

# MORNING & AFTERNOON BREAKS

## MORNING BREAKS

### COFFEE BREAK

- Fresh Brewed Regular & Decaffeinated Coffee
- Assortment of Specialty Hot Teas

### GRANDMA'S KITCHEN

- Assorted Fruit Juices
- Pound Cake & Coffee Cakes
- Market Fresh Fruit Salad with Vanilla Yogurt
- Assortment of Specialty Hot Teas
- Fresh Brewed Regular & Decaffeinated Coffee

### CONTINENTAL

- Fresh Fruit
- Assorted Minute Maid Chilled Fruit Juices
- Selection of Fresh Baked Goods
- Assortment of Specialty Hot Teas
- Fresh Brewed Regular & Decaffeinated Coffee

### HEALTH NUT

- Variety of Yogurt
- Seasonal Whole Fruit
- Energy / Granola Bars
- Vitamin Water
- Fresh Brewed Regular & Decaffeinated Coffee

## AFTERNOON BREAKS

### TAILGATE

- Warm Pretzels served with mustard
- Mini Cheesesteak Sandwiches
- Assorted Soft Drinks

### SOUTHWEST

- Chips & Salsa
- Jalapeno Poppers with chipotle ranch, guacamole & sour cream
- Cinnamon Sugar Crisp
- An Assortment of Soft Drinks

### COOKIES & CREAM

- Assorted Fresh Baked Cookies
- Yogurt Parfaits
- An Assortment of Soft Drinks

### PEANUTS & POPCORN

- Caramel Corn
- Truffle Popcorn
- Assorted Peanuts
- An Assortment of Soft Drinks

### SWEET AND SALTY

- Mini Candy Bars
- Creole Snack Mix
- Assorted Bags of Chips
- Freshly Squeezed Lemonade

### FIT & FLAVORFUL

- Vegetable Crudites & Hummus
- Assorted Olives
- Smoked Almonds
- Sparkling Water (San Pellegrino)

**Individual bottled water available; Charged by consumption for an additional fee.**

**PLEASE NOTE:** *A minimum of 10 people required. Break service is for a maximum of one and a half hours.*

Your dedicated Sales and Event Manager will take charge of every detail of your event to ensure it is a sizzling success.  
For a customized proposal, call 423.602.7560.



# ALL DAY BREAK PACKAGES

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## OPTION ONE

### MORNING BEVERAGE BREAK

- Assorted Chilled Juices
- Freshly Brewed Regular & Decaffeinated Coffee
- Assorted Specialty Teas and Soft Drinks

### MID-MORNING REFRESH

- Replenishment of Regular & Decaffeinated Coffee
- An Assortment of Soft Drinks

### AFTERNOON COOKIE BREAK

- Freshly Brewed Regular & Decaffeinated Coffee
- Freshly Baked Cookies
- Assortment of Soft Drinks (or substitute milk)

## OPTION TWO

### MORNING CONTINENTAL

- Fresh Sliced Seasonal Fruits & Berries
- Breakfast Breads
- Freshly Brewed Regular & Decaffeinated Coffee
- Assorted Specialty Teas & a Variety of Chilled Juices

### MID-MORNING REFRESH

- Energy / Granola Bars
- Replenishment of Regular & Decaffeinated Coffee
- An Assortment of Soft Drinks

### AFTERNOON BREAK

- Freshly Brewed Regular & Decaffeinated Coffee
- Assorted Specialty Teas
- Assortment of Soft Drinks
- Whole Fresh Fruit
- Freshly Baked Cookies

**Individual bottled water available; Charged by consumption for an additional fee.**

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# A SAMPLING OF MULTI-DAY EVENTS

## DAY ONE

### MORNING CONTINENTAL

- Fresh Sliced Seasonal Fruits & Berries
- Croissants, Danishes, Muffins & Bagels, with butter and preserves
- Freshly Brewed Regular & Decaffeinated Coffee
- Assorted Specialty Hot Teas
- Assorted Chilled Fruit Juices

