Lunch

Entrée Salads

2000 Chopped Antipasto Salad: Chopped Romaine, Iceberg, Salami, Mortadella, Capicola, Pepperoni, Kalamata Olives, Marinated Artichokes, Roasted Red Peppers, Hot Peppers, Tomatoes Provolone & Swiss Tossed with Olive Oil, Red Wine Vinegar, Oregano & Fresh Basil

2001 Salad Trio: Curried Chicken Salad, Tuna Salad & Chunky Egg Salad, Served on a Mix of Romaine, Iceberg & Baby Spinach with Seasonal Fresh Fruit & Grilled Pita Bread

2002 Caprese Seafood Salad; Poached "Frutti di Mare" with Virgin Olive Oil & Lemon served over Romaine, Iceberg & Spring Mix with Sliced Tomatoes, Fresh Mozzarella & topped with a Chiffonade of Fresh Basil

2003 Classic "Caesar Style" Salad with Grilled Chicken Breast, Cashews, Pea Shoots & Shaved Parmesan with House-made Caesar Dressing on the side

2004 Classic Chicken Salad: All White Meat Chicken Tossed with Celery, Granny Smith Apples & Pecans in Creamy Tarragon Dressing served on a bed of Spring Mix, Romaine & Baby Spinach Surrounded by Seasonal Fresh Fruit & Sliced Banana Bread

2005 Classic Tuna Niçoise: Chunky White Tuna with Hard Cooked Eggs, Poached Haricot Verts, Red Skin Potatoes, Pitted Kalamata Olives, Tomatoes & Slivered Red Onion with a Classic French Dijon Vinaigrette on the side **(Grilled Salmon / Market Price)**

2006 "Cuban Style" Salad: Romaine & Iceberg, Green Olives, Chopped Tomatoes, Julienned Smoked Ham & Turkey, Shredded Swiss & Parmesan with Garlic-Oregano Vinaigrette on the side

2007 East Avenue Cobb: Romaine, Baby Spinach & Iceberg, Cucumber, Avocado, Diced Bacon, Tomato, Black Olives, Chopped Egg, Crumbled Bleu Cheese topped with Grilled Chicken Breast served with Honey-Mustard Dressing on the side

2008 Spanish Salad: Romaine, Baby Spinach & Iceberg, Green Olives, Chopped Tomatoes, Swiss, Parmesan, Sprouts & Chick Peas topped with Paprika-Garlic Grilled Chicken Breast served with Garlic-Oregano Dressing on the side

2009 Michael's on East "Deconstructed" Chinese Chicken Salad: Soy-Ginger Grilled Chicken Breast, Cold Sesame Noodles with a Cucumber, Tomato & Onion Salad over a bed of Greens with a Thai Peanut Dressing on the side

2010 Michael's on East Fruity Cobb Salad with Romaine, Iceberg & Spring Mix, Candied Walnuts, Strawberries, Mango, Blueberries, Blackberries, Avocado Mash & Crumbled Gorgonzola topped with Grilled Chicken Breast served with a Sweet Poppyseed Dressing on the side

2011 Southwestern Salad: Romaine, Iceberg, Spring Mix, Cucumber, Grilled Corn, Black Beans, Tomatoes, Shredded Cheddar, Crumbled Queso & Guacamole topped with Parmesan Crusted Breast of Chicken served with Honey-Mustard Dressing on the side

2012 Spinach Salad with Mango, Strawberries, Blackberries, Candied Walnuts, Chickpeas & Smoked Gouda topped with Grilled Chicken Breast Served with Raspberry Vinaigrette on the side

2013 Spinach Salad with Gorgonzola, Toasted Almonds, Avocado Mash, Oranges & Grapefruit topped with Soy-Ginger Grilled Chicken Breast served with Poppyseed Dressing on the side

2014 The "Chef's Salad": Romaine, Iceberg & Spring Mix with Julienned Smoked Ham, Turkey, Bacon, Cheddar & Swiss, Hard Cooked Egg, Tomatoes, Cucumbers & Black Olives topped with Crispy Croutons served with Honey-Mustard Dressing on the side

