

COURTYARD®
BY MARRIOTT

EXPLORE OUR FLAVORS



Courtyard Mount Pleasant at Central Michigan University
2400 East Campus Drive | Mount Pleasant, MI 48858
P: 989.773.1444 | Marriott.com/MBSCY

ALL-DAY PACKAGES

ALL DAY DELICIOUS \$37.99

Relax. We'll keep the food coming! These 4 selections will keep your energy up throughout the day. Available for 15 guests or more. Includes appropriate condiments.

DELICIOUS DAWN

Assorted Muffins	400-510 cal each
Assorted Scones	430-470 cal each
Fresh Seasonal Sliced Fruit	40 cal/2.5 oz serving
Assorted Juice	110-170 cal each
Bottled Water	0 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

AM PERK UP

Granola Bars	190 cal each
Assorted Individual Yogurt Cups	50-150 cal each
Iced Tea	5 cal/8 oz serving
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

POWER UP LUNCH

Tomato and Cucumber Couscous Salad	120 cal/3.75 oz serving
Orange Fennel Spinach Salad	210 cal/3.2 oz serving
Bakery Fresh Rolls	160 cal each
Green Beans Gremolata	70 cal/3 oz serving
Three Pepper Cavatappi with Pesto	310 cal/ 7.5 oz serving
Grilled Chicken with a Lemon Tarragon White Wine Sauce	200 cal/5.75 oz serving
New York Cheesecake	440 cal/slice
Iced Tea	5 cal/8 oz serving
Iced Water	0 cal/8 oz serving

PM PICK ME UP

Chilled Spinach Dip with Tortilla Chips	230 cal/2.25 oz serving
Grilled Vegetable Tray	70 cal/3 oz serving
Freshly Baked Brownies	250 cal/2.25 oz serving
Bottled Water	0 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

MEETING WRAP UP \$32.99

Serve these favorites and success is a wrap! This All-Day package includes the following 4 delights. Available for 15 guests or more. Includes appropriate condiments.

MORNING MINI

Miniature Muffins	80-120 cal each
Miniature Danish	140-170 cal each
Miniature Scones	110-120 cal each
Yogurt Parfait Cups	370-400 cal each
Iced Water	0 cal/8 oz serving
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

THE ENERGIZER

Donut Holes	45-90 cal each
Ripe Bananas	110 cal each
Iced Tea	5 cal/8 oz serving
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

IT'S A WRAP

*Includes choice of salad.

Chicken Caesar Wrap	540 cal each
Pepper Jack Tuna Wrap	590 cal each
Cran-Apple Turkey Wrap	650 cal each
Grilled Vegetable Wrap	620 cal each
Fresh Seasonal Sliced Fruit	40 cal/2.5 oz serving
*Traditional Garden Salad	50 cal/3.5 oz serving
*Grilled Vegetable Pasta Salad	130 cal/3 oz serving
Individual Bag of Chips	100-160 cal each
Assorted Craveworthy Cookies	250-310 cal each
Freshly Baked Brownies	250 cal/2.25 oz serving
Iced Tea	5 cal/8 oz serving
Iced Water	0 cal/8 oz serving

MID-DAY MUNCHIES

*Includes choice of 2 salsas.

Tortilla Chips	90 cal/2oz serving
*Salsa Roja	20 cal/1 oz serving
*Salsa Verde	20 cal/1 oz serving
*Pico De Gallo	10 cal/1 oz serving
Assorted Fruit	50-110 cal each
Assorted Craveworthy Cookies	250-310 cal each
Bottled Water	0 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving



BREAKFAST

MINI CONTINENTAL

\$10.79

Miniature Muffins	80-120 cal each
Miniature Danish	140-170 cal each
Miniature Bagels	110-160 cal each
Fresh Seasonal Sliced Fruit	40 cal/2.5 oz serving
Iced Water	0 cal/8 oz serving
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

HEALTHY CHOICE BREAKFAST

\$9.69

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day

Individual Cereal Cups	140-260 cal each
Milk	120 cal each
Bananas	110 cal each
Assorted Individual Yogurt Cups	50-150 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

NEW YORKER

\$15.49

Bagels	170-360 cal each
Smoked Salmon Platter with Hard Boiled Eggs, Sliced Tomato, Cucumber, Sliced Red Onion and Cream Cheese	120 cal/3.25 oz serving
Fresh Seasonal Sliced Fruit	40 cal/2.5 oz serving
Assorted Juice	110-170 cal each
Bottled Water	0 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

A LA CARTE BREAKFAST

Includes appropriate condiments

Assorted Bagels	170-360 cal each	\$20.99 per dozen
Breakfast Breads	110-220 cal each	\$14.49 serves 12
Choose from Banana Nut, Poppy Seed or Orange		
Assorted Donuts	190-490 cal each	\$17.99 per dozen
Fresh Seasonal Sliced Fruit	40 cal/2.5 oz serving	\$4.09 each
Assorted Individual Yogurt Cups	50-150 cal each	\$2.99 each
Overnight Strawberry Oatmeal (Chilled)	320 cal/8 oz serving	\$4.39 each
Home-style Biscuits and Gravy	590 cal/7 oz serving	\$4.09 each

