



## Light Breakfast

### **breakfast break**

includes freshly baked muffins, served with coffee, tea and decaf

### **executive continental breakfast**

includes fresh fruit salad, freshly baked pastries, muffins and bagels, served with coffee, tea, decaf and orange juice

### **wellness fruit and yogurt bar**

includes low-fat yogurt, seasonal whole fruit, granola, raisins, craisins, served with coffee, tea, decaf and bottled water

### **bagel 'wiches**

Fresh made sandwiches. Choose 2 of the following: (*minimum 12 pieces*)

- smoked salmon, mixed greens, herbed cream cheese
- tomato, fresh mozzarella, basil, cream cheese
- egg salad, tomato, mixed greens
- ham, crisp green apple, spiced cream cheese
- bacon, lettuce, tomato, cream cheese

### **boxed breakfast**

includes freshly baked muffin, granola bar, fresh whole fruit, hard-boiled egg, yogurt cup and orange juice

### **wellness oatmeal bar**

hot oatmeal served with a variety of toppings including nuts, raisins, seasonal berries, coconut flakes, brown sugar, maple syrup

Prices are subject to 20% service charge and 6% sales tax. Prices are subject to change without notice.  
Minimum group size is 25 people.



## Hot Breakfast Buffets

*All Hot Breakfast served with Coffee, Tea and Decaffeinated Coffee*

*All items listed below are served buffet style. To have the items plated and served add \$5.00 per person.*

### **the breakfast club**

Fluffy scrambled eggs prepared with cheese & fresh herbs, served with home fries and your choice of bacon or sausage

### **wellness breakfast**

Egg whites scrambled and prepared with fresh herbs, served with turkey bacon, mini low fat muffins, mini fruit & yogurt cups

### **executive breakfast**

Fluffy scrambled eggs served with home fries, assorted pastries, and your choice of bacon or sausage

### **the eye opener**

Fluffy scrambled eggs, served with maple banana French toast, home fries, assorted juices and your choice of bacon or sausage

### **breakfast sandwiches**

Freshly prepared egg sandwiches served with cheese and hash browns on your choice of croissant, or English muffin and your choice of sausage, bacon or black forest ham

### **breakfast burritos**

scrambled egg breakfast burritos, fresh salsa, home fries, coffee/ tea

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### **Frittata-Scramble buffet**

choose your preparation: mini frittatas or scrambled eggs, served with your choice of mixed green salad or home fries, orange wedges

choose 2 of the following preparations:

- egg white, spinach, and sun dried tomato
- ham, potato, onion, green pepper and cheddar cheese,
- roasted vegetables with Boursin cheese
- sausage, green pepper, onion and pepper jack cheese
- roasted mushroom medley with onions and Swiss cheese

### **Breakfast Mini's**

*these smaller portions are designed to mix & match and add to your favorite breakfast selections or create your own grazing menu! (3 per person recommend for grazing menu)  
25-person minimum order- choose 3 of the following*

#### **yogurt parfait**

low fat vanilla yogurt, fresh seasonal fruit, topped with granola

#### **fruit cup**

Assortment of seasonal fresh fruit

#### **hard-boiled egg**

one hard-boiled egg

#### **cottage cheese**

low-fat cottage cheese served with seasonal fruit

#### **honey poached pear**

honey poached pear, served with vanilla mascarpone cheese and toasted almonds

#### **banana nut crepe**

crepe served with banana, cinnamon and nutmeg mascarpone, topped with a brown sugar sauce and toasted walnuts

