



SHERATON
Hartford South Hotel



Banquet Menu

Sheraton Hartford South Hotel

100 Capital Boulevard • Rocky Hill, CT 06067 • 860.257.6000 • Sheraton.com



SHERATON
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Breakfast Buffets

All breakfast buffets are served with starbucks® regular coffee, decaffeinated coffee, tazo teas, seltzer water, and orange, cranberry, and grapefruit juices.

Buffets require a minimum of 20 guests. A \$125 surcharge will apply for group smaller than 20.

BUILD-YOUR-OWN CONTINENTAL BREAKFAST

CHOOSE TWO

strawberry and vanilla yogurt

acai bowls of blueberries, strawberries,
house-made granola, banana chips,
toasted coconut, and local honey

asparagus, cheddar, and egg white quiche

sliced fruit

coffee cake and biscuits served with
local honey

granola bars

CHOOSE TWO

candied walnuts and roasted almonds

dried kiwi, banana chips, and dried cantaloupe

strawberries, blueberries, grapes,
and tangerines

assorted muffins and croissants

\$19 per person

ADD TWO MORE FOR AN ADDITIONAL \$2 PER PERSON

apples, tangerines, and bananas

smoothie shots

smoked salmon and bagels

bagels and croissants

SHERATON SIGNATURE BREAKFAST

scrambled eggs served with cheddar cheese
and salsa

applewood smoked bacon

french toast served with vermont maple syrup

potato and vegetable hash

assorted whole fruit

strawberry and vanilla yogurt, with toppings
including blueberries, house-made granola,
banana chips, toasted coconut, and
local honey

assorted muffins and coffee cake

fruit preserves and sweet cream butter

\$24 per person

BREAKFAST ENHANCEMENTS

assorted breakfast sandwiches

\$37 per dozen

hot oatmeal, served with brown sugar,
cinnamon, sliced almonds, and dried
cranberries

\$5 per person

lemon ricotta pancakes

\$7 per person

belgian waffles with mixed berries, whipped
cream, and sweet butter

\$8 per person

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Grab & Go Lunch

Sheraton lunch boxes include a pepsi brand beverage or bottled water, potato chips, and oreo cookies.

WRAPS AND SANDWICHES

CHOOSE THREE

Turkey Club Wrap

turkey, bacon, tomatoes, and bibb lettuce

Grilled Buffalo Chicken Caesar Wrap

caesar salad, grilled chicken, and parmesan cheese

Roasted Shrimp Wrap

asian kale salad and jicama

Roast Beef Wrap

roast beef, boursin cheese, horseradish mayonnaise, arugula, and fried onions

Roasted Portabella Mushroom Wrap

roasted grape tomato and garlic, onion jam, and bibb lettuce

Vegetarian Southwest Wrap

black bean and corn salad, pico de gallo, roasted garlic, and cilantro rice

\$30 per person

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Sheraton Breaks

Sheraton breaks are served with freshly brewed starbucks® coffee regular, decaffeinated coffee, and tazo teas. Prices are per person.

COOKIES AND BROWNIES

assorted freshly baked cookies and warm brownies served with milk, soy milk, almond milk, and seltzer water

\$12 per person

ICE CREAM SOCIAL

vanilla and chocolate ice cream, fruit sorbet and traditional toppings, apples, tangerines, and bananas

\$13 per person

MAKE YOUR OWN TRAIL MIX

assorted nuts, seeds, dried fruits, tangerines, and bananas

\$13 per person

CRUNCH TIME

house-made potato chips, tortilla chips, salsa, guacamole, onion dip, fresh popcorn, cinnamon and salted warm soft pretzels, apples, tangerines, and bananas

\$12 per person

FUEL BREAK

assorted sodas, lipton tea, energy drink, cold-brew coffee, granola bars, trail mix, and assorted nuts

\$13 per person

HELLO GOODNESS

coconut water, naked smoothies, lipton tea, baked lays, smartfood, stacy's chips, hummus, naan chips, and cucumber

\$13 per person

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Lunch Buffets

All lunch buffets are served with starbucks® regular coffee, decaffeinated coffee, and tazo teas.

