

### Lunch Buffet Includes

Mixed Garden Salad with Chef's Dressings  
Choice of 1 Entrée (Additional \$2.50 per person for ½ and ½ Entrée)  
Choice of 2 Side Items and Choice of Dessert \*  
Rolls and Butter (Wheat Rolls upon request)  
Sweet and Unsweet Iced Tea

- |  |  |                                     |
|--|--|-------------------------------------|
| ♥ Grilled Chicken [C]<br>Chicken Parmigiana  | ♥ Baked Chicken [G]<br>Chicken Kabobs                  | ♥ BBQ Chicken<br>Fried Chicken      |
| ♥ Ginger Chicken Stir Fry [G]  | ♥ Cilantro Lime Grilled Chicken [G]<br>Chicken Marsala | Fried Chicken Tenders               |
| ♥ Very Lemony Chicken  |  | ♥ Jamaican Jerk Chicken             |
| Roasted Bone-In Chicken (Choose Breast/Wing or Leg/Thigh) [G]                                  |  |                                     |
| Grilled Marinated Chicken Breast (Choose the Marinade: ♥ Traditional [G] ♥ Greek [G] Oriental) |  |                                     |
| ♥ Roasted Turkey Breast [G]  | ♥ Turkey Chili   | ♥ Turkey Meatloaf                   |
| ♥ Black Bean Burgers with Avocado [V]  | ♥ Black Bean Burgers [V]                               | ♥ Bleu Cheese Turkey Burgers        |
| ♥ Roasted Pork Loin [G]<br>Honey Glazed Ham  | ♥ Grilled Pork Chops [G]<br>BBQ Pulled Pork            | Stuffed Pork Loin                   |
| Country Fried Steak  | Homestyle Meatloaf                                     | ♥ Beef and Bean Chili               |
| ♥ Roast Beef in Au Jus   | Traditional Beef Stew                                  | Chicken Fried Steak                 |
| Roast Beef with Mushroom Gravy   |  |                                     |
| ♥ Vegetable Stir Fry [V G]   | ♥ Tofu Stir Fry [V G]                                  | ♥ Grilled Portobello Mushroom [V G] |
| ♥ Baked or Grilled Mahi-Mahi [G]   | ♥ Baked or Grilled Salmon [G]                          |                                     |
| (Choose the Sauce: Apricot/Jalapeno, Dijon, or Creamy Dill)                                    |  |                                     |

**\$12.95 per person**

### Pastas

(Includes Mixed Garden Salad, Italian Bread, Choice of Dessert, Iced Teas)

- |                                    |  |                       |                          |
|------------------------------------|--|-----------------------|--------------------------|
| Stuffed Shells                     | Meat Lasagna                             | Vegetable Lasagna [V] | Chicken Mushroom Lasagna |
| ♥ Summer Vegetables on Wheat Pasta | ♥ Wheat Spaghetti with Turkey Meat Sauce |                       |                          |

**\$12.95 per person**

### Baked Potato Bar

**Large Russet Potato with Butter and Choice of 3 Toppings  
(or Choose a Mix of Russet and Sweet Potatoes)**

- |                  |                   |                         |                      |
|------------------|-------------------|-------------------------|----------------------|
| Salsa ♥          | Chives ♥          | Black Olives ♥          | Chopped Onions ♥     |
| Chili            | Bacon             | Cheese                  | Sour Cream           |
| Turkey Chili ♥   | Turkey Bacon ♥    | Low Fat Cheese ♥        | Low Fat Sour Cream ♥ |
| Sautéed Onions   | Sautéed Mushrooms | Steamed Broccoli ♥      | Chopped Tomatoes ♥   |
| Cinnamon Sugar ♥ |                   | Diced Grilled Chicken ♥ |                      |

### Includes

Mixed Garden Salad with Chef's Dressings Choice of Dessert (See Dessert Menu)

Sweet and Unsweet Iced Tea  
\$12.95 per person  
Additional Toppings \$1.25 per person, per toppings

### **Homemade Soup Bar**

#### **Choose 2 soups**

Chicken Noodle ♡  
Vegetarian Vegetable ♡

Minestrone  
Lentil ♡

Vegetable Beef ♡  
Clam Chowder ♡

#### **Includes**

Cut Fruit    Mixed Garden Salad with Chef's Dressings    Dessert  
Sweet and Unsweet Iced Tea  
\$12.95 per person

**Add a Sandwich to the Baked Potato or the Homemade Soup Bar for \$3.95 per person**

#### **Sandwiches**

Gourmet Wraps  
(on Wheat Tortillas ♡)

Grilled or Blackened Flounder  
(on Wheat Buns ♡)

Grilled Chicken  
(on Wheat Buns ♡)

Chicken Salad

Homemade Meatloaf

Philly Cheese Steak

Turkey

Veggies and Cheese

Ham

#### **Taco Bar**

Taco Shells and Soft Tortillas  
Taco Beef or Taco Chicken  
Mexican Rice  
Refried Beans  
Salsa, Cheese, Sour Cream  
Low Fat Cheese & Sour Cream Available ♡  
\$12.95 per person

