## The Nature Place Menu

Our menu suggestions are listed below. We can customize many meals to meet your needs. Please contact us if you have questions or concerns.
*All meals are served with juice, coffee, and a variety of teas*

## Breakfast

All breakfast meals include hot and cold cereals, fresh fruit, yogurt, milk, and a nondairy alternative. A typical breakfast will have two forms of egg, two forms of meat, one potato, one bread for toasting, and one sweet bread.

Entrees: scrambled eggs, fried eggs, poached eggs, boiled eggs, eggs frittata, French toast, Belgian waffles, pancakes, or biscuits and gravy

Sides: bacon, ham, sausage links, veggie sausage, or pork patties, corned beef hash, hash browns, home fries, oatmeal or cream of wheat.

Breads: English muffins, bagels, croissants, white, wheat, and rye
Homemade cinnamon rolls, muffins, coffee cakes, and other sweet breads may also be available.

## Lunch

All lunches are served with a full salad bar and dessert. A typical lunch will include one entrée and two sides.

Entrees: Fajitas (beef or chicken), tacos, enchiladas, rubens, rachels (turkey and cheese toasted), Philly cheese steaks, grilled chicken, barbecued pulled pork or beef, French dip, hamburgers, veggie burgers, brats, wraps or fish

Sides: beans, rice, chicken wings, French fries, sweet potato fries, onion rings, au gratin potatoes, homemade mac and cheese, marinated and grilled veggies, cold potato salad, assorted pastas, rice dishes, and/or homemade soups

If scheduled in advance a sack lunch line can be available during breakfast. Guests will make their own lunch from a variety of breads, meats, cheeses, condiments, fresh fruit, veggies, granola bars, assorted chips, and dessert items.

## Brunch

Items from breakfast and lunch may be included along with these additional items: quiche, assorted sweet rolls, shrimp, salmon, egg salad, tuna salad, bagels and lox, and assorted cheeses and crackers

## Dinner

All dinners are served with a full salad bar and dessert. A typical dinner will include one entrée and two sides.

Entrees: roast prime rib, grilled New York steak, braised short ribs, roast sirloin tips, stroganoff, fried chicken, roast pork loin with mushroom sauce, roast pork tenderloin, barbequed pork baby back ribs, chicken marsala, lemon chicken, roasted bone-in herb chicken, grilled or pan seared salmon, shrimp scampi, spaghetti with meat/meatballs, veggie or meat lasagna, linguine, mushrooms and shrimp, clams or scallops, chicken parmesan, stir fry, Southern, tai curry, beef parmesan, meatpies, asian barabque, roasted ham and roasted turkey.

Sides: market fresh veggies (baked, steamed, or grilled), potatoes (mashed, au gratin, new), rice, pastas, freshly baked breads

## Special Diets

We offer four types of special diet selections: vegan, vegetarian, dairy-free, and glutenfree. These dishes have an additional charge of $\$ 3$ for lunch and $\$ 5$ for dinner. If there is a nut, seafood, egg or other allergy please let our staff know and we will try to accommodate these concerns. Our guests are always welcome to bring special foods.

Some of our special diet options include: assorted tofu dishes, veggie burgers or burritos, egg rolls, tuna and salmon, spinach risotto pie, quinoa stuffed peppers or squash, and hummus

## Snacks

Snacks are included for morning and afternoon breaks and will be delivered to your conference room. Additional sacks can be provided for an additional charge.

Nuts, dried fruit, assorted fruit tray, chips and salsa, hummus and crackers, popcorn, brownies, cookies, and granola bars

If you would like to have some other menu item in particular or if you have other ideas, just let us know. Our creative, experienced and talented team is happy to work with you.

## Other Items that may be of interest:

S'mores
Popcorn
Bottled Water
Gatorade
Soft Drinks
Tea or Lemonade