YOGURT PARFAIT BAR

\$9.19

Choose *2 Yogurt flavors served with a variety of toppings

*Greek Yogurt	70 cal/4 oz serving
*Strawberry Yogurt	100 cal/4 oz serving
*Vanilla Yogurt	110 cal/4 oz serving
Diced Pineapple	30 cal/2 oz serving
Fresh Strawberries	20 cal/2 oz serving
Walnuts	90 cal/0.5 oz serving
Granola	110 cal/1 oz serving

JUST FRENCH TOAST

\$5.09

Orange Cinnamon French Toast	90 cal each
Maple Syrup	70 cal/1 oz serving

A GOOD BREAKFAST INSPIRES A GREAT MORNING



ULTIMATE BREAKFAST \$15.99

Choice of *3 Breakfast Pastries, Scrambled Eggs, Cheddar and Onion Frittata, Crisp Bacon, Breakfast Sausage, Pancakes and Syrup, Breakfast Potatoes, Fresh Seasonal Sliced Fruit, Assorted Juices, Iced Water, Gourmet Coffee, Decaf and Hot Tea

*Assorted Muffins	400-510 cal each
*Assorted Danish	200-430 cal each
*Assorted Scones	430-470 cal each
*Assorted Bagels	170-360 cal each
Scrambled Eggs	180 cal/4 oz serving
Cheddar and Onion Frittata	270 cal each
Breakfast Potatoes	130-150 cal/3 oz serving
Bacon	45 cal each
Breakfast Sausage	130-220 cal each
Pancakes	50 cal each
Maple Syrup	70 cal/1 oz serving
Fresh Seasonal Sliced Fruit	40 cal/2.5 oz serving
Assorted Juices	110-170 cal each
Bottled Water	0 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

LATIN BREAKFAST \$11.49

*Choice of Chilaquiles Rojo with Eggs or Chorizo Breakfast Quesadilla served with Salsa, Sausage, Spicy Cheddar Grits with Roasted Red Peppers, Strawberry Melon Salad, Assorted Juices, Iced Water, Gourmet Coffee, Decaf and Hot Tea

*Chilaquiles Rojo with Eggs	340 cal/6.875 oz serving
*Chorizo Breakfast Quesadilla	700 cal/10.875 oz serving
Zesty Salsa	20 cal/1 oz serving
Sausage Links	130 cal each
Spicy Cheddar Grits with Roasted Red Peppers	100 cal/3 oz serving
Strawberry Melon Salad	40 cal/3 oz serving
Assorted Juices	110-170 cal each
Bottled Water	0 cal each
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

AMERICAN BREAKFAST \$11.99

Scrambled Eggs, Breakfast Potatoes, Crisp Bacon, Breakfast Sausage, choice of *1 Breakfast Pastry, Iced Water, Gourmet Coffee, Decaf and Hot Tea

*Assorted Muffins	400-510 cal each
*Assorted Danish	200-430 cal each
*Assorted Scones	430-470 cal each
*Assorted Bagels	170-360 cal each
Scrambled Eggs	180 cal/4 oz serving
Breakfast Potatoes	130-150 cal/3 oz serving
Bacon	45 cal each
Breakfast Sausage	130-220 cal each
Iced Water	0 cal/8 oz serving
Gourmet Coffee, Decaf and Hot Tea	0 cal/8 oz serving

*Egg Whites, Turkey Bacon and Turkey Sausage are available upon request – nominal fee may apply



LUNCH

DELI EXPRESS

\$12.49

Create your own Deli Sandwich creation accompanied by your *choice of 2 Side Salads, Chips, Assorted Craveworthy Cookies and Beverages

Deli Platter – Turkey, Roast Beef, Ham, Tuna	25-80 cal/1 oz serving
Cheese Tray – Cheddar and Swiss	110 cal/1 oz serving
Relish Tray – Lettuce, Tomato, Onion, Pickles, Pepperoncini	20 cal/1 oz serving
Assorted Baked Breads and Rolls	110-160 cal each
*Side Salads (page 6)	25-330 cal each
Individual Bags of Chips	100-160 cal each
Assorted Craveworthy Cookies	250-310 cal each
Iced Tea	5 cal/8 oz serving
Iced Water	0 cal/8 oz serving

CLASSIC SELECTIONS BUFFET

\$16.49

Your *choice of 3 Sandwiches and 2 Side Salads, accompanied by Potato Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies, Iced Tea and Iced Water

*Deli Sliced Turkey and Swiss on Hearty Wheat Bread	490 cal each
*Greek Salad Wrap with Crumbled Feta, Black Olives, Fresh Cucumbers, Plum Tomatoes, and Red Onion	430 cal each
*Roast Beef with Tarragon Horseradish Spread on Wheatberry Bread	450 cal each
*Tuna Salad Ciabatta with Fresh Romaine and Sliced Tomato	540 cal each
*Chicken Caesar Wrap	630 cal each
*Side Salads (page 6)	25-330 cal each
Dill Pickle Slices	0 cal/1 oz serving
Individual Bags of Chips	100-160 cal each
Assorted Craveworthy Cookies	250-310 cal each
Iced Tea	5 cal/8 oz serving
Iced Water	0 cal/8 oz serving

