



## Lunch

### Cold

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- 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 / 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

**2026** -Rainbow Quinoa Salad with Dried Fruits, Chopped Walnuts, Toasted Almonds, Pistachios, Fresh Mint & Cilantro in a Lemon Vinaigrette Topped with Choice of; Grilled Salmon or Grilled Chicken Breast **(ADD: Jumbo "Maryland Style" Crab Cake or Grilled Shrimp / ADDED PRICING)**

## Hot

### Meat

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**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

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**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, Capers & 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 Capers, Mushroom, Sun-dried Tomato & White Wine Sauce
- 2119** -Parmesan Crusted Chicken Breast with Prosciutto, Sage & White Wine



**2120** -Panko Breaded Chicken Breast Stuffed with Garlic-Herb Cream Cheese, Topped with Artichoke, Roasted Red Pepper, Wild Mushroom, Kalamata Olives & Sun-dried Tomatoes

**2121** -Italian Herb Basted Chicken Breast Stuffed with Sun-dried Tomatoes, Spinach & Mozzarella

**2122** -Stuffed Chicken Marsala; Seasoned & Stuffed Chicken Breast with Mozzarella, Parmesan, & Sun-dried Tomatoes in a Savory Marsala Mushroom Sauce

**2123** -Pesto Grilled Chicken Breast topped with Marinated Tomatoes

## **Fish / Shellfish**

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**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

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- 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
- 9009** -Asparagus Crepselle with Porcini & Shitake Mushrooms, Ricotta, Parmesan & Truffle Oil



## STARCH & VEGETABLE

### Starch

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- 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**

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- 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
- 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

**3534** -Balsamic Roasted Brussels Sprouts