
UNIVERSITY CONTRACT AWARD

DATE ISSUED: July 18, 2023

COMMODITY: Venue, Catering and Lodging (Hartford area)

CONTRACT#: UC-24-KA120922-C

FOR THE UNIVERSITY OF CONNECTICUT- ALL CAMPUSES, UCHC, AND CCPG MEMBERS

Payment Terms: See Below

TERMS OF CONTRACT:

- A. The University of Connecticut will issue purchase orders as required for the purchase of catering and venue requirements. Payment may also be made via a University issued Travel Card. A quote must be issued to the UConn representative referencing the Contract # and reflecting the discount (if applicable).
- B. The term of this contract shall be from July 18, 2023, to June 30, 2026, with options to renew for two (2) additional one (1) year terms upon the agreement of the parties.

1 st Extension	7/1/2026 to 6/30/2027	
2 nd Extension	7/1/2027 to 6/30/2028	Final

NAMES AND ADDRESSES OF AWARDEE:

Chrysalis Center, Inc.

255 Homestead Ave.

Hartford, CT 06112

Phone: 860-263-4428

Contact: Danielle Zercie

Email: dzercie@chrysaliscenterct.org

Payment Terms: 2% 15, Net 45

Cancellation Policy:

Five Business Days Prior: Notification of cancellation must be made 5 business days in advance.

Additional Menus and Pricing attached

Additional information/pricing based on awarded proposal response:

	Chrysalis Center, Inc.
Response Notes	
Group 2.3: Venue Facility: General Requirements	

2.3.5 The facility must have the ability to meet any one of the following space configurations:	I understand
2.3.6 Conference and Hollow Square: Appropriate for interactive discussions and note-taking sessions for fewer than 25 guests and equipped with full scale audiovisual capabilities, a white board and a flip chart. Includes additional available space for food service.	I understand
2.3.7 E-shape, U-shape and T-shape: Appropriate for groups of fewer than 40 guests. These are best for interaction with a leader seated at the head of the setup. Full scale audiovisual equipment is set up at the open end of the seating with available white board and a flip chart. Includes additional available space for food service.	I understand
2.3.8 Ovals and rounds: Generally used for meals and sessions involving small and mid-sized group discussions. A five-foot-round table seats eight people comfortably. A six-foot-round table seats ten people comfortably. Full scale audiovisual equipment is set up in the front end of the seating with available white board and a flip chart. Includes additional available space for food service.	I understand
2.3.9 Ballroom/Auditorium/Theater: Appropriate for large sessions and short lectures that do not require extensive note taking. Includes additional available space for food service.	I understand
2.3.10 Breakout Meeting Rooms: A boardroom or theater style set up may be used. This is a setup to use before breaking into discussion or role-playing groups because chairs can be moved. Includes additional available space for food service.	I understand
Group 2.4: Venue Facility: Price/ Fee Structure	
2.4.1 Small Room (Up to 25 guests) - In text provided, indicate the size of room(s) available, their maximum capacity, room cost and which Venue Set-Up Scenarios they can accommodate (See Sections 2.3.6 - 2.3.10)	Room A: 1410 sq ft (30' x 47') - Up to 80 people. Room B: 1034 sq ft (22' x 47') - Up to 60 people. Room C: 945 sq ft (27' x 35) - Up to 40 people. Room Rates are \$300/5 hours, \$100/hour after 5 hours. Rooms can accommodate any of the above listed scenarios.
2.4.2 Midsized Room (Between 25 - 75 guests) - In text provided, indicate the size of room(s) available, their maximum capacity, room cost and which Venue Set-Up Scenarios they can accommodate (See Sections 2.3.6 - 2.3.10)	Room A: 1410 sq ft (30' x 47') - Up to 80 people. Room B: 1034 sq ft (22' x 47') - Up to 60 people. Room C: 945 sq ft (27' x 35) - Up to 40 people. Room Rates are \$300/5 hours, \$100/hour after 5 hours. Rooms can also be combined to accommodate more people. Rooms can accommodate any of the above listed scenarios.

2.4.3 Large Room (Greater than 75 guests) - In text provided, indicate the size of room(s) available, their maximum capacity, room cost and which Venue Set-Up Scenarios they can accommodate (See Sections 2.3.6 - 2.3.10)	Room A: 1410 sq ft (30' x 47') - Up to 80 people. Room B: 1034 sq ft (22' x 47') - Up to 60 people. Room C: 945 sq ft (27' x 35') - Up to 40 people. Room Rates are \$300/5 hours, \$100/hour after 5 hours. Rooms can also be combined to accommodate more people. Rooms can accommodate any of the above listed scenarios.
2.4.4 Please provide value-added options.	All three rooms can be combined/separated to create additional space. Walls can be removed/put up during the day to provide break out space options.
2.4.5 Bidders shall indicate what they can provide and rates in the following list:	I understand
2.4.6 Audio visual equipment (including projector, screen, sound equipment).	Wireless - \$150 Overhead Projection/Sound - \$150 Handheld Microphone/Lavalier - \$150 Laptop - \$150
2.4.7 Technical Support Staff	Professional staff are onsite for the start of the event and can be available throughout the event.
2.4.8 Set-up (including podiums, flip charts and white board).	Podiums White Board Easel/Flip Charts
2.4.9 Wireless Guest Sign-In	Available at time of the event. Password changes monthly.
2.4.10 Signage for Event	Signage for the event will be posted on front doors and directional signage is also posted on property.
2.4.11 Parking and Security	Free Off Street Parking. Monday through Friday, 7:30am - 4:30pm. Events during the evening or weekend will require a lot attendant at a fee of \$200.
2.4.12 The University will provide a final headcount for an event five (5) days prior to the scheduled event date.	This is acceptable.
2.4.13 Please provide your hours of operation.	Sunday - Saturday time available depending on the needs of the event.
2.4.14 Please provide your cancellation policy.	Five Business Days Prior: 100% refund. Four Business Days Prior: 50% refund. Less than 4 Day Prior: No refund. Exceptions will be made if event is re-booked.
Group 2.5: Catering: General Requirements for On-Site and Off-Site Catering needs	
2.5.1 Awarded Caterer(s) must submit sample catering menus and discounted pricing.	I understand

