



# smart menu

A SELECTION OF OUR MOST POPULAR SMART MENU ITEMS

## **DELUXE BREAKFAST BUFFET**

Savory Frittata Primavera  
Whole Eggs & Egg Whites Layered with a Sauté of Fresh Seasonal Vegetables & Ricotta  
Sweet Potato “Home Fries” with Roasted Red Pepper & Shallot  
Canadian Bacon & Turkey Sausage • Cheesy Grits  
Whole Grain Toast & Farmstyle Muffins Served with a Peach Yogurt Spread  
Fresh Fruit

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## **LUNCHEON BUFFET – A BURGER BAR**

Grilled Salmon Whoppers  
or  
Juicy Turkey Burgers  
or  
Rich Black Bean Burgers

With:

Whole Grain Buns • Bibb Lettuce • Spinach Leaves  
Sliced Tomatoes • Whole Grain Mustard • “Aioli”  
Baked Yukon Gold Potato Chips  
Barley Salad with Grilled Sweet Corn & Sautéed Green Pepper

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## **POWER BREAKS**

The Sweet Tooth  
Pumpkin Spice Cupcakes with Caramel Glaze  
Dark Chocolate Cupcakes with Espresso Frosting

Shake It Up  
Protein Peanut Butter Shakes  
& Deluxe Fresh Fruit Smoothies

Dip In  
Sundried Tomato & Black Pepper Hummus & Edamame Mousseline  
Served with Wheat Pita Crisps & Fresh Vegetable Crudités



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## **A FORMAL SEATED DINNER**

A Selection of Butler-Style Passed Hors d'Oeuvres  
Shrimp Potstickers • Spicy Black Bean Cakes with Cilantro Tzatziki  
Pork Saté with Thai Peanut Sauce • Spicy Gazpacho Shooters

### The Salad

A Salad of Carrot & Zucchini Threads  
Drizzled with a Simple Herb Vinaigrette

### The Entrée

Arctic Char with Lemon Mustard Crusting  
Asparagus & Roasted Grape Tomato  
Lentil & Brown Rice Pilaf

### & For Dessert

Ricotta & Strawberry Parfait  
with Cabernet Strawberry Reduction  
& Just a Touch of Chunky Sugar Crystals