### MID-MORNING REFRESH

- Refresh of Regular & Decaffeinated Coffee
- An Assortment of Soft Drinks

### BUFFET LUNCHEON OPTIONS

- Select from our variety of luncheon buffets (pg. 9)

### AFTERNOON BREAK

- Designate your choice from our afternoon break selections (pg. 2)

## DAY THREE

### GRANDMA'S KITCHEN

- Assorted Fruit Juices
- Pound Cake & Coffee Cakes
- Market Fresh Fruit Salad with Vanilla Yogurt
- Assortment of Specialty Hot Teas
- Freshly Brewed Regular & Decaffeinated Coffee

### MID-MORNING REFRESH

- Refresh of Regular & Decaffeinated Coffee
- An Assortment of Soft Drinks

### BOXED LUNCH

- Select from our Boxed Lunches (pg. 10)

### AFTERNOON BREAK

- Designate your choice from our afternoon break selections (pg. 2)

## DAY TWO

### HEALTH NUT

- Variety of Yogurt
- Seasonal Whole Fruit
- Energy / Granola Bars
- Vitamin Water
- Freshly Brewed Regular & Decaffeinated Coffee

### MID-MORNING REFRESH

- Refresh of Regular & Decaffeinated Coffee
- An Assortment of Soft Drinks

### THEMED LUNCHEON BUFFET

- Select from our variety of themed luncheon buffets (pg. 8)

### AFTERNOON BREAK

- Designate your choice from our afternoon break selections (pg. 2)

**Individual bottled water available; Charged by consumption for an additional fee.**

**PLEASE NOTE:** *A minimum of 20 people required. Break service is for a maximum of one and a half hours. Please ask your catering consultant for details.*

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# A DAY OF HEALTH

## ALL DAY PERFORMANCE PACKAGE

### HEALTHY BREAKFAST BUFFET

- Egg White Cheese Sandwiches
- Turkey Sausage Patties
- Assorted Greek Yogurt
- Veggie Frittata
- Freshly Sliced Fruit Display
- Selection of Cold Cereals with Skim Milk  
*Soy Milk or Almond Milk, Additional*
- Freshly Brewed Regular & Decaffeinated Coffee
- Assorted Specialty Hot Teas
- Assorted Chilled Fruit Juices

### MID-MORNING BREAK

- Mixed nuts, yogurt covered raisins, pretzels, popcorn & dried fruit
- Energy / Granola Bars
- Seasonal Whole Fruit
- Vitamin Water

### MIDDAY LUNCH BUFFET

- Field Greens with Balsamic Vinaigrette
- Orzo Tabouli Salad
- Assorted Sandwiches & Wraps
  - Roasted Vegetable Wrap**  
Served in a Spinach Wrap with boursin cheese & roasted vegetables
  - Smoked Turkey Sandwich**  
Smoked Turkey with Grape Tomatoes, Romaine Lettuce, Hummus & Sliced Cucumber
  - Southwestern Beef Wrap**  
Thinly Sliced Cajun Roast Beef with Corn Salsa, Avocado, Tomatoes with a Sriracha-Aioli Drizzle in a Tortilla Wrap
- Chocolate-Peanut Butter Bars

### AFTERNOON BREAK

- Hummus, Vegetable Crudites, Pretzels & Crackers
- Sliced Cheddar Cheese
- Honey Cinnamon Apples
- Freshly Brewed Regular & Decaffeinated Coffee

### OPTIONAL WATER STATION

- Still & Sparkling Bottled Water (Liter Bottles)
- Orange Blossom Infused Water
- Lemon, Lime & Cucumber Slices
- Fresh Strawberries