A MIDDAY REFRESH



PREMIUM BOX LUNCHES

TUSCAN FLATBREAD	\$13.99
Sun-Dried Tomato Spread, Grilled Zucchini, Roasted Peppers, Goat Cheese and Arugula Flatbread	440 cal each
Herbed Quinoa Side Salad	110 cal/3.5 oz serving
Individual Bag of Chips	100-160 cal each
Freshly Baked Brownie	250 cal/2.25 oz serving
Bottled Water	0 cal each

BLACKENED CHICKEN CIABATTA	\$14.49
Grilled Blackened Chicken Breast, Spring Salad Mix and Cucumber Raita on Ciabatta	390 cal each
Spiced Sweet Potato Salad	120 cal/4 oz serving
Individual Bag of Chips	100-160 cal each
Freshly Baked Brownie	250 cal/2.25 oz serving
Bottled Water	0 cal each

STEAKHOUSE CHOP SALAD	\$14.99
Grilled Beef Steak tossed with Blue Cheese, Vegetables and Romaine, tossed with Dijon Vinaigrette	200 cal each
Bakery Fresh Roll	160 cal each
Fresh Fruit Cup	40 cal/2.5 oz serving
Lemon Cheesecake Bar	300 cal/2.75 oz serving
Bottled Water	0 cal each

*Additional Premium Box Lunch options available upon request!

THE EXECUTIVE LUNCHEON \$18.79

*Choice of 3 Sandwiches and 2 Side Salads, accompanied by Potato Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies, Iced Tea and Iced Water

*Salmon, Cucumber and Cilantro Coleslaw Ciabatta	650 cal each
*Ham and Brie with Fresh Pear, Spinach and Caramelized Onions on Wheatberry Bread	700 cal each
*Southwest Smoked Turkey Ciabatta with Fresh Spinach and Chipotle Mayo	500 cal each
*Turkey Cobb Lavash with Bacon, Blue Cheese Crumbles and Avocado Mayo	670 cal each
*Turkey, Bacon and Ranch Sub with Lettuce and Tomato	380 cal each
*Tarragon Chicken Salad and Chive Cream Cheese Wrap	590 cal each
*Roast Beef, Caramelized Onion and Kale Ciabatta	500 cal each
*Side Salads (page 6)	25-330 cal each
Dill Pickle Slices	0 cal/1 oz serving
Individual Bags of Chips	100-160 cal each
Assorted Craveworthy Cookies	250-310 cal each
Iced Tea	5 cal/8 oz serving
Iced Water	0 cal/8 oz serving



SALAD

SIDE SALAD SELECTIONS

Included with Deli Express, Classic Selections and Executive Luncheon Sandwich Buffets

Chilled Dill Cucumber Salad with Onions tossed in Italian Dressing (VG)
60 cal/3.75 oz serving

Grilled Vegetable Pasta Salad with Balsamic Dressing (VG)
130 cal/3 oz serving

Red-skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing (V)
240 cal/4 oz serving

Traditional Garden Salad with Balsamic Vinaigrette Dressing (VG)
50 cal/3.5 oz serving

Mixed Lettuces, Chickpea, Cucumber and Tomato (VG)
90 cal/3 oz serving

Ranch Pasta Salad (V)
120 cal/3 oz serving

Herbed Quinoa Side Salad (V)
100 cal/3.5 oz serving

Fresh Fruit Salad (VG)
40 cal/2.5 oz serving

Apple Bacon Coleslaw
140 cal/3.25 oz serving

Moroccan Carrot Salad with Mint (VG)
120 cal/3.6 oz serving



LUNCH

Served with your choice of Iced Tea or Lemonade

HARVEST BOUNTY \$20.49

*Choice of Herb Roasted Turkey or Baked Ham, served with sides

Traditional Mixed Green Salad	50 cal/3.5 oz serving
Southern Biscuits	190 cal each
Buttermilk Mashed Potatoes	120 cal/3.75 oz serving
Sautéed Dill Green Beans	30 cal/3 oz serving
*Herb Roasted Turkey	130 cal/3 oz serving
*Baked Ham	110 cal/3 oz serving
Apple Pie	410 cal/slice
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving

SOUP AND SALAD BUFFET \$16.49

Garden Fresh Tossed Salad with Dressing and Assorted Toppings, served with Dinner Rolls and Butter, Soup du Jour and Assorted Craveworthy Cookies

Garden Fresh Mixed Greens	15 cal/3 oz serving
Ranch Dressing	200 cal/2 oz serving
Italian Dressing	80 cal/2 oz serving
Sliced Grilled Chicken	160 cal/3 oz serving
Diced Ham	60 cal/2 oz serving
Roasted Chickpeas	210 cal/2 oz serving
Sliced Red Onions	10 cal/1 oz serving
Shredded Cheese	60 cal/0.5 oz serving
Tomatoes	5 cal/1 oz serving
Cucumbers	5 cal/1 oz serving
Shredded Carrots	10 cal/0.5 oz serving
Croutons	60 cal/0.5 oz serving
Dinner Rolls	160 cal each
Soup du Jour	80-420 cal/8 oz serving
Assorted Craveworthy Cookies	250-310 cal each
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving

