

FRESH & MADE-TO-ORDER SALADS

Served with ciabatta and multi-grain bread
Serves up to 5 meals or 10 sides.

✓ Vegetarian Ⓞ Signature Items

Gourmet Salads 41.99

Ⓞ SOUTHWEST BLACKENED CHICKEN

romaine hearts, blackened chicken, feta, black bean corn salsa, avocado, chopped tomatoes, tortilla strips and citrus chipotle dressing

CHICKEN CAPRESE

romaine hearts, blackened chicken, avocado, chopped tomatoes, fresh mozzarella and balsamic vinaigrette

BBQ CHICKEN

romaine hearts, BBQ chicken, cheddar, corn, chopped tomatoes, roasted onions, jicama, tortilla strips and citrus chipotle dressing

CHEF

romaine hearts, smoked bacon, turkey, cheddar, apples, eggs, croutons and honey balsamic vinaigrette

✓ GREEK

romaine hearts, grape tomatoes, cucumbers, kalamata olives, feta, fresh peppers, red onions and greek vinaigrette

Ⓞ ASIAN CHICKEN

romaine hearts, roasted chicken, carrots, sugar snap peas, almonds, mandarin oranges, wonton crisps and asian sesame ginger dressing

COBB

romaine hearts, roasted chicken, crumbled blue cheese, grape tomatoes, avocado, smoked bacon, roasted onions and blue cheese dressing

Ⓞ TUNA SALAD

baby field greens, tuna (mixed with apples, dried cranberries and mayo), avocado, carrots, cucumbers and honey balsamic vinaigrette

Ⓞ APPLE WALNUT

romaine hearts, roasted chicken, crumbled blue cheese, apples, walnuts, golden raisins and honey balsamic vinaigrette

Classic Salads 35.99 **ADD** Chicken 9.99

✓ FARMHOUSE

baby field greens, grape tomatoes, cucumbers, carrots, golden raisins, sunflower seeds and fat free raspberry vinaigrette

✓ CAESAR

romaine hearts, shaved parmesan, croutons and caesar dressing

SALAD DRESSINGS **LF** Low-Fat **FF** Fat-Free **GF** Gluten-Free **DF** Dairy-Free

CLASSIC

Caesar
Blue Cheese **GF**
Buttermilk Ranch **GF**
Balsamic Vinaigrette **GF DF**
Extra Virgin Olive Oil **GF DF**

BOLD

Asian Sesame Ginger **DF**
Citrus Chipotle **GF DF**
Greek Vinaigrette **GF**
Honey Balsamic Vinaigrette **GF DF**

LIGHT

Balsamic Vinegar **GF DF**
Dijon Honey Mustard **LF**
Raspberry Vinaigrette **FF GF DF**
Red Wine Vinegar **DF**



WRAP PLATTER

Wrap choices include: Whole Wheat | Traditional | Spinach | Tomato Basil
Served with chips or apples

BBQ CHICKEN

romaine hearts, BBQ chicken, cheddar, jicama, corn, tortilla strips and buttermilk ranch

Ⓞ TUNA SALAD

baby arugula, tuna (mixed with apples, dried cranberries and mayo) and chopped tomatoes

Ⓞ ROASTED CHICKEN PORTOBELLO

baby spinach, roasted chicken, portobello mushrooms, roasted onions and balsamic vinaigrette

SMOKED TURKEY BLT

with smoked bacon, romaine hearts, chopped tomatoes and mayo

Ⓞ PESTO CHICKEN

baby field greens, pesto chicken, fresh mozzarella, sun-dried tomatoes and balsamic vinaigrette

BLACKENED CHICKEN

romaine hearts, blackened chicken, avocado, black bean corn salsa, tortilla strips and citrus chipotle dressing

ROASTED CHICKEN & GOAT CHEESE

baby arugula, roasted chicken, goat cheese, smoked bacon and balsamic vinaigrette

TURKEY & CHEDDAR

baby spinach, turkey, cheddar, avocado, almonds and buttermilk ranch

SMALL PLATTER 45.99

10 half sandwiches, (serves 5 – 10)

LARGE PLATTER 89.99

20 half sandwiches, (serves 10 – 20)

HOT SOUPS

ask about our **SOUP OF THE DAY!**

16 Cups or 10 Bowls 37.99

* Individual bowls of soup available

ARTISANAL SANDWICH PLATTER

Bread choices include:

Ciabatta | Multi-Grain

Served with chips or apples

ROAST BEEF & CHEDDAR

roast beef, romaine hearts, cheddar, cucumbers, sliced tomatoes, red onions and mayo

✓ CAPRESE

fresh mozzarella, sliced tomatoes, basil with balsamic vinaigrette

Ⓞ TUNA SALAD

tuna (mixed with apples, dried cranberries and mayo), baby arugula and sliced tomatoes

Ⓞ TURKEY & AVOCADO

turkey, cheddar, baby field greens, avocado, sliced tomatoes and fat free honey dijon

SMALL PLATTER 45.99

10 half sandwiches, (serves 5 – 10)

LARGE PLATTER 89.99

20 half sandwiches, (serves 10 – 20)

TURKEY BLT

turkey, smoked bacon, romaine hearts, sliced tomatoes and mayo

LET'S GO CANES!

*Before placing your order, please inform your Tossed® Team Member or Catering Director if a guest in your party has a food allergy. Special dietary needs may be accommodated, separately packaged and labeled.

DESIGN YOUR OWN BOX

We will label and package each person's meal
and deliver it as a group order
Minimum order may apply

STEP 1 CHOOSE FROM:

Gourmet Salad 9.99 Artisanal Sandwiches 9.49
Classic Salad 7.99 Wrap 9.49

STEP 2 CHOOSE A SIDE

(Extra side price available upon request)

A Bag Chips, An Apple
A Cookie, Artisanal Bread

**Please contact our catering
director to design a package
that fits your needs**



SWEET TREATS

12.99 (sm) / 29.99 (lg)

SWEET TREATS PLATTER

assortment of freshly-baked cookies
and brownies

FRESH FRUIT BOWL

assortment of seasonal fresh cut fruit

*Small serves up to 10 people
Large serves up to 20 people*

BEVERAGES

HONEST TEA 1.99/ea

DASANI WATER 1.59/ea

SMART WATER 1.79/ea

VITAMIN WATER 1.99/ea

ORDERING TIPS

How much food do I need

When catering for lunch or dinner we recommend one half sandwich for every guest and an additional half sandwich for half of your guest count.

When should I place my order?

Catering orders should be placed 24 hours in advance, we'll do our best to accommodate last minute orders.

tossed FRESH Food FAST CATERING



@UMDining

IT'S ALL ABOUT THE "U" AT TOSSED

UMDINING
UNIVERSITY OF MIAMI

HURRICANE FOOD COURT

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