**Individual bottled water available; Charged by consumption for an additional fee.**

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# CREATE YOUR OWN RECEPTION

## COLD HORS D'OEUVRES *(Please pre-select three)*

- Imported & Domestic Cheese Tray served with fresh fruit & crackers
- (V) Crisp Market Fresh Vegetable Tray with your choice of hummus or ranch dressing
- Tomato, Basil & Roasted Garlic Bruschetta
- (G) (V) Sliced Fresh Fruit Display with honey-lemon yogurt sauce
- Tomato Mozzarella Skewers
- Chicken Salad Canapes
- New Potatoes with Cream Fraiche & Caviar

## HOT HORS D'OEUVRES *(Please pre-select three)*

- Hot Spinach & Artichoke Dip with tri-color tortilla chips
- Coconut Chicken Tenders with orange-marmalade sauce
- (V) Mushrooms stuffed with spinach
- Mushrooms stuffed with crabmeat
- (V) Mini Tuscan Ratatouille Tarts
- Smoked Chicken Quesadilla Cornucopias
- Shrimp & Grits Crisp
- Fried Artichoke & Goat Cheese Bites
- Pork Pot Stickers
- Teriyaki Steak Skewers
- Mini Sweet Potato Canapes

## CHEF-ATTENDED STATIONS *(Please pre-select one)*

- Carved Roasted Top Round of Beef with miniature rolls, horseradish-cream & mayonnaise
- Carved Roasted Jamaican Jerk Pork Loin with miniature rolls & tropical fruit chutney
- Carved Honey-Glazed Ham with miniature rolls, rum-raisin sauce & dijon mustard
- Roasted Turkey Breast with miniature rolls, cranberry sauce & mayonnaise
- Pasta Station –  
*Your choice of two pastas:*  
tortellini, bow tie or penne  
*And your choice of two sauces:*  
marinara, alfredo, or pesto cream

## SELF-SERVE BEVERAGE STATION

- Lemonade
- Sweetened or Unsweetened Iced Tea
- Regular & Decaffeinated Coffee

V = Vegetarian • G = Gluten Free

PLEASE NOTE: A minimum of 50 people required.

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# HORS D'OEUVRES

## COLD SELECTIONS

- V Tomato Mozzarella Skewers
- V Tomato, Basil & Roasted Garlic Bruschetta
- Asparagus Spears wrapped in Smoked Salmon
- G Jumbo Gulf Shrimp Display with cocktail sauce
- Seared Ahi Tuna with mustard sauce
- G Miniature Crabtinis
- Pimento Cheese Finger Sandwiches
- Vegetable Garden Canapes
- Black Pepper-Crusted Tenderloin with dried cherry spread on toast points
- New Potatoes with creame fraiche & caviar
- Chicken Salad in cherry tomatoes

## HOT SELECTIONS

- V Wild Mushroom vol au vent
- G Miniature Sweet Potato Canapes
- V Mushrooms stuffed with spinach
- Mushrooms stuffed with crabmeat
- V Spanikopita
- V Mini Tuscan Ratatouille Tarts
- Barbecued Shrimp
- Coconut Shrimp with Thai curry sauce
- Shrimp & Grits Crisp
- Miniature Crab Cakes
- Chicken & Andouille Sausage Skewers
- Chicken Spring Rolls with sweet & sour sauce
- Coconut Chicken Tenders with orange-marmalade sauce
- Smoked Chicken Quesadilla Cornucopias
- Barbecued Chicken Satay
- Spicy Buffalo Wings with blue cheese dressing
- Shrimp & Andouille Sausage Brochettes with Cajun barbecue butter
- Miniature Steak Sandwiches
- Teriyaki Steak Skewers
- Bacon Wrapped Lobster Tail
- Lamb Lollipops
- Crab Beignets
- Zucchini Fritters
- Fried Artichoke & Goat Cheese Bites

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# CARVING STATIONS & ACTION STATIONS

*Add some excitement to your reception and allow our chefs to hand-toss the perfect dish.*

