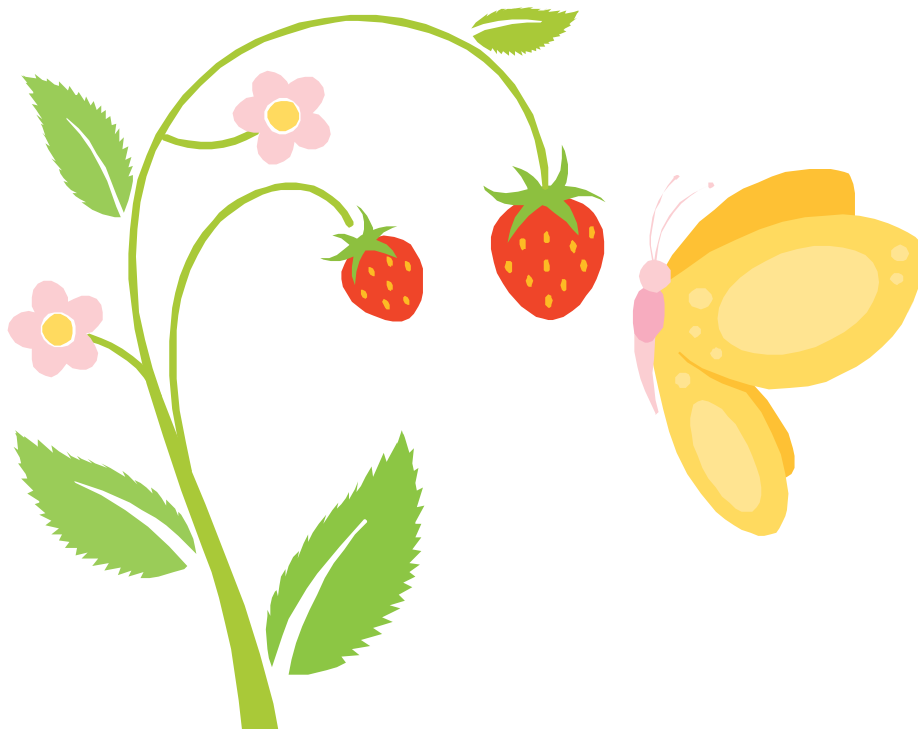


# THE SOUTHERN GOURMET



“Where Southern Meets Gourmet”

## Corporate Wellness Menu

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## HEALTHY GOURMET

### **MESQUITE GRILLED CHICKEN**

Mesquite seasoned breast of chicken, fire grilled & topped with colorful red, yellow & green bell peppers, sweet onions & Carolina sauce...13.99

### **SHRIMP & VEGETABLE GRILL**

Plump & juicy shrimp, seasonal fresh vegetables seasoned with Citrus seasoning & grilled over an open flame...14.99

### **SALMON BRUSCHETTA**

Tuscan spiced center cut salmon fillet, grilled to medium & topped with fresh Bruschetta Tomatoes, Garlic & Extra Virgin Olive Oil...14.99

### **SPINACH & RED BELL PEPPER STUFFED CHICKEN**

Fresh spinach, red bell peppers, low fat mozzarella & garlic stuffed chicken breast. Baked with a balsamic & olive oil glaze...14.99

### **CUBAN PORK TENDERLOIN WITH BLACK BEANS**

Cuban spiced grilled pork tenderloin resting on a bed of healthy black beans with homemade Chimichurri sauce...13.99

### **TURKEY & SPINACH STUFFED SHELLS**

Lean ground turkey, fresh spinach low fat mozzarella & cream cheese filled jumbo pasta shells topped with our fresh marinara sauce...13.99

### **BALSAMIC CHICKEN**

Grilled boneless skinless chicken simmered with healthy Tomatoes, onions, red wine & balsamic drizzle...13.99

### **ITALIAN BEEF BRACIOLA**

Beef tenderloin stuffed with fresh herbs, aged parmesan cheese, & a sprinkling of defatted bacon simmered in a marinara & red wine sauce...15.99

