

Showcase of Ideas and Options for Sustainable & Healthful Catering at Harvard



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Introduction

Welcome to the Showcase of Ideas and Options for Sustainable & Healthful Catering at Harvard! This guide highlights some creative and delicious offerings from on-campus vendors that align with Harvard's [Sustainable Meeting & Event Guide](#).

This showcase is intended to inspire and educate Harvard catering purchasers and event organizers, but it is not an exhaustive list. We encourage you to peruse our vendors' menus for their full offerings. The guide is organized by meal; each section begins with "Easy and impactful actions" to enhance the sustainability and healthfulness of your catering order.

Spotlight: "Greener by Default" strategies can help nudge diners towards delicious plant-based foods, which generally have a lower environmental impact than meat and dairy products, without restricting their options. Try offering plant-based food as the main meal, but let attendees optionally add animal products when they RSVP. Or for buffet events, you could serve at least twice as many delicious plant-based dishes compared to meat dishes. For more tips and strategies, see Harvard's [Sustainable Meeting & Event Guide](#).

Vendor menus (as of September 2023)

- Crimson Catering: [FULL-MENU-SEP-2023](#); [CLIMATE-FRIENDLY-SEASONAL-MENU-FALL-2023](#)
- GSE Rebecca's Café: [GSE Catering Menu Spring 2023.1](#)
- HBS Restaurant Associates: *Contact vendor*
- HKS HUDS: *Visit HKS Intranet*
- HLS HUDS: [HLS Fall & Winter Menu 23/24](#)
- HMS Restaurant Associates: [RA Caters at Harvard Medical School](#)
- SEC HUDS: *Contact vendor*
- SPH HUDS (Sebastian's Café): [SPH-FULL CATERING-2022](#); [SPH-INDIVIDUALLY PACKAGED MENU-2021](#); [SEBASTIAN'S-BUDGET BREAK-2023](#)

Please note that our caterers' menus are updated often, so we intend to refresh this guide at least annually.

Meal: Breakfast

Easy and impactful actions

1. **Avoid** red or processed meats (e.g., sausage and bacon).
2. Serve sliced/cut fresh fruit instead of whole “hand” fruit.
3. Choose plant-based yogurts and/or unsweetened plain yogurt.
4. Consider skipping the bagels/muffins or choose whole-grain options cut in half.
5. Offer plant-based coffee accompaniments (e.g., oat milk).

See Harvard’s [Sustainable Meeting & Event Guide](#) for more ideas!

Spotlight on Harvard vendors’ sustainable and healthful offerings

Crimson Catering

- Healthy Continental Breakfast: Individual overnight oats with fresh berries, fresh fruit salad, assorted tea breads and chilled hard-boiled eggs seasoned with salt, pepper, and fresh dill
- Breakfast a la carte: Greek Yogurt Parfaits; Fresh Berry cups; Kale, potato, and butternut squash frittata (*from Climate-Friendly Seasonal Menu*)

GSE Rebecca’s Cafe

- Bulk yogurt (quart with berries and granola)
 - *Ask for plain/unsweetened yogurt with honey on the side; provide plant-based yogurt option(s)*
- Oatmeal
 - *Ask for brown sugar on the side; ask to substitute fresh berries for dried fruit*

HBS Restaurant Associates

- Greens & Grains Breakfast: Room temp breakfast salad (e.g., Apple, oats, butternut squash, walnuts, reduced cider dressing; Sweet potato, kale, pepitas, blackberries, cranberry dressing; Spinach, blueberries, quinoa, warm dressing; Kale, farro, mixed berries, citrus dressing), overnight oats, sliced fruit, coffee and tea
 - *Ask for a pitcher of water instead of bottles*
 - *Dilute juice with seltzer or skip altogether*
- Select a la carte items, including:
 - Overnight oats with roasted cinnamon apples
 - Chickpea & roasted vegetable frittata
 - [Special event menu] Egg white, roast vegetable, salsa, avocado, whole wheat wrap; Dal Masala Wrap
- [Special event menu] Flatbread platter with roasted red pepper, kale, vegan cheese, tofu scramble