2.5.2 Alcoholic beverages, although required for some events, cannot be directly purchased by the University. The caterer(s) will be advised by the UConn representative if a separate invoice will be required for the alcohol portion of the event. If the caterer(s) is licensed to provide alcohol, they must submit a copy of their liquor license and proof of liquor liability insurance.	I understand
2.5.3 Specifications and responsibilities will be determined by the University representative upon the need. A Statement of Work ("SOW") inclusive of all pertinent information such as approximate number of guests, type of event (buffet, boxed lunch, etc.) will be detailed, rentals of linens, tables, chairs, etc., special dietary requirements, arrival time, set-up time, clean up, service staff, etc. will be provided to the University representative.	I understand
2.5.4 The Statement of Work provided must be inclusive of all costs (transportation, set-up and clean-up for the event, wages, salaries, training, fringe benefits, the cost of food and beverages, supplies, replacement of supplies, etc.).	I understand
2.5.5 A purchase order may be issued to the contracted Caterer(s) for an individual event or a blanket purchase order for services performed during an extended amount of time. A University issued Travel Card may be used for payment as well.	I understand
2.5.6 If applicable, the Caterer(s) shall provide installation of all equipment in compliance with any and all state and local building, electrical and plumbing codes.	I understand
2.5.7 If applicable, the Caterer(s) will occupy, supply and maintain an otherwise equipped kitchen area to prepare food. Space in the University facility will be provided for set-up and plating at no cost to the Caterer for on-site events.	I understand
2.5.8 On-Site only: Caterers must comply with the University's Exclusive Pouring Rights Contract with Coca-Cola. Only Coke products can be served.	I understand
2.5.9 The Caterer/ facility shall prepare and serve food in a professional manner in accordance with health and safety standards of the University's Environmental Health and Safety Department and the State of Connecticut Department of Health, and all other applicable statutes, rules and regulations. Please visit: http://www.ehs.uconn.edu/Biological/biofoodsvcpol.pdf for all guidelines for compliance with UConn's Environmental Health and Safety Office.	I understand
2.5.10 Food trucks must be approved by the City of Hartford.	I understand
2.5.11 The University will provide a final headcount for an event five (5) days prior to the scheduled event date.	I understand
2.5.12 Please explain how your firm supports the local/regional food providers.	La Cocina Catering utilizes produce grown in our own hydroponics center as well as our own local gardens whenever possible.

2.5.13 Please provide your hours of operation.	Sunday - Saturday, 7:00am - 9:00pm.
Group 2.6: Menu Requirements for Venue Facility and On-Site Caterer	
2.6.1 Facility/Caterer will provide quality meals and refreshments as determined by the requesting UConn representative dependent upon the event or need.	I understand
2.6.2 Food offerings should include a varied menu with a wide array of healthy options and locally sourced ingredients.	I understand
2.6.3 The menu should change seasonally to provide the best ingredients for local foods.	I understand
Group 2.7: Catering: Price/ Fee Structure - Morning Breaks and Continentals	
2.7.1 Please Note: These are standard catering requests however the University is interested in variety and other options. If you cannot complete the pricing requested, please submit your catering menu with a discounted structure offered to the University for consideration.	I understand
2.7.2 Morning Breaks and Continental Packages are designed to be buffet style with standard delivery service (set ups and returns for cleaning) for up to two hours on single use service ware.	I understand
2.7.3 Continental breakfast (Up to 25 guests) - Assortment of danish and mini muffins, orange juice and iced water, locally roasted Omar coffee, decaffeinated coffee and hot water with assorted tea packets and local honey.	\$9/person
2.7.4 Healthy Fix Continental (Up to 25 guests) - Seasonal fresh fruit salad, granola bars (assorted), individual assorted yogurts, orange juice, iced water, locally roasted Omar coffee, decaffeinated coffee and hot water with assorted tea packets and local honey.	\$10/person
2.7.5 Husky Continental (Up to 25 guests) - Seasonal fresh fruit salad, orange juice and iced water, muffin assortment, mini muffin assortment, cinnamon coffee cake, tea bread assortment, scones assortment, mini plain bagels with regular and light cream cheese, butter, margarine and preserves, locally roasted Omar coffee, decaffeinated coffee and hot water with assorted tea packets and local honey.	\$10.50/person
2.7.6 Continental a La Carte (Up to 50 guests) - Seasonal fresh fruit salad, seasonal fresh cut fruit platter, assorted individual yogurt, yogurt bar bowls of plain and sweetened vanilla yogurt accompanied by granola, raisins and local honey, assorted granola bars, and substitute bottled juices (Orange, apple and cranberry juice).	\$11/person

2.7.7 Please advise in regard to gluten free, vegan, and other dietary offerings. If caterer can provide these options, the University will notify caterer of dietary restrictions when the University provides the confirmation of attendees five (5) days in advance of the event.	We can substitute bagels and pastries for gluten free options at an additional cost upon request.
2.7.8 Please provide value-added options.	All muffins and scones are freshly daily by our culinary arts students. We can also provide individually packaged options upon request at an additional charge.
Group 2.8: Catering: Price/ Fee Structure - Breakfast Buffets	
2.8.1 Please Note: These are standard catering requests however the University is interested in variety and other options. If you cannot complete the pricing requested, please submit your catering menu with a discounted structure offered to the University for consideration.	I understand
2.8.2 Breakfast Sandwich Buffet (Up to 25 guests) - Croissant egg sandwich with cheese, choice of ham or bacon, O'Brien potatoes (V, GF), ketchup, seasonal fresh fruit salad, orange juice, locally roasted Omar coffee, decaffeinated coffee and hot water with assorted tea packets and local honey.	\$12/person
2.8.3 Traditional Breakfast (Up to 25 guests) - Assorted mini scones and mini croissants with butter, margarine, and preserves, seasonal fresh fruit salad, scrambled eggs with fresh herbs (V, GF), choice of crispy bacon or sausage links, O'Brien potatoes (V, GF), ketchup, orange juice, iced water, locally roasted Omar coffee, decaffeinated coffee and hot water with assorted tea packets and local honey.	\$15.50/person
2.8.4 Quiche or Frittata Buffet (Up to 50 guests) - Seasonal fresh fruit salad, choice of crispy bacon or sausage links, O'Brien potatoes (V, GF). ketchup; Select Two: Traditional Quiche Lorraine; Spinach, Roasted Red Pepper & Feta Quiche (V, GF); Broccoli & Mushroom with Cheese Quiche (V, GF); Zucchini, Diced Tomato & Fresh Basil Frittata (V, GF); Sausage, Red Pepper & Mushroom Frittata (GF); orange juice, iced water, locally roasted Omar coffee, decaffeinated coffee and hot water with assorted tea packets and local honey.	\$16.50/person
Group 2.9: Catering: Price/ Fee Structure - Brunch Buffets	
2.9.1 Please Note: These are standard catering requests however the University is interested in variety and other options. If you cannot complete the pricing requested, please submit your catering menu with a discounted structure offered to the University for consideration.	I understand
2.9.2 Brunch includes orange juice, lemonade, sweetened iced tea, locally roasted Omar coffee, decaffeinated coffee and hot water with assorted tea packets and local honey.	I understand