LAZY SUMMER BBQ \$19.49

Old-fashioned Coleslaw	150 cal/3 oz serving
Cornbread Fiesta Muffins	120 cal each
Macaroni and Cheese	260 cal/4 oz serving
Baked Beans	170 cal/4.75 oz serving
BBQ Chicken	430 cal/6 oz serving
Sliced Brisket	350 cal/5 oz serving
Assorted Craveworthy Cookies	250-310 cal each
Gourmet Dessert Bars	300-370 cal/2.75-3.25 oz serving
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving

BASIC ITALIAN BUFFET \$17.49

Italian House Salad	50 cal/3.5 oz serving
Garlic Breadsticks	110 cal each
Home-style Lasagna with Parmesan Cheese	330 cal/7.25 oz serving
Vegetable Alfredo Lasagna	230 cal/5.5 oz serving
Chocolate Dipped Biscotti	190 cal each
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving

EAST ASIAN EATS \$18.49

Jasmine Rice, LoMein Noodles, Lemongrass Chicken, Asian Tofu with Teriyaki Sauce, sides and *choice of 2 Dipping Sauces

Egg Rolls	190 cal each
Crispy Wontons	25 cal each
*Sweet Soy Sauce	50 cal/1 oz serving
*Sweet and Sour Sauce	40 cal/1 oz serving
*Chili Garlic Sauce	45 cal/1 oz serving
LoMein Noodles Yakisoba	120 cal/2.5 oz serving
Jasmine Rice	130 cal/3 oz serving
Lemongrass Chicken	190 cal/3 oz serving
Asian Tofu	120 cal/3 oz serving
Teriyaki Sauce	25 cal/0.5 oz serving
Raspberry Coconut Bars	370 cal/3.25 oz serving
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving



LUNCH

YUCATAN BOWL

\$18.49

Create your own Yucatan Bowls with White or Brown Rice, Charro Beans, Braised Chicken and Beef, Roasted Portobello Mushrooms, Toppings Bar, including 2 Salsas and sides

Romaine Lettuce Salad	0 cal/0.25 oz serving
Avocado Ranch Dressing	80 cal/1 oz serving
Cilantro Lime White Rice	120 cal/3 oz serving
Cilantro Lime Brown Rice	140 cal/3.5 oz serving
Charro Beans	90 cal/3 oz serving
Braised Chicken	180 cal/3 oz serving
Braised Beef	160 cal/3 oz serving
Roasted Portobello Mushrooms	20 cal/2.25 oz serving
Guacamole	40 cal/1.33 oz serving
Pico De Gallo	10 cal/1 oz serving
Salsa Verde	10 cal/1 oz serving
Salsa Roja	20 cal/1 oz serving
Dulce de Leche Brownie	220 cal/2.25 oz serving
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving

POWER LUNCH

\$14.49

*Choice of 3 Fresh and Healthy Salad Platters, accompanied by Grilled Flatbread, Seasonal Fresh Fruit and Aquafaba Chocolate Mousse

Grilled Flatbread	110 cal each
Seasonal Fresh Fruit	40 cal/2.25 oz serving
*Southwest Chicken with Greens, Corn, Black Beans and Vegetables, tossed with a Hearty Grain Blend	440 cal/13.875 oz serving
*Chickpea Couscous with Shawarma Beef, Tomato Cucumber Herb Salad and a touch of Spicy Harissa	540 cal/16.5 oz serving
*Grilled Salmon with Bulgur Wheat, Lentils and Hummus in a Roasted Garlic Lemon Vinaigrette, garnished with Carrot Sesame Hummus and Pea Mint Salad	520 cal/11.125 oz serving
*Chilled LoMein Noodles topped with Grilled Chicken Breast and Veggies, in a Spicy Thai Lime Sriracha Dressing	470 cal/11.88 oz serving
*Rice Noodles and Greens topped with Nam Tok Pork, Stir-fried Vegetables, Chopped Peanuts and a Spicy Chili Vinaigrette	230 cal/6 oz serving
Aquafaba Chocolate Mousse	230 cal/2.75 oz serving
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving

TRAVOLINO BUFFET

\$18.49

Three Italian Classics and sides...add on Grilled Chicken Breast for an additional fee

Caesar Salad	160 cal/2.7 oz serving
Garlic Breadsticks	110 cal each
Eggplant Parmesan	400 cal/7.7 oz serving
Italian Sausage and Peppers	590 cal/4.74 oz serving
Rigatoni Marinara	130 cal/4.5 oz serving
Miniature Cheesecake Tarts	180 cal/1.75 oz serving
*Iced Tea	5 cal/8 oz serving
*Lemonade	90 cal/8 oz serving
Iced Water	0 cal/8 oz serving
Grilled Chicken Breast	\$2.49 160 cal/3 oz serving



APPETIZERS

RECEPTION HORS D' OEUUVRES (HOT)

Hors d' oeuvres are priced per dozen. Includes appropriate condiments.

