



## *Menu Selections*

*for Morning Break, Lunch and Afternoon Break*



*The following menus are based on our most popular selections.  
The Ark would be delighted to customize a meal plan for your  
group to meet a particular need or theme. We are also pleased to  
provide for any special dietary needs. Just ask!*

# Breakfast and Morning Breaks

## BREAKFAST & AM BREAKS

*All of the morning breaks below include a mid-morning beverage refresh*

### **Continuous Beverage Service**

*Available all day or half day, and includes:*

- AM: regular and decaffeinated coffee, hot tea, and fresh fruit juices
- PM: regular and decaffeinated coffee, hot tea, and a variety of soft drinks

*All Breakfast Options are served with regular and decaffeinated coffees, hot herbal teas and assorted fruit juices.*

## **AM BREAKS**

### **Mini Continental**

*Assorted fresh pastries and muffins*

### **Norris Continental**

*Assorted fresh pastries and muffins, and whole fresh fruit*

### **Deluxe Continental**

*Assorted fresh pastries and muffins, yogurts, granola and fresh fruit display*

### **Executive Continental**

*Assorted fresh pastries and muffins, cereal bars, fresh fruit display and breakfast tacos*

## **BREAKFASTS**

### **Hot Breakfast Buffet**

*Scrambled eggs, bacon, sausage, breakfast potatoes, biscuits and country gravy*

### **Hot Deluxe Breakfast Buffet**

*Assorted pastries and cereal bars, fresh whole fruit, scrambled eggs, bacon, sausage, breakfast potatoes, biscuits and country gravy*

### **Breakfast Taco Bar**

*Scrambled eggs, bacon, sausage, potatoes, refried beans and cheese served with corn and flour tortillas, Pico de Gallo, and green salsa.*

### **Southern Style Breakfast**

*Scrambled eggs, bacon, maple smoked turkey sausage, hash browns, biscuits and gravy.*

### **French Country Breakfast**

*Quiche Lorraine and/or Quiche Florentine served with croissants, sliced baguettes, fruit preserves, whipped butter, and fresh seasonal berries.*

### **Tuscany Morning**

*Mascarpone-mushroom frittata, savory Italian sausage strata paired with sliced melons and a variety of coffee cakes.*

### **Waffle Skewers Action Station**

*Mini waffles, chicken breast nuggets on skewers, served with fresh strawberries and blueberries. Topped with whipped cream and powdered sugar. Accompanied by bacon and cheddar cheese egg strata.*

*Requires a minimum of 25 attendees.*

# Afternoon Breaks and A La Carte Options

## AFTERNOON BREAKS

All afternoon breaks include: regular and decaffeinated coffees, hot herbal teas and assorted soft drinks, with a mid-afternoon beverage refresh. Requires a minimum of 25 attendees.

### **NORRIS BREAK**

#### ***The Cookie Jar Gets Popping***

Freshly baked assorted cookies and chocolate brownies  
Gourmet popcorn - from sweet to savory, spicy or just down right decadent - we truly have a flavor for everyone!

#### ***Deluxe Break***

South of the Border with A Twist  
Fresh corn tortilla chips, fire roasted salsa and guacamole, served with warm queso

#### ***High Energy Break***

Fresh berries & whole fruit, granola bars, an assortment of low-fat yogurt and dried fruit mix

#### ***Strawberries – Strawberries – Strawberries***

Moist vanilla short cakes served with fresh strawberry sauce and sliced strawberries topped off with whipped cream

#### ***Old Fashioned Ice Cream Parlor Delights***

Root Beer, Cream Soda and Coca Cola served with vanilla ice cream and fresh baked cookies

#### ***Chocolate Delight***

Pound cake, whole strawberries, marshmallows, graham crackers, and pretzels served with chocolate fondue

### **EXECUTIVE BREAK**

#### ***Health Nut***

Roasted red pepper hummus, guacamole and salsa. Served with veggies, pita and tortilla chips

#### ***Latin Style***

Gazpacho shooters, pineapple salsa with house made special tostadas, steak empanadas and chipotle creme fraiche, and watermelon agua fresca

#### ***Toast Bar***

Rye, White & Whole Wheat Bread (select up to 3 of the following toppers)

- Avocado Spread – with tomatoes, mushrooms and alfalfa sprouts
- Cream Cheese – with fresh bacon bits, ham, turkey, tomatoes and sliced hard boiled eggs
- Hummus – with sliced Avocados, cucumbers, tomatoes and feta cheese
- Peanut Butter – with honey, Nutella, jelly and butter

## A LA CARTE OPTIONS

Don't need an entire break, or just looking for something extra to add?

