

FULL MENU



Sebastian's / catering



Before placing your order, please inform your server
if a person in your party has a food allergy.

Within this menu listing, items marked with an * are served raw
or undercooked, or contain (or may contain) raw or undercooked ingredients.
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs
may increase your risk of foodborne illness.

(v), vegetarian

(vgn), vegan

Sebastian's/catering

hsph_catering@harvard.edu

Office: 617-432-4624

BREAKFAST

All prices are per person, minimum of 10 guests unless otherwise noted.

Seasonal Whole Fruit (v)	1.50
Assorted Cereal & Milk (v)	2.75
Individual Chobani Yogurts (v)	2.75
Granola Bars (v)	1.25
Croissants (v) with Butter	2.25
Assorted Tea Breads	1.75
Assorted Freshly Baked Muffin (v)	2.95
Bagels & Cream Cheese (v)	2.25
Fruit Salad (vgn)	4.25
Steel Cut Oats (vgn) with Assorted Toppings of: Raisins, Brown Sugar & Cranberries	3.50
Continental Breakfast of Freshly Baked Muffins, Bagels, Tea Breads and Mini Croissants, accompanied with Butter, Jam & Cream Cheese, Assorted Chilled Juices & Peet's Brewed Coffee and Tea Selection	8.25
+ add Seasonal Fresh Fruit Salad (v)	3.75

Beverages

Peet's Brewed Coffee & Tea Selections	3
Box of Joe (serves 10)	25
Assorted Chilled Juices	2
Seltzer Water	1.95
Still Water	2.25
Assorted Cold Sodas	1.75

LUNCH

Artisan Sandwiches

All prices are per person (Minimum of 10).

Served boxed or on a platter with Cape Cod Potato Chips and a Cookie. Sandwiches can be prepared on gluten-free bread upon request. Choose up to three sandwiches from the options below. Additional choices are priced at an extra 50¢ per guest, per selection.

Served on assorted rolls OR wrap with lettuce and tomato.

Classic Sandwiches 16.25

- Turkey and Provolone
- Roast Beef and Cheddar
- Tuna Salad
- Classic Chicken Salad
- Seared Marinated Tofu Wrap (vgn) ~ Avocado, Chipotle Aioli
- Kale Caesar and Grilled Chicken Wrap
- Caprese Focaccia (v) ~ Vine Ripe Tomato, Fresh Mozzarella, Nut-Free Pesto, Arugula
- Smashed Chickpea Wrap (vgn) ~ Diced Celery, Diced Red Onion, Vegan Mayonnaise, Lemon Juice, Old Bay Seasoning

Signature Sandwiches 17

- THE CRIMSON ~ Smoked Salmon, Capers, Red Onions, Lettuce, Tomato and Lemon Dill Aioli on Brioche
- GRAYS ~ Farmhouse Turkey, Cheddar, Arugula, Ranch Mayo on Brioche
- HOLDEN ~ Ham and Brie, Caramelized Apple, Coleslaw, Honey Mustard, Field Greens on Brioche
- BOYLSTON (vgn) ~ Roasted Portobello Mushroom, Caramelized Onions, Roasted Sweet Potatoes, White Bean Spread, Baby Spinach on Wheat Wrap
- WADSWORTH (v) ~ Roasted Heirloom Tomatoes, Local Maple Brook Ricotta, Basil and Arugula, Focaccia Bread
- FALAFEL WRAP (vgn) ~ Hummus, Cucumber, Pickled Red Cabbage and Arugula
- BUFFALO CHICKEN WRAP ~ Grilled Chicken Marinated in Hot Buffalo Sauce, Chopped Romaine, Blue Cheese, Flour Tortilla Wrap
- GRILLED CHICKEN ~ Grilled Chicken, Thai Basil Aioli, Pickled Carrots & Daikon, Arugula on Ciabatta

Cold Salad Bowls

9.95

Available every week

{Served Buffet Style} All prices are per person.
(Minimum of 12 per flavor)

Mediterranean Power Salad

Mesclun Greens, Baby Spinach, Roasted Salmon, Kalamata Olives, Cucumbers, Tomatoes, Feta, Red Onion, 7-Grain Salad and a Lemon-Olive Oil Vinaigrette

