



## **LUNCH**

### **AE&C Signature Lunch**

Fresh Baby Greens, Our Own Strawberry-Balsamic House Vinaigrette, Gorgonzola Crumbles & Candied Pecans  
California Style Chicken on Croissant  
Kettle Style Potato Chips

### **Tex-Mex Wrappin'**

South Western Style Chicken & Pepper Jack in Tortilla Wraps  
With Chipotle Ranch Sauce  
Traditional Texas Slaw & Jalapeno Flavoured Chips

### **A Grecian Discovery**

Hearts of Romaine, Tossed with Kalamata, Cherry Toms, Artichokes & Feta with Lemon-Thyme Vinaigrette Dressing  
Pita Wrap of Beef, Red Onion, Fresh Tomato & Tzatziki Sauce  
Sea Salt & Vinegar Chips

### **Vegetarian Delight**

Avocado, Spicy Sprouts, Romaine, Tomato, Shredded Carrot,  
Red Onion Shavings on Croissant,  
Sour Cream & Dill Pickle Salad, Kettle Style Chips

### **Mediterranean Secret**

Skewered Kabobs of Marinated Beef  
Pesto & Sun Dried Tomato Orzo Pasta Salad  
Marinated Grilled Vegetables & Sea Salt & Vinegar Chips

### **All American**

Roast Beef with Horseradish Sauce & Monterrey Cheese, Lettuce & Tomato on Kaiser Rolls  
Tortellini Pasta Salad, Kettle Style Chips

### **Turkey with a Twist**

Turkey & Muffuletta on Sourdough Baguettes  
Classic Style Potato Salad & Dill Pickles  
Kettle Style Chips

### **Asian Creation**

Fresh Thai Spring Rolls with Chili Dipping Sauce

Toss of Assorted Asian Slaw in Ginger-Wasabi Vinaigrette Dressing with Pineapple, Mango & Cashews

Grilled Breast of Chicken in Sesame Linguine with Miso Sauce

\*\*Allergy note, menu item does contain soy

### **Seasoned Skewers**

Flavor is imparted in the wooden skewer itself – choose from the following: chef will pair with appropriate salads

Hickory

Garlic

Ginger Mango

Thai Coconut Lime

Indian Mango Curry – HOT!

Skewered with your choice of beef, chicken, shrimp, scallops or lobster; priced accordingly

### **SALAD**

#### **Pesto Chicken**

Pesto Grilled Breast of Chicken with Romaine, Hot House Tomatoes, Avocado Laced with Bacon on Cibiata Bread

Traditional Caesar Salad & Alaskan Thunder Chips

#### **Create your own salad suggestions**

Baby Greens with Strawberry-Balsamic Vinaigrette, Gorgonzola Cheese Crumbles & Candies Pecans

Hearts of Romaine Tossed in Roasted Tomato Shallot Vinaigrette with Spanish Manchego Cheese, Pine nuts and Cherry Tomatoes

Spinach Salad with Grilled Chicken and Roasted Potatoes with shallot Snips, Tomato and Honey-Pommery Mustard Dressing

Grilled Shrimp Caesar Salad with Romaine Hearts and a Black Pepper Parmesan Chip

Smoked Salmon Salad with Mixed Greens, Shallot Snips and a Sherry Vinaigrette

Caprese Salad with Plum Tomatoes and Red Onion Marinated in Olive Oil and Garlic, Layered with Buffalo Mozzarella and fresh Basil Leaves over a Bed of Romaine

Vegetarian with Grilled Eggplant, Roasted Peppers, Red Onions, Marinated Tomatoes and Black Olive Tapanade

Tuna Nicoise with Grilled Tuna, Mixed Greens, Black Olives and Egg in Balsamic Vinaigrette

Cobb Salad with Chicken, Avocado, Crumbled Bacon with a Maytag Blue Cheese Dressing

Roquefort Salad with Boston Lettuce, Belgian Endive, Watercress, Croutons, Bacon and Roquefort Dressing

Antipasto with Prosciutto, Cappicola, Marinated Olives, Roasted Peppers, Sharp Italian Cheese and Mozzarella over Romaine Lettuce Served with Olive Oil and Balsamic Vinegar

### **Alternate Salads**

Tuscan Penne Pasta with Sun Blushed Tomatoes, Basil Pesto, Parmesan Cheese & Pine Nuts in Balsamic Vinaigrette

Baby Red Potato Salad with Sour Cream and Fresh Dill Herbs

Savoury Greek – Pasta with Fresh Cucumber, Cherry Tomatoes, Kalamata Olives, Feta Cheese and Dark Balsamic Vinaigrette

Northern Italian – Basil, Olive Oil, Cherry Tomato, Lemon Zest tossed in Lemon Thyme Vinaigrette & Fleur d Saul

Middle Eastern Cous-Cous Tossed in Tahini, Lemon, and Mixed Herbs

Thai Style with Hearts of Romaine, Fresh Basil, Scallions, Coconut Lime Dressing

Grilled Shrimp on top of Chilled Soba Noodles with a Watercress & Pepper Salad and Sweet n' Sour Vinaigrette

### **SOUPS**

Tomato Bisque with Choice of Ravioli – Roasted Chicken & Rosemary or Marscarpone/Artichoke

Classic Chicken Noodle with Mirepoix Vegetables and Seasoned with Bay & Thyme

Beef and Barley with inter Vegetables and Herbs d' Provence & Asiago Cheese

Tom Yum Kai – Spicy Thai Soup with Chicken, Basil, Vegetables & Straw Mushrooms

Summer Soup Gazpacho of Cucumber and Tomato, Slightly Spicy – served cool!

### **SANDWICHES**

Roast Sirloin with Peppercorn Horseradish Sauce, Sprouts and Havarti cheese

Cobb Smoked Turkey Wrap Breast with Cranberry and Sage Stuffing

Orange Honey Roasted Ham with Coleslaw, Honey Mustard and Danish Emmentaler Cheese

Grilled Chicken with Watercress, Sliced Apples and Walnut-Chive Mayonnaise

Vegetarian with Grilled Eggplant, Roasted Peppers, Red Onions, Marinated Tomatoes and Black Olive Tapanade

Old Fashioned Tuna Sub, Chunk White Tuna Salad with Lettuce, Tomato, and Onion

## **WRAPS**

- Californian Veggie** ~ Fresh Turkey, Avocado, Tomato in a Bacon Cream Cheese Spread  
~ Grilled Eggplant, Peppers, Red Onion, Sprouts and Tomatoes with Olive Tapanade
- Alaskan** ~ Smoked Salmon with Romaine, Arugula, Lettuce, Tomato, & Onion with Scallion Cream Cheese
- Italiano** ~ Prosciutto, Cappelletti, Provolone, Lettuce, Tomato & Onion Drizzled with Basil Olive Oil
- Chicken Salad** ~ Poached Chicken Breast with Scallions, Celery and Walnuts, in Creamy Dressing
- South Western** ~ Black Beans, Peppers, and Spicy Rice, Topped with Jack Cheese in a Garlic Tortilla
- Lo-Cal Crunch** ~Vegetable Tortilla with Lettuce, Cottage Cheese, Peppers, Carrots, Onion and Fresh Basil
- Middle Eastern** ~ Humus and Tabouli with Chopped Spinach, Tomato and Olive Oil
- Chicken Caesar** ~ Romaine, Grilled Chicken, Garlic Croutons and Caesar Parmesan Dressing