- Bottled Water (each)
- Each Soft drinks (each)
- Regular & Decaffeinated Coffee (per gallon)
- Assorted fruit juices (per gallon)
- Fresh brewed iced tea (per gallon)
- Fresh lemonade or limeade (per gallon)
- Strawberry or peach iced tea (per gallon)
- Tropical fruit punch (per gallon)
- Whole, 2% or skim milk (per quart)
  
- Sliced fruit (per person)
- Assorted pastries (per dozen)
- Bagels with flavored cream cheeses (per dozen)
- Breakfast Tacos (per item)
- Freshly baked cookies (per dozen)
  
- Assorted gourmet brownies (per dozen)
- Granola, energy and Nutragrain bars (each)
- Hot jumbo pretzels with mustard (per dozen)
- Queso, fresh salsa and tortilla chips (per person)
- Assorted petit fours (per dozen)
- Mixed nuts (per pound)
- Assorted trail mixes (per pound)
- Popular candy bars (each)
- Guacamole (per pint)

# Cold Lunch

*Cold Lunch Menus include beverage service: coffee, iced tea and chilled water. Salads served with garlic knot rolls, butter and a freshly baked cookie. Don't see a favorite? We love to customize our menus - just ask.  
Can be served plated or buffet. Requires a minimum of 25 attendees.*

## Fresh from the Deli

### **Boxed Lunch**

*Prepared assortment of deli sandwiches - roast beef and cheddar, ham and swiss, turkey with bacon, or chicken salad, served with pasta or fruit salad*

### **Sandwich Board**

*Prepared assortment of deli sandwiches - roast beef and cheddar, ham and swiss, turkey with bacon, chicken salad served with pasta or fruit salad*

## Salad Entrees

### **Fajita Salad**

*Green chili and lime cilantro marinated strips of skirt steak and chicken breast, mixed greens black bean and corn pico, smoked peppers and onions, pico de gallo, shredded cheddar cheese, sour cream, jalapeños, house-made tortilla strips, fire roasted salsa and cilantro-lime ranch dressing*

### **Southwest Salad Bar**

*Grilled chicken breast, romaine lettuce, black bean salsa, diced tomatoes, sliced avocado, cucumbers, red onions, roasted corn, black olives, jalapeños, feta and cheddar cheeses with southwest Caesar and buttermilk ranch dressings*

### **Grilled Chicken Caesar Salad**

*Grilled chicken breast, romaine lettuce, shaved parmesan cheese, house-made croutons, with caesar dressing*

### **Greek Salad w/Grilled Chicken**

*Grilled chicken on a bed of crispy romaine lettuce with grape tomatoes, chopped cucumbers, sliced green pepper, red onion and capers tossed in a tangy house-made oil and vinegar dressing*

### **Traditional Cobb Salad and Crispy Chicken Tenders**

*Crispy chicken tenders, fresh iceberg and romaine lettuce with cherry tomatoes, crumbled bacon, diced avocado, minced eggs served with ranch or a chunky blue cheese dressing*

### **Summer Spinach and Chicken Salad**

*Baked chicken strips, fresh baby spinach with seasonal fruit, chopped nuts and artisanal cheese tossed with an olive oil and balsamic vinaigrette*

# Main Course

*Beverage service includes coffee, iced tea and chilled water. Selections include field green salad, starch, vegetable, garlic knots and butter. Meals can be served as lunch or dinner and plated or buffet style. Don't see a favorite? We love to customize our menus - just ask. Requires a minimum of 25 attendees.*

## Poultry

### Herb Crusted Parmesan Chicken

*Oven roasted chicken breast dredged in province herbs and shredded parmesan cheese finished with goat cheese, sundried tomato and a creamy basil cream sauce*

### French Hunter's Chicken

*Slow-cooked bone-in chicken breasts with mushrooms, tomatoes with cognac, white wine and fresh herbs*



### Mediterranean Chicken

*Sautéed herbed chicken breast topped with baby spinach, sundried tomatoes, kalamata olives, artichoke hearts, and feta cheese*

### Chicken Piccata

*Pan seared lightly breaded chicken breast, white wine lemon sauce, sundried tomatoes, capers and herbed fettuccini*

### Santa Fe Chicken

*Chicken breast stuffed with monterrey jack cheese and Hatch chiles, enhanced white wine cream sauce*

### Chicken Avion Breast with Lemon and Herbs

*Roasted bone-in chicken breasts with fresh thyme and peppercorns served in a lemon au jus*

## Beef, Pork & More

### Grilled Fajitas

*Green chili and lime cilantro marinated strips of skirt steak and chicken breast, flour tortillas, grilled onions Pico de Gallo, shredded cheddar cheese, sour cream and sliced jalapeños*

### Texas BBQ

*Select (2)- BBQ chicken, turkey, slow smoked brisket, spicy beef sausage or baby back ribs (off the bone), select three sides: potato salad, coleslaw, ranch style beans, jalapeno cornbread casserole or macaroni & cheese, served with sliced white and wheat bread, pickles, sliced onions and BBQ sauce.*