Bacon Wrapped Scallops	20 cal each	\$30.99
Beef Satay	35 cal each	\$26.99
Brie, Pear and Almond Beggar's Purses	90 cal each	\$30.99
Coconut Shrimp	45 cal each	\$31.99
Crispy Asiago Asparagus	50 cal each	\$23.99
Parmesan Artichoke Hearts	50 cal each	\$26.99
Pecan Chicken Tenders	45 cal each	\$24.99
Thai Brand Chicken Satay	35 cal each	\$23.99
Roasted Tomato, Basil, Mascarpone Arancini	75 cal each	\$23.99

RECEPTION HORS D' OEUUVRES (COLD)

Hors d' oeuvres are priced per dozen. Includes appropriate condiments.

Black and White Petit Fours	70 cal each	\$24.99
Mediterranean Antipasto Skewers	70 cal each	\$32.99
Mushroom Profiterole	45 cal each	\$33.99
Smoked Salmon Display	110 cal per serving	Market Price
Stuffed Deviled Eggs with choice of Plain, Bacon and Buffalo	110 cal per serving	\$29.99
Signature Mini Canapes - Selection of Rosemary Beef, Sage Turkey and Smoked Ham	210 cal per serving	\$31.99
House-made Spinach Dip	225 cal per serving	\$26.99



RECEPTION PLATTERS AND DIPS

Platters and dips serve 12

Classic Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini	290 cal/2.75 oz serving	\$41.99
Fresh Garden Crudités with Ranch Dill Dip	120 cal/5 oz serving	\$35.99
Fresh Seasonal Fruit Tray	40 cal/2.5 oz serving	\$35.99
Antipasto Platter with Marinated Vegetables, Italian Meats and Cheese	250 cal/5 oz serving	\$64.99
Flatbread Crisps served with Hummus, Harissa and Tzatziki	420 cal/6.18 oz serving	\$34.99

RECEPTION STATIONS

Reception Stations may require additional fees for a chef attendant. Please contact your sales person for details. All prices are per person and available for 15 guests or more. Includes appropriate condiments.

MEZZE DELIGHT		\$10.99
Add a package of our Mediterranean bites to your reception		
Pita Chips	140 cal/2 oz serving	
Hummus	80 cal/2 oz serving	
Baba Ghanoush	120 cal/4 oz serving	
Tabbouleh Salad	110 cal/3.25 oz serving	
Marinated Olives	150 cal/2.75 oz serving	
Seasonal Vegetables	70 cal/3 oz serving	
Falafel	60 cal each	
DIM SUM		\$11.99
A little afternoon Dim Sum to spice up your afternoon meeting or evening reception, served with *choice of 2 dipping sauces		
Egg Rolls	190 cal each	
Pot Stickers	45 cal each	
*Sweet Soy Sauce	50 cal/1 oz serving	
*Chili Garlic Sauce	45 cal/1 oz serving	
*Sweet and Sour Sauce	40 cal/1 oz serving	
Sweet and Spicy Boneless Chicken Wings with Celery Sticks	600 cal/7.5 oz serving	
Gourmet Dessert Bars	300-370 cal/2.75-3.25 oz serving	
AMERICAN TEA		\$11.49
The perfect selection of sweet and savory snacks		
Fresh Mozzarella Tea Sandwiches	250 cal each	
Grilled Chicken and Apple Tea Sandwiches	230 cal each	
Roast Beef and Brie Tea Sandwiches	270 cal each	
Scones with Jam and Honey Cream Cheese	380 cal/3 oz serving	
Assorted Petit Fours	60-140 cal each	
Shortbread Cookies	20 cal each	
Hot Water and Assorted Tea Bags	0 cal/8 oz serving	



BREAKS

All prices are per person and available for 15 guests or more

THE HEALTHY ALTERNATIVE	\$8.99
Get healthy with our heart-happy break	
Apples	60 cal each
Oranges	50 cal each
Bananas	110 cal each
Pears	100 cal each
Individual Yogurt Cups	50-150 cal each
Trail Mix	290 cal each
Granola Bars	190 cal each

SNACK ATTACK	\$6.99
The perfect blend of sweet and salty to get you through your day	
Individual Bags of Chips	100-160 cal each
Roasted Peanuts	190 cal/1 oz serving
Trail Mix	290 cal each
Assorted Craveworthy Cookies	250-310 cal each
Bakery-fresh Brownies	250 cal/2.25 oz serving

BREADS AND SPREADS	\$6.99
Looking for a variety of flavors to spice up your meeting? Try dipping our Tortilla Chips, Pita Chips and Crusty Crostini into your *choice of 4 spreads, accompanied by a Fresh Fruit Tray	
Tortilla Chips	190 cal/2 oz serving
Pita Chips	140 cal/2 oz serving
Crostini	40 cal each
*Korean Roja Guacamole	90 cal/2 oz serving
*Ginger Verde Guacamole	90 cal/2 oz serving
*Chilled Spinach Dip	200 cal/2 oz serving
*Feta and Roasted Garlic Dip	260 cal/2 oz serving
*Traditional Hummus	80 cal/2 oz serving
*Artichoke and Olive Dip	140 cal/2 oz serving
Fresh Fruit Tray	40 cal/2.5 oz serving

