



Plated Lunch

Includes choice of soup or salad, fresh baked rolls and butter, dessert, iced tea, fresh brewed coffee, decaffeinated coffee and gourmet tea selection

Homemade Soups

Lentil Soup
Cream of Mushroom
Minestrone
Tomato Basil Bisque
Black Bean Soup

Salads

Wild Mixed Green Salad - Wild Mixed Greens with Fresh Tomatoes, Banana Peppers and Vegetable Confetti, In-house made dressing

Spinach Salad - Spinach, Mushrooms, Toasted Pecans and Tomato
Apple Cider Mustard Dressing

Caesar Salad - Focaccia Croutons, Oven Dried Roma Tomato, Parmesan
Creamy Garlic Dressing

Enhancement

Sliced Seasonal Fruit and Berries with Wedge of Gouda 2 additional

Caprese Salad - Vine Ripe Tomatoes, Mozzarella, Fresh Basil
Virgin Olive Oil 4 additional

Baby Wedge Salad - Baby Iceberg Lettuce, Ripe Tomatoes
Red Spanish Onion, Boiled Egg, Crisp Pancetta
Buttermilk Ranch Dressing 3 additional



Plated Hot Lunch Entrees

Caribbean Chicken

Marinated Chicken Breast Glazed
with Tamarind Sauce

Pineapple Papaya Salsa

Red Beans and Rice, Sweet Plantains 38

Penne

Lobster Cream, White Gulf Shrimp

Asparagus, Whole Mushrooms, Carrot Sticks 40

Breast of Chicken Coq au Vin

Saffron Rice Pilaf, Red Wine Sauce

Mushroom and Pearl Onion

Fresh Sautéed Vegetables 38

Cod Loin

Ritz Cracker Crumb Crusted White Flaky New England Cod Fish

Yukon Gold Whipped Potatoes, Green Beans, Julienne Carrots

Sauce Beurre Blanc 41

Orecchiette

Tossed in a Three Bean Spinach Basil Pesto Ragout

Topped with Grilled Breast of Chicken 36



Plated Hot Lunch Entrees, *continued*

Baked Lasagna

Curly Pasta Sheets Layered with Ricotta Cheese
Fire Roasted Vegetables

Selection Options:

Meat Sauce	32
Vegetable	30

Beef Skirt Churrasco

Black Beans and Rice, Garlic Roasted Vegetables, Chimichurri	44
---	----

Asian Breast of Chicken

Vegetable Fried Rice, Spring Roll Grilled Pineapple with Ginger Teriyaki Glaze	39
---	----

Bolicho Mechado

Cuban Style Pot Roast Stuffed with Chorizo Red Mash, Oven Roasted Vegetables	40
---	----

Asian Roast Pork

Soy Chinese All Spice Marinated Sliced Pork Loin on a Bed of Lo-Mein Noodles, Stir Fried Vegetables	40
--	----



Plated Chilled Lunch Entrees

Jamaican Caesar Salad

Chicken Breast or Swordfish Crusted with Jerk Seasoning
served over Fresh Romaine
Tossed with Homemade Garlic Dressing

Selection Options:

Chicken Breast	36
Swordfish	39

Croissant Duet

Choice of Two of the Following:

Honey Mustard Chicken Salad or Shaved Turkey with Gruyere Cheese Albacore Tuna Salad or Shaved Honey Baked Ham and Boursin Cheese Served with Asparagus, Potato Salad, Lettuce, Tomato and Pickle	37
---	----

Caribbean Nicoise

Jerk Spiced Crusted Grilled Swordfish or Grilled Chicken with Tomatoes Potatoes, Hard Boiled Egg, Haricot Vert, Black Olives, Bermuda Onions on a Bed of Greens with Dijon Vinaigrette	40
--	----

Summer Trio

Grilled Chicken Salad, Albacore Tuna Salad, and Seafood Salad Sliced Onion, Asparagus, Tomato and Cucumber on a Bed of Bibb Lettuce	38
--	----

New York Sirloin and Spinach Salad

New York Sliced Sirloin, Orzo, Black Olives, Sun Dried Tomato, Capers Portobello Mushroom, Fresh Lemon, Virgin Olive oil and Asiago cheese on a Bed of Fresh Spinach	40
--	----



Plated Lunch Desserts

Snickers Cheesecake

New York Style Cheesecake Swirled with Chunks of Snickers Bars

Key Lime Pie

Traditional Florida Specialty Topped with a thick layer of Whipped Cream

Chocolate Truffle Cake

A blend of Chocolate and Cocoa creating a rich and creamy Ganache Filled Cake

Black Forest Cupcake

Rich Chocolate Cake with Cherries and Cream Filled

Profiteroles

Chantilly Cream Filled Puff Pastry with Fresh Fruit and Chocolate Sauce

Strawberry Pound Cake

Two Layers of Pound Cake Filled with Fresh Strawberries and Whipped Cream

Banana Cream Cake

Spiced Vanilla Sponge Cake Filled with Sliced Bananas and Whipped Cream

Lemon Meringue

Individual Tartlet of Lemon Custard, Golden Brown Meringue Drizzled with Strawberry Coulis

Apple Strudel

Hand Pulled Dough Filled with a Delicious Apple Filling with Vanilla Sauce

Deep Dish Pecan Pie

Pecans with White and Dark Chocolate Chunks Served with Bourbon Sauce