2.9.3 Breakfast Pastry & Breads (Up to 50 guests) - Select Three: Danish assortment, mini muffins assortment, cinnamon coffee cake, tea bread assortment, mini scones, mini croissants with butter, margarine and preserves, artisan rolls with butter and margarine, biscuits with butter and margarine, focaccia, mini plain bagels with regular and light cream cheese, butter, margarine and preserves.	\$10.50/person
2.9.4 Salads & Sides (Up to 25 guests) - Select Three: Seasonal fresh fruit salad, traditional Caesar salad, mixed green salad with croutons, Italian and ranch dressings (V, GF), grape tomato, fresh mozzarella, and fresh basil with balsamic vinaigrette (V, GF), crispy bacon and sausage links, O'Brien potatoes (V, GF), ketchup and scalloped potatoes (V).	\$16/person
2.9.5 Entrees (Up to 50 guests) - Select Three: Scrambled eggs (V, GF), Traditional quiche Lorraine, zucchini, diced tomato and fresh basil frittata (V, GF), jumbo waffles or French toast with mixed berries and warm maple syrup, penne pasta sautéed with sun-dried tomatoes, spinach, garlic and extra virgin olive oil (V, GF) (Parmesan cheese, crushed pepper), stuffed shells with marinara or Florentine sauce (V) (parmesan cheese, crushed pepper), chicken broccoli and ziti in a garlic cream sauce, chicken cacciatore (GF), lemon pepper chicken (GF), sausage, peppers, and onions (GF), and Florentine stuffed sole.	\$19.50/person
Group 2.10: Catering: Add-On's to Morning Breaks, Continentals, Breakfast or Brunch Buffet	
2.10.1 Please Note: These are standard catering requests however the University is interested in variety and other options. If you cannot complete the pricing requested, please submit your catering menu with a discounted structure offered to the University for consideration.	I understand
Group 2.11: Catering: Price/ Fee Structure - Sandwiches	
2.11.1 Please Note: These are standard catering requests however the University is interested in variety and other options. If you cannot complete the pricing requested, please submit your catering menu with a discounted structure offered to the University for consideration.	[I understand]
2.11.2 Pricing includes delivery service.	I understand

2.11.3 Classic Boxed Lunch (Up to 50 guests) - Hard (Kaiser) roll sandwich with original kettle chips, apple, large chocolate chip cookie. Condiments, Coke, Diet Coke, Sprite and UConn Natural Spring Water; with assortment of: Turkey, American cheese, lettuce and tomato, roast beef, Swiss cheese, lettuce and tomato, ham, Swiss cheese, lettuce and tomato, albacore tuna salad, lettuce and tomato, vegetarian with lettuce, tomato, alfalfa sprouts, cucumber, shredded carrot, red pepper, hummus, Swiss and American cheese (V).	\$15.50/person
2.11.4 Wrapped Boxed Lunch (Up to 50 guests) - Wrap sandwich with original kettle chips, apple, large chocolate chip cookie. Condiments, Coke, Diet Coke, Sprite and UConn Natural Spring Water; with assortment of: Turkey with tarragon mayonnaise, roast beef with horseradish mayonnaise, ham with honey dijon mustard, albacore tuna salad, vegetable with hummus (V).	\$15.50/person
Group 2.12: Catering: Price/ Fee Structure - Deli Sandwich Buffet	
2.12.1 Please Note: These are standard catering requests however the University is interested in variety and other options. If you cannot complete the pricing requested, please submit your catering menu with a discounted structure offered to the University for consideration.	I understand
2.12.2 Includes single use service ware, serving utensils, linen covered buffet and beverage station of Natural Spring Water, Coke, Diet Coke and Sprite (delivery, set up and return for cleanup).	I understand
2.12.3 Deli Sandwich Buffet (Up to 25 guests) - Roast beef, turkey, ham and albacore tuna salad (GF); American and Swiss cheese (GF), assorted sliced breads white and whole wheat Kaiser rolls, sliced red onion, lettuce, tomato, condiments, pickle spears, individual assortment of kettle chips, cookies and mini brownies, choice of: red bliss potato (V, GF) or pasta salad (V). Or:	\$18/person
2.12.4 Light Deli Sandwich Buffet (Up to 25 guests) - Albacore tuna (GF), egg (V, GF), seafood and chicken salads (GF), cottage cheese (V, GF), lettuce, tomato, sliced red onions, sliced cucumbers, assorted sliced breads, white and whole wheat pitas, pickle spears, individual assortment of kettle chips, cookies and mini brownies, choice of: whole fresh fruit or pasta salad (V).	\$17/person

The State of Connecticut Terms and Conditions located at this link will govern all purchases against this contract. They are located at this link: [Terms-and-Conditions](#)

Purchasing Contact:

Kristin Allen

Category Manager

Email: kristin.allen@uconn.edu



La  cina

TASTE OUR
MISSION



Rise and shine with these delicious buffet options for your morning gatherings.

The Eye Opener \$9.50 pp

Enjoy an assortment of fresh-baked muffins, warm bagels and various cream cheese flavors.

Parfait Bar \$10.50 pp

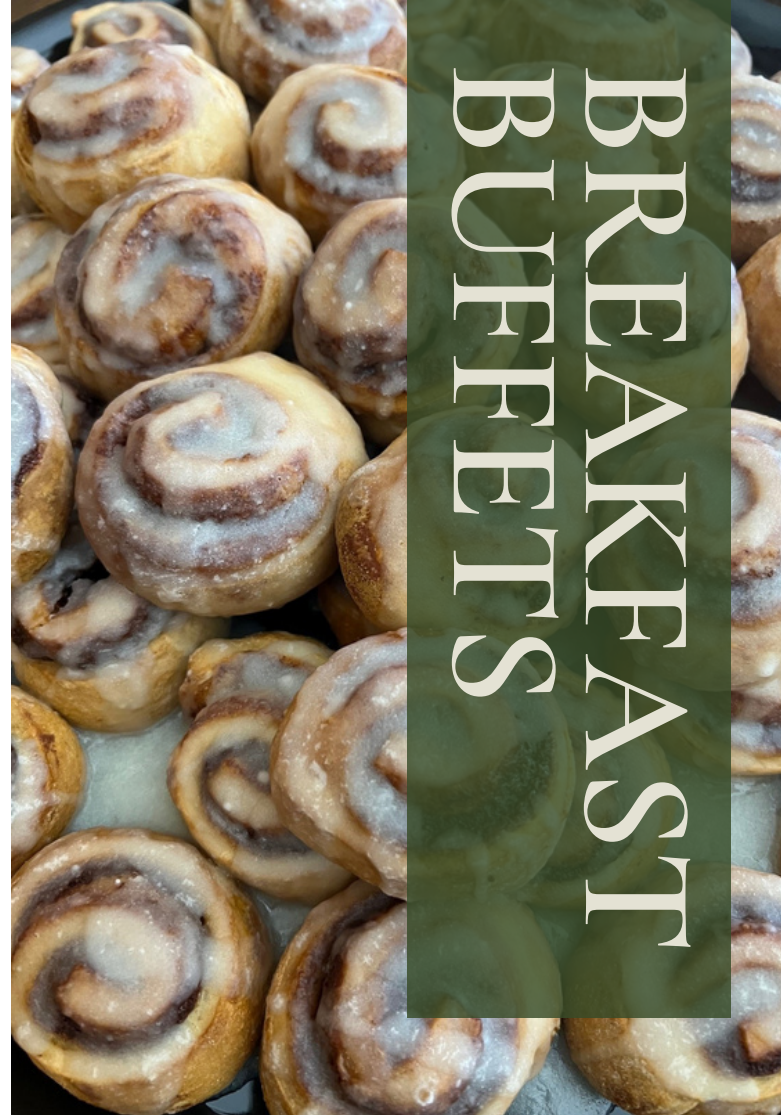
This fanciful and fruitful breakfast bar includes Strawberry and Vanilla Yogurt, with the option to sprinkle on House Made Granola and Fresh Berries. Pair your parfait with Freshly Baked Butter Croissants with Butter and Jelly.

