

lunch

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ESSENCE

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MARRIOTT BATON ROUGE

5500 Hilton Avenue | Baton Rouge | LA 70808

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entrée salads

caesar salad (prices vary)

romaine lettuce, parmesan garlic croutons, caesar dressing, shaved parmesan cheese, topped with your choice:

grilled chicken or
grilled shrimp or
fillet of salmon

warm rolls and butter

raspberry swirl cheesecake

iced tea

southwest chicken salad

chilled spring mix,
lime and tequila marinated
grilled chicken, sliced red onions,
grape tomatoes,
hard cooked eggs,
shredded monterey jack and
cheddar cheeses,
chipotle avocado
ranch dressing

warm rolls and butter

sombrero torte

iced tea

asian chicken salad

asian greens, grilled breast of
chicken, cashews, crisp wontons,
pan asian dressing

warm rolls and butter

black forest cake

iced tea

strawberry fields salad

chilled spring mix,
grilled chicken breast,
candied pecans,
crumbled maytag bleu cheese,
sliced strawberries,
mandarin oranges,
raspberry vinaigrette dressing

warm rolls and butter

ultimate chocolate cake

iced tea



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sandwiches

roast turkey blt

turkey, applewood smoked bacon,
lettuce, tomato and mayonnaise,
swiss cheese,

multi-grain roll

potato chips

kentucky bourbon pecan pie

iced tea

grilled vegetable wrap

balsamic marinated peppers,
zucchini, asparagus, yellow squash
and portobello mushrooms,
crumbled bleu cheese,
whole wheat tortilla, crisp field greens,
balsamic vinaigrette dressing

gourmet carrot cake

iced tea

grilled chicken caesar wrap

grilled chicken breast sliced,
romaine lettuce, caesar dressing, fresh
parmesan cheese
and tomatoes, sun-dried tomato tortilla
amaretto almond cheesecake

iced tea

southwest fajita wrap

char-broiled breast of chicken sliced,
roasted red and yellow peppers,
shredded lettuce, pico de gallo,
guacamole, shredded monterey jack
cheese, sour cream, spring greens
in balsamic dressing

sombrero torte

iced tea



all salad & sandwich entrées are served with
coffee, decaffeinated coffee and hot or iced tea

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ask your catering contact about turning any of our sandwich or salad entrées into a “boxed lunch to go”

boxed sandwiches

the beefeater

shaved deli roast beef on a french baguette, cheddar cheese, horseradish mayonnaise, mustard

individual bags of potato chips

m&m jumbo cookie

choice of soda or bottled spring water

the ham mer

sliced honey glazed ham on a fresh baguette, swiss cheese, mayonnaise and mustard

individual bags of potato chips

peanut butter cookie

choice of soda or bottled spring water

the “tom”

turkey, applewood smoked bacon, lettuce, tomato and mayonnaise, swiss cheese, multi-grain roll

potato chips

white chocolate macadamia nut cookie

choice of soda or bottled spring water

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of air

chicken mediterranean

wedge salad: wedge of iceberg lettuce
diced tomato, chopped applewood
bacon, bleu cheese dressing

boneless breast of grilled chicken,
sun-dried tomato pesto, roasted red and
yellow peppers, fresh mozzarella cheese

fresh vegetables and rosti potatoes

raspberry swirl cheesecake

coffee, decaffeinated coffee,
revolution teas

chicken tuscan

greek salad: romaine lettuce,
kalamata olives, roasted red peppers,
julienne red onions, feta cheese, tossed in
a red wine vinaigrette dressing

boneless chicken breast coated with
herb bread crumbs, pan seared,
topped with fresh mozzarella and
marinara sauce

penne pomodoro

tiramisu torte with kahlua crème

coffee, decaffeinated coffee,
revolution teas

pasta primavera

caesar salad: romaine lettuce,
shaved parmesan, parmesan garlic
croutons, caesar dressing

penne pasta with herb chicken breast
tossed with peppers, zucchini, diced
portobello mushrooms, diced roma
tomatoes in a parmesan alfredo sauce

italian cream layer cake

coffee, decaffeinated coffee,
revolution teas

chicken cardinale

mixed field green salad: grape tomato,
julienne cucumbers, choice of dressing

boneless breast of chicken coated in
panko breadcrumbs with lemon
pepper seasoning, pan sautéed
topped with julienne of sweet red and
yellow peppers in a lemon beurre blanc

ultimate chocolate cake

coffee, decaffeinated coffee,
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filet mignon

