



Embassy Suites Tampa - USF/Near Busch Gardens

3705 Spectrum Boulevard

Tampa, FL 33612

813.977.7066

embassysuitesusf.com

LUNCH



**Lunch selections available to order until 3pm*



LUNCH

Lighter Lunches

Salads

chicken or shrimp Caesar \$19 | classic Caesar salad with grilled chicken or shrimp

spinach salmon \$20 | potato crusted salmon filet served on baby spinach leaves, with baby tomatoes, almonds & a zesty vinaigrette

tuna or chicken salad \$19 | mixed salad green with creamy chicken salad or tuna salad, tomatoes, cucumber & garlic croutons

cobb salad \$21 | mixed greens, turkey, bacon, jack cheese, cucumbers, tomatoes & eggs; served with a choice of dressing

Chef salad \$19 | crisp iceberg lettuce, julienne ham, turkey, cheddar and swiss cheese, diced hard boiled egg, tomatoes, cucumbers & red onions; served with a choice of dressing

Salads include fresh baked rolls & butter and Chef's selection of dessert.

Iced tea & coffee during event service.

Groups under 20 add \$50 service charge (if delivered)

Add our freshly prepared daily soup for \$4



Prices are per person, unless noted. A 24% taxable service charge and sales tax will be added to all prices.

All menus and prices are subject to change. Not all ingredients listed. Please inform us of any food allergies. Actual presentation of menu items and ingredients may vary from photos and descriptions.

< LUNCH >

LIGHTER LIGHTER (CONT.) PLATED BUFFET INSPIRED THE RIGHT MENU



LUNCH

Lighter Lunches (cont.)

Sandwiches & Wraps

tuna or chicken salad \$18 | tuna salad or homemade chicken salad with lettuce & tomato served on a hearty wheat bread or served in a whole wheat wrap

the hoagie \$19 | sliced grilled chicken, bacon, lettuce & tomato served on a hoagie roll with a pesto mayonnaise on the side

the Italiano wrap \$19 | ham, turkey, salami, provolone, lettuce, tomato with Italian vinaigrette on a garlic basil wrap

the smoky beef \$20 | shaved roast beef, cheddar cheese, caramelized onions on a sweet bread loaf with hickory bbq sauce on the side

the turkey \$18 | smoked turkey, provolone, lettuce, red onion and tomato, on a hearty wheat roll

the veggie \$18 | sun-dried tomato hummus, shaved carrots and cucumbers, sliced tomatoes, & lettuce on a hearty wheat roll

Make Them Boxed Lunches!

***Add \$2**

selection of 2 sandwiches and/or wraps

whole fruit, chips, potato or pasta salad, & cookie or brownie

Sandwiches & wraps include pasta or potato salad and chef's selection of dessert.

Iced tea & coffee during event service.



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Plated Lunches

Event Includes:

choice of starter

Chef's vegetable and chef's potato, rice or pasta

**pasta entrée include chef's vegetable*

Chef's dessert

fresh baked rolls & butter

fresh brewed coffee & iced tea during event service

Poultry & Fish

chicken Marsala \$23 | lightly breaded and sautéed chicken breast with a Marsala wine & mushroom sauce

grilled chicken aioli \$24 | grilled chicken breast marinated in Italian herbs; served with a herb aioli

chicken saltimbocca \$23 | lightly breaded chicken breast with sage, prosciutto, provolone with a parmesan cream

pan-fried buttermilk chicken \$24 | served with a poultry velouté

Gaspar's chicken \$24 | seared chicken breast topped with black beans, pico de gallo & jack cheese

rum runner salmon \$26 | marinated in rum served with a mango coulis & grilled banana

bronzed catch \$25 | lightly blackened & pan seared served with a Cajun rémoulade

Beef & Pork

fire & spice sirloin* \$26 | garlic basted sirloin slices, with caramelized onion & chimichurri sauce

mangroves meatloaf \$25 | our special recipe, tomato onion relish bourbon & black pepper gravy

cowboy steak* \$26 | chili rubbed grilled flank steak with grilled onions, peppers, jack & cheddar cheese

glazed pork tenderloin \$25 | mustard pecan glazed slices of tenderloin with au jus, with apple & onion relish

pork chop \$25 | boneless chop, sofrito marinated and grilled with black bean & corn relish

Pasta & Veggie

smoked chicken & Italian sausage penne \$24 | mushroom, zucchini & sweet tomato sauce

chicken porcini ravioli \$24 | wild mushroom ravioli, grilled mushrooms, marinated chicken, onions, bell peppers & mushroom cream sauce

three cheese pasta al forno \$23 | with balsamic grilled vegetable

eggplant parmesan \$24

roasted tomato tri-color fusilli primavera \$23 | fusilli pasta with fresh vegetables served with a roasted tomato ragu

Starters (Choose 1)

Caesar salad

Garden salad

Tomato & mozzarella salad

If two entrées are offered, the higher price will apply. If a third entrée selection is offered, an additional \$5 per person will apply to the highest priced menu item.



