



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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