HKS HUDS

- Fresh & Healthful Breakfast with individual golden pineapple and raspberry parfaits served in mini mason jars with Greek yogurt and agave nectar, creamy farro with honey-roasted blueberries, chef’s choice quiche, coffee and tea
 - *Dilute juice with seltzer or skip altogether.*
 - *Ensure vegetarian quiche selection.*
 - *Ask for plain (unsweetened) yogurt and consider skipping the agave nectar*

HLS HUDS

- **Modern Breakfast:** Spinach frittata, brie, caramelized onion and mushrooms; tofu scramble with broccoli; breakfast potatoes; creamy farro with berries; fresh fruit and berries
 - *Consider skipping the pastries or ask for whole grain options cut in half.*
- **Breakfast a la carte:**
 - Spinach, brie, caramelized onions, and mushroom frittata
 - Tofu scramble
 - Mixed fruit bowl with berries
 - *Pair with whole grain bread with vegan spread (e.g., almond butter, hummus, vegan cream cheese)*

HMS Restaurant Associates

- **Better For You Breakfast:** Artisan whole grain bread, peanut butter and avocado spread; wheatberry breakfast salad with chopped kale, strawberries and almond; diced fruit platter; chef's selection of overnight oats; coffee and tea
- **A la carte:**
 - Whole wheat couscous & maple pecan sweet potato salad
 - Quinoa, roasted tomato, broccoli rabe
 - Blueberry orange breakfast salad
 - Kale citrus feta salad
 - Overnight oats
 - Individual fruit and yogurt parfait

SEC HUDS

- **Parfaits:**
 - Greek yogurt, fruit, and granola
 - Chia seed pudding cups
 - Overnight oats with vanilla and berry

SPH HUDS (Sebastian's Café)

- **Healthy Start breakfast:** Fresh fruit salad, crunchy granola, non-fat Greek yogurt, hard boiled eggs, tea bread and assorted muffins, coffee and tea
 - *Request whole grain tea bread and muffins, cut in half*
 - *Consider requesting steel-cut oats instead of granola*

Meal: Lunch

Easy and impactful actions

1. Choose plant-based proteins (e.g., tofu, lentils, beans, nuts and seeds) paired with vibrant flavors for your main dishes.
2. Avoid red meat and processed meat; minimize foods high in saturated fat (like cheese).
3. Request whole grains (e.g., brown rice, quinoa, whole wheat) instead of refined grains.
4. Choose unsweetened beverages (e.g., coffee, tea, seltzer) and provide pitchers of water.
5. Add avocado to plant-based sandwiches for a dose of healthy fats.

See Harvard's [Sustainable Meeting & Event Guide](#) for more ideas!

Spotlight on Harvard vendors' sustainable and healthful offerings

Crimson Catering

- Grain bowls (*from Climate Friendly/Seasonal Menu*):
 - Quinoa & Brussel sprouts with baby spinach, goat cheese, diced apple, orange-thyme vinaigrette
 - Quinoa & Korean BBQ tofu with quinoa, seasonal stir-fried veggies, red leaf lettuce
 - Pearled couscous & winter greens with roasted carrots, pumpkin seeds, shredded beets, tahini dressing

GSE Rebecca's Cafe

- Hot entrée: Taco Bar (choose vegetable blend for filling)
 - *Add avocado for healthy fat*
- Cold entrée: Tandoori tofu served with cucumber and golden raisin couscous salad and yogurt tzatziki sauce
 - *Offer yogurt tzatziki sauce on the side*
- Sandwich: Buffalo tofu (crispy tofu, buffalo sauce, shredded carrot, lettuce, tomato, blue cheese)
 - *Offer the blue cheese on the side*
- Pair a protein (such as grilled tofu) with a variety of cold sides, such as:
 - Lo mein noodles (baby corn, carrots, julienned red peppers, and sesame vinaigrette)
 - Israeli couscous (fresh-chopped kale tossed with quinoa, mandarin oranges, and pickled onion in a citrus dressing)
 - Black bean and chickpea salad (corn, peppers, scallions, and coriander vinaigrette)
 - Cold lentil salad (lentils with cucumber, tomato, olive, red onion, feta and fresh herbs tossed in red wine vinaigrette)
 - Greek grain salad (red rice, quinoa, black olives, cucumber, red onion, tomato and feta tossed in Greek dressing)