2015 Tossed Spring Mix, Iceberg & Romaine with Gorgonzola, Sliced Figs, Red Grapes & Candied Pecans topped with Grilled Chicken Breast Garnished with Sweet Pea Trundles & served with Poppyseed Dressing on the side

2016 Chicken Waldorf Salad over Bibb & Spring Mix served with Fresh Fruit & Banana Bread

2017 Classic Wedge: Iceberg Wedge with Bacon, Cherry Tomatoes, Julienned Red Onions & Crumbled Bleu Cheese Drizzled with Aged Balsamic Reduction with Grilled Chicken Breast served with Champagne Bleu Cheese Dressing on the side **(6oz. Grilled Skirt Steak / Market Price)**

2018 Kale, Romaine & Spring Mix with Chick Peas, Millionaire's Bacon, Plum Tomatoes, Roasted Red Pepper, Bleu Cheese, Pickled Red Onion, Dried Cranberries, Toasted Almonds topped with Grilled Chicken Breast served with Roasted Garlic Horseradish Dressing on the side

2019 Wedged Quiche Lorraine served with a Salad of Baby Kale, Shaved Brussels Sprouts & Baby Spinach with Candied Walnuts, Pecorino, Dried Cranberries, Spiced Sunflower Seeds, Granny Smith Apples and a Lemon-Mustard Vinaigrette on the side

2020 Baby Kale, Shaved Brussels Sprouts & Baby Spinach Salad with Candied Walnuts, Pecorino, Dried Cranberries, Spiced Sunflower Seeds, Granny Smith Apples topped with Grilled Chicken Breast with Lemon-Mustard Vinaigrette on the side

2021 Mediterranean Platter with Fattoush Salad, Spanakopita, Creamy Hummus, Kalamata Olives, Grape Tomatoes, Cucumbers & Parmesan Crusted Chicken Breast served with Grilled Pita Bread and a Lemon Vinaigrette on the side

Vegan Salad Topping Options
Crispy Black Bean Cake, Spiced Chickpea Pattie, Roasted Cauliflower Steak

Optional Salad Proteins (Market Price)
Miso Glazed Salmon, Rosemary Skewered Grilled Jumbo Shrimp (3pieces),
6oz. Grilled Skirt Steak, Jumbo Lumpmeat Crabcake

2022 Build A Grain Bowl topped with Grilled Chicken Breast

- *All grain bowls serve over bed of spring mix*

Grains (Select Two): Faro, Tri-Color Quinoa, Brown Rice, Barley, Bulgar Wheat, Couscous

Toppings (Select Four): Chick Peas, Sliced Mushrooms, Black Beans, Guacamole, Avocado Mash, Tomatoes, Cucumbers, Grilled Corn, Red Grapes, Pickled Red Onions, Hard Cooked Egg, Black Olives, Green Olives, Kalamata Olives, Shaved Brussels Sprouts, Roasted Red Peppers, Millionaire's Bacon, Chopped Bacon, Granny Smith Apple, Fresh Mint, Fresh Cilantro, Pea Shoots, Italian Fried Eggplant, Hummus, Edamame, Crispy Sweet Potato, Roasted Broccoli, Roasted Cauliflower

Nuts (Select One): Toasted Almonds, Candied Walnuts, Spiced Sunflower Seeds, Pistachios, Chopped Walnuts, Candied Pecans, Cashews

Cheeses (Select One): Shredded Cheddar, Shaved Parmesan, Crumbled Queso, Bleu Cheese, Smoked Gouda, Feta, Gorgonzola, Pecorino, Shredded Swiss, Provolone, Ricotta Salta

Dressings (served on the side): Lemon-Mustard Vinaigrette, Honey-Mustard, Roasted Garlic Horseradish, Sweet Poppyseed, Raspberry Vinaigrette, Classic French Dijon Vinaigrette, Garlic-Oregano Vinaigrette, Thai Peanut, Champagne Bleu Cheese, Tzatziki

Entrées (Hot)

Poultry

2100 Brie Chicken: Boneless Breast of Chicken topped with a Fan of Sliced Apple & Melted Brie Covered with a Pink Peppercorn Sauce

