

# **Luncheon Menu Options**

## Salad (choose 1)

- Classic Garden Salad with cherry tomatoes, diced carrots, dried cranberries and thinly sliced cucumbers on a bed of romaine lettuce. Served with oven toasted garlic croutons and an assortment of homemade dressings
- Caesar Salad with freshly grated parmesan cheese. Served with oven toasted garlic croutons and creamy Caesar dressing
- Spinach Salad with boiled egg, bacon and bleu cheese crumbles on a bed of tender baby spinach leaves with a mustard vinaigrette dressing
- Mediterranean Orzo Salad with garlic, fresh basil, olives, sun dried tomatoes, feta and artichokes in a pesto vinaigrette dressing
- o Cucumber, tomato, fresh basil, artichokes and sliced onion salad
- Caprese Salad with tomato, fresh mozzarella, fresh basil and balsamic drizzle

#### Entrées

(Served with freshly baked rolls with whipped butter)

- Jerked chicken breast with pineapple mango salsa
- Chicken Wellington with mushroom duxelles and balsamic reduction
- Chicken Parmesan topped with marinara sauce (Grilled or Pan Seared)
- Southern style fried chicken (bone in)
- o Grilled lemon chicken kabob or breasts with chimichurri sauce
- Asian marinated grilled chicken topped with grilled pineapple teriyaki sauce
- Baked Tuscan Chicken with Spinach and Sun-Dried Tomatoes
- Chicken fettuccini alfredo topped with freshly grated parmesan cheese
- Authentic Italian Lasagna (meat or vegetarian) topped with fresh mozzarella cheese
- Italian Spaghetti with a classic marinara or meat sauce (Add Meatballs or Sausage \$2pp)
- Cheese Tortellini with sun dried tomatoes, garlic, onion, bell peppers, baby spinach and parmesan in a pesto cream sauce (Vegetarian)



- Garlic butter orzo with asparagus, mushroom, squash, parmesan, parsley and ground pepper (Vegetarian)
- Stuffed Portobello Mushroom Cap (Vegetarian)
- Traditional Meatloaf with tomato gravy
- Garlic and rosemary encrusted roast beef with a creamy horseradish sauce
- Mini Hamburger or Cheeseburger sliders
- Slow braised pot roast with potatoes, carrot, celery & mushroom
- Orange teriyaki glazed pork loin
- o Fried Pork chop with pan gravy and caramelized onions
- Bacon wrapped, jalapeno and cream cheese pork loin with a salsa Verde sauce
- Creole BBQ shrimp over cheese grits
- Hand bread fried catfish fillets with lemon tartar sauce, served with jalapeno and original hushpuppies (add \$1pp)
- Blackened catfish fillets with a spicy remoulade sauce, served with jalapeno and original hushpuppies (add \$1pp)
- Asian smoked salmon fillet with an orange-ginger glaze (add \$2pp)
- Pesto encrusted salmon with lemon cream sauce (add \$2pp)
- Fresh Salmon with a Lemon Tarragon Cream Sauce (add \$2pp)

### ❖ Accompaniments (choose 2)

- Garlic mashed potatoes with rich brown gravy
- Garlic and rosemary herb roasted potatoes
- Twice baked potato casserole topped with cheese and bacon
- Loaded potato salad with bacon, cheddar, sour cream and scallions
- Sweet potato casserole topped with a sprinkling of brown sugar and toasted marshmallows
- Fried corn with peppers and onions
- Mexican street corn: topped with butter, cilantro and cojito cheese
- Carrot soufflé
- Squash Casserole
- Honey-chipotle Carrots
- o Creole dirty rice with sausage, pepper and onions
- Wild rice pilaf
- o Broccoli and cheese
- Freshly cut green beans
- Homestyle green beans with bacon, onions and garlic



- Roasted vegetable medley
- Italian spinach
- Roasted Brussel sprouts, cauliflower or broccoli with garlic, onion, parmesan and lemon zest
- Braised Brussel sprouts with bacon, onion, bleu cheese and pear balsamic reduction
- Baked Macaroni and Cheese

## ❖ Dessert (choose 1)

- Assortment of freshly baked cookies and double fudge brownies
- New Orleans Style Bread Pudding
- Strawberry Shortcake with whipped crème
- o Banana Foster's pudding encrusted with vanilla wafers
- o Chocolate, Peach, Apple, or Blackberry cobbler
- Triple Chocolate cake with raspberry coulis
- o NY Cheesecake topped with fresh fruit compote

### Beverages

- lced tea (sweet & un-sweet)
- Lemonade
- Bottled Water (add .50pp)

#### Cost

- One Entrée \$14.50 Per/Person + tax
- Dual Entrée \$17.50 Per/Person + tax
- o \$30.00 Delivery Fee
- o 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 or paper plates/bowls, cups, napkins, and cutlery. Plastic disposables are available at \$2pp and china/glass rentals can be arranged.
- 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.