Grilled Chicken Harvest Salad

Arugula and Baby Kale, Grilled Chicken Breast, Walnuts, Sun-Dried Cranberries, Roasted Broccoli, Sliced Radish and Blue Cheese with Balsamic Dressing

Ultimate Crudité's Chopped Salad

Baby Spinach, Chopped Fresh Vegetables (Broccoli, Carrots, Cauliflower, Celery, Green Peppers), Sliced Mushrooms, Sliced Radish, Cherry Tomatoes, Sunflower Seeds and French Dressing

Protein Power Bowl

Baby Kale, Quinoa, Grilled Chicken, Hard-Boiled Eggs, Black Beans, Cucumbers, Shredded Cheddar and Avocado Oil & Cider Vinegar

Tuna Niçoise Salad

Arugula, Mesclun Greens, Flaked Tuna, Hardboiled Eggs, Olives, Green Beans, Sliced Red Onion and Tomatoes, served with Creamy Blue Cheese or Balsamic Dressing

Garden Chickpea Crunch Salad

Baby Spinach, Quinoa Garbanzo Salad, Hummus, Cherry Tomatoes, Sliced Cucumber, Roasted Peppers, Feta and Sesame Seeds with Ranch Dressing

Rainbow Fruit & Nut Salad

Mesclun Greens, Baby Kale, Pineapple, Cantaloupe, Honeydew, Blueberries, Walnuts and Crumbled Parmesan with Balsamic Vinaigrette

Vegan Protein & Grains Salad

Arugula, Baby Spinach, Tofu, Black Beans, Kidney Beans, Butter beans, Quinoa, Fresh Vegetables and Sunflower Seeds, drizzled with Canola Oil and Balsamic Vinegar

Hot Signature Bowls

9.95

Rotating Menu

Choose from our curated selection of full-flavor grain bowls, each crafted from the freshest ingredients.
All bowls come complete with a house sauce on the side.

Mediterranean Bowls

Available in the following weeks (in 2026):

March 23, April 13, May 4, May 25, June 15,
July 6, July 27

Citrus-Herb Chicken & Quinoa Bowl

Cilantro-Lime Quinoa, Roasted Broccoli with Garlic & Chili, Pickled Red Onions, Citrus-Herb Roasted Chicken and Lemon Tahini Sauce

Tofu & Black Bean Fiesta Bowl (vgn)

Black Beans, Roasted Broccoli with Garlic & Chili, Roasted Corn & Peppers, Teriyaki Tofu and Sweet & Spicy Teriyaki Sauce

Salmon & Sweet Potato Nourish Bowl

Cilantro Lime Quinoa, Chili-Lime Roasted Sweet Potatoes, Crispy Cucumber, Roasted Salmon with Lemon Zest and Lemon-Tahini Sauce

Chickpea & Avocado Vibrance Bowl (v)

Herbed Chickpeas, Smashed Avocado, Pickled Red Onions, Roasted Broccoli and Sesame-Ginger Miso Dressing

Tiffin Bowls

Available in the following weeks (in 2026):

March 9, March 30, April 20, May 11, June 1,
June 22, July 13, August 3

Classic Butter Chicken Bowl

Basmati Rice & Kidney Beans with Garlic & Chive, Roasted Broccoli with Garlic & Chili, Sangria Tomatoes and Raita with a drizzle of Tomato Chutney

Tandoori Salmon Power Bowl

(Monday & Wednesday only)

Sorghum, Roasted Corn & Peppers with Smoked Paprika, Cauliflower with Garam Masala and Tomato Chutney

Cod & Corn Masala Bowl

(Tuesdays & Thursdays only)

Brown Rice, Roasted Corn & Peppers with Smoked Paprika, Roasted Broccoli with Garlic & Chili and Tomato Chutney

Palak Paneer Garden Bowl (v)

Basmati Rice with Roasted Broccoli with Garlic & Chili and Tomato Chutney

Delhi Street Vegan Bowl (Vgn)

Brown Rice, Tarka Dal, Roasted Corn & Peppers with Smoked Paprika, Cauliflower with Garam Masala and Tomato Chutney

Tex Mex Bowls

Available in the following weeks (in 2026):