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LUNCH

Lunch Buffets

Magnolia Buffet

\$30 | 2 entrée

\$33 | 3 entrée

Salads & Fruit

southern cole slaw

potato salad

mixed garden greens | with assorted dressing

seasonal fresh fruit



Entrée Selections

(choose 2 or 3)

smoked honey ham | sliced, spicy mustard cream

southern fried chicken | red chili honey

pulled pork | house-smoked, with sweet apple bbq sauce

grilled cypress chicken | Italian marinated, garlic infused tomato concasse, herb aioli

pork tenderloin | mustard pecan glazed slices of tenderloin au jus, with apple & onion relish

mangroves meatloaf | our special recipe, tomato onion relish bourbon & black pepper gravy

smoked chicken & Italian sausage penne | mushroom, zucchini & sweet tomato sauce

pan-fried buttermilk chicken | served with a poultry velouté

bronzed catch | lightly blackened & pan seared served with a Cajun rémoulade

Event Includes:

beverage station | featuring:

fresh brewed coffee

iced tea

lemonade

fresh baked rolls & butter

chef's dessert display

Entrée Sides

** Buffet style only*

mashed potatoes

mac ~n~ cheese

southern style green beans



Prices based on 1 hour of service.
Groups under 40 add \$3 per person.

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Inspired Lunch Buffets

Event Includes:

beverage station | featuring:
fresh brewed coffee
iced tea
chef's assorted dessert

Classic Deli \$28

chef's garden salad
pasta salad & potato salad
fruit salad
deli meats | turkey, salami, ham,
roast beef, tuna & chicken salad
assorted breads & rolls
sliced cheese
condiment display

Soup & Potato \$28

tossed salad & Caesar salad | chef's selection of topping
soup bar (choose 2) | tomato bisque, Cuban black bean,
hearty chicken noodle & white bean chicken chili
multi-grain breads
potato bar | mashed or baked, russets & sweet potato
gravy | brown & chicken
add-ins | chili, caramelized onions, broccoli, bacon, cheese,
sour cream, chives, butter & brown sugar

Ybor City \$30

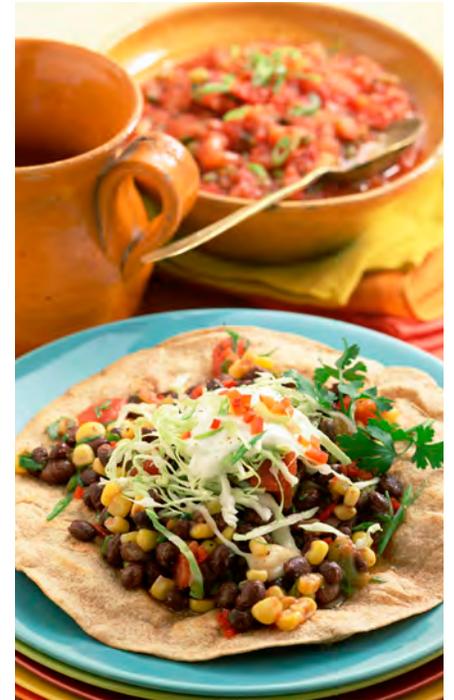
tossed salad | with assorted dressing
fruit salad
black beans
yellow rice
roast pork mojo
roast chicken
plantains
corn

Little Italy \$33

caesar salad
tomato & mozzarella salad
antipasto display
ratatouille
cheese bread and garlic bread sticks

**entrée selections (choose 3)*

Italian sausage puttanesca
traditional lasagna
steak aioli
chicken saltimbocca
chicken parmesan,
three cheese al forno



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The Right Lunch

Starter Selections

watermelon gazpacho | watermelon and cranberry juice blended with peppers, onion and celery, served chilled with cucumber & mint

**fat 0g, saturated fat 0g, cholesterol 0mg, carbs 16g, protein 1g, calories 60*
{gluten free, vegan friendly}

mixed mushroom soup | porcini and crimini mushroom and cream soup flavored with tarragon, thyme & bay leaf, topped with a chive crème fraîche

**fat 7g, saturated fat 4g, cholesterol 25mg, carbs 20g, protein 10g, calories 220*
{gluten free}

Entrées

smoked chicken pasta \$24 | smoked chicken breast, whole-wheat pasta tossed with pesto vegetable broth & grilled artichokes

**fat 6g, saturated fat 2g, cholesterol 105mg, carbs 24g, protein 49g, calories 340*
{semi-vegan friendly}

grilled chicken salad \$24 | grilled chicken atop mixed green salad, served with homemade tomato, corn & black bean salsa

**fat 19g, saturated fat 3g, cholesterol 80mg, carbs 14g, protein 32g, calories 350*
{gluten free, semi-vegan friendly}

poached branzino fillet \$25 | poached branzino fillet served atop a bed of sautéed fingerling potatoes & chanterelle mushrooms, then topped with a lemon-butter wine sauce

**fat 20g, saturated fat 5g, cholesterol 30mg, carbs 22g, protein 13g, calories 340*
{gluten free, semi-vegan friendly}

beef tenderloin salad* \$27 | fresh baby greens, tomatoes, cucumbers and bleu cheese topped with grilled lean beef tenderloin & caramelized onions

**fat 18g, saturated fat 8g, cholesterol 100mg, carbs 14g, protein 36g, calories 360*
{gluten free}

Dessert Selection

market fruit salad bowl | honey ginger dressing

**fat .5g, saturated fat 0g, cholesterol 0mg, carbs 43g, protein 2g, calories 170*
{gluten free, vegan friendly}

mango sorbet | Tampa's own Old Meeting House fat free mango sorbet topped with mango

**fat 0g, saturated fat 0g, cholesterol 0mg, carbs 37g, protein 0g, calories 130*
{gluten free, vegan friendly}

Event Includes:

choice of:
starter & dessert

beverages:
fresh brewed coffee & iced tea



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