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## a la carte

**whole fruit**

**cupped yogurt**

**fresh cut seasonal fruit**

**bacon, pork or turkey sausage links**

**home fries**

## Beverage selection

### **juice service**

assorted orange, cranberry, apple, grapefruit juice

**bottled water-** choose still or sparkling water

### **coffee and tea service**

regular and decaf coffee, tea and condiments

### **soda and iced tea**

assorted sodas and iced tea

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## Breaks

**fingers & fries**

**mini sub sandwiches**

**fresh cut seasonal fruit salad**

**fresh cut vegetable platter with ranch dip**

**nacho chips and salsa**

**hummus and pita chips**

**fruit and cheese platter**

**chicken wings**

**mini dessert bars and cupcakes**

**sundae bar**

choice of vanilla, chocolate or strawberry ice cream, assorted toppings

**pretzel bites**

hot pretzel bites, spicy brown and yellow mustards

**energy basket**

granola, nuts, dried fruit, snack bars

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## Themed Breaks

### **health corner**

guacamole, pita chips, hummus, oatmeal bars, seasonal whole fruits

### **antipasto**

assorted italian meats and cheeses, artichoke hearts, olives, roasted red peppers, crostini

### **mediterranean**

housemade hummus, feta cheese, roasted vegetables, kalamata olives, pita chips

### **mexican fiesta**

guacamole, fresh salsa, spicy black bean dip, tortilla chips

### **cookie jar**

assorted house baked cookies chocolate chip, double chocolate chip, sugar, oatmeal raisin and m&m sugar cookies

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## Pizza

*8 slices per pizza, 16" pizza*

**cheese**

**pepperoni**

**veggie**

**hawaiian**

**bbq chicken**

**buffalo chicken**

**pear, blue cheese & arugula**

**create your own- up to 5 toppings**

extra cheese, pepperoni, green pepper, tomato, red onion, black olive, ham, pineapple, grilled chicken, buffalo chicken, blue cheese, sausage, fresh mozzarella

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## Salads & Soups

### Entrée salads

Served with freshly baked dinner rolls

#### selections:

caesar salad

gourmet cobb salad

grilled peach, bacon and pecan salad

field greens

wild watercress and endive

chef salad

pear, gorgonzola, walnut salad

white bean and kale salad

tomatoes with fresh mozzarella cheese

*add shrimp, salmon, chicken, flank steak or tofu*

### soups

served with freshly baked rolls and butter

#### selections:

chicken noodle

clam chowder

vegetarian vegetable

stuffed potato

tomato basil

roasted corn chowder

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## Sandwich buffets

*all sandwich selections include homemade potato chips, assorted cookies, assorted soft drinks and bottled water*  
**choice of one salad:** red potato salad, mayonnaise free coleslaw, tossed salad, caesar salad, mayonnaise free pasta salad

*To change from buffet to plated add \$5.00 pp*

### conference sandwich selection

assortment of wraps and sandwiches to include ham, turkey and roast beef and condiments

### so deli subs

giant sub sandwiches cut into individual servings

choose from:

- Italian
- Roast beef and cheddar
- Turkey & swiss cheese
- Ham and pepperjack cheese

### Build your own sandwich buffet

assortment of deli meats, cheeses, condiments, specialty breads,

### executive sampler

assortment of premier pre-made wraps and sandwiches, condiments, chef's choice of mini desserts.

choose 3 of the following:

- roast beef with corn salsa and chipotle cream
- black forest ham and havarti
- soy ginger salmon salad
- peppered flank steak, caramelized onion and bleu cheese
- mediterranean shrimp salad

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## Themed Buffets

All buffets are served with iced tea and coffee, and chef's choice of dessert.  
To make this selection plated, add \$5.00 pp

### italian pasta bar

served with garlic bread and grated parmesan cheese

choose two pastas:

Penne	rotini
Spaghetti	fettuccine
Rigatoni	fusilli
whole grain penne	elbow

choose two sauces:

garlic with white wine	Pomodoro
Bolognese	pesto
white cream	tomato basil cream

add a protein:

- add meatballs
- add chicken
- add italian sausage

### build-your-own tacos

served with both corn and flour tortillas, spicy black beans, cilantro lime rice

choose two proteins:

beef barbacoa	beef picadillo
pork carnitas	chicken tinga

choose two salsas:

avocado salsa fresca	chipotle salsa
roasted corn salsa	pico de gallo
salsa rojo	salsa verde

### texas-style barbecue

served with bbq chicken and bbq pulled pork, southern coleslaw, fresh fruit tray, corn on the cob, bbq baked beans and garlic texas toast,

*add soup to your entrée or buffet*

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## Themed buffets cont'd.