The Continental \$11.50 pp

Give your guests the choice of warm, fresh baked Muffins, our Signature Scones, Mini Cinnamon Rolls, and Fresh Baked Butter Croissants. Top off this breakfast experience with a Fresh Fruit Salad and Yogurt with House Made Granola.

Sunrise Breakfast \$17.00 pp

Fuel your event with a flavorful mix of morning proteins including scrambled Eggs, Applewood Smoked Bacon, Breakfast Sausage and even a Plant-Based Sausage available (additional \$2pp). Enjoy them with a side of Savory Seasoned Potatoes, Assorted Warm Bagels with Cream Cheese, Fresh Fruit Salad, and luscious Yogurt topped with crunchy Granola, and Fresh Fruit Salad.



La Cocina Buffet \$24.50 pp

Our premier breakfast experience Includes Scrambled Eggs, Applewood Smoked Bacon, Breakfast Sausage, Plant-Based Sausage (additional \$2pp), Breakfast Potatoes, Assorted House-Made Muffins, Warm Butter Croissants, Fresh and Sweet Fruit Salad, and Creamy Yogurt with Crunchy Granola.

Cap off this delicious experience with a choice between Freshly Made French Toast with Warm Berry Compote and Connecticut Maple Syrup or our Oatmeal Bar with toppings including Fresh Berries, Dried Cranberries, Raisins, Pecans, Brown Sugar, Cinnamon and Rich Cream.

All Breakfast options come with Assorted Juices or Bottled Water and Coffee & Tea Service.



Where your event menu comes to life. Choose from the delicious sandwiches and salads described on the following pages to build your platters.

The Deli Counter \$19.50 pp

Allow your guests to create crave-worthy sandwiches with a spread of our delicious cold-cuts and fixings, including:

- Turkey Breast, Baked Ham & Roast Beef
- Albacore Tuna Salad
- American, Swiss, and Provolone Cheeses
- Mayonnaise, Mustard, Lettuce, Tomatoes and Onions
- Chef Colin's Potato Salad
- House Made Cole Slaw
- Crisp Pickle Spears
- Artisan White & Wheat Breads, and Kaiser Rolls
- Dessert

The Box Lunch \$14.50 pp

This easy and portable crowd-pleaser includes:

- Choice of Sandwich or Salad (+ \$2pp)
minimum of 4 of any one selection
- Fresh Fruit
- Kettle Cooked Potato Chips
- Freshly Baked Chocolate Chip Cookies



The Sandwich Sampler \$18 pp

Give your guests more variety with our incredible spread of sandwiches and salads to fit their unique tastes and dietary preferences.

This platter includes:

- Any Four Varieties of Our Sandwiches - Minimum of 4 each
- Urban Roots Signature Salad or Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish
- Individual Bags of Kettle-Style Potato Chips, Multi-Grain Chips & Pretzels
- House Made Cole Slaw
- Chef Colin's Potato Salad
- Dill Pickle Spears
- Dessert

Gluten Free Roll or Wrap available for an additional \$2pp



Choose from our incredible variety of handheld recipes and create your own unique experience for guests with a mix of wraps and rolls to satisfy every taste.

Blackened Chicken Sandwich

Lean Chicken Breast rubbed in fiery Cajun Seasoning, topped with Roasted Peppers, Caramelized Onions, and creamy Pepper Jack Cheese, on a bed of fresh and leafy Lettuce

Grilled Chicken Wrap

Grilled Chicken Breast, cubed Tomato, tender Lettuce, Roasted Red Pepper and slices of sharp Swiss Cheese

Roast Beef Sandwich

Thinly sliced Beef Sirloin draped atop soft leafy Greens, and topped with slices of Cheddar Cheese, and vine-ripened Tomato

Turkey Club Sandwich

Roasted Turkey paired with crisp Bacon, juicy Tomato and crunchy Romain Lettuce

Grilled Vegetable Wrap

Roasted Seasonal Vegetables on a bed of our fresh Urban Roots Lettuces, grilled Tomato, and House-Made Mediterranean Hummus

Roasted Turkey Breast & Gouda Cheese Wrap

Perfectly sliced Roasted Turkey, rich Gouda cheese, crispy Romaine Lettuce, and a sweet Cranberry Chutney



SANDWICH VARIETIES

Baked Ham Roll

Thick-sliced sweet and savory Ham, paired with sharp Swiss Cheese slices, freshly plucked Urban Roots Lettuces and ripened Tomato

Albacore Tuna Salad Wrap

House-made Creamy Tuna salad, atop crunchy Lettuce, and layered with slices of fresh Tomato

Chicken Salad Wrap

Our Chunky Chicken Salad, mixed with fresh Red Grapes, on a bed of fresh greens, and topped with slices of Ripened Tomato

Our sandwiches can be made on gluten free roll or wrap for an additional \$2pp



SIGNATURE SALADS

Our salads are made with fresh ingredients - most grown in our hydroponic garden at Urban Roots. Each is a satisfying combination of tastes to suit your guests and the style of gathering.