2101 Chicken, Mushroom & Raisin Crepes with a Light Curry Sauce

2102 Chicken Mirabella with Dried Plums, Olives, Capers & Fresh Thyme

2103 Chicken Paillard Pounded Thin, Parmesan Encrusted Served with an Arugula & Tomato Salad Drizzled with Aged Balsamic Vinegar

2104 Chimichurri Rubbed Roasted Chicken Breast topped with a Black Bean Corn Relish

2105 Classic Chicken Piccata with Lemon, White Wine, Parsley, Caper & EVOO

2106 Thai Coconut-Curry Chicken: Roasted Breast of Chicken with Basil, Chopped Tomatoes, Bok Choy & Exotic Mushrooms

2107 Buttermilk Battered Crispy Southern Fried Chicken Breast with Honey-Chipotle Sauce

2108 Sautéed Breast of Chicken topped with Roasted Pear Salsa of Apples, Pears, Red Onion & Ginger

2109 Hazelnut Encrusted Breast of Boneless Chicken topped with Olive Oil, Sun-dried Tomatoes, Mushrooms & Pine Nuts

2110 Jerk Chicken with Mango-Cilantro Relish

2111 Macadamia-Coconut Crusted Boneless Breast of Chicken topped with Pineapple, Red Pepper & Mango Salsa

2112 Mediterranean Chicken topped with Chopped Artichoke, Roasted Red Pepper, Wild Mushroom & Kalamata Olive with Olive Oil, White Wine & Basil

2113 Parmesan Crusted Boneless Breast of Chicken topped with Roasted Eggplant, Chopped

Artichokes, Mushrooms & Sun-Dried Tomatoes

2114 Roasted Rosemary Breast of Chicken with Mushrooms, Sun-Dried Tomatoes, Kalamata Olives & Pancetta

2115 Sautéed Breast of Chicken topped with Sliced Tomatoes, Provolone Cheese & a Pink Peppercorn Sauce

2116 Sautéed Breast of Chicken Smothered in a Caper, Mushroom, Sundried Tomato & White Wine Sauce

2117 Parmesan Crusted Chicken Breast with Pancetta, Sage & White Wine

2118 Panko Crusted Chicken Breast Stuffed with Garlic-Herb Cream Cheese topped with Artichoke, Roasted Red Pepper, Wild Mushroom, Kalamata Olives & Sun-dried Tomatoes

2119 Sauteed Breast of Chicken Stuffed with Mozzarella, Spinach & Sun-dried Tomatoes in a Savory Marsala Mushroom Sauce

2120 Pesto Grilled Chicken Breast topped with Marinated Tomato Salad

2121 Classic Chicken Parmesan

2122 Boneless Mojo Chicken Thighs with Citrus & Herbs

Meat (Market Price)

2050 Boneless Short Rib of Beef Braised in Port Wine Demi Glaze

2051 Soy & Ginger Asian Braised Boneless Short Ribs of Beef

2052 Slow Cooked "Osso Bucco" Style Braised Short Rib over Creamy Polenta

2053 Grilled Skirt Steak with Chimichurri

2054 6 oz. Herb & Roasted Garlic Encrusted Filet Mignon with a Roasted Shallot Butter

