Lunch

Cold

2000 -Antipasto Salad: Composed of Italian Cured Meats including Salami, Prosciutto, Capicola & Pepperoni with Marinated Artichokes, Roasted Red Peppers, Hot Peppers, Tomatoes & Fresh Mozzarella over Romaine & Iceberg Drizzled with Italian Dressing

2001 -Back To Basic Trio: All White Meat Chicken Salad, Creamy Tuna Salad & Chunky Egg Salad, Served on a Crisp Mix of Romaine, Iceberg & Baby Spinach Garnished with Seasonal Fresh Fruit

2002 -Caprese Seafood Salad; Poached "Frutti di Mare" Dressed with Virgin Olive Oil & Lemon Presented on Assorted Lettuce with Sliced Tomatoes, Fresh Mozzarella & Topped with a Chiffonade of Fresh Basil

2003 -Classic "Caesar Style" Salad with Soy & Ginger Glazed Chicken Breast, Cashews & Pea Shoots Tossed with Romaine Lettuce & Shaved Parmesan

2004 -Classic Chicken Salad: All White Meat Chicken Tossed with Celery, Granny Smith Apples & Pecans in Creamy Tarragon Dressing Presented on a Bed of Assorted Greens & Surrounded by Seasonal Fresh Fruit

2005 -Classic Tuna Niçoise: Tuna with Hard Cooked Eggs, Haricot Verts, Red Skin Potatoes, Pitted Kalamata Olives, Vine Ripe Pear Tomatoes & Slivered Red Onion Drizzled with Classic French Dijon Vinaigrette **(Grilled Salmon Optional)**

2006 -"Cuban Style" Salad: Assorted Lettuces, Sliced Green Olives, Chopped Tomatoes, Julienned Slices of Smoked Ham & Turkey, Shredded Swiss & Parmesan Tossed in Garlic Oregano Vinaigrette

2007 -East Avenue Cobb: Crisp Romaine, Diced Bacon, Diced Tomato, Black Olive Slices, Chopped Egg, Crumbled Bleu Cheese Drizzled with House-Made Dressing & Topped with Soy-Ginger Grilled Chicken Breast

2008 -Grilled Tenderloin of Beef over Assorted Greens, Sliced Beef Steak Tomatoes, Hard Cooked Eggs, Purple Onion, Accented with Black Olives & Finished with a Robust Red Wine Vinaigrette **(ADDED PRICING)**

2009 -"Juan's" Cuban Salad: Romaine, Green Olives, Chopped Tomatoes, Swiss, Parmesan, Sprouts & Chick Peas Topped with Hickory-Ginger Rubbed Chicken Breast

2010 -Lobster & Crabmeat with Shredded Vegetables, Hearts of Palm & Sweet Mustard Vinaigrette Presented in a Lobster Shell **(ADDED PRICING)**

2011 -Michael's On East Chinese Chicken Salad with Soy-Ginger Grilled Chicken, Cold Soba Noodles & Cucumber Salad with a Thai Peanut Dressing

2012 -Michael's On East Summer Cobb Salad with Grilled Chicken, Assorted Lettuces, Spiced & Sugared Walnuts, Sliced Strawberries, Mango, Blueberries, Blackberries & Crumbled Gorgonzola Drizzled with a Sweet Poppy-Seed Dressing

2013-Muffaletta Salad: Romaine, Crisp Iceberg, Ham, Mortadella, Salami, Provolone & Mozzarella Tossed in a Mixed Olive-Garlic Dressing

2014 -Seafood Salad with Poached Scallops, Poached Jumbo Shrimp, Lump Crabmeat & Grilled Hearts of Palm Presented over Boston Lettuce with Mango Slices, Papaya, Pineapple & Blackberries **(ADDED PRICING)**

2015 -Southwestern Salad: Romaine, Iceberg, Cucumber, Grilled Corn, Black Beans, Shredded Cheddar & Avocado Topped with Parmesan Crusted Breast of Chicken

2016 -Spinach Salad with Grilled Chicken Breast, Mango, Strawberries, Blackberries, Spiced Walnuts, Chickpeas & Smoked Gouda Finished with a Raspberry Vinaigrette

2017 -Spinach Salad with Gorgonzola, Toasted Almonds, Fresh Avocado, Oranges & Grapefruit Tossed with Poppy-Seed Dressing Topped with Miso-Glazed Salmon

