



# LUNCH



## **PLATED LUNCH**

All Lunch Entrees include your choice of Salad or Soup and Dessert, Chef's Choice of Fresh Seasonal Vegetables and Complementing Starch, Warm Rolls with Butter, Iced Tea, Freshly Brewed Regular & Decaf Coffee, and a selection of Hot Teas

*(Please select a single Salad or Soup)*

### **SALADS**

#### **Georgia Tech House Salad**

*Mixed Garden Greens with Shredded Carrots, Cherry Tomatoes, Sliced Cucumbers, Black Olives and served with Balsamic Vinaigrette*

#### **Caesar Salad**

*Classic Tossed Caesar Salad with Kalamata Olives, Herb Croutons and Reggiano Cheese*

#### **Mediterranean Salad**

*Mixed Garden Greens with Cucumbers, Tomatoes, Thinly Sliced Red Onion Rings, topped with Feta Cheese and served with Red Wine Vinaigrette*

#### **Spinach Salad**

*Spinach Salad with Strawberries, Toasted Almonds and served with Balsamic Vinaigrette*

#### **The Wedge**

*Crisp Iceberg Lettuce topped with Blue Cheese Crumbles, Shredded Cucumbers, Carrots, Cherry Tomatoes, Apple Wood Bacon and served with Buttermilk Ranch*

#### **Fruit Cup**

*Diced Seasonal Fruit topped with Honey Yogurt Dressing and Fresh Mint*

#### **Other House Dressings:**

<i>Balsamic Vinaigrette</i>	<i>Buttermilk Ranch</i>
<i>Chunky Blue Cheese</i>	<i>Country French</i>
<i>Honey Mustard</i>	<i>Golden Italian</i>
<i>Raspberry-Walnut Vinaigrette</i>	<i>Red Wine Vinaigrette</i>

### **SOUPS**

*Chilled Gazpacho*

*Chilled Cucumber Soup  
with Ratatouille Jelly*

*Classic Minestrone*

*Asparagus Soup  
with Cornmeal Croutons*

*Cream of Broccoli*

*Smoked Tomato Bisque  
with Fresh Basil*

*Herb Grilled Chicken Vegetable*

*White Bean Soup*



## ENTREES

*(Please select a single Entrée and our Chef will complement with fresh vegetables and starches)*

### **Chicken Farfalle Pasta**

*Tri-Colored Farfalle Pasta tossed in a Creamy Alfredo Sauce with Roasted Vegetables and your choice of Grilled or Blackened Chicken Breast*

### **Georgia Chicken**

*Pecan Roasted Boneless Chicken Breast with Roasted Yellow Pepper Coulis*

### **Homemade Meatloaf**

*Flavorful Choice Ground Beef baked and topped with Crispy Onion Gravy*

### **Kentucky Style Pork Roast**

*Tender Pork Loin Roasted with Kentucky Bourbon BBQ Jus*

### **Chicken Provençal**

*Sautéed Boneless Chicken Breast with Sundried Tomatoes, Artichokes, Kalamata Olives & Fresh Herbs*

### **Chicken "Caprese"**

*Baked Boneless Chicken Breast topped with Fresh Basil, Tomatoes & Melted Buffalo Mozzarella Cheese*

### **Chicken "Acapulco"**

*Cilantro Grilled Boneless Chicken Breast topped with Avocado, Tomatoes & Melted Jack Cheese*

### **Stuffed Turkey Breast**

*Boneless Turkey Breast rolled with Cornbread Stuffing with a Sage Jus*

### **Pan-Seared Tilapia**

*Pan-Seared Tilapia with Garlic, White Wine, Lemon & Fresh Herbs*



## **ENTREES**

*(Continued)*

### **Steak Balsamico**

*Juicy Marinated Flat Iron Steak with Aged Balsamic Demi-Glace*

### **Greek-Style Tilapia**

*Pan-Seared Tilapia with Spinach and Feta Cheese with a Garlic Lemon Broth*

### **Atlantic Salmon**

*Pan-Seared Atlantic Salmon with Capers and Lime Beurre Blanc*

### **Roasted London Broil**

*Tender, Marinated and Thinly Sliced Flank Steak with a Horseradish Au Jus*

## **Vegetarian-Friendly Options**

### **Cavatappi Pasta**

*Pasta with Grilled Asparagus and Roasted Tomatoes in a Basil-Parmesan Broth over Grilled Zucchini*

### **Farfalle Pasta**

*Tri-Colored Farfalle Pasta tossed in a Creamy Alfredo Sauce and topped with Grilled Vegetables*

