

Calorie Restricted - Lunch Buffet

SALAD BAR
BUILD YOUR OWN SALAD

Crispy Romaine Lettuce

Served in small bowls....

Grape Tomatoes
Cucumber
Broccoli Florets
Celery
Yellow & Green Squash
Red Onions
Mushrooms
Red and Yellow Peppers
Raw and Unsalted Sunflower Seeds
Walnuts & Pecans

A Selection of zero calorie dressings by Walden Farms to be provided by group
(Hotel to receive products at least one week prior to scheduled event)

Assorted Breads to include Whole Grain and Whole Wheat

SERVED IN SILVER CHAFING DISHES

Lean Herb Baked Chicken Breast

An Assortment of Steamed Fresh Garden Vegetables
to include Baby Carrots,
Cauliflower and Green Beans

DESSERT

Rainbow Of Fresh Fruit
To include Sliced Watermelon, Honeydew Melon, Pineapple, Cantaloupe,
Kiwis, Red Grapes, Strawberries, Raspberries and Blackberries

Unsweetened Iced Tea & Iced Water

Calorie Restricted - Dinner Buffet

SALAD BAR
BUILD YOUR OWN SALAD

Crispy Romaine Lettuce

Served in small bowls....

Grape Tomatoes

Cucumber

Broccoli Florets

Celery

Yellow & Green Squash

Red Onions

Mushrooms

Red and Yellow Peppers

Raw and Unsalted Sunflower Seeds

Walnuts & Pecans

A Selection of zero calorie dressings by Walden Farms to be provided by group
(Hotel to receive products at least one week prior to scheduled event)

Assorted Breads to include Whole Grain and Whole Wheat

SERVED IN SILVER CHAFING DISHES

Baked Salmon with Dill

(No Sauce)

Lemon Wedges on the side

Lightly Steamed Asparagus

DESSERT

Rainbow Of Fresh Fruit

To include Sliced Watermelon, Honeydew Melon, Pineapple, Cantaloupe,
Kiwis, Red Grapes, Strawberries, Raspberries and Blackberries

Unsweetened Iced Tea & Iced Water

Prices are subject to 24% service charge and 8% tax