PROTEIN BREAK	\$5.99
Mixed Nuts, Grapes and Cheese Platter	450 cal/5.25 oz serving

DESSERTS

Assorted Blondies	240-300 cal/1.875-2.38 oz serving	\$14.49 per dozen
Assorted Craveworthy Cookies	250-310 cal each	\$14.49 per dozen
Chocolate Chip Cookie Brownies	280 cal/2.6 oz serving	\$14.49 per dozen
Custom Artisan Cupcakes	380 cal each	\$23.49 per dozen
Chocolate Covered Strawberries	40 cal each	\$22.49 per dozen

BEVERAGES

Includes appropriate accompaniments

Bottled Water	0 cal each	\$1.99 each
Assorted Bottled Sodas	0-200 cal each	\$2.09 each
Assorted Individual Fruit Juices	110-170 cal each	\$2.29 each
Sparkling Water	0 cal/8 oz serving	\$2.99 each
Regular Coffee, Decaf and Hot Water with Assorted Tea Bags	0 cal/8 oz serving	\$19.99 per gallon
Starbucks Regular Coffee, Starbucks Decaf	0 cal/8 oz serving	\$22.99 per gallon
Cold Brew Coffee	0 cal/8 oz serving	\$25.99 per gallon
Iced Tea	5 cal/8 oz serving	\$16.99 per gallon
Lemonade	90 cal/8 oz serving	\$16.99 per gallon
Lemon Infused Water	0 cal/8 oz serving	\$8.99 per gallon
Cucumber Infused Water	10 cal/8 oz serving	\$8.99 per gallon
Peach Mint Infused Iced Tea	10 cal/8 oz serving	\$21.99 per gallon
Lemon Ginger Infused Iced Tea	5 cal/8 oz serving	\$21.99 per gallon
Strawberry Basil Infused Lemonade	95 cal/8 oz serving	\$21.99 per gallon
Raspberry Lime Infused Lemonade	100 cal/8 oz serving	\$21.99 per gallon



DINNER

PLATED ENTREES

Includes Starter, Entrée, Finish, Fresh Rolls, Butter, Iced Tea and Coffee Service

Chipotle Salmon with Green Chili Polenta Cake and Spiced Succotash	580 cal \$22.99
Chicken Margherita with Roasted Potatoes and Parmesan Green Beans	528 cal \$20.99
Filet Mignon with Wild Mushrooms, Fingerling Hash and Asparagus	710 cal \$34.99
Brandy Glazed Pork Tenderloin, Sweet Potato Hash and Bacon Spinach	360 cal \$21.99
Wild Mushroom and Spinach Pappardelle	652 cal \$22.99
Moroccan Roast Vegetable with Sun-dried Tomato Quinoa	280 cal \$18.99

PLATED STARTERS

Garden Salad	280 cal
Caesar Salad	187 cal
Spinach, Strawberry, Goat Cheese Salad with Honey Vinaigrette	76 cal
Iceberg, Bacon, Bleu Cheese Salad	254 cal

PLATED FINISHES

Chocolate Layer Cake with Raspberry Sauce	550 cal
Seasonal Cheesecake	350-700 cal

*Consult with your sales person for additional customized plated meal options

DINNER BUFFET

All events are provided with china and white linen service at no additional charge. Rental of exquisite linen, chair covers and chargers can be added to any event.

One Entrée Buffet	\$21.99
Two Entrée Buffet	\$25.99
Three Entrée Buffet	\$28.99

All buffets include your selected Entrée(s), two Salads, one Starch, one Veggie, and Full Beverage Service including Coffee, Decaf, Assorted Hot Tea, Iced Tea, Lemonade and Ice Water.

Additional Sides/Starch	\$1.99
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ADD ON CARVING STATION

Pricing based on current market pricing. See minimum number of people.

Prime Rib (50 people)	496 cal
Beef Tenderloin (20 people)	233 cal
Slow-roasted Inside Round of Beef (50 people)	423 cal
Roast Turkey Breast (20 people)	192 cal
Baked Pit Ham (50 people)	120 cal

DINNER BUFFET SALAD OPTIONS

Garden Salad Buffet	15-345 cal
Caesar Salad Buffet	15-187 cal
Spinach, Strawberry, Goat Cheese Salad with Honey Vinaigrette	77 cal
Grilled Vegetable Platter	58 cal
Fresh Fruit Platter	38 cal
Greek Salad	10-174 cal
Classic Pasta Salad	244 cal
Traditional Red Skinned Potato Salad in a Seasoned Mayonnaise Dressing	244 cal
Herbed Quinoa Side Salad	137 cal
Corn and Three Bean Salad with Peppers and Agave-lime Vinaigrette	159 cal
Bacon and Bleu Cheese Slaw	254 cal
Power Salad Buffet	15-250 cal
Couscous Salad with Feta	80 cal

