Breakfast and Morning Breaks

Continental Breakfast .......................................................... $5.65
Includes breakfast breads, bagels with cream cheese, assorted danish, cereals with milk, and fresh whole and cut fruit.

Deluxe Continental Breakfast .............................................. $7.50
Includes all of the above, with your choice of miniature quiche or assorted ham and sausage biscuits.

Assorted Pastries and Breakfast Breads ......................... $4.50
Served with baskets of whole fresh fruit.

Traditional Breakfast .......................................................... $8.95
Includes scrambled eggs, potatoes or grits, and sausage or bacon, served with fruit cup and biscuits.

English Omelet with Cheddar Cheese ......................... $8.95
Build your omelets from the following: Your choice of bacon, ham, onion, or peppers. Served with fruit cup and breakfast breads.

Breakfast Quiche ................................................................. $8.95
Choose from bacon, vegetable or seafood. Served with a slice of orange-glazed ham, fruit cup, and breakfast breads.

Southern Breakfast Buffet .................................................. $10.95
Includes scrambled eggs, two breakfast meats, potatoes or grits, sausage gravy, biscuits, breakfast breads with butter, jams and jellies, and sliced fresh fruit.

A la Carte Items

Cheese and Fruit Danish ................................................ $16/dozen

Bagels with assorted cream cheeses .... $16/dozen

Assorted Muffins ............................................................... $16/dozen

Croissants with honey, butter, and jellies .. $16/dozen

Biscuits with butter and jellies .......... $12/dozen

Sausage Biscuits ............................................................... $18/dozen

Honey Ham Biscuits ........................................................... $18/dozen

Miniature Quiche ............................................................... $14/dozen

Fluffy Omelet Croissant .................................................. $3 each
Served with swiss, cheddar, and sausage on a flaky croissant.

Breakfast Pita................................................................. $4 each
A honey wheat roll-up filled with eggs, pepper Monterey Jack cheese, bacon, bell peppers, and onions.

Breakfast Sandwiches .......................... $3 each
Assorted breakfast breads (such as cinnamon-streusel, marbled, lemon, and orange) filled with cream cheese and served with strawberry cream cheese.

Breakfast Turnover .......................... $4 each
A flaky pastry shell filled with scrambled eggs, cheese, and sausage.

Banana or Pumpkin Bread .................. $8/approx 8 servings

Lemon or Blueberry Coffee Cake ........ $20/approx 20 servings

Assorted Fruit-on-the-Bottom Yogurts ... $15/dozen

Fresh-cut Fruit, Melons, and Berries... $3/per person
Sandwiches
All sandwiches include baskets of chips and your choice of pasta salad, fruit salad, marinated vegetable salad, or baked beans, and chef’s choice of dessert.

Deli Sandwich ........................................................... $8.95
(Plated and served in the Dining Room or in a basket in your meeting room) Includes your choice of turkey, roast beef, or ham with American or Swiss cheese. Served with lettuce and tomato on the side.

Club Sandwich ....................................................... $8.95
Includes smoked turkey, bacon, Swiss and cheddar cheeses on a flaky croissant. Served warm with lettuce and tomato on the side.

Soup and Sandwich ................................................... $9.95
Includes your choice of roast beef, turkey, ham or chicken salad sandwich served with a cup of our famous Kit Carson Soup.

Chunky Chicken Salad Sandwich ......................... $9.95
Homemade, using sliced all white meat. Served on a croissant or in a pita with lettuce and tomato on the side.

Charbroiled Chicken Sandwich ......................... $9.95
A grilled boneless chicken breast and your choice of cheese. Served warm with lettuce and tomato on the side.

Grilled Honey Chicken Wrap ......................... $9.95
Grilled glazed chicken breast, sautéed onions and bell peppers, and cheddar and hot pepper jack cheeses wrapped in a honey-wheat flatbread.

London Broil Sandwich ................................. $9.95
Served on a French roll with a creamy horseradish sauce. Served warm or cold with lettuce and tomato on the side.

Sliced Pork Tenderloin Sandwich ................. $9.95
Served warm on a kaiser roll with lettuce and tomato on the side.

Salads
Salads include rolls with butter, crackers, appropriate dressings and chef’s choice of dessert.

