

Lunch

Traditional Hot Luncheons **Your Choice \$17.95**

Penne Primavera

A blend of fresh vegetables combined with our lightly spiced roasted garlic and Sundried tomato cream sauce served over penne pasta.

London Broil

Our Specialty! Herb marinated flank steak thinly sliced served with a mushroom sherry sauce.

Chicken Champlaine

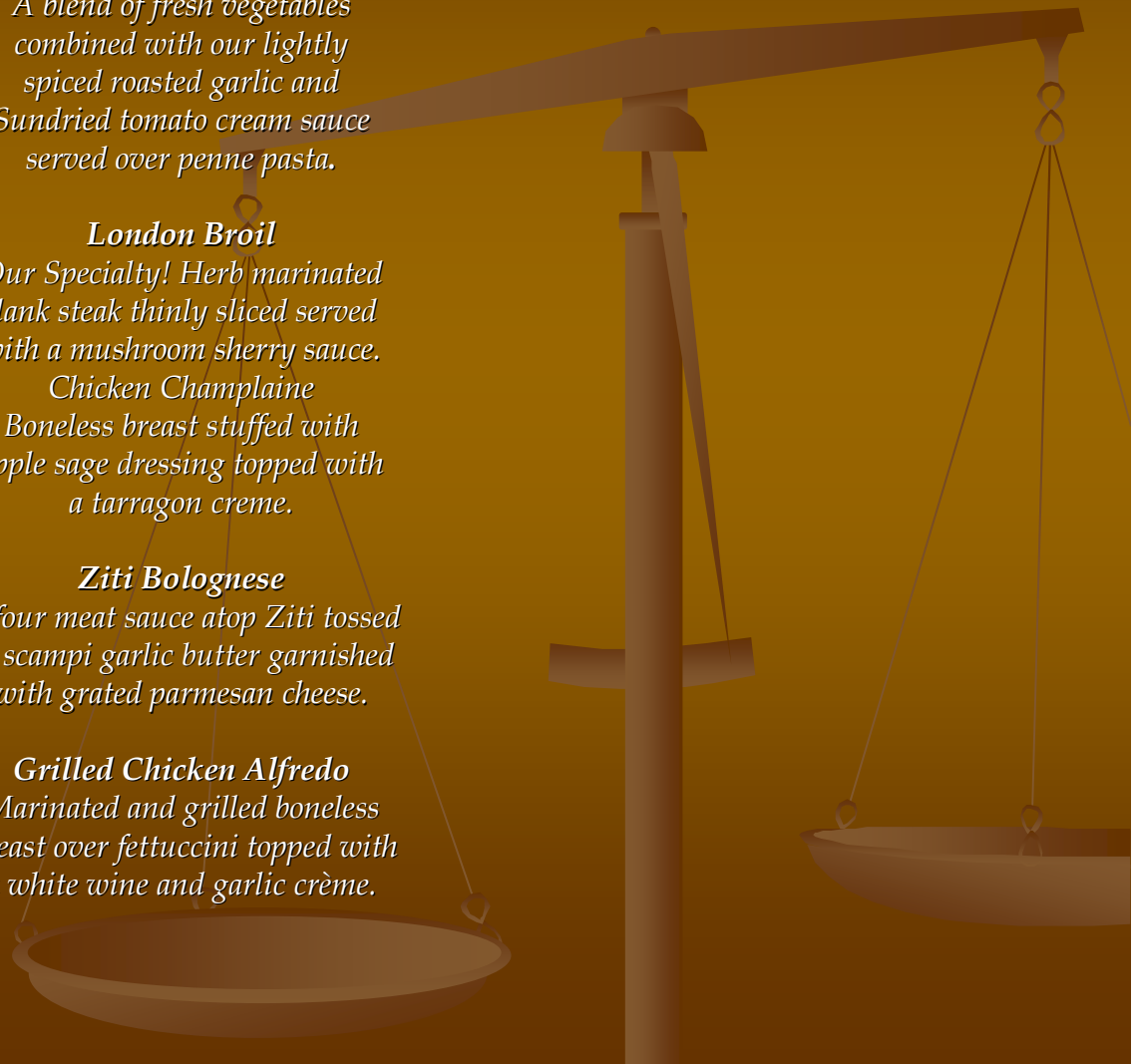
Boneless breast stuffed with apple sage dressing topped with a tarragon creme.

Ziti Bolognese

A four meat sauce atop Ziti tossed in scampi garlic butter garnished with grated parmesan cheese.

Grilled Chicken Alfredo

Marinated and grilled boneless Breast over fettuccini topped with a white wine and garlic crème.



Chicken Picatta Allemande

Chicken breast lightly sauteed with lemon, capers and white wine, on a bed of demiglace, topped with julienne ham and sauteed mushrooms.