DINNER BUFFET ENTRÉE OPTIONS

Boursin Chicken	190 cal
Panko Encrusted Chicken with Herbed Tomato Sauce	389 cal
Chicken Florentine	604 cal
Artichoke Encrusted Chicken	516 cal
Pecan Encrusted Chicken with Honey Butter Sauce	701 cal
Asiago Chicken with Roasted Red Pepper Sauce	310 cal
Herb Goat Cheese and Spinach Stuffed Airline Chicken Breast	700 cal
Roasted Pork Loin with Apple and Cherry Chutney	305 cal
Brandy Glazed Pork Tenderloin	204 cal
Grilled Pork Chop with Chipotle Demi	400 cal
Bacon Wrapped Pork Tenderloin	550 cal
Cuban Flank Steak	441 cal
Beef Pot Roast with Dijon Shallot Sauce	270 cal
Ginger Orange London Broil	345 cal
Lasagna	452 cal
Eggplant Lasagna (V)	471 cal
Roasted Seasonal Ratatouille (VG)	200 cal
Wild Mushroom and Spinach Pappardelle	652 cal
Moroccan Roast Vegetable with Sun-dried Tomato Quinoa (VG)	201 cal
Chicken Pesto Penne	818 cal
Spinach and Four Cheese Stuffed Manicotti with Smoked Tomato Sauce	694 cal
Sicilian Encrusted Tilapia with Balsamic Macerated Tomatoes	226 cal
Maple Glazed Salmon	283 cal
Oven Roasted Salmon with Kale and Chimichurri	300 cal

DINNER BUFFET VEGETABLE OPTIONS

Italian Seasoned Green Beans	42 cal
Fresh Steamed Green Beans	125 cal
Pan Roasted Vegetables with Herb Vinaigrette	88 cal
Fresh Asparagus	19 cal
Ginger Honey Glazed Baby Carrots	69 cal
Broccoli Rabe	60 cal
Zucchini, Tomato and Squash Blend	45 cal
Sweet Herbed Corn Pudding	300 cal

DINNER BUFFET STARCH OPTIONS

Roasted Red Potatoes	104 cal
Roasted Yukon Potatoes	105 cal
Buttermilk Mashed Potatoes	218 cal
Garlic Mashed Redskin Potatoes	94 cal
Goat Cheese and Roasted Garlic Mashed Potatoes	132 cal
Mashed Sweet Potatoes	110 cal
Penne Pasta with Marinara Sauce	168 cal
Chipotle Macaroni and Cheese	230 cal
Toasted Orzo with Spinach and Cranberries	334 cal
Rice Pilaf	127 cal
Quinoa and Wild Rice Blend	140 cal



DESSERT

DINNER BUFFET CLASSIC DESSERTS

Carrot Cake	\$4.49	310 cal
Chocolate Layer Cake		387 cal
New York Cheesecake		350 cal
Freshly Baked Pie		400-555 cal
Red Velvet Layer Cake		300 cal
Lemonade Layer Cake with Lemon Curd		430 cal

DINNER BUFFET PREMIER DESSERTS

Chocolate Flourless Cake with Balsamic Raspberries	\$5.49	380 cal
Seasonal Cheesecake		350-700 cal
Molten Lava Chocolate Layer Cake		480 cal
Vanilla Caramel Crunch Layer Cake		630 cal
Moscato Berry Tiramisu		620 cal



DRINKS

STANDARD LIQUOR

Smirnoff Vodka
Gordon's Gin
Bacardi Superior Rum
Jose Cuervo Especial Gold Tequila
Jim Beam White Label Bourbon Whiskey
Canadian Club Whisky
Dewar's White Label Blended Scotch Whisky

Host: \$6.50 | Cash: \$7.00

*Priced per drink

PREMIUM LIQUOR

Ketel One Vodka
Bombay Sapphire Gin
Captain Morgan Original Spiced Rum
Patron Silver Tequila
Maker's Mark Bourbon Whiskey
Crown Royal Whisky
Johnnie Walker Black Label Blended Scotch Whisky
Glenfiddich Single Malt Scotch

Host \$7.50 | Cash \$8.00

*Priced per drink

SIP, SAVOR AND TOAST THE DAY



DOMESTIC BOTTLED BEER

Bud Light
Miller Lite

Host \$4.00 | Cash \$4.00
*Priced per bottle

IMPORTED BOTTLED BEER

Corona
Heineken

Host \$5.00 | Cash \$5.00
*Priced per bottle

WINE

Sparkling
Mionetto Prosecco

Blush
"A" Rose by Acacia

White
Tommasi "Le Rosse" Pinot Grigio
Clean Slate Riesling
Brancott Sauvignon Blanc
Tom Gore Chardonnay

Red
Estancia Pinot Noir
Alamos Malbec
Clos du Bois Merlot
Estancia Cabernet Sauvignon

Host \$5.50 | Cash \$6.00
*Priced per drink

ADDITIONAL BAR FEES

Bar Setup Fee (per bar)	\$75.00
Bartender Fee (per bartender/per hour)	\$20.00
Minimum Bar Spend	\$200.00



