfast To Go Meals

Prepared by Black & Gold Catering at Towson University

Continental Breakfast

Choice of

- Pastry (Cheese Danish, Coffee Cake, Chocolate Croissant, 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
- Vegetarian Breakfast Burrito with Scrambled Eggs, Potatoes, Peppers, Onions, Cilantro, Cheddar Cheese & Salsa

Every choice includes:

Fresh Fruit Cup

Yogurt Parfait

Tropicana Juice or Bottled Water

$7.50

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

Prepared by Black & Gold Catering at Towson University

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
- Mad Italian with Ham, Capicola, Salami, Provolone, Lettuce, Onion, Tomato, & Honey Mustard

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
- Grilled Salmon & Mango Salad with Romaine Lettuce, Fresh Mango, Red Peppers, Scallions, & Sesame Seeds

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

$10.00

Vegetarian and Gluten Free Options available upon request

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