2018 -The "Chef's Salad": Diced Turkey, Diced Ham, Chopped Bacon, Shredded Cheddar, Chopped Hard Cooked Egg, Chopped Tomatoes & Black Olives Bedded on Assorted Field Lettuces in a Honey Mustard Dressing

2019 -Tossed Assorted Greens, Gorgonzola, Figs, Red Grapes & Candied Pecans Tossed in a Poppy-Seed Dressing, Topped with a Jumbo "Maryland Style" Crab Cake, Garnished with Sweet Pea Trundles **(ADDED PRICING)**

2020 -Trio of Salads: Chicken Waldorf, Chopped Egg & Caprese Salads Arranged over Boston Leaf Lettuce, Accompanied with Sliced Pineapple, Strawberries, Kiwi &
a Slice of Banana Bread

2021 -Baby Romaine Wedge Salad: Champagne Stilton Blue Cheese Dressing,
Crispy Pancetta, Heirloom Cherry Tomatoes, Julienne Red Onions & Stilton Blue Cheese with Aged Balsamic Reduction Topped with Grilled Chicken Breast
(ADD: GRILLED SKIRT STEAK OR SHRIMP / ADDED PRICING)

2022 -Grilled Chicken over Kale, Romaine, Chick Peas, Candied Bacon, Sliced Plum Tomatoes, Roasted Red Pepper, Blue Cheese, Shaved Red Onion, Dried Cranberries, Toasted Almonds & Finished with a Roasted Garlic Horseradish Dressing

2023 –Wedged Quiche of Tomatoes, Mushroom & Spinach Served With Baby Kale & Brussels Sprouts Salad with Toasted Walnuts, Pecorino, Dried Cranberries, Spiced Sunflower Seeds, Granny Smith Apples & Lemon-Mustard Vinaigrette

2024 -Baby Kale & Brussels Sprouts with Toasted Walnuts, Pecorino, Dried Cranberries, Spiced Sunflower Seeds, Granny Smith Apples, Smoked Applewood Bacon & Lemon-Mustard Vinaigrette Topped with Grilled Chicken Breast

2025 -Mediterranean Platter with Fattoush Salad, Spanikopita, Creamy Hummus, Kalamata Olives, Grape Tomatoes & Grilled Chicken Breast Served with Pita Bread

Hot

Meat

2050 –Braised Beef Short Rib Mirepoix

2051 -Grilled 6 oz. Garlic Encrusted Filet Finished with a Roasted Shallot Butter **(ADDED PRICING)**

2052 -Home-Style Individual Meatloaf with a "Down Home" Mushroom Sauce

2053 -Home-Style Stuffed Jumbo Peppers with Ground Beef & Rice Topped with a Light Tomato Sauce

2054 -Moroccan Barbecue Glazed Pork Tenderloin Medallions with Apple-Raisin Chutney

2055 -Salisbury Steak "Kicked Up" for this Generation with a Rich Red Wine Caramelized Onion & Mushroom Gravy

2056 -"Cuban Style" Mojo Marinated Roast Pork

2057 -Spanish Pork Loin with Apple Citrus Salsa

Poultry

2100 -Brie Chicken: Boneless Breast of Chicken Topped with a Fan of Sliced Apple & Melted Brie Covered with a Pink Peppercorn Sauce

2101 -Chicken, Mushroom & Raisin Crepes with a Light Curry Sauce

2102 -Chicken Mirabella with Dried Plums, Olives, Capers & Fresh Thyme

2103 -Chicken Paillard Pounded Thin, Parmesan Encrusted Served with an Arugula & Tomato Salad Drizzled with Aged Balsamic Vinegar

2104 -Chimichurri Rubbed Roasted Chicken Breast Topped with a Black Bean Corn Relish

2105 -Classic Chicken Picatta with Lemon, White Wine, Parsley, Caper & Extra Virgin Olive Oil

2106 –Thai Coconut-Curry Chicken: Roasted Breast of Chicken with Basil, Chopped Tomatoes, Bok Choy & Exotic Mushrooms

2107 -Buttermilk Battered Crispy Southern Fried Chicken Breast, Dusted with Seven Spices

2108 -Sautéed Ginger-Mango Marinated Boneless Breast of Chicken Topped with a Mango, Cilantro, Bell Pepper, Green Onion & Olive Oil Relish