wedge salad: wedge of iceberg lettuce
diced tomato, chopped applewood bacon,
bleu cheese dressing

filet mignon, bordelaise sauce

yukon gold mashed potatoes

fresh vegetables

new york cheesecake

coffee, decaffeinated coffee, revolution teas



rosemary and black pepper crusted pork loin

mixed field green salad: grape tomato,
julienne cucumbers, choice of dressing

rosemary and black pepper crusted sliced pork loin,
with wild mushroom marsala sauce

rosemary roasted potatoes and fresh vegetables

gourmet carrot cake

coffee, decaffeinated coffee, revolution teas

roasted new york strip loin

sliced beefsteak tomatoes, sweet onion, crumbled bleu
cheese, balsamic vinaigrette

sliced new york strip loin with bordeaux red wine sauce

horseradish mashed potatoes and tomato gruyere

julienne of vegetable

ultimate chocolate cake

coffee, decaffeinated coffee, revolution teas

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all luncheon entrées come complete
with warm rolls and butter, coffee, decaffeinated
coffee or revolution teas

of sea

grilled fillet of salmon

mixed field green salad: grape tomato,
julienne cucumbers, choice of dressing

grilled fillet of salmon, dijon cream sauce

yukon gold mashed potatoes with asparagus

lemon mist cake

coffee, decaffeinated coffee, revolution teas

grilled swordfish

caesar salad: romaine lettuce, shaved parmesan,
parmesan garlic croutons, caesar dressing

grilled swordfish with lemon chive aioli

spinach, roasted onions and fingerling potatoes

raspberry swirl cheesecake

coffee, decaffeinated coffee, revolution teas

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soup suggestion

chicken noodle, tomato basil, minestrone, cream of mushroom, clam chowder, vegetable beef and many more!

cold lunch buffet

the wallstreet (minimum 25 people)

chef's soup of the day

garden salad with dressing selection

cole slaw, spicy potato salad

albacore tuna salad, chicken salad

sliced oven roasted turkey, sliced roast beef,
sliced genoa salami, shaved ham

wheat and rye bread, multi-grain rolls,
kaiser rolls and pretzel rolls

sliced big eye swiss, american and
sharp cheddar cheeses

tomatoes, onions, kosher pickles and black olives

lite mayonnaise, specialty mustards: dijonaise,
horseradish and peppercorn

individual bags of potato chips and pretzels

individual mini desserts: mini cheesecakes,
mini pastries, mini cream puffs, mini eclairs,
chocolate covered strawberries

coffee, decaffeinated coffee, revolution teas

*menus based on a minimum number of guests ~ less
than listed minimum number of guests ~ an additional charge
per person will be applied to the menu price.*

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cold lunch buffets (cont.)

deli express (10-25 people)

fresh fruit salad, spicy potato salad,
cole slaw

roasted breast of turkey, sliced roast beef,
shaved ham

sharp cheddar, big eye swiss and
american cheeses

wheat and rye bread, multi-grain rolls,
kaiser rolls and pretzel rolls

tomatoes and pickles

lite mayonnaise, specialty mustards:
dijonnaise, horseradish and peppercorn

individual bags of potato chips
and pretzels

individual mini desserts: mini cheesecakes,
mini pastries, mini cream puffs, mini eclairs,
chocolate covered strawberries

coffee, decaffeinated coffee, revolution teas

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wrap and run (minimum 20 people)

tossed garden salad with assorted dressings, spicy potato salad

roasted sliced turkey in a whole wheat wrap with mayonnaise,
applewood smoked bacon, shredded lettuce, tomato and
swiss cheese

grilled sliced breast of chicken in a sun-dried tomato wrap
with pico de gallo, shredded lettuce and monterey jack cheese,
pesto mayonnaise and sour cream

shaved lean ham with big eye swiss, shredded lettuce,
diced tomatoes and dijonaise

individual bags of potato chips and pretzels

fudge brownies, s'mores, lemon, and peanut butter bars

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cold lunch buffets (cont.)