HBS Restaurant Associates

- [Special event menu] Bowl Inc with Firecracker Tofu, iceberg, grilled zucchini, red onion, tomatoes, black beans, guacamole, lime crema, tortilla strips, Pico de Gallo
 - *Ask for sliced/cut fruit instead of hand fruit*
 - *Ask for seltzers instead of soda, and serve water in a carafe/pitcher*
 - *Ask to substitute fruit, nuts, and dark chocolate - or to cut desserts into a smaller portions*
- [Special event menu] Bento Box with miso roasted butternut squash, brown rice, sweet potato, spinach, roasted chickpeas, avocado, red pepper tahini
 - *Ask for sliced/cut fruit instead of hand fruit*
 - *Ask for seltzers instead of soda, and serve water in a carafe/pitcher*
 - *Ask to substitute fruit, nuts, and dark chocolate - or to cut desserts into a smaller portions*
- Select sandwiches, including:
 - Smashed chickpea and apple salad, shaved cucumbers, avocado, carrots, arugula, rustic roll

- TTLA: tempeh bacon, tomato, lettuce & avocado with roast garlic vegan mayo
- Tofu banh mi: Pickled carrots, cucumbers and jalapenos, shredded napa cabbage, seared tofu on baguette

HKS HUDS

- Select sandwiches, including:
 - Crisp julienned vegetables with hummus
 - Roasted portobello, zucchini, and summer squash with red pepper and goat cheese
 - Falafel pita with tahini, cucumber, and tomato
- Select sides, including:
 - Red and white quinoa salad (*add grilled tofu for extra protein*)
 - Black bean and corn salad (*add avocado for healthy fat*)
 - Farro salad (*add avocado for healthy fat*)

HLS HUDS

- Asian Salad: Sesame soba noodle salad, scallions, shaved cabbage, baby kale, mandarin and wonton crisps
 - *Add grilled tofu for extra protein*
- Middle Eastern Salad: Mixed greens, hummus, tabbouleh & dolmas, feta, olives, pita triangles with lemon dressing
 - *Offer feta on the side*
- Black Bean Wrap: Black bean mash, shaved red onion, Pico de Gallo, vegan cheddar, mixed greens, sriracha in a spinach wrap
 - *Add avocado for healthy fat*

HMS Restaurant Associates

- Bento Boxes
 - Proteins (choose 2): Lemongrass-grilled tofu, edamame, corn, orange ginger soy vinaigrette and sesame seeds; Roasted eggplant, hummus, feta, pomegranate, za'atar and mint
 - Sides (choose 2): Quinoa salad with kale, cranberry, squash, and ginger vinaigrette; Shaved Brussel sprouts, apple, hazelnut, red pepper flak and lemon salad; Waldorf salad with romaine, grapes, apples, walnuts, and lemon aioli; Soba noodle salad with peppers, carrots, snow peas, baby corn, and ginger sesame dressing; Farro salad with shaved fennel, celery, pecorino, orange, and white balsamic
 - *Consider omitting rolls*
 - *Request seltzers instead of soda*
 - *Cut desserts into small pieces, or omit altogether*
- Use HMS Restaurant Associates' "[Custom Menu Request](#)" ordering portal to design your own sustainable and healthful meal! Use the Harvard T.H. Chan School of Public Health's "[Healthy Eating Plate](#)" as a guide.

SEC HUDS

- Basic buffet: Tofu and vegetable stir-fry with mixed green salad; chef's choice of complementing starch and vegetable

- *Ask to substitute fruit, nuts, and dark chocolate - or to cut desserts into a smaller portions*
- Rainbow Bowl: Quinoa, purple cabbage, red pepper, edamame, diced tomato with Thai red curry sauce
 - *Add chili-garlic tofu for protein*

SPH HUDS (Sebastian's Café)

- Salad buffet: Roasted balsamic-glazed tofu over mixed greens with shredded broccoli and carrot slaw, vinaigrette, brown rice salad, paired with Asian noodle salad
 - *Skip the cookies/brownies, or ask that they be cut into small bite-size pieces*
- Cold lunch buffet: "Spa Luncheon" with grilled tofu steak, zesty pineapple chili salsa, seasonal grilled vegetables, chef's grain salad of the day, whole wheat pita and olive oil

Meal: Dinner

Easy and impactful actions

1. Choose plant-based proteins (e.g., tofu, lentils, beans, nuts, and seeds) paired with vibrant flavors for your main dishes.
2. Avoid red meat and processed meat; minimize foods high in saturated fat (like cheese).
3. Request whole grains (e.g., brown rice, quinoa, whole wheat) instead of refined grains.
4. Choose unsweetened beverages (e.g., coffee, tea, seltzer) and provide pitchers of water.
5. If serving dessert, opt for sliced fruit or a combination of fruit, nuts, and dark chocolate (e.g., chocolate covered strawberries).