2109 -Sautéed Breast of Chicken Topped with Roasted Pear Salsa

2110 -Hazelnut Encrusted Breast of Boneless Chicken Topped with Clarified Butter, Olive Oil, Sun-Dried Tomatoes, Mushrooms & Pine Nuts

2111 -Macadamia-Coconut Crusted Boneless Breast of Chicken Topped with Grilled Pineapple Ring & Mango Salsa

2112 -Mediterranean Chicken Topped with Chopped Artichoke, Roasted Red Pepper, Wild Mushroom & Kalamata Olive with Olive Oil, White Wine & Basil

2113 -Parmesan Crusted Boneless Breast of Chicken Topped with Roasted Eggplant, Chopped Artichokes, Mushrooms & Sun-Dried Tomatoes

2114 -Pesto Grilled Boneless Breast of Chicken Topped with Pesto Butter

2115 -Roasted & Split Boneless Cornish Game Hen Stuffed with Wild Rice & Dried Fruit in a Pink Peppercorn Sauce **(ADDED PRICING)**

2116 -Roasted Rosemary & Herbed Boneless Breast of Chicken, Mushrooms & Sun-Dried Tomatoes Finished with Pancetta Au Jus **(ADDED PRICING)**

2117 -Sautéed Boneless Breast of Chicken Topped with Sliced Tomatoes, Provolone Cheese & a Sweet Pink Peppercorn Sauce

2118 -Sautéed Breast of Chicken Smothered in a Caper, Mushroom, Sundried Tomato & White Wine Sauce

2119 -Parmesan Crusted Chicken Breast with Prosciutto, Sage & White Wine

Fish / Shellfish

2140 -Scallop, Shrimp & Mushroom Crepes in a Light Curry Sauce

2141 -Ginger-Orange Grilled Salmon Topped with Zest of Lemon, Lime & Oranges

2142 -Honey Cracked Mustard & Fennel Glazed Salmon

2143 -Horseradish Encrusted Salmon with a Fresh Dill Sour Cream Sauce

2144 -Mediterranean Grilled Salmon with Crispy Artichoke, Roasted Red Pepper, Wild Mushroom & Kalamata Olive with Olive Oil, White Wine & Basil

2145 -Miso-Glazed Salmon

2146 -Pan-Seared Florida Grouper Topped with Citrus Beurre Blanc & Citrus Segments **(ADDED PRICING)**

2147 -Pan-Seared Mahi Mahi with Capers, Mushroom & Sun-Dried Tomatoes & Olive Oil

2148 -Pan-Seared Salmon Topped with Fennel & Tomato Relish infused with Basil & Balsamic Reduction

2149 -Roasted Macadamia-Crusted Florida Grouper with Mango & Papaya Salsa **(ADDED PRICING)**

2150 -Seared "Maryland-Style" Crab Cakes with a Spicy Rémoulade **(ADDED PRICING)**

2151 -Shrimp, Scallop, Crabmeat & Mushroom "Coquille St. Jacques" **(ADDED PRICING)**

2152 -Toasted Almond Encrusted Snapper in a Lemon Beurre Blanc Sauce **(ADDED PRICING)**

2153 -Sautéed Mahi Mahi with Prosciutto, Sage & White Wine

2154 -Shrimp, Scallop, Mussels & Crab in Garlic Butter, Baked in Phyllo Boat **(ADDED PRICING)**

Vegetarian

9000 -Curry Vegetable Bundles: An Array of Seasonal Vegetables in a Light Yellow Curry Wrapped in a Phyllo Bundle, Tied with a Scallion Baked Until Golden Brown

9001 -Quinoa & Vegetable Stuffed Roasted Peppers Topped with Crumbled Feta

9002 -Eggplant, Roasted Red Pepper & Fresh Mozzarella Rollatini

9003 -Spinach, Cheese & Sun-Dried Tomatoes Stuffed Portobello Mushrooms

9004 -Portobello Wellington; Portobello Caps Stuffed with Mushroom, Spinach, Toasted Pine Nuts & Gruyere Baked in a Golden Brown Puff Pastry

9005 -Four Cheese Eggplant Rollatini with Pesto Sauce

9006 -Italian Stuffed Roasted Red Pepper; Ground Garden Burger, Rice, Mozzarella Cheese & Spices with Marinara Sauce

