

# LUNCH MENU

My Favorite Exercise is a Cross Between a Lunge and a Crunch,  
It's Called LUNCH.

All options include coffee, decaffeinated coffee, and assorted Bigelow teas  
Plated Entrees select a maximum of 2 entrees choices, 1 salad, 1 starch, 1 vegetable, 1 dessert, rolls & butter  
Buffet includes 2 entrees, 1 salad or 1 soup, 1 starch, 1 vegetable, 1 dessert, rolls & butter

## Plated Entrees Select 2

Chorizo Stuffed Chicken Breast <i>(with Sun-dried Tomato Sauce)</i>	\$21.00/pp
Grilled Chicken Breast	\$19.00/pp
Grilled Petite Filet with demi glaze	\$27.00/pp
Apple-Brined Pork Roast	\$20.00/pp
Seared Salmon	\$25.00/pp
Duck Etouffee	\$26.00/pp

## Sauce Selections Select 1 per dish

### Pork Sauces

-Maple Bacon Chutney, Jalapeno Apricot Glaze, Herb  
Crusted, Smoked Mushroom, Honey Balsamic Glaze

### Chicken

-Balsamic Glaze, Italian Dressing, Lemon Garlic, Honey  
Balsamic Glaze, Tuscan Cream Sauce

### Salmon

-Lemon and Brown Butter, Orange Herb Glaze,  
Bourbon Glaze, Apricot Jalapeno, Maple Bacon Glaze

## Vegetarian Entrees Plated Only

Cauliflower Steak <i>(Raisin Caper Butter)</i>	\$16.00/pp
Farro with Roasted Mushrooms & Spinach	\$15.00/pp
Portabello Stack <i>(Spinach, Mozzarella Cheese, and Tomato Basil)</i>	\$19.00/pp

## Buffet Entrees Select 2

-Apple Brined Pork Loin	\$24.00/pp
-Grilled Chicken Breast	
-Seared Atlantic Salmon	
-Herb-Crusted Beef Roast	
-Vegetarian Lasagna	
-Penne Pasta with Marinara Sauce, Mixed Vegetables, Mozzarella Cheese	
-Alfredo Vegetable Pasta	

All menus will be charged a 20% service charge and 6.75% sales tax per person.

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## Salad Selections

- Chef's Seasonal Salad
- Fruit Salad
- Petite Caesar Salad
- Market Garden Salad  
*(Greens, tomatoes, cucumbers, croutons, served with Ranch and Italian dressing)*

## Vegetable Selections

- Mixed Vegetables
- Haricot Vert
- Roasted Root Vegetables
- Country Green Beans
- Brussel Sprouts
- Broccoli
- Squash Casserole

## Desserts

Florida Key Lime Pie, Apple Pie, Peach Pie, Chocolate Torte,  
NY Cheesecake with Fresh Strawberries, Assorted Dessert Bites

OR

## Soup Selections

- Roasted Red Pepper
- Smoked Mushroom
- Roasted Cauliflower
- Beef Chili
- Portuguese Kale
- Corn Chowder
- Beef & Barley
- Chicken Noodle

## Starch Selections

- Garlic Mashed Potatoes
- Cheesy Au Gratin Potatoes
- Skillet Corn
- Rosemary Garlic Redskins
- Gourmet Mac & Cheese
- Wild Rice Pilaf
- Red Beans & Rice
- Farro & Mushrooms

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## Hot Themed Buffets

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### Baked Potato & Salad \$21.00/pp

- Market Garden Salad
- Rolls & Butter
- Idaho Baked Potatoes
- Grilled Chicken
- Beef Chili
- Assorted Toppings
- Assorted Dessert Bites

### Taco Bar \$20.00/pp

- Market Garden Salad or Tortilla Soup
- Hard and Soft Shells
- Seasoned Ground Beef
- Seasoned Shredded Chicken
- Sauteed Peppers and Onions
- Re-fried Beans
- Mexican Rice
- Tortilla Chips and Salsa
- Assorted Toppings
- Churros

### Little Italy \$21.00/pp

- Caesar Salad or Minestrone Soup
- Antipasto Tray
- Meat or Vegetable Lasagna
- Choose 1
- Balsamic Grilled Chicken, Italian Grilled Chicken, Cheese Tortellini
- Sauteed Vegetables
- Bread-sticks and Marinara
- Tiramisu

### Spanish Siesta \$22.00/pp

- Market Garden Salad or Portuguese Kale Soup
- Chorizo Stuffed Chicken with Roasted Red Pepper Sauce
- Picadillo, Ground Beef, Olives, Onions, Bell Peppers in tomato sauce
- Paella
- Paprika Potatoes
- Vegetable Sautee
- Churros

### Southern Hospitality \$20.00/pp

- Choose 2
- Pulled Pork, Brisket, BBQ Grilled Chicken, Grilled Chicken Breast
- Choose 2
- Mac & Cheese, Baked Beans, Hush Puppies, Mashed Potatoes, Corn Souffle
- Choose 1
- Country Green Beans, Mixed Vegetables, Fried Okra, Collard Greens
- Choose 1
- Potato Salad, Cole Slaw, Macaroni Salad, Market Garden Salad
- Choose 1
- Peanut Butter Pie, Peach Pie, Apple Pie, Berry Cobbler

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Select 2 sandwiches from either option below. Vegetarian option available upon request

## Boxed Lunches \$19.00/pp

Includes: Pasta Salad, Chips, Cookies, Fruit,  
Bottled Water, Utensils

Roast Beef on Pumpernickel

-Cream Cheese thin sliced red onion

Smoked Turkey on Ciabatta

-Cheddar Cheese, Lettuce, Tomato, Mayo

Italian Hoagie on Italian Hoagie Roll

-Prosciutto, Salami, Mozzarella, Banana  
Peppers, Red Onion

Ham on Brioche Bun

-Swiss Cheese and Grain Mustard

Vegetable Stack on Ciabatta

-Grilled Portabello, Onion, Spinach, Red  
Pepper Herb, Basil

## Deli Buffet \$23.00/pp

Includes: Individual Bags of Chips, Assorted  
Dessert Bites.

Sandwiches are individually wrapped.

Market Garden Salad

Pasta Salad

Roast Beef on Pumpernickel

-Cream Cheese thin sliced red onion

Turkey Club Wrap

-Bacon, Cheddar Cheese, Lettuce, Tomato,  
Mayo

Italian Hoagie on Italian Hoagie Roll

-Prosciutto, Salami, Mozzarella, Banana  
Peppers, Red Onion

Ham on Brioche Bun

-Swiss Cheese and Grain Mustard

Vegetable Stack on Ciabatta

-Grilled Portabello, Onion, Spinach, Red  
Pepper Herb, Basil

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