Buffets require a minimum of 20 guests. A \$125 surcharge will apply for group smaller than 20.

DELI LETTUCE WRAP BUFFET

choice of soup
garden salad
roasted turkey and roasted pork
cheddar and swiss cheeses
potato rolls
leaf lettuce planks
couscous salad
hummus
asian chicken salad
roasted garbanzo beans
onion jam
house fried potato chips
onion rings
chimichurri
mayonnaise, mustard, and gochujang aioli
choice of dessert

\$30 per person

CHICKEN TRIO

choice of soup
garden salad
sliced grilled chicken, buffalo, and
fried chicken
balsamic roasted portabella mushrooms
sliced hawaiian rolls
lettuce and pickles
onion jam
house fried potato chips
choice of dessert

\$30 per person

MAKE YOUR OWN SALAD BOWL

choice of soup
salad fixings include: romaine lettuce, mixed
greens, grape tomatoes, boiled egg, avocado,
cucumbers, gorgonzola cheese, shaved
parmesan cheese, artichoke hearts, edamame,
kalamata olives, walnuts, quinoa, lentils,
roasted portabella mushrooms, grilled chicken,
and baked shrimp
choice of dessert

\$30 per person

ITALIAN TABLE

italian wedding soup
panzanella salad
caesar salad
wild mushroom risotto
chicken parmesan
chicken sausage with peppers and onions
basil dinner rolls
green beans roasted in basil garlic olive oil
toasted chick peas
tiramisu and cannolis

\$33 per person

NEW ENGLANDER

new england clam chowder
garden salad with lemon vinaigrette
cranberry-bread stuffed chicken breast
baked scrod with lemon panko topping
rice pilaf
roasted vegetables
choice of dessert

\$35 per person

SOUPS

CHOOSE ONE

chicken noodle
minestrone
creamy broccoli
tomato bisque
italian wedding

DESSERTS

CHOOSE ONE

house-made fruit cobbler served with
ice cream
house-made bread pudding served with
amaretto sauce
apple crisp served with ice cream
banana pudding with caramel, mango sauce
drizzle and toasted coconut
assortment of chef's selection of mini
decadent desserts
cupcakes
banana foster served with ice cream
sorbet served with dried mango
chocolate mousse s'mores

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Build-Your-Own Lunch Buffet

All lunch buffets are served with starbucks® regular coffee, decaffeinated coffee, and tazo teas.

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SOUPS AND SALADS

CHOOSE TWO

chicken noodle soup
minestrone
creamy broccoli soup
tomato bisque
italian wedding soup
garden salad
asian kale
caesar salad
asian rice noodle
coleslaw
tomato cucumber
panzanella salad
barley salad
roasted brussel sprouts and cauliflower salad
vegan bean salad

ENTRÉES

CHOOSE TWO

pot roast
roasted pork loin
pulled barbecue pork
chicken meatballs
korean chicken thigh gochujang and chili sauce
roast turkey and gravy
barbecue chicken thigh
panko scrod
vegan chili

SIDES

CHOOSE TWO

macaroni and cheese
scaloped potatoes
mashed potatoes
cilantro rice
stir-fry rice
barley pilaf
roasted vegetables
roasted cauliflower
lemon garlic green beans
asparagus rep pepper
vegan edamame succotash
vegan spanish rice
vegan cauliflower fried rice
red beans and rice
lentil vegetable stew

DESSERTS

CHOOSE ONE

fruit cobbler with ice cream
bread pudding with amaretto sauce
apple crisp with ice cream
chocolate mousse
assortment of chef's selection of mini decadent desserts
cupcakes
banana foster served with ice cream

\$35 per person

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Reception

Reception tables are based on 60 minutes of continuous service.

Minimum of 25 pieces.