MEETING SPACE

AUDIO/VISUAL EQUIPMENT

All audio/visual equipment is priced per item

Ballroom Projector	\$175.00
Ballroom Screen	\$75.00
Meeting Room Projector	\$150.00
Meeting Room Screen	\$50.00
Television	\$50.00
HDMI Cord	\$25.00
Extension Cord with Power Strip	\$10.00
Lavaliere Microphone	\$95.00
Handheld Microphone	\$95.00
Flipchart Pad with Markers	\$40.00
Conference Phone	\$50.00
Presentation Clicker	\$15.00

EQUIPMENT

All equipment is priced per item

Lectern	\$30.00
Easel	\$15.00
Cocktail Table	\$12.00
Dance Floor	Complimentary

**For staging and additional equipment options, please contact your sales person for more information*

MEETING SPACE TO MAXIMIZE ENGAGEMENT



	DIM. (L X W)	AREA(FT ²)	AIR WALL	BANQ.	THTR.	CONF.	REC.	CLASS	U-SHAPE	H SQ.	DINNER DANCE
OMEGA BALLROOM	87' x 46'	4,066	YES	290	330	xx	300	162	xx	xx	230
OMEGA I	28' x 46'	1,332	YES	80	110	24	100	54	32	38	xx
OMEGA II	28' x 46'	1,323	YES	80	110	24	100	54	32	38	xx
OMEGA III	30' x 46'	1,411	YES	80	110	24	100	54	32	38	xx
ALPHA MEETING ROOM	25' x 37'	944	NO	50	80	16	60	32	18	24	xx
GAMMA MEETING ROOM	19' x 30'	562	NO	30	60	12	40	24	14	20	xx
EPSILON BOARDROOM	17' x 36'	627	NO	xx	xx	22	xx	xx	xx	xx	xx
PRE-FUNCTION FOYER	39' x 78'	3,042	NO	xx	xx	xx	150	xx	xx	xx	xx
SIGMA SUITE	27' x 27'	729	NO	xx	xx	10	xx	xx	xx	xx	xx

Whether you're traveling to town for work or for fun, we would like the Courtyard Mount Pleasant at Central Michigan University to be your go-to hotel for meetings and events. Please contact our sales team for more information!

HOTEL CATERING POLICIES

CUSTOMIZED MENUS

Our talented chefs are delighted to create special menus that accommodate your culinary preferences, dietary needs, and budget. Please contact the Catering Sales Office directly to arrange a personal consultation.

GUARANTEED GUEST COUNT

A final guest count is required 5 business days prior to your event. If a final count is not received 5 business days prior to the event, the last communicated guest count will be used. Charges will be assessed for every change in the count that is less than 5 business days. All catering functions will be billed at 100% of the final guest count or amount of guests served, whichever is greater.

MINIMUM GUEST COUNT

All catering events require a minimum guest count of 15 people. For orders placed under the minimum quantity there will be a \$2.00 charge per person.

CATERING SERVICE

Guaranteed Pricing -

All prices are a guideline. Please contact the Catering Sales Office for pricing on any items not listed in this brochure. Pricing is subject to change depending on market value. For any confirmed event that is booked more than one year in advance, pricing will be subject to change, including printed menu items.

Multiple Entrée Service Charge -

Meals including more than one entrée will be limited to 2 options including starter and dessert for parties under 50 and to 3 for parties over 50. We do allow for a vegetarian option to be offered at no additional charge. When choosing a menu for a served plated meal with more than one option, all attendees must make a selection prior to the start of the event and a menu card or nametag must be supplied by the client. A service charge of \$2.50 per person will be assessed for multiple served entrees.

Events starting at 3:00 pm or later will be booked as a dinner from the dinner menu selections. If a luncheon menu item is preferred, there will be an additional charge of \$2.79 per person to ensure appropriate dinner portions.

Items booked on a holiday are subject to a premium charge.

DECORATIONS

Any additional decorations or special requests such as themes, requested linen, fresh flowers, ice carvings, etc. will be charged accordingly.

ADDITIONAL FEES

Linens and china service is provided for all guest seating and buffet tables at no additional charge. Additional linens are available at an additional cost.

The bar setup will be an additional \$75.00 per bar. We recommend 1 bar for every 75 guests, depending on the function. There will be an hourly bartender fee of \$20.00 per bartender. There is a minimum spend of \$200.00 in bar sales required (this does not include the bar setup fee and per hour fees). If the minimum is not met, the client will be billed the balance.

HEALTH AND LIQUOR CONTROL LAWS

Due to Federal, State, health, and Michigan Liquor Control Laws, Courtyard Mt Pleasant at Central Michigan University does not allow any food or beverage to be brought in by guests. All food and beverages must be purchased through Courtyard Marriott at Central Michigan University, with the exception of wedding cakes.

PERISHABLE FOOD POLICY

In adherence with local Health Department regulations, it is our strict policy that there will be no credit given or carry out of perishable food not consumed at your event. Any food removed from the location of the event without the permission of the Catering Department becomes the responsibility of the event holder. Once removed from the event, Catering possesses no responsibility for the quality or safety of these items.

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.