Chicken or Shrimp Caesar Salad

Crunchy Romaine Lettuce with grated Parmesan Cheese, seasoned Croutons and a rich Caesar Dressing topped with Grilled Chicken Breast or Shrimp

Urban Roots Cilantro Lime Salad with Chicken

Roasted Chicken Breast, tender Mixed Greens, fire-roasted Corn, fresh Grape Tomatoes, toasted Pepitas, shredded Cheddar Cheese, and our house Cilantro Lime Vinaigrette

Tuna Salad

Freshly-made Albacore Tuna Salad over Romaine Lettuce with crunchy Celery, fresh Cucumbers, Peppers, shredded Carrots, Grape Tomatoes, and seasoned Croutons drizzled with a Balsamic Dressing

Greek Salad

Colorful Mixed Greens with Kalamata Olives, fresh Tomatoes and Feta pair perfectly with our Balsamic Vinaigrette

Raspberry Chicken Salad

Grilled Chicken Breast over a bed of fresh Baby Lettuces with Raspberries, Sugar Snap Peas and sweet candied Walnuts finished off with our Raspberry Vinaigrette

Urban Roots Signature Salad

Fresh, hydroponic-grown greens tossed with fire-roasted Corn, fresh Grape Tomatoes, toasted Pepitas, shredded Cheddar Cheese, and our House Dressing

Buffalo Chicken Salad

Well-seasoned Buffalo Chicken, crunchy Celery, shredded Carrots, vine-ripened Cherry Tomatoes and fresh Cucumbers with tangy Blue Cheese Crumbles over Urban Roots Romaine Lettuce with a creamy Ranch Dressing

Cobb Salad

Grilled Chicken Breast, Crispy Bacon, Ripe Avocado, Hard Boiled Eggs, Crumbled Bleu Cheese and Ripe Cherry Tomatoes over Crispy Urban Roots Romaine Lettuce

Southwestern Steak Salad

Southwestern Grilled Flank Steak, Fire-Roasted Corn, Black Beans and thin Red Onion slices over Urban Roots Greens with our house Cilantro Lime Vinaigrette

Chicken, Apple, & Goat Cheese Salad

Grilled Chicken Breast, thin-sliced Apples, rich Goat Cheese, sweet and crunchy Candied Pecans and a Creamy Garlic Vinaigrette

Ginger Sesame Chicken Salad

Grilled Chicken Breast, Fresh Peppers, tender Baby Bok choy, shredded Carrots, Toasted Sesame Seeds, Cilantro, Crispy Wonton Strips, and a Ginger Sesame Vinaigrette

Salads can be substituted for sandwiches in the box lunch or added to any buffet for an additional \$2pp.

URBAN ROOTS \$22.50 pp

Straight from our hydroponic garden, we are thrilled to offer a menu packed with fresh, nutritious greens, herbs, and vegetables. This option includes:

- Our Urban Signature Salad with our House Cilantro Lime Dressing or our Spinach Berry Salad with tangy Balsamic Vinaigrette
- Colorful Orzo Salad with bright Peppers, fresh Cherry Tomatoes, chopped Green Onion and Fresh Cilantro, with a light yet flavorful Lemon Vinaigrette
- Seasonal, savory Roasted Vegetables
- Our crowd-pleasing Tuscan Potatoes or fluffy Rice with Fresh Urban Roots Herbs
- Warm Dinner Rolls
- Sweet and Surprising Dessert

Choose from one of the below anchor dishes *additional dish can be added for \$4pp*

- Roasted Chicken Legs and Thighs bathed in Lemon and Oregano
- Chicken Breast Saltimbocca with Sage and Prosciutto Di Parma
- Salmon Marinated in Lemon, Garlic and Oregano
- Herb Marinated Shrimp
- Urban Roots Stuffed Peppers with savory Spanish Rice and Black Beans

MEDITERRANEAN \$22 pp

Stamp your passport and journey with us through the flavors of Italy and Greece. This popular platter includes:

- Light and crunchy Tomato and Cucumber Salad topped with fresh Feta, Parsley, Olive Oil, and Lemon Juice, over Mixed Greens
- Our Signature Orzo Salad tossed with fresh Peppers, perfectly ripened Cherry Tomatoes, chopped Green Onion and Fresh Cilantro and with Lemon Vinaigrette
- Seasonal Vegetables, roasted to perfection
- Your choice of Tuscan Potatoes or Mediterranean Rice
- Warm Pita Bread

Choose from one of the below anchor dishes *additional dish can be added for \$4pp*

- Chicken Breast topped with Olive Oil, Roasted Artichokes, Sundried Tomatoes, Capers, Parsley
- Fresh Salmon brushed with Olive Oil, Garlic, Lemon, Oregano, and Paprika
- Sautéed Shrimp, drizzled with Olive Oil and sprinkled with Red Chile Peppers, Onions, Garlic, Tomatoes on a bed of Arugula
- Grilled Eggplant tossed With Lemon, Mediterranean Herbs and rich Olive Oil



SUMMER COOK OUT \$21.50 pp

Includes:

- Choice of Urban Roots Green Salad with House Dressing or Spinach Berry Salad with Balsamic Vinaigrette
- Chef Colin's Potato Salad
- Cole Slaw
- Corn on the cob
- Mac & Cheese
- Slider Rolls
- Watermelon

Choose Two: *additional dish can be added for \$4pp*

- BBQ Pulled Pork Slider with Red Cabbage Slaw
- BBQ Pulled Chicken Slider with Red Cabbage Slaw
- Classic Hamburger Slider, Lettuce and Tomato
- Classic Cheeseburger Slider, America Cheese Slices, Lettuce and Tomato
- Buffalo Chicken Slider with tangy Blue Cheese Dressing, and Roasted Slaw



ASIAN STIR FRY \$23 pp

Includes:

- Cold Asian Noodle Salad with Peppers, Carrots, Sesame Seeds in a Peanut Sesame Sauce
- Stir Fried Rice with your choice of Vegetarian, Chicken or Pork
- Asian Vegetables- Broccoli, Peppers, Onions, and Carrots
- Dessert

Choose Two: *additional dish can be added for \$4pp*

- Sesame Chicken
- Ginger Shrimp
- Teriyaki Steak
- Tofu (additional \$2 – minimum 5 people)



STREET TACOS \$24.50 pp

Spice up your fiesta with our oh so popular taco spread. Allow guests to craft their own handheld creations from our fresh and flavorful ingredients.

This option includes:

- Spanish Rice with fresh Scallion and Tomato
- Black Beans
- Traditional Street Corn

Choose Two: *additional dish can be added for \$4pp*

- Seasoned Flank Steak
- Seasoned Chicken
- Southwestern Vegetables
- Seasoned White Fish

Toppings:

- Urban Roots Signature Pico de Gallo made from hydroponically-grown Grape Tomatoes, Cilantro, Jalapeño, Green Onion, and Fresh Lime
- Cotija Cheese
- House-made Verde sauce

Add Chips, Salsa, and Guacamole for \$3pp



ITALIAN FEAST \$24 pp

Mangia Bene with this mix of classic Italian tastes and our own unique, in-house spin. This option is great for large family or corporate gatherings and includes:

- Choice of Urban Roots Signature Salad or Caesar Salad with Grated Parmesan Cheese and Homemade Croutons
- Seasonal Vegetables
- Choice of Pasta with Marinara or Alfredo Sauce (*gluten free pasta available for \$2 pp – minimum 5 people*)
- Choice of Dinner Rolls or Garlic Knots

Choose One: *additional dish can be added for \$4pp*

- Boneless Chicken Piccata sautéed in Lemon Caper Beurre Blanc
- Hand Cut and Breaded Chicken Parmesan baked with our House-Made Marinara Sauce
- Chicken Breast Saltimbocca with Sage and Prosciutto di Parma
- Sweet or Spicy Sausage and Grilled Peppers and Onions
- Urban Roots Peppers stuffed with Herbed Risotto, and Mozzarella





The perfect finish to our delicious meals. Add on our freshly baked and prepared treats to your next catering order

COOKIES *\$12/dozen*

Choose from chocolate chip, oatmeal raisin, peanut butter, sugar, and white chocolate macadamia, each variety available by the dozen!