HORS D'OEUVRES MEDLEY

CHOOSE FIVE

- bacon wrapped scallops
- oyster rockefeller
- buffalo chicken meatballs with gorgonzola
- beef and cilantro empanada
- spanakopita
- vegetable or pork fried pot stickers with gochujang sauce
- vegetable spring rolls with sweet and sour sauce
- pretzel dog
- mini chicken pot pie
- chicken cordon bleu
- artichoke spinach phyllo
- asparagus red pepper risotto ball

\$26 per person

ENHANCEMENTS

- lobster roll with lemon mayonnaise
\$7 per person
- chilled jumbo shrimp cocktail
\$7 per person
- tuna tartar with ginger marinade and avocado
\$7 per person
- fried oyster mushroom
\$7 per person
- scallop cake with lemon aioli
\$7 per person
- petite lamb chops
\$7 per person

RECEPTION STATIONS

Mashed Potato Bar
cheddar cheese, chives, sour cream, onions, bacon bits, fried chicken bites, and gravy
\$13 per person

Taco Bar
jerk lime chicken, plantains, portabella mushrooms, soy marinated salmon, served with avocado crema, pico de gallo, sour cream, cabbage slaw, tortilla chips, and salsa
\$13 per person

Sliders Station
mini beef burgers with cheese and bacon, grilled chicken with pineapple salsa, lentil burgers with cabbage slaw, and house fried potato chips
\$15 per person

MINGLE TABLES

Cheese Display
artisanal cheeses, marinated olives, french bread, and assorted crackers
\$15 per person

Vegetable Crudité
variety of seasonal vegetables with hummus and blue cheese dressing
\$9 per person

Roasted Vegetable Crudité
variety of seasonal grilled or roasted vegetables, served with hummus and naan
\$12 per person

Chips & Dips
house fried tortilla and potato chips, onion dip, guacamole, and salsa
\$8 per person

CARVING BOARDS

Chef accompanied and served with hawaiian rolls. Each serves 25 people.

fresh ham, red eye gravy, and grits
\$200 each

roasted turkey with gravy, cranberry sauce, and mashed potatoes
\$225 each

cedar plank salmon, asian barbecue sauce with stir fried rice
\$275 each

beef tenderloin, béarnaise sauce, horseradish, and mashed potatoes
\$375 each

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Dinner Buffets, Tier One

All dinner buffets are served with starbucks® regular coffee, decaffeinated coffee, tazo teas, and choice of dessert.

Buffets require a minimum of 20 guests. A \$125 surcharge will apply for group smaller than 20.

SOUPS AND SALADS

CHOOSE TWO

chicken noodle soup
rustic tomato soup
minestrone
carrot ginger soup
kale salad with asian dressing
panzanella salad
barley salad
caesar salad with parmesan and pancetta crisps
garden salad with lemon vinaigrette

ENTRÉES

CHOOSE TWO

roisserie-style roasted chicken breast
carved turkey breast
roast pork loin
tenderloin tips stroganoff
cod bowl
swordfish
salmon
vegan chili

SIDES

CHOOSE TWO

roasted brussel sprouts with caramelized shallots
tarragon green beans
roasted cauliflower
penne a la vodka
wild rice and kidney beans
rice pilaf
red beans and rice
lentil vegetable stew

DESSERTS

CHOOSE ONE

house-made fruit cobbler served with ice cream
house-made bread pudding served with amaretto sauce
apple crisp served with ice cream
banana pudding with a caramel layer, mango sauce drizzle, and toasted coconut
panna cotta
passion fruit panna cotta
cupcakes
bananas foster
zabaglione with berries
chocolate-dipped pretzels and potato chips
strawberry shortcake with whipped cream

\$38 per person

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SHERATON
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Dinner Buffets, Tier Two

All dinner buffets are served with starbucks® regular coffee, decaffeinated coffee, tazo teas, and choice of dessert.

Buffets require a minimum of 20 guests. A \$125 surcharge will apply for group smaller than 20.