## **ACTION STATIONS** (\$75.00 Chef's attendant fee per action station)

### PASTA STATION

Penne & Bowtie Pasta, sauteed to order with chicken, mushrooms, sun-dried tomatoes, black olives, green onions & parmesan cheese  
*Choice of sauce:* marinara, alfredo or pesto cream

### CAESAR SALAD STATION

Fresh Crisp Romaine Greens & Classic Caesar Dressing tossed to order with choice of chicken, bacon, parmesan cheese, anchovies & croutons

### SHRIMP & GRITS

Jumbo Shrimp sauteed in seasoned butter and served in a martini glass over a bed of southern style grits  
*Choice of accompaniments:* bacon, green onion & shredded cheddar cheese

### GARLIC MASHPOTINI STATION

Garlic Mashed Potatoes served in martini glasses.  
*Accompaniments:* whipped butter, BBQ butter, sour cream, shredded cheddar cheese, bacon & chives

## **CARVING STATIONS** (\$50.00 Chef's attendant fee per carving station)

Whole Roasted Beef Tenderloin (serves 25)

Roasted Prime Strip Loin (serves 35)

Top Round of Beef (serves 75)

Honey Glazed Bone-in Ham (serves 50)

Roasted Turkey Breast basted in cranberry sauce (serves 30)

*Each carving station includes silver dollar rolls & chef's selection of sauces: bearnaise, horseradish cream, remoulade, Creole mustard, mayonaise, and/or chutney sauce.*

**PLEASE NOTE:** Attendant fees are based on 2 hours of service.

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# DISPLAY STATIONS & SWEETS

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## DISPLAY STATIONS

Grilled Tuscan Antipasto Vegetables  
with Rustic Breads  
SMALL (serves 50)  
LARGE (serves 100)

Vegetable Crudites with dipping sauces  
SMALL (serves 50)  
LARGE (serves 100)

Fresh Fruit Display  
with honey-lemon yogurt sauce  
SMALL (serves 50)  
LARGE (serves 100)

Domestic & Imported Cheese  
with an assortment of crackers  
SMALL (serves 50)  
LARGE (serves 100)

Fruit & Cheese Display  
SMALL (serves 50)  
LARGE (serves 100)

Spinach & Artichoke Dip  
with tri-color tortilla chips  
SMALL (serves 50)  
LARGE (serves 100)

Side of Smoked Salmon  
with toast points & accompaniments –  
chopped egg, capers & red onion  
SINGLE OPTION (serves 35)

Charcuterie Display of Assorted  
Meats & Cheeses with sliced baguette  
SMALL (serves 25)  
LARGE (serves 50)

Hummus, carrots, celery and pita chips  
SMALL (serves 50)  
LARGE (serves 100)

## SOMETHING SWEET

Chocolate-Dipped Strawberries

Miniature Cheesecake Tartlets

A Selection of Petit Fours

Chef's Selection of Chocolate Truffles

## DESSERT DISPLAY *(A minimum of 50 people required)*

Assorted Cakes and Pies, Petit Fours,  
Chocolate Truffles & Chocolate-Dipped Strawberries

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# A LA CARTE

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## BEVERAGES

Freshly Brewed Regular & Decaffeinated Coffee  
Sweet & Unsweet Iced Tea, Lemonade and Fruit Punch  
Assortment of Specialty Hot Teas  
Red Bull  
Sports Beverages  
Vitamin Water  
Bottled Juices  
Assorted Soft Drinks  
Bottled Water  
Milk (whole or 2%)

## BY THE DOZEN

Assorted Chips  
Assorted Candy Bars  
Rice Crispy Treats  
Assortment of Brownies  
Jumbo Cinnamon Buns  
Variety of Granola Bars  
Seasonal Whole Fruit  
Assorted Freshly Baked Cookies  
Warm Hot Pretzels  
Yogurt Parfaits

## BY THE POUND

Assorted Nuts  
Trail Mix  
Spicy Creole Snack Mix  
Truffle Popcorn

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