



Luncheon Menu Options

❖ Salad (choose 1)

- Tossed Garden Salad with mandarin oranges, cherry tomatoes, dried cranberries, thinly sliced cucumbers, on a bed of romaine lettuce, with oven toasted garlic croutons, with an assortment of homemade dressings.
- Classic Caesar Salad with freshly grated parmesan cheese, oven toasted garlic croutons, and creamy Caesar dressing.
- Strawberry Spinach Salad with fresh strawberry slices and toasted sugared pecans, on a bed of tender baby spinach leaves, with a sweet poppy seed dressing.
- Mediterranean Pasta Salad with Garlic, Fresh Basil, Olives, Sundried Tomatoes and Artichokes in a Pesto Vinaigrette

❖ Entrées

- Grilled boneless breast of chicken with pineapple mango salsa
- Chicken cordon bleu over pastry puff with a Dijon cream sauce
- Barbeque glazed grilled boneless breast of chicken
- Southern style fried chicken (bone in)
- Hand bread fried chicken tenders with a tangy honey mustard dipping sauce
- Chicken Fried Chicken with a Pan Gravy
- Rosemary Ranch Chicken Kabob
- Roasted Chicken and Artichoke Casserole with Mushrooms and Crispy Onions
- Herb roasted beef with a rich au jus gravy
- Garlic and rosemary encrusted roast beef with a creamy horseradish sauce
- Country Fried Steak with a Sawmill Gravy
- Pit smoked barbeque pork shoulder with a zesty barbeque sauce
- Jamaican rubbed pork loin with a cranberry chutney
- Mojo marinated pork loin with a zesty barbeque sauce
- Authentic Italian Lasagna (meat or vegetarian) topped with fresh mozzarella cheese
- Fresh Spinach and Sun Dried Tomato Lasagna
- Chicken fettuccini alfredo topped with freshly grated parmesan cheese
- Italian spaghetti with a Classic Marinara or Meat Sauce



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- Stuffed Portobello Mushroom Cap (Vegetarian)
 - Stuffed Bell Peppers with Beef, Risotto and Sharp Cheddar with a Zesty Tomato Gravy
 - Thyme encrusted pork loin with a Dijon mustard
 - Texas style pork loin with an apple barbeque sauce
 - Bacon Wrapped Pork Medallions with a Chipotle Peach Sauce
 - Hand bread fried catfish fillets with lemon tartar sauce, served with jalapeno and original hushpuppies
 - Blackened catfish fillets with a spicy chipotle sauce, served with jalapeno and original hushpuppies
 - Char grilled salmon fillet topped with a pineapple aioli
 - Asian smoked salmon fillet with a ginger soy glaze
 - Fresh Salmon with a Lemon Tarragon Cream Sauce
- ❖ Accompaniments (choose 2)
- Double smashed potatoes with rich brown gravy
 - Cheesy scalloped potatoes
 - Garlic and rosemary herb roasted potatoes
 - Twice baked potatoes topped with cheddar cheese
 - Golden brown baked potatoes with an assortment of toppings including shredded cheddar cheese, apple wood bacon crumbles, chives, butter, and sour cream.
 - Sweet corn pudding
 - Carrot soufflé
 - Wild rice pilaf
 - Freshly cut green beans
 - Roasted vegetable medley
 - Squash casserole
 - Italian spinach
 - Sugar snap peas and maple glazed baby carrots
 - Fried corn with peppers and onions
 - Three cheese macaroni and cheese
 - Broccoli, rice, and cheese casserole
 - Sweet potato casserole topped with a sprinkling of brown sugar
 - Loaded Potato Salad
 - Grilled Asparagus with garlic and parmesan
 - Cucumber, tomato & onion salad
 - Served with freshly baked rolls with whipped butter spread



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❖ Dessert (choose 1)

- An assortment of freshly baked cookies and double fudge brownies
- Warm bread pudding with a bourbon cream sauce
- Homemade banana pudding encrusted with vanilla wafers
- Homemade peach, apple, or blackberry cobbler
- (Seasonal) Homemade Strawberry Shortcake

❖ Beverages

- Ice tea (sweet & un-sweet)
- Lemonade

❖ Cost

- One Entrée \$12.95 Per/Person + tax
- Dual Entrée \$15.95 Per/Person + tax
- \$30.00 Delivery Fee
- Dinner portions will require additional fees.

Notes

- Heart and Soul will deliver and setup food in aluminum pans.
- Heart and Soul will provide all foam plates/bowls, cups, napkins, and cutlery. Plastic disposables available at \$2pp and china/glass rental available for \$4pp.
- Client will provide any tablecloths, tables, chairs, floral arrangements, and centerpieces.
- Ice is available at an additional charge.
- Wire racks & sterno available at a separate fee of \$6.00 per set.
- Full service events will incur additional labor fees & 18% Service charge.