March 16, March 30, April 6, April 27, May 18, June 8, June 29, July 20, August 10

Classic Chicken Tinga Burrito Bowl

Cilantro-Lime Rice, Black Beans with Fajita Peppers & Onions, Sangria Tomatoes, Pico de Gallo and Crumbled Cotija

Chili-Lime Salmon Power Bowl

(Mondays & Wednesdays only)

Quinoa, Roasted Corn & Peppers with Smoked Paprika, Roasted Broccoli with Garlic & Chili and Avocado & Cilantro-Lime Yogurt Sauce

Baja Cod Street Bowl

(Tuesday & Thursday only)

Brown Rice, Pinto Beans, Fajita Peppers & Onions, Chili-Lime Roasted Sweet Potatoes, Pico de Gallo and Avocado

Ancho-Lime Tofu Verde Bowl (vgn)

Quinoa, Pinto Beans, Fajita Peppers & Onions, Chili-Lime Roasted Sweet Potatoes, Pico de Gallo and Avocado

Southwest Veggie Protein Bowl (Vegan)

Brown Rice and Black Beans, Roasted Corn & Peppers with Smoked Paprika, Sangria Tomatoes, Roasted Broccoli with Garlic & Chili, Pico de Gallo and Avocado

Whole Pizza Pies (8 slices)*

Available Mondays, Wednesdays & Fridays

Cheese (v)	13.50
Pepperoni	14.25
Special of the Day	15.45

Grill Specials

Available Tuesdays & Thursdays

Chicken Fingers (4 pieces) {minimum of 10 people}	6.75pp
Sweet Potato Fries {minimum of 10 people}	4.75pp

BREAKS & SWEET TREATS

All prices are per person, minimum of 10 guests unless otherwise noted.

Sweet & Salty Break (v)	6.50
Assorted Bags of Salty Snacks, Candy Bars and Assorted Beverages	
Freshly Baked Cookie	2
Assorted Brownies	2

Special Occasion Cakes

All are vegetarian and serve 30 people.
Three business day notice required.

Vanilla Cake	115
Lemon Chiffon Cake	115
Chocolate Raspberry	115

ORDERING GUIDELINES

Our Catering Team is here to help plan your events. We will be happy to help customize a menu that fits into your budget for your event.

Orders will be confirmed Monday - Friday, 8am-2pm.

Email orders to: hsph_catering@harvard.edu

Phone: 617-432-4624

- Pickup or Delivery hours between 7:30am-2:30pm.
- Minimum Order \$25.
- There will be an 8.5% administration fee and a delivery charge of \$25 for every order from non-T. H. Chan School of Public Health affiliates. Alternately, orders may be picked up from the cafe to eliminate the delivery charge.
- Additional labor charges may apply for large groups and all-day meetings.
- Orders and estimated attendance must be received **10 business days** prior to event.

Guaranteed attendance count and entrée count are due five business days prior to your event. If we do not receive a final guest count, we will prepare and charge the guest count provided with your estimated attendance.

- Catering outside the Sebastian's Cafe operating hours is handled by Crimson Catering (see below).
- All catering orders are contingent on staffing levels.

Cancellation

Three (3) business days notice is required for all event cancellations. Cancellations received after that time will be liable for any event costs incurred up to that point.

Staffing Guidelines

Staff is booked for a minimum of 4 hours. We can help determine the appropriate staffing levels for your event. Set up and break down time shall be included. If the party concludes later than scheduled additional charges may be incurred.

Linen

House linen is available for your events. \$13 per table.

Specialty Items

Specialty items such as China, Flowers, Kosher Meals, upscale Linen and Rentals can be provided for your event. Please speak with your event manager when arranging your event.

Service & Rental Items

Compostables	\$1.50-\$2.50 per person
China service	\$8.50-\$15 per person

Payment

Internal (University-affiliated) catering orders will not be booked without a university billing code. We cannot accept Harvard purchasing cards. For external orders, we accept Visa, & MasterCard.



Additional Catering Resources

Sebastian's Cafe partners with Crimson Catering, another Harvard University Dining Services business, to support all your additional event needs, be it for large functions, custom menus, or after hour service.



Contact

www.catering.harvard.edu
617-496-6000