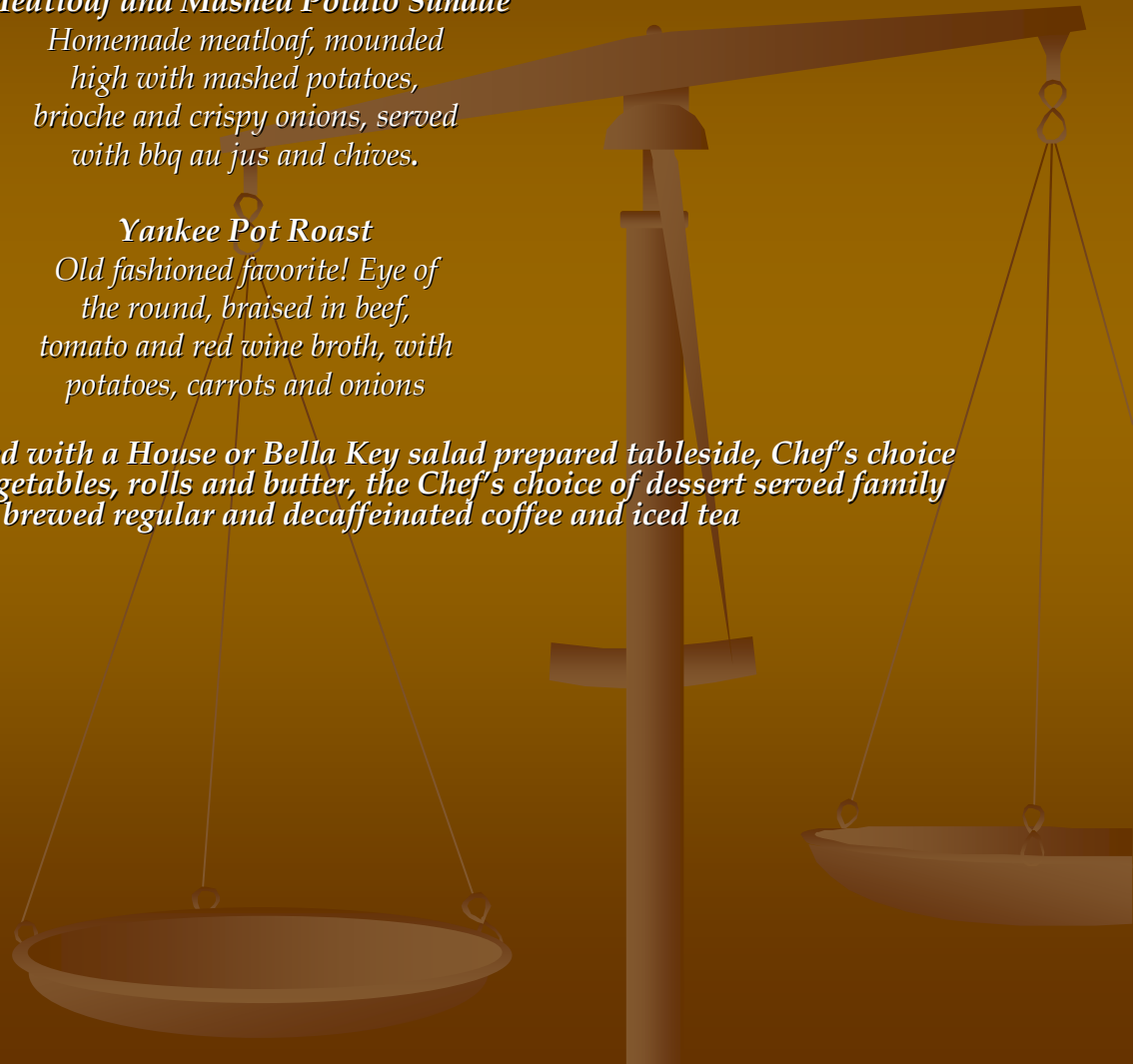
Meatloaf and Mashed Potato Sundae

Homemade meatloaf, mounded high with mashed potatoes, brioche and crispy onions, served with bbq au jus and chives.

Yankee Pot Roast

Old fashioned favorite! Eye of the round, braised in beef, tomato and red wine broth, with potatoes, carrots and onions

The Traditional entrees are served with a House or Bella Key salad prepared tableside, Chef's choice of rice, pasta or potato, fresh vegetables, rolls and butter, the Chef's choice of dessert served family style, and freshly brewed regular and decaffeinated coffee and iced tea



Lunch Sandwiches and Wraps

Your Choice \$14.95

B L T Chicken Caesar Wrap

Grilled marinated chicken breast in a tortilla wrap with Caesar salad and applewood bacon. Side of marinated herbed potatoes and with pasta salad with mozzarella, tomatoes and olives, with a pickle.

VEGETARIAN TORTILLA WRAP

Sauteed julienne vegetables on a whole-wheat tortilla spread with ranch chipolte dressing. Served with sliced fresh fruit.

Grilled Chicken Breast

Grilled marinated chicken breast with bacon, lettuce and tomato served on herb focaccia with a sundesto and pickle.