9007 -Mediterranean Vegetable Stuffed Cabbage Rolls

9008 -Caprese Stuffed Garlic Butter Portobellos

STARCH & VEGETABLES

Starch

3000 -Artisanal Sardinian Fregola

3001 -Basmati Rice with Apricots, Cashews & Mint

3002 -Saffron Basmati Rice

3003 -Herbed Basmati Rice

3004 -Chive Potato Tartlet

3005 -Forbidden Rice

3006 -Garlic Roasted New Potatoes Sprinkled with Parsley

3007 -Golden Fingerlings with Truffle Oil

3008 -Gruyere Scalloped Potatoes

3009 -Gruyere Scalloped Sweet Potatoes

3010 -Warm Moroccan Spiced Couscous

3011 -Lemon & Pistachio Rice Pilaf

3012 -Mango Jasmine Rice

3013 -Caramelized Sweet Potatoes with Pecans & Scallions

3014 -Mashed Potatoes with Bleu Cheese & Horseradish

3015 -Mashed Potatoes with Caramelized Shallot & Sage

3016 -Mashed Sweet Potatoes with Brown Sugar & Crushed Pecans

3017 -Potato Leek Pancakes

3018 -Potato Pear Croquette

3019 -Roasted Garlic Mashed Potatoes

3020 -Cheesy Grits

3021 -Roasted Potato Wedges Tossed with Rosemary, Olive Oil, Parmesan & Black Pepper

3022 -Roasted Red Skinned Potatoes with Extra Virgin Olive Oil & Rosemary

3023 -Rosemary Scented Polenta Triangles

3024 -Saffron Rice

3025 -Scented Jasmine Rice

3026 -Short Grain Brown & Wild Rice Pilaf

3027 -Smashed Potatoes

3028 -Sweet Potato Gratin

3029 -Toasted Quinoa Pilaf

3030 -Truffle Scented Risotto Cake

3031 -Wild Mushroom & Roasted Garlic Mashed Potatoes

3032 -Winter Root Mash of Carrots, Sweet Potatoes, Red Skin Potatoes & Parsnips

3033 -Applewood Bacon & Gruyere Potato Croquette

3034 -Truffle Roasted Red Skin Potatoes

3035 -Molly's Macaroni & Cheese with Manchego, Gruyere, Parmesan & Truffled Béchamel

Vegetable

3500 -Asparagus (Oven Roasted)

3501 -Baby Carrots (Oven Roasted)

3502 -Baby Red Peppers (Oven Roasted)

3503 -Fresh Beets (Oven Roasted)

3504 -Patty Pan Squash (Oven Roasted)

3505 -Haricot Verts (Oven Roasted)

3506 -Brussels Sprouts with Lime (Oven Roasted)

3507 -Snow Peas (Oven Roasted)

3508 -Baked Acorn Squash with Brown Sugar

3509 -Baked Artichoke Hearts with Prosciutto

3510 -Balsamic-Infused Mixed Grilled Vegetables: Eggplant, Zucchini, Squash, Peppers & Onions

3511 -Broccoli Rabe with Garlic & Extra Virgin Olive Oil

3512 -Broiled Italian Tomato

3513 -"Burnt" Broccoli

3514 -Cauliflower Mash

3515 -Creamed Spinach

3516 -Curried Cauliflower

3517 -Edamame Bean & Corn Succotash

3518 -Fresh Peas

3519 -Green Beans Sautéed with Cashews

3520 -Oven Baked "Southern-Style" Corn Pudding

3521 -Portabella, Shiitake & Porcini Sauté

3522 -Ratatouille (Classically French)

3523 -Roasted Corn Off-The Cob with Creamy Butter & Chopped Tomato

3524 -Roasted Parsnips & Carrots Tossed with Honey & Butter Sprinkled with Parsley

3525 -Sweet & Sour Eggplant

3526 -Pan Fried "Italian Style" Eggplant

3527 -Pan Fried "Italian Style" Eggplant

3528 -Sautéed Cauliflower with Parmesan, Toasted Pine Nuts, Pickled Banana Pepper & Mint

3529 -Zucchini with Peppermint & Ricotta Salata

3530 -Roasted Root Vegetables with Maple Glaze

3531 -Baked Parmesan Zucchini

3532 -Roasted & Caramelized Cipollini Onions

3533 -Roasted Brussels Sprouts with Bacon