the rockefeller (minimum 50 people)

selection of four salads:

marinated grilled vegetable platter, caesar salad,
mixed field green salad with assorted dressings,
cole slaw, spicy potato salad

butcher block featuring:

chilled sliced beef tenderloin, roasted herb infused
breast of turkey, balsamic glazed breast of chicken,
herb crusted pork loin and shaved corned beef

beefsteak tomatoes

big eye swiss, english sharp cheddar, monterey jack
and imported sharp provolone

bread: wheat and rye bread, multi-grain rolls, kaiser
rolls and pretzel rolls, french baguettes and onion rolls

relishes: kalamata olives, pepperoncinis,
kosher pickles, lite mayonnaise, horseradish mustard,
peppercorn mustard and whole grain mustard

individual mini desserts: mini cheesecakes,
mini pastries, mini cream puffs, mini eclairs,
chocolate covered strawberries

häagen~dazs ice cream and yogurt bars

coffee, decaffeinated coffee, revolution teas



the executive (minimum 20, maximum 150 people)

tuna salad, cashew chicken salad, caesar salad, caprese salad
limestone bibb, olives, grated parmesan, crumbled maytag bleu
cheese, marinated peppers, artichokes, sweet onions,
shaved carrots, julienne cucumber, radish sprouts and crostinis

roasted chilled beef tenderloin with horseradish mayonnaise
on a french baguette

roast breast of turkey with cranberry relish on a multi-grain roll

black forest ham with stone ground mustard on an onion roll

individual mini desserts: mini cheesecakes, mini pastries,
mini cream puffs, mini eclairs, chocolate covered strawberries

coffee, decaffeinated coffee, revolution teas

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mini luncheon buffets

the asian express *(minimum 20 people)*

asian green salad with mizuna greens, bamboo shoots, water chestnuts, pea pods, cashews and fried wontons, ginger orange dressing

general tso's crispy chicken with sweet & sour sauce

beef stir-fry with asian vegetables in a teriyaki glaze

egg rolls with hot mustard and sesame garlic sauce

pork fried rice, stir-fried vegetables

assorted rolls and flat breads

fortune cookies, fudge brownies, s'mores, lemon bars and peanut butter bars

coffee, decaffeinated coffee, revolution teas



little italy *(minimum 20 people)*

vegetable minestrone

caesar salad, caprese salad

balsamic grilled vegetables

tri-colored tortellini alfredo

chicken parmesan

grilled italian sausage and roasted peppers

hard and soft italian breads and oils

tiramisu with kahlua cream, biscotti and cannolis

coffee, decaffeinated coffee, revolution teas

south of the border *(minimum 20 people)*

beef taco bar - shredded monterey and cheddar cheeses, guacamole, sour cream, onions, jalapeño peppers, pico de gallo

three cheese quesadilla

mexican rice and frijoles

chicken fajitas, roasted peppers and onions, pico de gallo, shredded monterey jack cheese, sour cream and guacamole with flour tortillas

sombrero torte

coffee, decaffeinated coffee, revolution teas

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lunch buffet (minimum 50 people) prices vary

caesar salad, herbed pasta salad, field green salad with assorted dressings, sliced tomato with onion and bleu cheese

choice of two or three entrees:

sliced roast strip loin
roasted pork loin
meat lasagna
rigatoni with italian sausage
pasta primavera
chicken tuscany
chicken marsala
chicken milanese
salmon piccata
parmesan crusted swordfish

fresh green beans with roasted shallots and applewood smoked bacon

roasted rosemary fingerling potatoes

individual mini desserts: mini cheesecakes, mini pastries, mini cream puffs, mini eclairs, chocolate covered strawberries

coffee, decaffeinated coffee, revolution teas

cheeseburger in paradise (minimum 50 people)

tidewater cole slaw, caesar salad, bowtie pasta salad, red bliss potato salad

southern fried chicken, quarter pound cheeseburgers and hot dogs with coney island condiments, barbecue breast of chicken, shredded barbecue pork

assorted breads

campsite baked beans with bourbon and brown sugar,

sweet onions, sautéed mushrooms, crumbled bleu cheese, smoked applewood bacon, and
condiment bar

individual mini desserts: mini cheesecakes, mini pastries, mini cream puffs, mini eclairs, chocolate covered strawberries

sliced watermelon

lemonade and iced tea

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italian luncheon buffet (minimum 50 people)

marinated tomato and sweet onion platter, caesar salad, grilled balsamic vegetables

antipasta platter: salami, pepperoni, capicola, prosciutto, cherry peppers, sweet peppers, artichoke hearts, hard cooked eggs

large hand tossed pizzas: italian sausage, pepperoni, bacon and onion pizza, margherita pizza, chicken, caramelized onions, goat cheese pizza, three cheese pizza

mediterranean chicken topped with fresh melted mozzarella, roasted peppers and sun-dried tomato pesto

rigatoni bolognese

tiramisu, biscotti, cannoli and italian cream layer cake

coffee, decaffeinated coffee, revolution teas

enhancements

enhance your italian buffet with a chef attended made to order pasta station. applicable menu and chef fee will apply