DESSERT BARS *\$28/dozen*

Our rich and chewy bars are the perfect mid-event pick me up or end cap to the day. Choose from brownies, blondies, and lemon bars, each available by the dozen!



DELIVERY & SET UP FEES

Travel within 5 miles **\$35**
Travel within 10 miles **\$40**
Travel within 15 miles **\$45**

SWEET TREATS

SCONES *\$22/dozen*

Order your favorite varieties by the dozen! Choose from blueberry, white chunk raspberry, and apple cinnamon.



FRUIT SALAD *\$5 pp*

Our sweet, fresh mix of berries, citrus, and melons are a healthy accompaniment to any catering order



On Site Staffing **\$75/hour/person**

Note: Number of staffing required for on site support subject to menu & guest count at Operations Manager's discretion



La Coccina
& **TCC**

TASTE OUR
MISSION



Rise and shine with these delicious buffet options for your morning gatherings.

The Eye Opener \$8 pp

Enjoy an assortment of fresh-baked muffins, warm bagels and various cream cheese flavors.

Parfait Bar \$8.50 pp

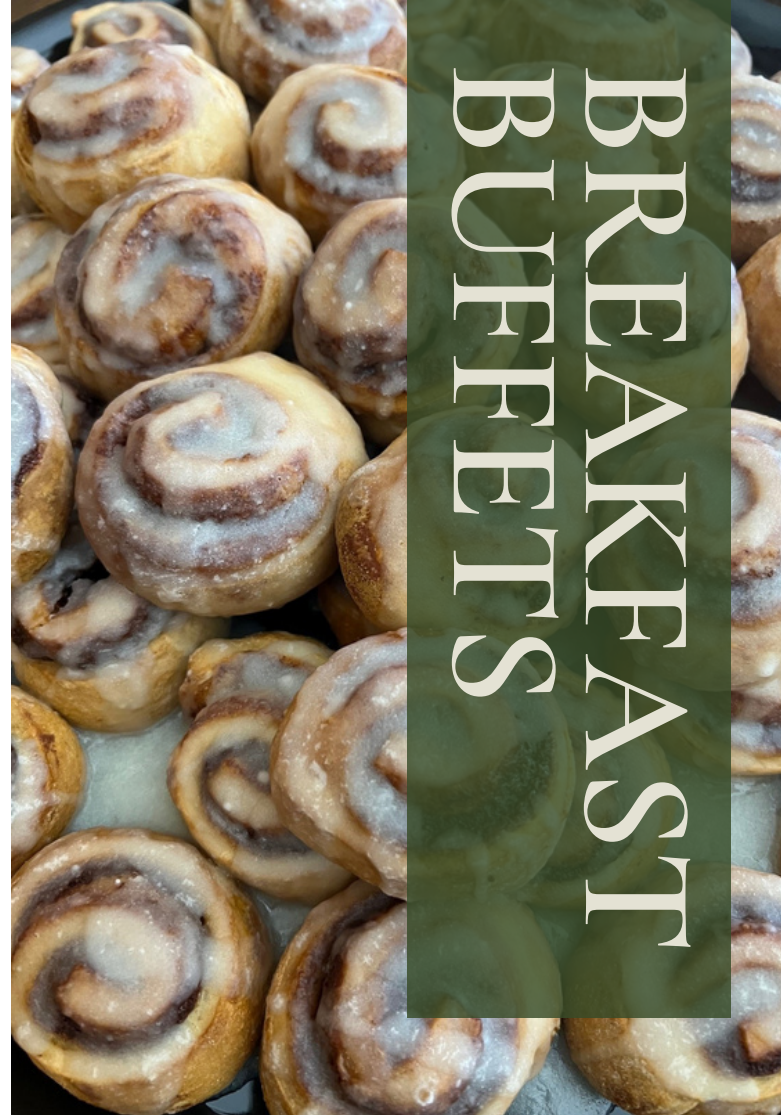
This fanciful and fruitful breakfast bar includes Strawberry and Vanilla Yogurt, with the option to sprinkle on House Made Granola and Fresh Berries. Pair your parfait with Freshly Baked Butter Croissants with Butter and Jelly.

The Continental \$9.50 pp

Give your guests the choice of warm, fresh baked Muffins, our Signature Scones, Mini Cinnamon Rolls, and Fresh Baked Butter Croissants. Top off this breakfast experience with a Fresh Fruit Salad and Yogurt with House Made Granola.

Sunrise Breakfast \$14 pp

Fuel your event with a flavorful mix of morning proteins including scrambled Eggs, Applewood Smoked Bacon, Breakfast Sausage and even a Plant-Based Sausage available (additional \$2pp). Enjoy them with a side of Savory Seasoned Potatoes, Assorted Warm Bagels with Cream Cheese, Fresh Fruit Salad, and luscious Yogurt topped with crunchy Granola, and Fresh Fruit Salad.



La Cocina Buffet \$20 pp

Our premier breakfast experience Includes Scrambled Eggs, Applewood Smoked Bacon, Breakfast Sausage, Plant-Based Sausage (additional \$2pp), Breakfast Potatoes, Assorted House-Made Muffins, Warm Butter Croissants, Fresh and Sweet Fruit Salad, and Creamy Yogurt with Crunchy Granola.

Cap off this delicious experience with a choice between Freshly Made French Toast with Warm Berry Compote and Connecticut Maple Syrup or our Oatmeal Bar with toppings including Fresh Berries, Dried Cranberries, Raisins, Pecans, Brown Sugar, Cinnamon and Rich Cream.

All Breakfast options come with Assorted Juices or Bottled Water and Coffee & Tea Service.



Where your event menu comes to life. Choose from the delicious sandwiches and salads described on the following pages to build your platters.