SOUPS AND SALADS

CHOOSE TWO

clam chowder
corn chowder
creamy broccoli
italian wedding soup
asparagus edamame soup
roasted beet bisque
garden salad with lemon vinaigrette
petite greens, feta, cucumber, and kalamata olives
bibb lettuce with dried cranberries and fried onions

ENTRÉES

CHOOSE TWO

grilled chicken marsala
korean chicken thigh with gochujang and chili sauce
roast turkey and gravy
barbecue chicken
salmon with lemon olive oil
vegan chili
carved roasted sirloin

SIDES

CHOOSE TWO

broccolini with garlic and olive oil
pasta primavera with italian vegetables, basil, and olive oil
roasted vegetables
vegan cauliflower fried rice
red beans and rice
lentil vegetable stew

DESSERTS

CHOOSE ONE

house-made fruit cobbler served with ice cream
house-made bread pudding served with amaretto sauce
apple crisp served with ice cream
banana pudding with a caramel layer, mango sauce drizzle, and toasted coconut
panna cotta
passion fruit panna cotta
cupcakes
bananas foster
zabaglione with berries
chocolate-dipped pretzels and potato chips
strawberry shortcake with whipped cream

\$41 per person

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Dinner Buffets, Tier Three

All dinner buffets are served with starbucks® regular coffee, decaffeinated coffee, tazo teas, and choice of dessert.

Buffets require a minimum of 20 guests. A \$125 surcharge will apply for group smaller than 20.

SOUPS AND SALADS

CHOOSE TWO

- italian wedding soup
- tomato bisque
- caesar salad with parmesan and pancetta crisps
- bibb lettuce with dried cranberries and fried onions
- petite greens, feta, cucumber, and kalamata olives
- strawberry and goat cheese salad

ENTRÉES

CHOOSE TWO

- chicken picatta with lemon, capers, and white wine
- chicken meatballs with marinara
- braised beef short ribs and polenta
- carved garlic and herb roasted prime rib served with au jus
- swordfish with a lemon caper sauce
- baked tuna bowl over vegetable fried rice
- scallop cakes
- vegan chili

SIDES

CHOOSE TWO

- roasted vegetables
- roasted fingerling potatoes
- whipped potato with cauliflower and cheddar cheese
- mashed sweet potatoes
- red beans and rice
- lentil vegetable stew
- cauliflower fried rice

DESSERTS

CHOOSE ONE

- house-made fruit cobbler served with ice cream
- house-made bread pudding served with amaretto sauce
- apple crisp served with ice cream
- banana pudding with a caramel layer, mango sauce drizzle, and toasted coconut
- panna cotta
- passion fruit panna cotta
- cupcakes
- bananas foster
- zabaglione with berries
- chocolate-dipped pretzels and potato chips
- strawberry shortcake with whipped cream

\$47 per person

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Plated Dinner

All entrees include chef's selection of starch and vegetable, fresh baked rolls and butter, and choice of dessert.

SALADS

CHOOSE TWO

bibb lettuce with dried cranberries, fried onions, and white balsamic truffle vinaigrette

petite greens, feta, cucumber, kalamata olives, and white balsamic truffle vinaigrette

caesar salad with parmesan and pancetta crisps

garden salad with lemon vinaigrette

ENTRÉES

CHOOSE TWO

chicken marsala with wild mushrooms and a sicilian wine sauce
\$35 per person

chicken picatta with lemon, capers, and white wine
\$35 per person

boneless rotisserie chicken
\$34 per person

filet mignon with a cabernet demi-glace
\$42 per person

prime rib of beef with a horseradish crust
\$39 per person

braised short ribs
\$40 per person

baked salmon with shredded phyllo
\$38 per person

baked cod with fennel, shallot, and crumb topping
\$35 per person

cheese ravioli with a roasted tomato and wild mushrooms broth
\$33 per person

individual zucchini tart topped with marinara
\$33 per person

tofu and veggie scramble
\$32 per person

fried rice with veggie kebabs
\$32 per person

DESSERTS

CHOOSE ONE

passion fruit cheesecake

chocolate cake

triple chocolate mousse

carrot cake

blueberry cheesecake

key lime pie

turtle cheesecake

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Bar Packages

All bar packages require a bartender, \$85 fee per bartender. One bartender per 75 guests.
Bar packages are based upon a 4-hour maximum. Upgraded wine options available upon request.