Pineapple Boat .................................................... $9.95
Fresh pineapple half topped with chicken or tuna salad and a fruit garnish.

Grilled Chicken Caesar Salad ......................... $9.95
Grilled marinated chicken breast on a bed of romaine and leaf lettuces, tomatoes, bell peppers, zucchini, artichoke hearts and black olives. Topped with shredded parmesan and seasoned croutons and accompanied by a creamy caesar dressing.

Traditional Chef’s Salad ................................. $8.95
Turkey, roast beef and ham on a bed of seasonal greens garnished with an assortment of salad vegetables. Topped with grated Swiss and cheddar cheeses and seasoned croutons.

Delicatessen Salad .............................................. $9.95
Cubed peppered chicken breast, crumbled smoked bacon, grated hot pepper jack and Colby cheeses, and English walnuts on a bed of romaine and leaf lettuces. Accompanied by Yukon Gold potato salad.

Enjoy a cup of soup with your meal for an additional $1.50 per person.

Quiche, Soup, and Salad ................................. $9.95
Choice of bacon and sausage, vegetable or seafood quiche. Served with soup du jour and a small salad.
Lunch Specialties
All lunches include rolls with butter and served with chef’s choice of vegetable and dessert.

Sandwich Plate .......................................................$8.95
Chef’s Choice - Let our chef choose your lunch.

Hot Luncheon Entrée .............................................$9.95
Chef’s Choice - Let our chef choose your lunch.

Vegetarian Lasagna..................................................$9.95
All-vegetable lasagna with spinach, carrots, and cheeses with our special white sauce.

Lasagna with Meat......................................................$9.95

Hot Open-faced Roast Beef Sandwich.................$9.95
Served on sourdough bread. Accompanied by mashed potatoes with brown gravy and English peas.

Pasta Primavera .........................................................$9.95
Spring vegetables tossed in a light tomato and olive oil sauce served over pasta with fresh parmesan cheese.

Manicotti.................................................................$9.95
With half a grilled chicken breast .........................$12.95
A trio of cheese-filled manicotti topped with an alfredo or marinara sauce.

Sirloin Tips .................................................................$10.95
Beef tips with mushroom sauce served over poppy seed noodles.

Luncheon Chicken Breast .............................................$10.95
A luncheon portion of our specialty baked boneless, skinless, chicken breast covered in thyme and sage seasoned breadcrumbs. Served with oven-browned potatoes and fresh vegetables.

Grilled Chicken Breast ...............................................$10.95
A luncheon portion of grilled boneless, skinless chicken breast topped with your choice of white alfredo or barbecue sauce. Served with oven-browned potatoes or rice, and fresh vegetables.

Sweet and Sour Chicken or Lemon Pepper Chicken .............................................$10.95
Slices of chicken breast with mushrooms and red, gold, and green peppers. Finished with either a zesty lemon sauce or soy and citrus sweet-and-sour sauce. Served with rice.

Enjoy a small salad or a cup of soup with your meal for an additional $1.50 per person.

Lunch Buffets (Minimum guarantee of 25 people)
Served with assorted breads and desserts and your selection of our seasonal salads: Fresh lettuce, potato, three bean, cole slaw, marinated vegetable, pasta, fruit, or carrot and raisin.

Two Pastas ..................................................................$14.95
Two varieties of pasta served with clam and parsley sauce, vegetable marinara sauce and marinara sauce with Italian sausage. Accompanied by three seasonal salads.

Baked Potato Bar ......................................................$11.95
Soup du jour and baked potato with toppings (chili, bacon, sour cream, butter, cheddar and white cheeses, broccoli, diced tomatoes, chopped onions, and chives). Served with three seasonal salads.

Deluxe Deli ..................................................................$12.95
Soup du jour and platters of assorted sliced deli meats, imported and domestic cheeses, two seasonal salads and condiments.

Oriental Array ..........................................................$14.95
Sweet and sour chicken, teriyaki beef and peppers, egg rolls, rice and vegetables, two seasonal salads and vegetable soup.

Southern Smorgasbord 14.95
Served with your choice of two entrees, potato or rice, seasonal vegetables, and three seasonal salads.