Thai ChickenWrap

Grilled marinated chicken breast with Shredded cabbage, carrots, cucumbers, Scallions and peanut sauce, With a side of oriental rice salad.



Turkey Tortilla Wrap
Seasoned cream cheese with
smoked turkey breast, sliced
tomatoes, lettuce, monterey and
cheddar cheese. Served with nacho
chips and salsa.

*All wraps and sandwiches are served with the Chef's choice of dessert family style, and freshly
brewed regular and decaffeinated coffee and iced tea.*

Box Lunches

Your choice \$14.95

*Accompanied by Kettle Chips, Red Delicious Apple, a decadent Chocolate Chip cookie and a choice of canned
soda or bottled Water.*

Chipotle Turkey Sub

Peppered turkey breast, Monterey Jack cheese, chipotle spread and green leaf lettuce on a whole wheat sub roll.

Italian Baguette Express

*Oven-roasted turkey breast, Bavarian ham, salami, pepper jack cheese, red & green peppers, black olives and
pepperoncini on a French baguette lightly brushed with balsamic vinaigrette.*

Cougar Express

Roast beef, sharp cheddar, scallion cream cheese spread, lettuce & tomato on a freshly baked Kaiser roll

Vegetarian Sub

*Grilled Portobello Mushroom, Sautéed julienne spaghetti vegetables
spread with*

Spicy Scallion Cream Cheese Spread , lettuce & tomato on a freshly baked Honey whole-wheat roll.

Luncheon Salads

Your Choice \$14.95

The Low Country Chef Salad

Cajun Grilled Atlantic salmon, Tuna Salad, & Steamed Baby Shrimp, over a bed of gourmet greens, with tomatoes, green beans, diced hard cooked eggs, ripe olives and with a fresh Basil vinaigrette.

Fried Chicken Salad

Batter fried chicken tenders over a salad of garden greens, diced hard cooked egg, diced tomatoes, cucumber slices, cheddar cheese, red onion rings and shredded carrots. Served with buttermilk ranch dressing.

Steak Fajita

Fajita marinated beef strips with peppers and onions over garden greens topped with habanero corn relish, black bean sauce, applewood bacon and sundried tomato salsa, guacamole, sour cream and cheddar cheese.





Southwestern Chicken Caesar Salad

*Marinated and grilled chicken breast
over a mixture of romaine hearts,
southwestern Caesar chipotle
dressing, jalapeno cornbread
Croutons, diced tomatoes, habanera
Corn relish and freshly shredded
Parmesan cheese.*

*All salads are served in a crispy Chalupa shell accompanied by the Chef's choice of dessert served
family style and freshly brewed regular and decaffeinated coffee and iced tea.*

Luncheon Buffets

Texas Ranger \$17.95

*Tossed salad with dressings, Texas potato salad, cole slaw, Three-bean
Salad, BBQ spareribs, chicken pot pie, Texas chili, Molasses Baked beans,
Corn cobbettes, fried okra, jalapeno cheese cornbread, apple pie, peach
Cobbler.*

106th Street Deli \$17.95

*Tortellini dijon salad, tuna salad, marinated herbed potatoes, turkey,
roast beef, ham, salami, cheddar, swiss, pepperjack, muenster,
smoked gouda, mayonaise and assorted mustards, roasted red
peppers, red onions, lettuce, tomato, pickles, ripe and green
olives, pepperocini, brownies, cookies, cheesecake*

Cheese Steak Adelfia \$17.95

Tossed salad with dressings, marinated pasta salad, gazpacho salad, beef and chicken strips, sautéed onions, peppers and mushrooms, cheese sauce, white and wheat sub rolls, relish tray, cheesecake.

All buffets served with freshly brewed regular and decaffeinated coffee and iced tea.

CAPITAL Luncheon Buffets

\$18.95 per person

Assorted Salads Tossed mixed green salad with choice of two dressings, Marinated herbed potatoes, Gazpacho salad, or Serrano cole slaw

Entrees (Select 2):

<i>Beef Tips</i>	<i>Hunter's Chicken</i>
<i>Beef Steak Puttanesca</i>	<i>Chicken Breast Picatta</i>
<i>Roast Top Round of Beef</i>	<i>Chicken Roulade</i>
<i>Seafood Creole</i>	<i>Chicken Teriyaki</i>
<i>Cripy Fried Chicken</i>	<i>Chicken Mornay</i>
<i>Meat or Vegetarian Lasagna</i>	<i>Honey Glazed Chicken</i>
<i>Roast Loin of Pork with natural au jus</i>	<i>Chicken Breast Bavarian</i>
<i>London Broil</i>	

(2) Vegetables - Chef's Choice

(2) - Starches - Chef's Choice

Freshly baked rolls and butter

Chef's Selection of Assorted Desserts
25 people minimum for lunch buffets.
(All prices subject to 20% service charge and 7.75% tax)