### Sirloin Meatloaf

*Oven-roasted sirloin meatloaf basted with a sweet and tangy chipotle glaze*

### Flat Iron Steak

*6 oz strip steak served with a wild mushroom demi glaze*



### Petite Filet

*Beef tenderloin medallion wrapped in applewood smoked bacon, wild mushroom demi glaze*

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# Main Course, Continued

*Beverage service includes coffee, iced tea and chilled water. Selections include field green salad, starch, vegetable, garlic knots and butter. Meals can be served as lunch or dinner and plated or buffet style. Don't see a favorite? We love to customize our menus - just ask. Requires a minimum of 25 attendees.*

## Classic Prime Rib with Au Jus and Horseradish Crème

*Classic whole boneless prime rib is slow-roasted to perfection served with a horseradish crème.*

## Brown Sugar Glazed Pork Chops

*Pan-seared pork chops coated with brown sugar and spices for a savory and sweet glaze*

## Bacon Wrapped Pork Tenderloin Medallions

*Seasoned pork tenderloin wrapped with applewood smoked bacon slices and baked to tender perfection*

## Braised Lamb Chops

*Garlic-rubbed lamb chops braised with rosemary, oregano and parsley served with garlic mashed potatoes*

## Garlic Braised Short Ribs with Rosemary

*Bone in beef short ribs slowly cooked in a red wine reduction with carrots, pancetta and rosemary served with garlic mashed potatoes*

## Fish & Seafood

### Honey Garlic Glazed Salmon

*Seared salmon fillets coated with a sweet and savory mix of honey, garlic, lemon and soy*

### Baked Mediterranean Snapper or Red Fish

*Seared and baked red snapper fillets prepared with tomatoes, onion and black olives topped with feta cheese and minced parsley*

### Lemon Garlic Tilapia (gluten free)

*Pan roasted tilapia filet, white wine and tomato lemon garlic butter sauce*

## Vegetarian Selections

### Stuffed Portabella Cap

*Grilled portabella mushrooms stuffed with feta cheese, slow roasted red peppers and grilled purple onions*

### Crispy Stuffed Eggplant

*Thinly sliced eggplant served with spinach, artichokes, sundried tomatoes and feta cheese*

### Spinach and Gorgonzola Ravioli (Vegan & Vegetarian)

*Served with tomato and pesto sauce*

### Vegetable Haystack (Vegan & Vegetarian)

*Mix of fresh seasonal vegetables layered with fresh herbs and pesto*

### Grilled Cauliflower Steak (Vegan and Gluten Free)

*Thick slice of cauliflower, served with chimichurri and garlic mushrooms*

### Meyer Lemon and Three Cheese Ravioli (Vegan & Vegetarian)

*With tomato crème and pesto*



# Entrée Side Dishes and Desserts

*Entrée Side Dishes are listed below. Please select from one (1) Starch and one (1) Vegetable to accompany your Main Course. Don't see a favorite? We love to customize our menus – just ask. Dessert Selections can be added to any Cold Menu, Main Course or just served a la carte. Requires a minimum of 25 attendees.*

## Entrée Side Dishes

### **Starch Selection (Choose (1) One)**

- Smashed yukon gold potatoes with garlic and parmesan
- Texican street corn
- Twice baked stuffed red potatoes
- Artisanal cheese blend mac n' cheese
- Cajun dirty rice
- Jalapeno cornbread casserole
- Lemon ricotta and spinach linguini
- Mediterranean orzo salad
- Mexican rice
- Oven roasted fingerling potatoes
- Gruyere potato gratin
- Seasonal risotto
- Simply rice
- Wild rice pilaf

### **Vegetable Selection (Choose (1) one)**

- Brown sugar balsamic sweet potatoes
- Creamed spinach gratin
- Grilled summer squash with feta and mint
- Harvest julienne vegetables
- Lemon parmesan grilled asparagus
- Mashed cauliflower with roasted garlic
- Oven roasted root vegetables
- Roasted brussel sprouts with bacon and onion
- Sautéed green beans with lemon and garlic
- Seasonal roasted vegetables

## Dessert Selections

### **Sweet Treats (Per Person Pricing)**

- Triple chocolate layer mousse cake
- Carrot cake with a smooth cream cheese icing
- Italian cream cake with toasted coconut, pecans and cream cheese icing
- Assorted petit desserts: (3 pieces per person) miniature cream puffs, strawberry cream napoleons, chocolate petit fours, vanilla mouse tarts topped with fresh berries
- New York style cheesecake drizzled in a decadent chocolate sauce
- Mocha mint cheesecake
- Salted caramel cheesecake
- Tiramisu and fresh raspberries
- Assortment of freshly baked cookies and delicious chocolate brownies

*Requires a minimum of 25 attendees. Choose (1) one per 25.*