CASH BAR

favorite brands cocktail	\$11
appreciated brands cocktail	\$12
house wine by the glass	\$9
imported beer	\$7
domestic and non-alcoholic beer	\$6
martini	\$13
cordial	\$11
soda and bottled water	\$4

HOSTED CONSUMPTION BAR

favorite brands cocktail	\$10
appreciated brands cocktail	\$11
house wine by the glass	\$9
imported beer	\$7
domestic and non-alcoholic beer	\$6
martini	\$12
cordial	\$10
soda and bottled water	\$4

LIQUOR BRANDS

Favorite Package

vodka: absolut
rum: bacardi
whiskey: canadian club
gin: tanqueray
bourbon: jack daniels
scotch: dewar's
tequila: jose cuervo gold

Appreciated Brands

vodka: ketel one
rum: captain morgan
whiskey: crown royal
gin: bombay sapphire
bourbon: maker's mark
scotch: johnnie walker red
tequila: jose cuervo gold

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Bar Packages

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Bar packages are based upon a 4-hour maximum. Upgraded wine options available upon request.

OPEN BAR PACKAGES

Priced per person, per hour.

Favorite Brands Package

Includes domestic and imported beer, house wine and soft drinks.

1 hour	\$14
2 hours	\$22
3 hours	\$30
4 hours	\$36

Appreciated Brands Package

Includes domestic and imported beer, house wine and soft drinks.

1 hour	\$16
2 hours	\$26
3 hours	\$36
4 hours	\$44

Beer, House Wine and Soft Drink Package

1 hour	\$12
2 hours	\$19
3 hours	\$26
4 hours	\$32

LIQUOR BRANDS

Favorite Package

vodka: absolut
rum: bacardi
whiskey: canadian club
gin: tanqueray
bourbon: jack daniels
scotch: dewar's
tequila: jose cuervo gold

Appreciated Brands

vodka: ketel one
rum: captain morgan
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Event Technology Equipment

Technicians are available Monday-Friday, 7am-6pm for \$80/hour, nights 6pm-12am and weekends for \$105/hour. Minimum of four hours per technician.

PACKAGES

LCD Package	\$600
LCD projector, 8'x8' screen, AV cart, all necessary power and cables, and access to our high speed internet	
Video Package	\$300
video playback color monitor, dvd player, standard AV cart, and all necessary cables and power	

PROJECTORS

LCD Projector	\$500
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HIGH SPEED INTERNET ACCESS

One Connection	\$75
Ten Connections	\$250
Twenty-Five Connections	\$350

SCREENS

7'X7', 8'X8' Tripod Screens	\$100
10'X10' Cradle Screen	\$175
7.5'X10' Fast Fold with Dress Kit	\$250

SOUND SYSTEMS

Polycom Speaker Phone	\$150
Vtech	\$250
Phone Line	\$65
Power Strip and Extension Cord	\$20
Wireless Microphone (handheld or lavalier)	\$150
Sound System Patch	\$90
Table Top Microphone	\$55

PRESENTATION AIDS

Flip Chart Package	\$45
Additional Flip Chart Pad	\$15
Easel	\$20
White Board with Markers and Eraser	\$45
Laser Pointer	\$55
Wireless Mouse	\$45
Wireless Remote	\$55
Laptop Computer	\$250
40" Flat Screen Tv	\$250
70" Flat Screen Tv	\$500
4 Channel Mixer (required for 2 or more mics)	\$150
8 Channel Mixer (required for 5 or more mics)	\$180
HDMI Cable	\$55
25' HDMI Cable	\$85
50' HDMI Cable	\$145
Splitter	\$150

PODIUMS

Podium	\$55
with wired microphone	\$95
with wireless microphone	\$200
Acrylic Podium	\$135
with wired microphone	\$190
with wireless microphone	\$235

STAGING AND OTHER EQUIPMENT

4' X 8' Riser	\$50
8' X 16' Riser	\$100
16' X 24' Riser	\$200
8' X 16' Dancefloor	\$350
Pipe and Drape per foot	\$25