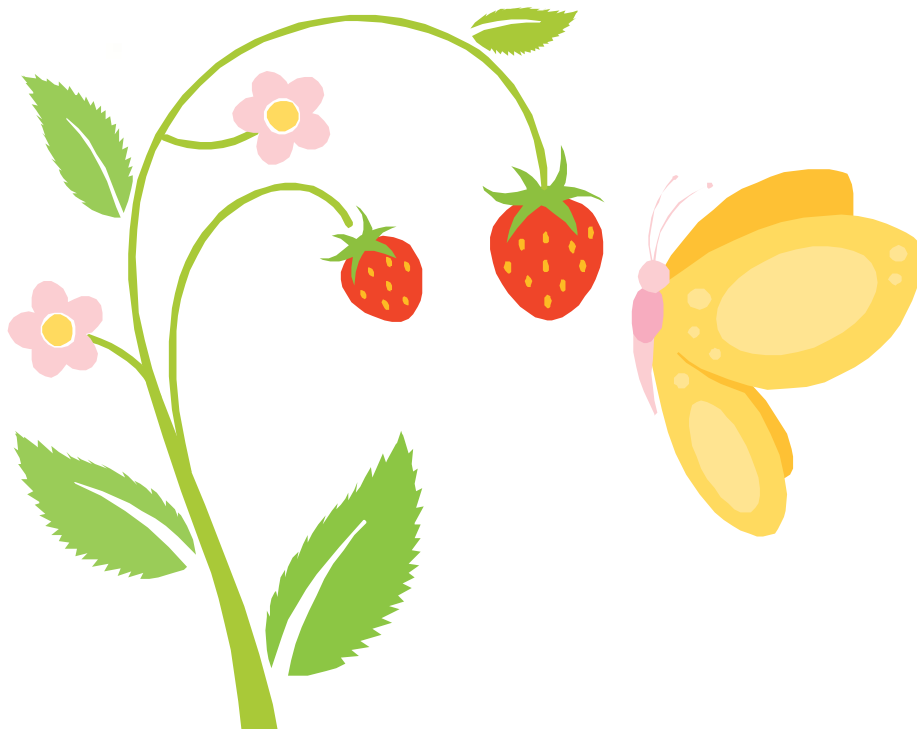


THE SOUTHERN GOURMET



“Where Southern Meets Gourmet”

Corporate Wellness Menu

9101 Monroe Road Suite 110
Charlotte, NC 28270
TEL: 704.849.7646

Email: southerngourmet@windstream.net

www.thesoutherngourmet.net

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 PROVENCAL

Plump & juicy shrimp, tomatoes, bell peppers, onion, fennel, olives, basil & white wine...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...13.99

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...12.99

ITALIAN BEEF BRACIOLA

Beef tenderloin stuffed with fresh herbs, aged parmesan cheese, & a sprinkling of defatted bacon simmered in a marinara & red wine sauce...14.99

GREEK CHICKEN WITH FENNEL

Greek spiced chicken braised with fresh fennel, carrots, onion, red bell pepper & white wine...12.99

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

BOURBON TERIYAKI PORK TENDERLOIN

Grilled Pork Tenderloin finished in our Bourbon Teriyaki Sauce.

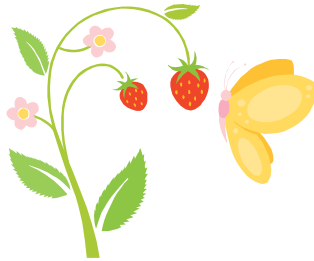
LUNCH: Choose two sides

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

VEGETABLES & SIDE SALADS

Sautéed String Beans with Shallots & White Wine
Grilled Seasonal Vegetables
Lemon Scented Steamed Broccoli
Summer Succotash
Summer Squash & Tomatoes
Mashed Sweet Potatoes
Southwest Quinoa Salad
Sweet Corn with Tomatoes & Basil
Israeli Couscous 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 Rice Pilaf
Gourmet Pilaf Rice with Ancient Grains
Fresh Fruit Salad Ambrosia
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

HEALTHY BOXED SELECTON

SANDWICHES

Italian Chicken Salad (no mayo)
Smoked Turkey & Pepper Jack
Black Forrest Ham & Swiss
Lean Roast Beef & Cheddar
Homemade Lemon Hummus & Grilled Vegetable
Curried Chick Pea Salad Sandwich - Vegan
Lean Smoked Pork & Havarti with Apricot Mustard

Served on Rustic Whole Grain Bread or Whole Grain Sandwich Thin
Gluten free Bread available upon request
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...10.99
Add Grilled Shrimp or Salmon ...13.99

DESSERT

Wellness Cookies
Sweet Potato Brownies
Cranberry Oat Bars
Peanut Butter Health Bars – Gluten free
Ambrosia Macaroons – Gluten free
Mini...15. doz.

BEVERAGES

Homemade Iced Tea – 7.99 gal.
Heart Healthy Cinnamon Iced Tea – 8.99 gal.
Available in un sweet or lightly sweet
Carafes of coffee – 16.99, serves 12 – 8 oz.

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.