#### **Fajita Bar**

Flour Tortillas or Wheat Tortillas ♡  
Grilled Chicken ♡ or Grilled Beef ♡  
Mexican Rice or Brown Rice ♡  
Refried Beans or Black Beans ♡  
Salsa, Cheese & Sour Cream  
Low Fat Cheese & Sour Cream Available ♡  
\$12.95 per person

♡ These recipes comply or can comply with the American Heart Association dietary guidelines  
Subject to Service Charge \* Prices Subject to Change \* Applicable State and Local Taxes Will Be Added

### **Broiled Salmon**

Salmon Filet Broiled with Special Spices  
Garden Salad with Chef's Dressing  
Asparagus and Julienne Red Peppers  
Garlic Smashed Potatoes  
Rolls and Butter  
Iced Tea and Dessert \*

**\$13.95 per person**

- ♥ London Broil
- Homemade Chicken Cordon Bleu
- ♥ Grilled Flank Steak
- ♥ Honey Lime Marinated Flank Steak
- ♥ Bleu Cheese Turkey Burgers with Avocado
- ♥ Chicken Breasts Stuffed with Goat Cheese, Dates, and Spinach

**\$13.95 per person**

### **Shrimp and Grits**

A Southern Favorite  
Garden Salad with Chef's Dressing  
Southern Style Collard Greens  
Rolls and Butte  
Iced Tea and Dessert \*

**\$14.95 per person**

### **Diimmler Famous Fish Fry**

Fried Flounder or Shrimp  
Garden Salad with Chef's Dressing  
Hush Puppies and French Fries  
Coleslaw  
Rolls and Butter  
Iced Tea and Dessert \*

**\$14.95 per person**

### **Beaufort Stew**

Served Family Style  
Seasoned Shrimp, Smoked Sausage  
Garden Salad with Chef's Dressing  
Corn on the Cob, Red Bliss New Potatoes  
Rolls and Butter  
Iced Tea and Dessert \*

**\$15.95 per person**

(Crab Legs added at an additional cost per person)

### **Choose Two Side Items**

- |                      |                               |                       |
|----------------------|-------------------------------|-----------------------|
| Wild Rice ♥          | Brown Rice ♥                  | Rice Pilaf [*]        |
| Couscous ♥           | Grilled Brussel Sprouts ♥ [G] | Couscous/Quinoa Mix ♥ |
| Coleslaw ♥           | Pasta Salad                   | Potato Salad          |
| Broccoli Salad       | Lima Beans ♥ [G]              | Baked Beans           |
| Collard Greens ♥ [G] | Glazed Carrots                | Baked Potatoes ♥ [G]  |

Roasted Carrots ♡ [G]	Steamed Broccoli ♡	Grilled Asparagus ♡[G]
Fresh Pinto Beans ♡ [G]	Beans with Rice (counts as 2 sides) ♡	Fresh Black Beans ♡ [G]
Cornbread Dressing	Vegetable Medley ♡ [G]	Sweet Potato Soufflé
Baked Sweet Potatoes ♡ [G]	Grilled Vegetables ♡ [G]	Macaroni and Cheese
Baked Summer Squash ♡ [G]	Corn or Corn on the Cob ♡ [G]	Southern Green Beans
Candied Sweet Potatoes	Ricotta Stuffed Tomatoes [G]	Sautéed Green Beans ♡ [G]
Sautéed Summer Squash ♡ [G]	Herb Roasted New Potatoes ♡	Garlic Smashed Potatoes

Cold Kale Slaw (kale, shredded carrot, sesame oil/rice wine vinegar dressing)

Lentil & Feta Salad (with olive oil & lemon juice) ♡

Vegetables with Lemon (cauliflower, broccoli, olive oil, lemon) ♡

Asian Slaw (coleslaw with Asian soy sauce, peanut, rice vinegar dressing) ♡

Cumin, Lime & Chickpea Salad (garbanzos, onion, cilantro, cumin, & lime juice) ♡

### Heart Healthy Versions of Old Favorites

Glazed Carrots (sugar free maple syrup) ♡ [G]

Rice Pilaf (rice, vermicelli, chicken broth) ♡ [\*]

Garlic Smashed Potatoes (skim milk, no butter) ♡ [G]

New Potato Salad (olive oil, green onions and dill) ♡ [G]

Glazed Baked Sweet Potatoes (sugar free maple syrup) ♡ [G]

Candied Yams (sugar free maple syrup and orange juice) ♡ [G]

Mashed Cauliflower (cauliflower, garlic, parmesan cheese) ♡[G]

Garden Potato Salad (skim milk, low fat cottage cheese, lemon juice) ♡ [G]

Pasta Salad (yogurt, spicy brown mustard, celery, green onion, tomato) ♡

Greek Orzo Salad (orzo, tomato, feta, olives, cucumber, Greek dressing) ♡

Baked Winter Squash with Cranberries ♡ [G]

Lemony Rice and Bean Salad with Feta ♡

Quinoa Salad with Avocado (quinoa, avocado, tomato, cucumber, vinaigrette dressing) ♡

### Additional \$1.00 per person

♡ These Recipes comply with the American Heart Association dietary guidelines

[\*] Not vegetarian      [G] Gluten Free

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\*See the Sides and Desserts Menus for These Selections

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[V] Vegetarian      [G] Gluten Free

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All prices are for weekday events. For evening or weekend events, please contact us so we can have you work directly with the caterer.