Additional entrée $1.50

Entrée selections include:
Baked, breaded chicken breast
Beef tips with noodles
Sliced turkey with dressing
Sliced roast beef with mushroom gravy
Barbecue pork or beef
Meat loaf with pasta
Sliced ham with orange glaze
Sliced pork loin
Dinner

Deluxe Buffet
Choose from the following to create your own custom buffet.

Choose Two Entrées .................................................. $19.95
Choose Three Entrées.............................................. $21.95

Entrée selections include:
Chef Carved Turkey  Seafood Medley
Chef Carved Roast Beef  Breaded Baked
Chef Carved Prime Rib  Chicken Breast
(add $2.00)  Chicken Cordon Bleu
Sliced Roasted Pork  Grilled Salmon
Tenderloin

Salads (choose two)
Mixed Greens with  Marinated Vegetable
Assorted Dressings  Salad
Spinach Salad with  Three-Bean Salad
Poppy Seed Dressing  Pasta Salad
Fresh Fruit Salad  Carrot and Raisin

Side Selections (choose three)
Steamed Broccoli,  Roasted Red Potatoes
with Almonds  Garlic Mashed Potatoes
Sugar-Snap Peas  Baked Potato
Steamed Asparagus  Long Grain Wild Rice
Orange-Glazed Baby Carrots  Rice Pilaf
Steamed Garden Mix  Poppy Seed Egg Noodles
of Vegetables  Pasta Primavera
Zucchini  Oven-browned Potatoes
Button Mushrooms  Sweet Potato Casserole

Desserts (choose two)
Traditional Cheesecake  Red Velvet Cake
with fruit topping  Key Lime Pie
Carrot Cake  German Chocolate Cake
Double Chocolate Cake  Assorted Flavored
Lemon Icebox Pie  Cheesecakes

Dinner (also available for lunch)
All dinners are served with soup du jour or a salad, vegetables,
rolls with butter, and your choice of specialty dessert.

Twin Chicken Breast (our specialty) .................. $14.95
Baked boneless, skinless, whole chicken breast covered in thyme
and sage seasoned breadcrumbs. Served with oven-browned
potatoes.

Half Chicken Breast meal .......................... $12.50

Pasta Alfredo .............................................. $11.95
Fettuccini pasta with an Alfredo sauce.

With Chicken .................................................. $13.95

With Shrimp .................................................. $16.95

Hawaiian Chicken .............................................. $13.95
A grilled boneless, skinless chicken breast covered with teriyaki
sauce and sliced pineapple. Served with rice pilaf.

Beef and Mushrooms ........................................ $14.95
Slices of roasted top round of beef with sautéed mushrooms and
onions in a rich brown sauce. Served with a twice-baked potato.

Stuffed Pork Chops .......................................... $15.95
A pair of center cut chops stuffed with sausage and pecans.
Ladled with a rich brown demi-glace and served with rice pilaf or
oven-browned potatoes.

Sliced Pork Tenderloin ....................................... $14.95
Delicately baked pork tenderloin served with fresh fruit and
oven-browned potatoes.

Chicken Normandy ............................................ $14.95
Baked boneless chicken breast with apple and walnut stuffing.
Served with rice pilaf.

Sliced Beef Tenderloin ....................................... $17.95
Roasted beef tenderloin, sliced and finished with a demi-glace.
Accompanied by oven-browned potatoes.

Steak and Shrimp ............................................. $21.95
Charbroiled 8 oz. rib eye with a trio of peppered shrimp.
Garnished with sautéed bell peppers, mushrooms, and onions.
Served with oven-browned potatoes or baked potato.

Without Shrimp .............................................. $16.95

Shrimp and Scallops ......................................... $ Market Price
Pan-seared shrimp and scallops served over linguine and tossed
with a Newburg sauce.

Fresh Tuna, Halibut or Salmon Steak ............. $ Market Price
Grilled or baked and served with rice pilaf or oven-browned
potatoes.

