

Loudermilk CONFERENCE CENTER

Menu
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Eat Well. Meet well

Spring 2015

Breakfast

The Great Start

Deconstructed Low fat organic yogurt bar with Berries and Fresh fruit

House Made Herb Garden and Chicken Sausage Frittatas

*Whole Grain Muffins and Breakfast breads

Freshly Brewed Organic Counter Culture Coffee

Herbal Teas

Assorted Fruit Juice

\$16 per person

The Bake Shop

Fresh Fruit Scones, Croissants, Assorted

Muffins and Bagels

Butter, Cream Cheese, and

Fruit Preserves

Freshly Brewed Organic Counter Culture Coffee

Herbal Teas

\$12 per person

Rise and Shine

Freshly Baked Banana Bread
Sliced Seasonal Fruits and Berries
Mixed Fruit and Greek Yogurt Parfait
Oven Roasted Tomato and Egg White Scramble
Steel Cut Oatmeal with Brown Dried Cherries
All Natural Chicken Sausage
Assorted Fruit Juices
Freshly Brewed Organic Counter Culture Coffee
Herbal Teas

\$22 per person

The Auburn

Scrambled Egg Bar with Chives, Cheddar Cheese, Diced Peppers
Chicken Sausage and Country Bacon
Creamy Stone Ground Cheese Grits
Souther Style Potatoes with Diced Peppers and Onions
Buttermilk Biscuits
Butter and Preserves
Assorted Fruit Juices
Freshly Brewed Organic Counter Culture Coffee
Herbal Teas

\$22 per person

The Peachtree

Cinnamon French Toast
Warm Berry Compote, Maple Syrup, Lemon Cream
Scrambled Egg Bar with Chives, Cheddar Cheese, Diced Pepper
Souther Style Potatoes with Diced Peppers and Onions
Chicken Sausage and Country Bacon
Buttermilk Biscuits
Butter and Preserves
Assorted Fruit Juices
Freshly Brewed Organic Counter Culture Coffee
Herbal Teas

\$22 per person

Enhancements

\$5

Buckwheat Pancakes, Agave Nectar
Quinoa Scones
Morning Maple Cranberry Pecan Oat Bars
Fresh Fruit Smoothies with Low Fat Yogurt
Tofu Scramble with Salsa and Avocado (Vegan)
Oatmeal with Dried Fruits and Brown Sugar (Vegan)
Arden's Garden Fruit and Veggie Juices
Greek Yogurt Parfaits with Granola and Mixed Fruit
Egg , Smoked Turkey+ Spinach and Gruyere Cheese Croissants
Seasonal Fruit Skewers
Freshly Brewed Coffee **\$40 per gallon**
Soft Drinks **\$2.00**
Bottled Water **\$2.50**

Chef Attended Stations

Designed to compliment any breakfast buffet
(Minimum 25 guests)

Omelets Station

Fluffy Omelets Made to Order
Tomatoes, Mushrooms, Cheese, Peppers Onions and Hams
\$7 per person

Belgian Waffle Station

Made to order Belgian Waffles, Blueberry Compote, Fresh
Strawberries, Chocolate Chips, Toasted Pecans, Maple Syrup and
Whipped Cream
\$6 per person

Fresh Oatmeal Bar

Original and Flavored Oatmeal, Raisins, Cinnamon, Maple Syrup,
Brown Sugar, Chocolate Chips, Bananas, Fresh Strawberries,
Blueberries and Pecans
\$5 per person

Shrimp & Grits

Low Country Shrimp and Stone Ground Grits
\$7 per person

Lunch

Sandwich Buffet

Specialty Hand Crafted Sandwich, house made potato chips, fresh salad
freshly Baked Cookies, Assorted Soft Drinks and Bottled Water

\$16

Sandwiches and Wraps

Sliced Turkey, Ham and Swiss Club Sandwich
Bakery Fresh Brioche Bun with Green Leaf Lettuce Sliced Tomato and Whole
Grain Mustard

Peppered Turkey and Smoked Gouda
Sun Dried Tomato Hummus, Micro Greens and Cucumber Slices
Grilled Focaccia Bun

Roast Beef and Crumbled Goat Cheese,
Romaine Lettuce and Spicy Aioli on Grilled Baguette

Spicy Tuna Salad with Shredded Parmesan Cheese
Vine Ripe Tomato and Baby Spinach on Fresh Baked Croissant

Herb Infused Chicken Salad on Sun Dried tomato Focaccia
with Plum Tomato, Mixed Field Greens & Sliced Bermuda Onion

Chicken Caesar Salad Wrap
on Spinach Tortilla

Tarragon Grilled Chicken on Focaccia Roll
Tomato and Basil Mayonnaise

Grilled Vegetable Wrap: Zucchini, Squash, Cucumber, Spinach,
Shredded Carrots and Herbed Boursin Spread Wrapped in Spinach Tortilla

Tomato, Cucumber, Hummus, Feta Cheese
on a Spinach Tortilla

Fresh Mozzarella, Tomato, Basil, Arugula on Focaccia

Box Salads
\$16

Baby Green Salad with Cherry Tomato, Grilled Chicken
Garlic Croutons, Sliced Cucumber, Ranch or Balsamic Vinaigrette

Grilled Chicken Caesar with Chopped Romaine, Garlic Croutons
Shredded Parmesan Cheese and Caesar Dressing