All buffets are served with iced tea and coffee, and chef's choice of dessert.  
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### tailgate

served with mayonnaise free coleslaw, baked beans house-made potato chips and condiments, your choice of two entre selections and choose one additional side dish

select two entrees:

hamburgers

bratwurst

hotdogs

grilled chicken breast

choose one:

homestyle potato salad

italian pasta salad

### asian buffet

served with sweet chili steamed vegetables, egg rolls, condiments and fortune cookies

select two entrees:

korean bbq beef

pork char siu

yellow curry chicken

thai basil tofu

Mongolian beef

spicy tai port stir fry

teriyaki chicken

select one:

steamed jasmine rice

lo mein with oyster sauce

steamed brown rice

whole grain five blended rice

### maryland buffet

includes handmade crab cakes, old bay chicken wings, fried fish, steamed shrimp, coleslaw, potato salad, corn on the cob, roasted potato wedges, along with traditional condiments

### traditional dinner

served with fingerling potatoes, seasonal fresh vegetables and freshly baked rolls,

choose two entrees:

grilled sirloin strip of beef

broiled tilapia filet

roasted breast of chicken,

ratatouille stuffed peppers

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## Plated entrees

*all entrees served with house salad, two dressings, freshly baked rolls, coffee and iced tea and chef's choice of dessert*

### **marinated tilapia filet**

with a pesto sauce a basil fried polenta and tomato basil salsa

### **grilled salmon steak**

covered in a teriyaki glaze and served with jasmine rice and sesame green beans

### **new york sirloin steak\***

topped with garlic butter, served with roasted asparagus and mashed potatoes

### **grilled filet mignon\***

wrapped in bacon and topped with a blue cheese crumble served with baby carrots and roasted red potato

### **medallions of pork**

pan seared and served with roasted apples, fennel and brown rice

### **pesto crusted pork**

house mac and cheese, roasted brussel sprouts

### **breast of chicken**

grilled with fresh herbs and served with lemon braised kale and whole grain cous cous

### **pan seared breast of chicken**

served with soba noodles in a vegetable and green tea sauce

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## **Carving Stations**

*Served with traditional condiments and freshly baked silver dollar rolls*

**herb rubbed top round**

**cherry dijon pork loin**

**honey glazed ham**

**country style roasted turkey breast**

**slow roasted prime rib**



## Appetizers

*Per 25 people*

### **baked brie and crostini**

wrapped in pastry and served with raspberry sauce, served with crostini

### **savory spinach dip**

served inside freshly baked bread bowl and accompanied with assorted crackers

### **hearty artichoke dip**

baked and served hot with garlic toasted pita points

### **crab stuffed mushroom caps**

baked and topped with hollandaise sauce

### **bacon wrapped shrimp**

lightly glazed with teriyaki sauce

### **beef meatballs**

served with your choice of sauce: bbq, swedish, sweet and sour

### **spanakopita**

delicate layers of phyllo dough filled with spinach, onions, cheese and herbs

### **chicken satay skewers**

chicken breast tenders glazed with sesame garlic sauce and teriyaki sauce

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## Dessert Minis

*these smaller portions are designed to mix &  
match choose up to 3 of the following*

### **strawberry shortcake**

fresh strawberry, pound cake whipped cream

### **banana caramel**

banana, pound cake, vanilla pudding, caramel

### **brownie bites**

brownie minis, whipped cream

### **cookies & cream**

vanilla pudding, cookie crumbles whipped cream

### **peaches & cream**

peaches, pound cake, whipped cream

### **strawberry orange**

macerated strawberry, orange scented mascarpone, crepe, orange zest

### **banana nut**

banana, sweet cinnamon nutmeg scented mascarpone, brown sugar sauce, crepe

### **chocolate mousse**

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