Dinner Dessert Choices
(Available at lunch for an extra $1.50)

Traditional Cheesecake with fruit topping  Red Velvet Cake
Carrot Cake  Key Lime Pie
Double Chocolate Cake  German Chocolate Cake
Lemon Icebox Pie  Assorted Flavored
Cheesecakes
Chef's Special Entrees

Twin Chicken Breasts
(One of our client’s favorites) $12.95
A whole skinless boneless chicken breast marinated, dredged in thyme and sage seasoned bread crumbs, then baked to succulent perfection. Served with your choice of oven-browned potatoes, rice, or egg noodles and a seasoned medley of fresh vegetables. Chef’s choice of salad and dessert included.

Or combine one-half chicken breast with:

- Italian Sausage $12.95
- A Trio of Broiled Fresh Jumbo Shrimp $14.95
- Baked Tennessee Country Ham $14.95
- Sliced Pork Tenderloin $17.95
- Petite Ribeye of Beef with a Wild Mushroom Sauce $16.95
- Petite Filet Mignon in a Béarnaise Sauce $18.95
- Fresh Tuna, Halibut or Salmon (as available) $ Market Price

Afternoon Breaks

- Assorted Cookies $12/dozen
- Assorted Ice Creams $2/per person
- Assorted Large Candy Bars $18/dozen
- Brownies $18/dozen
- Fresh-cut Fruit, Melons, and Berries $3/person
- Fresh-cut Vegetable Medley with Dips $3/person
- Mixed Nuts $10/pound
- Petit Fours $18/dozen
- Pound Cake with Whipped Topping and Cut Fruit $3/person
- Pretzels, Potato Chips, Peanuts or Assorted Popcorn (plain, white cheddar, cheese, caramel) $8/pound
- Tray of Assorted Cheeses and Crackers with Grapes $3/person
- Yogurts $15/dozen
- Fresh-cut Fruit Tray Small (serves 25 people) $75/tray
- Large (serves 50 people) $150/tray

Basic Reception
$6.50 per person (minimum 25)
A display of cheeses, fruits and flowers, crudités and dips, mixed nuts, and punch.

Build onto the basic reception with additional hot or cold selections:
One Selection $1.75 per person
Two Selections $3.25 per person
Three Selections $4.50 per person

Hot Selections
- Assorted Mini-quiches
- Crab Puffs
- Empanadas
- Spanakopita
- Sausage Puffs
- Shrimp Turnovers
- Chicken Tenders
- Swedish Meatballs
- Tortellini and Marinara Sauce

Cold Selections
- Cucumbers and Seafood
- Chicken Salad Tartlets
- Rainbow Mousse of Vegetables
- Finger Sandwiches with Meats or Salad
- Gourmet Cookies
- Mini-cheesecakes
- Petit-fours
- Baklava
- Brownies
- Chocolate-dipped Strawberries

Specialty Selections
- Chilled Jumbo Shrimp with Sauces $21/pound
- Carved Roast Beef with Sauce and Breads $4/person (minimum 50)
- Carved Turkey with Sauce and Breads $3/person (minimum 25)
- Stuffed Mushrooms $18/dozen

A Taste of Tennessee Reception
$18.95 per person (minimum of 100 people)
Enjoy a lovely array of classic homemade Southern treats complimented by a variety of beverages, including punch, coffee, tea, assorted soft drinks and bottled water.

The Carvery:
- Tender Round of Roast Beef
- Succulent Golden Turkey
- Honey Bourbon Glazed Ham
- Sugar-cured Country Ham and Buttermilk Biscuits
- Tennessee River Bowfin Caviar on Toast Points
- Mini Pastries filled with Herbed Goat Cheese
- Garden-fresh Crudités and Dip
- Old-fashioned Apple Stack Cake
- Strawberry Jam Tarts
- Black Walnut Baklava
- Hickory Nut Fudge

International Sampler Reception
$17.95 per person (minimum of 50 people)
Delight in our small feast from around the world complimented by a variety of beverages, including punch, coffee, tea, assorted soft drinks and bottled water.

- Swedish Meatballs
- Mini Croissants filled with Ham and Cheese
- Italian Tortellini topped with Red Meat Sauce
- Mini Quiche
- Mexican Mini Tacos
- Cajun Chicken Tenders
- Oriental Mini Eggrolls
- Garden Crudités and Dip
- Amaretto Sugar Cookies
- Petit-fours
- Chocolate-tipped Strawberries