



**fresh**  
catering & events

## **lunch** spring-summer 2009

*as a continuing commitment to better our planet, bodies, and souls all of our ingredients are organic, and purchased from local purveyors*

### **soup**

served with bread & herbed butter

**\$7 large: feeds 3-4    \$4 small feeds 1-2**

**triple onion ale** slow simmered red onion, vidalia onion, and white onion in ale, topped with gruyere

**carrot ginger** puree of carrots, ginger, and cream

**gazpacho** cucumber, tomato, red and yellow peppers, parsley, red onion, red wine vinegar

### **spreads, dips, and more**

served with pita

**per serving: pick 3 \$10    pick 4 \$12    pick 5 \$14**

**traditional hummus**

**tubouleh**

**roasted red pepper hummus**

**falafel**

**sundried tomato bruschetta**

**baba ganoush**

**olive tapenade**

**grilled zucchini with mint & lemon**

**spinach, chickpeas, garlic & lemon**

**grape leaves with dill rice**

**spinach pie**

**tzatziki**

### **salads**

add: grilled chicken \$3 | beef \$5 | salmon \$5

**\$6 small    \$10 large**

**chopped mediterranean** romaine, hearts of palm, olive, onion, roasted red peppers, cucumber, pine nuts, feta & rosemary vinaigrette

**caprese** beefsteak tomato, buffalo mozzarella, fresh basil, olive oil, balsamic glaze

**mixed field greens** grapes, candied walnuts, blue cheese crumbles, pear balsamic vinaigrette

**caesar** romaine hearts, herbed croutons, shaved parmesan

**chopped** romaine, apple, pear, walnuts, grapes, chopped celery, goat cheese, citrus vinaigrette

**chopped asian** iceberg, carrot, cucumber, red bell pepper, bean sprouts, peanuts, sesame citrus vinaigrette

**arugula**, orange segments, goat cheese, toasted almonds, pomegranate vinaigrette

**tuscan white bean salad** spinach, sun dried tomato, lemon aioli vinaigrette

**avocado & mango salad** mixed greens with citrus vinaigrette

**nicoise** grilled tuna, green beans, potato, egg, red onion, nicoise olives, dijon vinaigrette

## sandwiches

\$11

served on wheat or white baguette

**\$2 add:** pasta salad | side salad | potato salad | chips | fruit

**ham & brie** low sodium black forest ham, brie, green apple, honey dijon

**grilled chicken** grilled free range split chicken breasts, olive tapenade, lettuce, tomato, provolone

**grilled vegetable and pesto** eggplant, zucchini, squash, spinach, portobello, tomato, lettuce, pesto

**club** roast turkey, avocado, bacon, tomato, romaine, basil mayo

**grilled salmon** grilled salmon, mixed greens, red onion, lemon caper aioli

**tuna and olive tapenade** albacore tuna, red onion, olive tapenade, lemon, olive oil

**filet** sliced filet, havarti cheese, grilled onion, mixed greens, tomato with horseradish mayo

**grilled chicken salad** grilled chicken breast, celery, capers, red onion, granny smith apples, dill mayo

**cuban** roast pork, smoked ham, baby swiss, pickles, mustard

**asian** pork, cucumber, scallions, shredded carrots, bean sprouts, cilantro, mint, sesame vinaigrette

**grilled fish of the day** grilled with lemon & herbs, lettuce, tomato, caper aioli

## entrées

\$13

**grilled shrimp skewers** marinated in lemon & garlic with salsa verde, toasted pine nut couscous, veggies

**shrimp and scallops** coconut curry, veggies, jasmine rice

**roast salmon** olives, capers, lemon, basil, grape tomato, lemon chive risotto, veggies

**mahi mahi** grilled with sesame, ponzu, and scallions, veggies, jasmine rice

**roast chicken breast** parsley and lemon, rosemary roasted potatoes, veggies

**latin style pork tenderloin** lime, onion, garlic mojo sauce, black beans and yellow rice

**skirt steak** with chimichurri, yellow rice, veggies

**grilled chicken breast** topped with grape tomato & artichokes, lemon chive risotto, veggies

**vermicelli noodles** chicken or tofu, scallion, vegetables sesame & citrus sauce

## pasta of the day

**fresh fish** grilled, blackened, or roasted **MP**

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**how to order:** All orders must be placed by 12 p 48 hours in advance with a minimum of 8 people. Orders can be phoned, faxed, or emailed.

A 20% service fee & 6.5% tax will be added to all bills...server available upon request

At the chef's discretion, custom lunches can be arranged

**p. 407.748.7270 f. 407.641.8630**



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**eat, drink, and be thoughtful**