2055 Home-Style Meatloaf with a "Down Home" Mushroom Sauce

2056 Moroccan Barbecue Glazed Pork Tenderloin Medallions with Apple-Raisin Chutney

2057 Salisbury Steak with a Rich Red Wine Caramelized Onion & Mushroom Gravy

2058 Mojo Style Roasted Pulled Pork with Apple-Citrus Salsa

Mahi-mahi **(Market Price)**

2300 Miso Glazed Mahi-mahi with Sesame & Scallions

2301 Macadamia Crusted Mahi-mahi Picatta

2302 Macadamia Crusted Mahi-mahi with Fresh Fruit Salsa

2303 Pan-Seared Mahi-mahi with Capers, Mushrooms, Sun-Dried Tomatoes, White Wine & EVOO

2304 Pan-Seared Mahi-mahi topped with Citrus Beurre Blanc & Citrus Segments

2305 Savory Blackened Mahi-mahi with Fresh Fruit Salsa

2306 Sautéed Mahi-mahi "Saltimbocca Style" with Prosciutto, Sage, White Wine & EVOO

2307 Grilled Mahi-mahi with Artichokes, Capers, Chopped Tomatoes, Kalamata Olive & EVOO

Salmon **(Market Price)**

2200 Aromatic Salmon with Citrus Beurre Blanc & Citrus Segments

2201 Ginger-Orange Grilled Salmon topped with Zest of Lemon, Lime & Orange

2202 Grilled Salmon with Artichokes, Capers, Chopped Tomatoes, Kalamata Olives & EVOO

2203 Honey Cracked Mustard & Fennel Glazed Salmon with Mango Chutney

2204 Horseradish Encrusted Salmon with Tzatziki Sauce

2205 Miso Glazed Salmon with Sesame & Scallions

2206 Pan-Seared Salmon with Fennel-Tomato Relish & Balsamic Reduction

2207 Porcini Dusted Salmon topped with a Tomato-Cucumber Relish

2208 Sautéed Salmon "Saltimbocca Style" with Prosciutto, Sage, White Wine & EVOO

2209 Pan-Seared Salmon with Capers, Mushrooms, Sun-Dried Tomatoes, White Wine & EVOO

2210 Porcini Dusted Salmon topped with Fresh Fruit Salsa

Grouper (Market Price)

2401 Miso Glazed Florida Grouper with Sesame & Scallions

2402 Macadamia Crusted Florida Grouper Picatta

2403 Macadamia Nut Crusted Florida Grouper with Fresh Fruit Salsa

2404 Pan-Seared Florida Grouper with Capers, Mushrooms, Sun-Dried Tomatoes, White Wine & EVOO

2405 Pan-Seared Florida Grouper topped with Citrus Beurre Blanc & Citrus Segments

2406 Savory Blackened Florida Grouper with Fresh Fruit Salsa

2407 Sautéed Florida Grouper "Saltimbocca Style" with Prosciutto, Sage, White Wine & Olive Oil

2408 Grilled Florida Grouper with Artichokes, Capers, Chopped Tomatoes, Kalamata Olive & EVOO

Snapper (Market Price)

2501 Pan Seared Red Snapper with a Shallot-Champagne Sauce

2502 Sautéed Red Snapper with Capers, Mushrooms, Sun-Dried Tomatoes, White Wine & EVOO

2503 Toasted Almond Crusted Red Snapper with Lemon, Capers, Shallots, White Wine & EVOO

2504 Snapper with Prosciutto, Sage & White Wine

2505 Miso Glazed Snapper with Sesames & Scallions

2506 Cajun-Style Blackened Snapper with Mango & Avocado Chutney

2507 Sauteed Mediterranean-Style Red Snapper with Tomatoes, Olive Oil & Roasted Garlic

Shellfish **(Market Price)**

2600 Seared "Maryland-Style" Crab Cakes with Classic Rémoulade

2601 Scallop, Shrimp, Mushroom & Spinach Crepes in a Light Curry Sauce

2602 Shrimp, Scallop, Crabmeat & Mushroom "Coquille St. Jacques"

2603 Jumbo Shrimp Scampi

Vegetarian

9000 Curry Vegetable Bundles: An Array of Seasonal Vegetables in a Yellow Curry Wrapped in a Phyllo Bundle, Tied with a Scallion Baked Until Golden Brown

9001 Quinoa & Vegetable Stuffed Roasted Peppers topped with Crumbled Feta **(GF)**

9002 Eggplant, Roasted Red Pepper & Fresh Mozzarella Rollatini

9003 Spinach, Cheese & Sun-Dried Tomatoes Stuffed Portobello Mushrooms **(GF)**

9004 Portobello Wellington; Portobello Caps Stuffed with Mushroom, Spinach, Toasted Pine Nuts & Gruyere Baked in a Golden Brown Puff Pastry