See Harvard's [Sustainable Meeting & Event Guide](#) for more ideas!

Spotlight on Harvard vendors' sustainable and healthful offerings

Crimson Catering

- The Kirkland buffet: Minestrone soup with white beans, hearty vegetables, ditalini pasta and topped with parmesan cheese; kale and brussels sprout salad with cranberries, pumpkin seeds, honey Dijon vinaigrette; stuffed seasonal squash with browned Beyond Sausage; penne pasta with white wine, EVOO, basil, garlic, sun-dried tomatoes, and artichoke hearts; roasted root vegetables seasoned with olive oil, thyme, rosemary, cumin, salt, and pepper
- Culinary displays:
 - Athenian Table with hummus, tabbouleh, baba ghanoush, marinated olive medley, cucumber and feta salad, stuffed grape leaves, rosemary roasted cherry tomatoes, fresh pita
 - Fruit & Dip Station with sliced strawberries, pineapple, honeydew, and cantaloupe; honey mint yogurt dip; coconut milk with fruit puree, maple syrup, vanilla and vegan creamer
 - Grilled Vegetable Display with fingerling potatoes with rosemary and garlic; orange ginger turmeric roasted heirloom rainbow carrots; grilled asparagus and charred tomatoes; crispy broccolini and balsamic glaze; Cajun-roasted cauliflower; dill cucumber dip
- Hors d'oeuvres:
 - Quinoa and zucchini fritter (*from Climate-friendly/Seasonal menu*)

- Mission figs with goat cheese, walnuts, and almonds
- Thai summer roll
- Edamame pot sticker

GSE Rebecca's Cafe

- Tofu tikka masala (tofu tossed in ginger garlic tomato curry sauce)
 - *Ask for brown rice instead of white rice*
 - *Pair with hot sides, such as: garlic spinach, steamed broccoli (request no butter), oven roasted vegetables*
- Baked stuffed pepper (green bell pepper stuffed with quinoa and rice sauteed in tomato, red onion, basil, olive oil, and lemon, topped with red sauce)
 - *Ask for brown rice instead of white rice, or skip the rice (just quinoa)*
 - *Add lentils or black beans for extra protein; serve avocado on the side for healthy fat*
- Passed hors d'oeuvres:
 - Fried tofu skewer
 - Vietnamese fresh rolls
 - Watermelon tower
 - Vegetable dumpling
 - Vegetarian quesadilla

HBS Restaurant Associates

- [Special event menu] Passed hors d'oeuvres:
 - Grilled teriyaki tofu skewer
 - Quinoa stuffed baby bell peppers
 - Vietnamese spring roll, ginger soy sauce, scallion
 - Greek sushi
- [Special event menu] Vegan street taco reception station: Blue corn tortillas, smoked paprika potatoes, black bean "chorizo," jackfruit El Pastor, cashew crema, mole verde, queso, shredded cabbage, radish, pickled onions, salsa roja
- [Special event menu] Buffet dinner:
 - OPTION I: Lyan (smashed yams); beans and dodo (stewed beans and plantains); jollof rice (long grain rice, tomatoes, onions, spices); curried lemon tempeh; tofu skewer
 - OPTION IV: Lo mein salad; stir-fried vegetables; tempeh; fire roasted shishito peppers, parmesan, lemon gremolata; Szechuan vegetable

HKS HUDS

- Tofu Pad Thai (themed buffet): Asian salad of Napa cabbage with mint, Thai basil, red onions, and pepper tossed in sesame dressing; Tofu pad Thai (tofu mixed with rice noodles and Asian vegetables)
 - *Dessert: Ask to substitute fruit, nuts, and dark chocolate - or to cut desserts into a smaller portions*
- Mediterranean Display: Hummus & tabbouleh, grilled vegetable salad, feta cheese, toasted pita, roasted garlic crostini
- HUDS Value Menu:
 - Sides: Saffron couscous with dried currants and apricots; Garlic and lemon green beans with extra virgin olive oil; roasted chili-dusted carrots