### **The Tuscan Vegetable Plate (Vegan)**

*Herb Grilled Portobello Mushroom, Oven Roasted Peppers and Zucchini, Steamed Asparagus, Cauliflower and Broccoli, Garlic Toasted Potatoes Drizzled with Balsamic Reduction and Basil Oil*

### **Creole Red Bean Cake**

*Flavorful Seared Red Bean Cake with Fried Okra and Spicy Corn Maque Choux*



## **DESSERTS**

*(Please select a single Dessert)*

*New York Style Cheesecake with Berry Coulis*

*Southern Pecan Pie with Chantilly Cream*

*Carrot Cake with Cream Cheese Icing*

*Red Velvet Cake*

*Tiramisu*

*Key Lime Pie*

*Chocolate Layer Cake*

*Lemon Tart with Fresh Berry Compote*

*Peach Bread Pudding*

*Strawberry Shortcake*

*Fudge Brownie Trifle*

*Espresso Mousse served in a Wine Glass*

*Apple Pie with Maple Whipped Cream*

*Fresh Sliced Fruit Plate*



## LIGHT LUNCH

All Light Lunch Entrees include your choice of First Course, Entrée Sandwich or Salad and Dessert, Warm Rolls with Butter (for entrée salads), Iced Tea, Freshly Brewed Regular & Decaf Coffee, and a selection of Hot Teas

*(Please select a single Soup or Fruit Cup)*

### FIRST COURSE

<i>Chilled Gazpacho</i>	<i>Chilled Cucumber Soup with Ratatouille Jelly</i>
<i>Classic Minestrone</i>	<i>Asparagus Soup with Cornmeal Croutons</i>
<i>Cream of Broccoli</i>	<i>Smoked Tomato Bisque with Fresh Basil</i>
<i>Herb Grilled Chicken Vegetable</i>	<i>White Bean Soup</i>
<i>Black Bean Soup</i>	<i>Fruit Cup with Honey Yogurt Dressing &amp; Fresh Mint</i>

### SECOND COURSE

*(Please select a single Sandwich or Salad)*

#### Sandwiches

##### **Chicken or Tuna Salad Croissant**

*Grilled Chicken Salad or Albacore Light Tuna Salad on a Flaky Croissant  
served with Homemade Potato Salad and Fresh Fruit*

##### **Balsamic Grilled Chicken Panini**

*Balsamic Marinated Grilled Boneless Chicken Breast and Provolone Cheese on Grilled Sourdough  
served with Roasted Orzo Pasta Salad and Fresh Fruit*

##### **Roasted Vegetable Wrap**

*Marinated and Grilled Sweet Peppers, Portobello Mushrooms, Zucchini and Fresh Basil  
rolled in a Tomato Tortilla with Herb Mayonnaise served with Vegetable Chips and Fresh Fruit*

##### **Italian Tuna Melt**

*Albacore Light Tuna Salad with Melted Provolone Cheese with Arugula on Toasted Focacia Bread  
served with Tri-Colored Rotini Pasta Salad and Fresh Fruit*



## Salads

### **Chopped Cobb Salad**

*A bowl of Tossed Garden Greens topped with Grilled Boneless Chicken Breast, Chopped Crisp Bacon, Swiss Cheese, Tomatoes, Boiled Egg and Avocado and served with Balsamic Vinaigrette*

### **The Trio**

*A Trio of Herb Grilled Chicken Salad, Albacore Tuna Salad and Egg Salad served in a Fresh Tortilla Shell with a side of Fresh Sliced Fruit*

### **Chicken Salad**

*Golden Fried, Grilled or Blackened Boneless Chicken Breast sliced over Crisp Garden Greens with Julienned Vegetables and served with Red Wine Vinaigrette*

### **Caesar Salad**

*Romaine Hearts tossed in our Homemade Caesar Dressing and topped with your choice of Herb Roasted Gulf Shrimp, Grilled Chicken or Grilled Salmon*

### **Thai Chicken Salad**

*Grilled Thai Marinated Boneless Chicken Breast sliced over Crisp Garden Greens with Vegetables, served with Peanut Dressing*

## **DESSERTS**

*(Please select a single Dessert)*

*Fresh Sliced Fruit Plate*

*Lemon Tart with Fresh Berry Compote*

*Espresso Mousse served in a Wine Glass*

*Carrot Cake with Cream Cheese Icing*

*Strawberry Shortcake*

*Key Lime Pie*