The Deli Counter \$16 pp

Allow your guests to create crave-worthy sandwiches with a spread of our delicious cold-cuts and fixings, including:

- Turkey Breast, Baked Ham & Roast Beef
- Albacore Tuna Salad
- American, Swiss, and Provolone Cheeses
- Mayonnaise, Mustard, Lettuce, Tomatoes and Onions
- Chef Colin's Potato Salad
- House Made Cole Slaw
- Crisp Pickle Spears
- Artisan White & Wheat Breads, and Kaiser Rolls
- Dessert

The Box Lunch \$12 pp

This easy and portable crowd-pleaser includes:

- Choice of Sandwich or Salad (+ \$2pp)
minimum of 4 of any one selection
- Fresh Fruit
- Kettle Cooked Potato Chips
- Freshly Baked Chocolate Chip Cookies



The Sandwich Sampler \$15 pp

Give your guests more variety with our incredible spread of sandwiches and salads to fit their unique tastes and dietary preferences.

This platter includes:

- Any Four Varieties of Our Sandwiches - Minimum of 4 each
- Urban Roots Signature Salad or Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish
- Individual Bags of Kettle-Style Potato Chips, Multi-Grain Chips & Pretzels
- House Made Cole Slaw
- Chef Colin's Potato Salad
- Dill Pickle Spears
- Dessert

Gluten Free Roll or Wrap available for an additional \$2pp



Choose from our incredible variety of handheld recipes and create your own unique experience for guests with a mix of wraps and rolls to satisfy every taste.

Blackened Chicken Sandwich

Lean Chicken Breast rubbed in fiery Cajun Seasoning, topped with Roasted Peppers, Caramelized Onions, and creamy Pepper Jack Cheese, on a bed of fresh and leafy Lettuce

Grilled Chicken Wrap

Grilled Chicken Breast, cubed Tomato, tender Lettuce, Roasted Red Pepper and slices of sharp Swiss Cheese

Roast Beef Sandwich

Thinly sliced Beef Sirloin draped atop soft leafy Greens, and topped with slices of Cheddar Cheese, and vine-ripened Tomato

Turkey Club Sandwich

Roasted Turkey paired with crisp Bacon, juicy Tomato and crunchy Romain Lettuce

Grilled Vegetable Wrap

Roasted Seasonal Vegetables on a bed of our fresh Urban Roots Lettuces, grilled Tomato, and House-Made Mediterranean Hummus

Roasted Turkey Breast & Gouda Cheese Wrap

Perfectly sliced Roasted Turkey, rich Gouda cheese, crispy Romaine Lettuce, and a sweet Cranberry Chutney



SANDWICH VARIETIES

Baked Ham Roll

Thick-sliced sweet and savory Ham, paired with sharp Swiss Cheese slices, freshly plucked Urban Roots Lettuces and ripened Tomato

Albacore Tuna Salad Wrap

House-made Creamy Tuna salad, atop crunchy Lettuce, and layered with slices of fresh Tomato

Chicken Salad Wrap

Our Chunky Chicken Salad, mixed with fresh Red Grapes, on a bed of fresh greens, and topped with slices of Ripened Tomato

Our sandwiches can be made on gluten free roll or wrap for an additional \$2pp



SIGNATURE SALADS

Our salads are made with fresh ingredients - most grown in our hydroponic garden at Urban Roots. Each is a satisfying combination of tastes to suit your guests and the style of gathering.

Chicken or Shrimp Caesar Salad

Crunchy Romaine Lettuce with grated Parmesan Cheese, seasoned Croutons and a rich Caesar Dressing topped with Grilled Chicken Breast or Shrimp

Urban Roots Cilantro Lime Salad with Chicken

Roasted Chicken Breast, tender Mixed Greens, fire-roasted Corn, fresh Grape Tomatoes, toasted Pepitas, shredded Cheddar Cheese, and our house Cilantro Lime Vinaigrette

Tuna Salad

Freshly-made Albacore Tuna Salad over Romaine Lettuce with crunchy Celery, fresh Cucumbers, Peppers, shredded Carrots, Grape Tomatoes, and seasoned Croutons drizzled with a Balsamic Dressing

Greek Salad

Colorful Mixed Greens with Kalamata Olives, fresh Tomatoes and Feta pair perfectly with our Balsamic Vinaigrette

Raspberry Chicken Salad

Grilled Chicken Breast over a bed of fresh Baby Lettuces with Raspberries, Sugar Snap Peas and sweet candied Walnuts finished off with our Raspberry Vinaigrette

Urban Roots Signature Salad

Fresh, hydroponic-grown greens tossed with fire-roasted Corn, fresh Grape Tomatoes, toasted Pepitas, shredded Cheddar Cheese, and our House Dressing

Buffalo Chicken Salad

Well-seasoned Buffalo Chicken, crunchy Celery, shredded Carrots, vine-ripened Cherry Tomatoes and fresh Cucumbers with tangy Blue Cheese Crumbles over Urban Roots Romaine Lettuce with a creamy Ranch Dressing

Cobb Salad

Grilled Chicken Breast, Crispy Bacon, Ripe Avocado, Hard Boiled Eggs, Crumbled Bleu Cheese and Ripe Cherry Tomatoes over Crispy Urban Roots Romaine Lettuce

Southwestern Steak Salad

Southwestern Grilled Flank Steak, Fire-Roasted Corn, Black Beans and thin Red Onion slices over Urban Roots Greens with our house Cilantro Lime Vinaigrette

Chicken, Apple, & Goat Cheese Salad

Grilled Chicken Breast, thin-sliced Apples, rich Goat Cheese, sweet and crunchy Candied Pecans and a Creamy Garlic Vinaigrette

Ginger Sesame Chicken Salad

Grilled Chicken Breast, Fresh Peppers, tender Baby Bok choy, shredded Carrots, Toasted Sesame Seeds, Cilantro, Crispy Wonton Strips, and a Ginger Sesame Vinaigrette

Salads can be substituted for sandwiches in the box lunch or added to any buffet for an additional \$2pp.