- Salad: Power mix salad with Brussels, cabbage, kale, carrots, and zucchini tossed in a tahini dressing
- Mains: Veggie burrito wrapped with rice, beans, and mixed veggies with Pico de Gallo (*ask for sour cream and cheese on the side*)

HLS HUDS

- Grain bowls: *Add crispy tofu steaks for protein and/or avocado for healthy fat*
 - Power bowl: Red quinoa, marinated carrots, avocado, goat cheese, crispy shallots with balsamic vinaigrette
 - Umami bowl: Brown rice, pickled shallots, shiitake mushrooms, roasted corn, purple cabbage, scallions with miso-lime dressing
 - Harvest Bowl: Millet pilaf, honey roasted sweet potatoes, feta cheese, baby kale, beets, honey lemon vinaigrette
 - *Ask for feta on the side*
- Select appetizers, including:
 - Avocado toast with feta, pepita seeds
 - Feta & watermelon skewer with mint
 - Spring pea hummus crostini with pickled shallot
 - Risotto croquette with basil aioli
 - Edamame pot stickers
- Chef's station of vegetarian flatbreads
 - Heirloom tomato mozzarella, pesto and olive oil
 - Grilled vegetables, feta, oregano and lemon tahini
 - Vegan shrimp, sun-dried tomato, and arugula

HMS Restaurant Associates

- Greek Buffet with pomegranate glazed eggplant, roasted fennel, tomato, basil and olives; chopped Greek salad; tzatziki sauce hummus and pita chips
 - *Dessert: Ask to substitute fruit, nuts, and dark chocolate - or to cut desserts into a smaller portions*
 - *Request seltzers instead of soda, and pitchers of water*
- Eastern buffet with green beans and tofu with hoisin sesame dressing; ginger-roasted cauliflower, golden raisin, and almonds; spinach, kale, and mizuna greens, papaya, shiitake, wonton crisps, carrot dressing
 - *Consider omitting rolls, or ask for whole grain*
 - *Dessert: Ask to substitute fruit, nuts, and dark chocolate - or to cut desserts into a smaller portions*
 - *Request seltzers instead of soda, and pitchers of water*

SEC HUDS

- Select hors d'oeuvres:
 - Kale and edamame potsticker
 - Red bean cake with avocado mousse and Pico de Gallo
 - Thai summer rolls with ginger sesame soy dip
 - Stuffed grape leaves with tzatziki
- Plated dinner: Wild mushroom risotto with shaved vegetable salad, oyster and king trumpet mushrooms, shiitake, miso edamame puree
- Plant-based menu:

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- Kale salad with shredded carrot, toasted walnuts, cherry tomatoes, and a green herb dressing
- Lentil and brown rice-stuffed pepper in a rich tomato sauce
- Moroccan vegetable tagine with olives and chickpeas with harissa couscous

SPH HUDS (Sebastian's Café)

- “Moroccan Mélange” hot dinner buffet: Spinach salad with olives, tomatoes, cucumber and shredded carrots with spiced lemon dressing, grilled vegetables with chickpeas, couscous and toasted pine nuts, pita triangles with olive oil, sliced fresh fruit and seasonal berries
 - *Request seasoned grilled tofu as the main protein*
- Create your own dinner from the “Budget Friendly Catering Menu”:
 - Chef’s vegetable medley (add tofu) + Brown rice with garbanzo beans
 - Fiesta brown rice salad + Southwestern black bean patty with Pico de Gallo

Meal: Snacks/Breaks

Easy and impactful actions

1. Serve sliced/cut fruit, veggies and hummus or guacamole, and/or (if no nut allergies) low-sugar nut-based bars.
2. Offer unsweetened iced tea with lemon, cold brew iced coffee with oat milk, and flavored seltzers for a refreshing pick-me-up.
3. Avoid serving desserts and sweets; instead, energize your attendees by incorporating inclusive movement opportunities and/or fresh air outdoors.