### **TUSCAN CHICKEN**

Tuscan seasoned breast of chicken stuffed with a mélange of Mediterranean vegetables, a sprinkle of Gorgonzola cheese & balsamic drizzle...14.99

### **GORMET TURKEY MEATLOAF**

Lean ground turkey, sautéed onions & green bell pepper with fresh tomato sauce make this meatloaf the ultimate healthy comfort food,...12.99

### **LEMON SALMON PICCATA**

Center Cut Salmon fillet grilled to medium in our homemade lemon piccata sauce With Capers & White Wine...14.99

LUNCH: Choose one side and a salad

DINNER: Choose two sides and a salad: Additional 2.99 per guest

## VEGETABLES & SIDE SALADS

Sautéed String Beans with Shallots & White Wine  
Grilled summer vegetables  
Lemon Scented Steamed Broccoli  
Roasted Winter Vegetables  
Summer Succotash  
Summer Squash & Tomatoes  
Mashed Sweet Potatoes  
Southwest Quinoa Salad  
Sweet Corn with Tomatoes & Basil  
Tiny Pasta with Grilled Vegetables  
Sautéed Fresh Carrots  
Organic Garden Salad  
Cranberry Almond Slaw  
Quinoa Curry with Mango  
Gourmet Fruit & Nut Salad  
Watermelon Salad (seasonal summer)  
Classic Spinach Salad  
Tangerine Brown Rice Pilaf  
Fresh Fruit Salad Ambrosia (seasonal, summer)  
Apple Pecan Salad (seasonal, winter)  
Hoppin John Salad  
Red Skin Potato Salad Vinaigrette  
Whole Wheat Pasta with Marinara

Add any side for 2.99 per guest



### Healthy Salad Dressings

Red Wine Vinaigrette, 2 T. 45 calories  
Vidalia Vinaigrette, 2 T. 110 calories  
Honey Balsamic, 2 T. 100 calories  
Citrus Vinaigrette, 2 T. 80 calories

## HEALTHY BOXED SELECTON

### SANDWICHES

Italian Chicken Salad (no mayo)  
Smoked Turkey & Pepper Jack  
Black Oak Ham & Swiss  
Homemade Lemon Hummus & Grilled Vegetable  
Lean Smoked Pork & Havarti with Apricot Mustard

Served on Rustic Whole Grain Bread or Whole Grain Sandwich Thin  
With one of our healthy side dishes & dessert  
8.99

#### Side Options:

Hoppin John, Cranberry Almond Slaw, Seasonal Fruit Salad  
Garden Salad, Southwest Quinoa Salad

### BOXED ENTRÉE SALAD

Entrée Salads are served over Organic Gourmet Greens with seasonal vegetables  
Tuscan Salad, Honey Balsamic...6.99  
Gourmet Fruit & Nut Salad, Vidalia Vinaigrette...6.99  
Thai Peanut Salad, Thai Peanut Dressing...6.99  
Southwest Salad, Salsa Ranch...6.99  
Classic Chopped Salad, Dilled Buttermilk or Red Wine Vinaigrette...9.99  
Add Grilled Chicken...9.99  
Add Grilled Shrimp, Salmon or Crab Cake...12.99

Healthy Boxed Salads are served with dessert bar or cookie

### DESSERT

Wellness Cookies  
Sweet Potato Brownies  
Cranberry Oat Bars

#### Extras:

Dark Chocolate Dipped Strawberries, seasonal  
Grilled Pineapple with Chocolate Hazelnut Drizzle  
Angel Food Strawberry Shortcake  
Add 2.50 per guest

### BEVERAGES

Homemade Iced Tea – 6.99 gal.  
Add Heart Healthy Cinnamon Iced Tea – 7.99 gal.  
Available in un sweet or lightly sweet  
Carafes of coffee – 15.99, serves 12

We take a common sense approach to healthy eating in the workplace, by  
Purchasing locally & cooking seasonally with the freshest ingredients.

Please let us know of any dietary needs for your group.  
Gluten or Dairy Free & Vegetarian options are available.