URBAN ROOTS \$18.50 pp

Straight from our hydroponic garden, we are thrilled to offer a menu packed with fresh, nutritious greens, herbs, and vegetables. This option includes:

- Our Urban Signature Salad with our House Cilantro Lime Dressing or our Spinach Berry Salad with tangy Balsamic Vinaigrette
- Colorful Orzo Salad with bright Peppers, fresh Cherry Tomatoes, chopped Green Onion and Fresh Cilantro, with a light yet flavorful Lemon Vinaigrette
- Seasonal, savory Roasted Vegetables
- Our crowd-pleasing Tuscan Potatoes or fluffy Rice with Fresh Urban Roots Herbs
- Warm Dinner Rolls
- Sweet and Surprising Dessert

Choose from one of the below anchor dishes *additional dish can be added for \$4pp*

- Roasted Chicken Legs and Thighs bathed in Lemon and Oregano
- Chicken Breast Saltimbocca with Sage and Prosciutto Di Parma
- Salmon Marinated in Lemon, Garlic and Oregano
- Herb Marinated Shrimp
- Urban Roots Stuffed Peppers with savory Spanish Rice and Black Beans

MEDITERRANEAN \$18 pp

Stamp your passport and journey with us through the flavors of Italy and Greece. This popular platter includes:

- Light and crunchy Tomato and Cucumber Salad topped with fresh Feta, Parsley, Olive Oil, and Lemon Juice, over Mixed Greens
- Our Signature Orzo Salad tossed with fresh Peppers, perfectly ripened Cherry Tomatoes, chopped Green Onion and Fresh Cilantro and with Lemon Vinaigrette
- Seasonal Vegetables, roasted to perfection
- Your choice of Tuscan Potatoes or Mediterranean Rice
- Warm Pita Bread

Choose from one of the below anchor dishes *additional dish can be added for \$4pp*

- Chicken Breast topped with Olive Oil, Roasted Artichokes, Sundried Tomatoes, Capers, Parsley
- Fresh Salmon brushed with Olive Oil, Garlic, Lemon, Oregano, and Paprika
- Sautéed Shrimp, drizzled with Olive Oil and sprinkled with Red Chile Peppers, Onions, Garlic, Tomatoes on a bed of Arugula
- Grilled Eggplant tossed With Lemon, Mediterranean Herbs and rich Olive Oil



SUMMER COOK OUT \$17.50 pp

Includes:

- Choice of Urban Roots Green Salad with House Dressing or Spinach Berry Salad with Balsamic Vinaigrette
- Chef Colin's Potato Salad
- Cole Slaw
- Corn on the cob
- Mac & Cheese
- Slider Rolls
- Watermelon

Choose Two: *additional dish can be added for \$4pp*

- BBQ Pulled Pork Slider with Red Cabbage Slaw
- BBQ Pulled Chicken Slider with Red Cabbage Slaw
- Classic Hamburger Slider, Lettuce and Tomato
- Classic Cheeseburger Slider, America Cheese Slices, Lettuce and Tomato
- Buffalo Chicken Slider with tangy Blue Cheese Dressing, and Roasted Slaw



ASIAN STIR FRY \$19 pp

Includes:

- Cold Asian Noodle Salad with Peppers, Carrots, Sesame Seeds in a Peanut Sesame Sauce
- Stir Fried Rice with your choice of Vegetarian, Chicken or Pork
- Asian Vegetables- Broccoli, Peppers, Onions, and Carrots
- Dessert

Choose Two: *additional dish can be added for \$4pp*

- Sesame Chicken
- Ginger Shrimp
- Teriyaki Steak
- Tofu (additional \$2 – minimum 5 people)



STREET TACOS \$20.50 pp

Spice up your fiesta with our oh so popular taco spread. Allow guests to craft their own handheld creations from our fresh and flavorful ingredients.

This option includes:

- Spanish Rice with fresh Scallion and Tomato
- Black Beans
- Traditional Street Corn

Choose Two: *additional dish can be added for \$4pp*

- Seasoned Flank Steak
- Seasoned Chicken
- Southwestern Vegetables
- Seasoned White Fish

Toppings:

- Urban Roots Signature Pico de Gallo made from hydroponically-grown Grape Tomatoes, Cilantro, Jalapeño, Green Onion, and Fresh Lime
- Cotija Cheese
- House-made Verde sauce

Add Chips, Salsa, and Guacamole for \$3pp



ITALIAN FEAST \$20.50 pp

Mangia Bene with this mix of classic Italian tastes and our own unique, in-house spin. This option is great for large family or corporate gatherings and includes:

- Choice of Urban Roots Signature Salad or Caesar Salad with Grated Parmesan Cheese and Homemade Croutons
- Seasonal Vegetables
- Choice of Pasta with Marinara or Alfredo Sauce (*gluten free pasta available for \$2 pp – minimum 5 people*)
- Choice of Dinner Rolls or Garlic Knots

Choose One: *additional dish can be added for \$4pp*

- Boneless Chicken Piccata sautéed in Lemon Caper Beurre Blanc
- Hand Cut and Breaded Chicken Parmesan baked with our House-Made Marinara Sauce
- Chicken Breast Saltimbocca with Sage and Prosciutto di Parma
- Sweet or Spicy Sausage and Grilled Peppers and Onions
- Urban Roots Peppers stuffed with Herbed Risotto, and Mozzarella





The perfect finish to our delicious meals. Add on our freshly baked and prepared treats to your next catering order

COOKIES *\$10/dozen*

Choose from chocolate chip, oatmeal raisin, peanut butter, sugar, and white chocolate macadamia, each variety available by the dozen!



DESSERT BARS *\$24/dozen*

Our rich and chewy bars are the perfect mid-event pick me up or end cap to the day. Choose from brownies, blondies, and lemon bars, each available by the dozen!



SCONES *\$18/dozen*

Order your favorite varieties by the dozen! Choose from blueberry, white chunk raspberry, and apple cinnamon.



FRUIT SALAD *\$4 pp*

Our sweet, fresh mix of berries, citrus, and melons are a healthy accompaniment to any catering order



SWEET TREATS



Pair the perfect platter with the perfect space. The Training and Conference Center at Chrysalis Center is a beautiful, flexible facility, ready to host your next seminar, large team meeting, conference, fundraiser or big occasion. With catering prepared on-site, we have all you need to host an incredible gathering.

ROOM CHARGES

Rooms A, B & C **\$650**

Non-Profit Organization **\$550**

Rooms A & B or B & C **\$500**

Non-Profit Organization **\$400**

Rooms A, B, or C **\$350**

Non-Profit Organization **\$300**

Please Note that Room Charges are a flat fee regardless of actual scheduled time for your event and is for a maximum period of 5 hours; overtime charge of \$100 per hour will apply after 5 hours

IT BUNDLES

All of our IT Packages include Free Wi-Fi

1. Overhead Projection and Screen, podium microphone, 1 hour of support (at start of meeting) **\$300**
2. Overhead Projection and Screen, 1 podium and 1 handheld microphone, 1 hour of support (at start of meeting) **\$425**
3. Overhead projection and Screen, 1 podium and 2 handheld microphones, all day tech support available **\$600**
4. All Inclusive – Overhead projection, any Combination of 3 Microphones, all day tech support **\$800**



ALA CARTE ADDITIONS

Podium **\$150**

Projection & Sound **\$150**

Wireless Microphone or Lavalier **\$150**

Laptop **\$150**

On Site Technician for Set Up **\$150**

Technician Hourly Rate **\$125**

AFTER HOURS PARKING

\$200 per attendant; Number of attendants based on guest count.

Note that all charges are subject to an 21% administrative fee. This fee is charged and retained by the Chrysalis Center to offset the cost of administrative labor for your event.