Tuna Niçoise Salad: Albacore Tuna, Olives, Hard Boiled Egg
Green Beans and Balsamic Dressing

Hot Lunch Themed Buffets

All Buffets are Served with Soft Drinks and Bottled Water

\$24

Mediterranean

Chicken stuffed with Olives, Sun dried Tomatoes
Mozzarella with Basil Cream Sauce
Zucchini, Squash and Eggplant Blend
Rosemary Roasted Potatoes
Assorted Cookies and Brownies

Italian

Please select one main entree

Chicken Parmesan
Classic Beef Lasagna
Lemon Chicken Picatta
Parmesan-Crusted Tilapia Filet
Chicken Marsala
Vegetable Lasagna

Please choose two sides

Spinach Baked Zitti with San Marzano Tomato Sauce
Penne Arrabiatta
Sautéed Green Beans and Tomatoes
Sautéed Spinach with Shallots
Eggplant Parmesan
Penne Primavera

Dessert

House Made Tiramisu

Southern

Chicken Breast Pan Fried Golden Brown
Side Country Gravy
Macaroni and Cheese
Southern Style Green Beans
Corn Bread
Dessert
Freshly Baked Peach Cobbler

Southwestern

Please select one main entree

Fajita Style Chicken Breast with Sautéed Onions and Peppers

or

Chicken Oaxaca

Sides

Black Beans

Mexican Rice

Soft Flour and Crispy Corn Tortilla

Sour Cream, Pico De Gallo, Salsa

Shredded Cheese and Lettuce

Churros

Caribbean

Jerk Chicken Breast Fried Sweet Plantains

Steamed Cabbage

Coconut Rice with Black Beans

Pineapple upside down cake

Vegetarian

Please Select One Salads

Classic Caesar Salad, Toasted Croutons and Parmesan Cheese
Baby Spinach, Goat Cheese, Candied Almonds and Shallot Vinaigrette
Garden Greens, Carrots, Cucumbers, Tomatoes and Balsamic Vinaigrette
Classic Fetouch Salad
Tomato Caprese Salad

Please choose Two main course

Tri-Color Cheese Tortellini, Pesto Cream Sauce, Parmesan Cheese
Baked Penne Pasta, Roasted Vegetables, Marinara Sauce
Curried Tofu Stew, Peppers, Plum Tomatoes and Eggplants
Risotto with Green Peas and Pearl Onions
Vegetable Provencal: Layers of Roasted Eggplant and Sliced Tomatoes
Topped with Caramelized Onions, Olives, Herbs and Parmesan Cheese

Please select two sides

Roasted Root Vegetables | Cauliflower | Sautéed Swiss Chard
Glazed Baby Carrots | Red Bliss Potatoes | Braised Tuscan Kale, Roasted
Garlic and Shallots
Sautéed Spinach with Roasted Garlic and Caramelized Onion
Cheese Polenta | Thai Brussels Sprouts with Garlic and Chili |
Tunisian Chick Peas with Spinach, Paprika, Cumin and Garlic
Roasted Asparagus with Lemon Vinaigrette | Roasted Fennel and Plum
Tomatoes with Parmesan Reggiano | Steamed Cabbage | Broccoli Rabe with
Garlic Oil

Dessert

Assorted Cookies and Brownies

Design your Own Buffet

Choose Two

Barely Soup
Organic Turkish Lentils
Chilled Cucumber Soup
Veritable Vegetable Soup
Kale and Quinoa Salad with dried Cranberries and Beets

Green Love Salad
Spring Mixed Greens with Hearts of Palm , Cucumbers, Black Beans,
Tomato, Mango with Cilantro Lime vinaigrette
Kale and Red Cabbage Slaw
Bulgar Tabouli
Mediterranean Farro Salad with Green Beans

Choose One

Sesame and Ginger Seared Wild Salmon
Blackened Tilapia
Chicken Piccata with Capers and Artichoke Hearts Marinated
Chicken Paillard with Squash and Spinach
Baked Seasonal White Fish with Sautéed Baby Spinach
White Beans in a fennel broth

Sides Choose Two

Tomato and Herbs Orzo
Grilled Asparagus
Cilantro Infused Basmati Rice with Green Peas
Roasted Cauliflower, Quinoa and Spiced Chick Peas
Roasted Potatoes with Mustard Seeds and Fine Herbs
Israeli Couscous with Asparagus, tomatoes and Lemon

Zucchini Noodles
Steamed Garlic Broccoli

Take a Break

Assorted Soft Drinks & Bottled Water

or

Lemonade & Cucumber Infused Water

\$12

Wellness Break

Fresh Seasonal Fruit Kabobs with Honey & Yogurt
House Made Dried Fruit and Nut Mix: Cranberries, Apricots,
Green Peas, Sunflower Seeds, and Almonds

Dip it In!

Chick Pea Hummus with Pita Chips and Zaatar Flat Bread
Mango Salsa, Guacamole, and Blue Corn Tortilla Chips
Veggie Shooters with Ranch Dressing

Cheese Board

International and Boutique Domestic Cheeses with House Made
Crostinis & Flat Breads
Tomato Bruschetta
Olive Tapenade
Roasted Almond with Rosemary and Fleur de Sel

Sweet Auburn Avenue

Assorted Cupcakes: Chocolate, Red Velvet and Vanilla
Popcorn Trio: Sea Salt, Cheddar and Caramel