9005 Four Cheese Eggplant Rollatini with Pesto Sauce

9006 Caprese Stuffed Garlic Butter Portobellos **(GF)**

9007 Asparagus Crespelle with Porcini & Shitake Mushrooms, Ricotta, Parmesan & Truffle Oil

9008 Wild Mushroom & Parsnip Ragout over Cheesy Polenta

Vegan

9020 Quinoa & Vegetable Stuffed Roasted Peppers **(GF)**

9021 Eggplant Puttanesca over Spaghetti Squash **(GF)**

9022 Vegan Tikki Masala served over Basmati Rice with Naan Bread

9023 Spanish Vegan Paella **(GF)**

9024 -Coconut Rice Bowl - Curried Jasmine Rice with Roasted Asparagus, Carrots & Beets, Fresh Sweet Peas & Edamame topped with Crispy Tofu & Fresh Cilantro **(GF)**

9025 Cauliflower Steak Puttanesca **(GF)**

9026 Roasted Cauliflower Steaks with Chimichurri **(GF)**

STARCH & VEGETABLE

Starch

3000 Artisanal Sardinian Fregola

3001 Saffron Basmati Rice

3002 Herbed Basmati Rice with Toasted Almonds

3003 Chive Potato Tartlet

3004 Forbidden Rice with Garlic, Green Onions, Sesame Oil & Vegetable Stock

3005 Forbidden Rice with Garlic, Green Onions, Sesame Oil, Chicken Stock & Pancetta

3006 Whole Roasted Golden Creamer Potatoes & Fresh Herbs

3007 Golden Fingerlings with Truffle Oil

3008 Gruyere Scalloped Potatoes

3009 Gruyere Scalloped Sweet Potatoes

3010 Warm Moroccan Spiced Couscous

3011 Lemon & Pistachio Rice Pilaf

3012 Caramelized Sweet Potatoes with Pecans & Green Onions

3013 Mashed Potatoes with Bleu Cheese & Horseradish

3014 Mashed Potatoes with Caramelized Shallot & Sage

3015 Roasted Garlic Mashed Potatoes

3016 Mashed Sweet Potatoes with Brown Sugar & Crushed Pecans

3017 Potato, Gruyere, Parmesan & Chive Croquette *(add applewood bacon)*

3018 Cheesy Grits

3019 Roasted Red Skinned Potatoes with Rosemary

3020 Truffle Roasted Red Skin Potatoes

3021 Short Grain Brown & Wild Rice Pilaf

3022 Toasted Quinoa Pilaf

3023 Truffle Scented Risotto Cake

3024 Root Mash of Carrots, Sweet Potatoes, Red Skin Potatoes & Parsnips

Vegetable

3500 Roasted Asparagus

3501 Roasted Baby Carrots

3502 Roasted Baby Red Peppers

3503 Roasted Beets

3504 Roasted Patty Pan Squash

3505 Roasted Haricot Verts

3506 Seared Sugar Snap Peas with Sesame Garlic

3507 Baked Acorn Squash with Brown Sugar

3508 Sauteed Broccolini with Garlic & Olive Oil

3509 "Burnt" Broccoli

3510 Sauteed Cauliflower Rice

3511 Curried Cauliflower

3512 Fresh Peas

3513 Green Beans Almondine

3514 Mexican Street Corn-Off-The-Cob

3515 Roasted Parsnips & Carrots Tossed with Honey & Butter with Parsley

3516 Pan Fried "Italian Style" Eggplant

3517 Sautéed Cauliflower with Parmesan, Toasted Pine Nuts, Pickled Banana Pepper & Mint

3518 Roasted Zucchini with Parmesan & Bread Crumbs

3519 Roasted Brussels Sprouts with Butternut Squash, Pancetta & Carmel Fish Sauce

3520 Roasted Brussels Sprouts with Butternut Squash *(pancetta optional)*

Mixed Vegetable Options

3600 Balsamic-Infused Tuscan Grilled Vegetables with Eggplant, Zucchini, Squash, Carrots, Peppers, Mushroom & Onions

3601 Oven Baked "Southern-Style" Corn Pudding

3602 Baby Bella, Oyster & Shiitake Mushroom Sauté

3603 Ratatouille *(French classic)*

3604 Corn, Lima Beans, Peppers, Tomatoes & Onion Succotash *(bacon optional)*