

*Lunch*



**Tallahassee Civic Center**

505 West Pensacola Street • Tallahassee, Florida 32301 • (850) 487-1691

## PLATED LIGHT LUNCHES

\*All plated Salad and Sandwich selections are served with Fresh Rolls and Butter, Ice Tea, Water, and Coffee.

### SALADS AND SANDWICHES

#### CAESAR SALAD

Crisp Romaine Leaves tossed with our Classic Creamy Caesar Dressing, Parmesan Cheese, Olives and Garlic Croutons.

Topped with Your Choice of:

**Grilled Chicken / \$11.25**

**Grilled Shrimp / \$12.95**

**Grilled Salmon / \$13.25**

#### COBB SALAD

Fresh Mixed Greens topped off by Grilled Chicken, Tomatoes, Hard Boiled Eggs, Bacon, Bleu Cheese, Black Olive and Avocado. Finished with Your Choice of Dressing.

**\$10.50**

#### CHEF SALAD

Salad Greens piled High with Julienne Ham, Turkey, Swiss Cheese, Cheddar Cheese, Bacon, Hard Boiled Egg, Tomatoes, Cucumbers and Olives. Your Choice of Dressing.

**\$11.25**

#### CARRIBEAN CHICKEN SALAD

Island Spiced Chicken and Chutney Salad served on Grilled Pineapple and Mixed Greens with a Sweet Vinaigrette Dressing.

**\$11.95**

#### SALAD SAMPLER PLATE

Fresh Greens Surrounded by a Generous Portion of our Herbed Chicken Salad, Tuna Salad and Shrimp and Crab Seafood Salad. Finished with Tomatoes, Cucumbers and Olives. Served with our House Dressing.

**\$12.95**

#### SEAFOOD CROISSANT

A blend of Shrimp and Crab with Celery, Peppers, Onions and Spices. Mixed with a Dijon Dressing and topped with Lettuce and Tomato on a Croissant. Served with Potato Salad and a Pickle.

**\$10.50**

#### CHICKEN CROISSANT

Grilled Chicken Breast Mixed with Toasted Almonds, Sweet Green Grapes and Celery. Mixed with Herbs and Mayonnaise. Finished with Lettuce and Tomato on a Croissant. Garnished with Potato Salad and a Pickle.

**\$9.50**

#### CALIFORNIA WRAP

Shaved Turkey Breast with Romaine Lettuce, Avocado, Roasted Peppers, Tomatoes and Jack Cheese, dressed with a Chipotle Mayo. Rolled in a Jalapeno Flour Tortilla Shell. Served with Salsa, Potato Salad and a Pickle.

**\$9.75**

\*All prices are per person and subject to 20% service charge and state sales tax.  
Menu prices apply 11am - 3pm. After 3pm, \$3 PP surcharge applies. After 10pm, \$5 PP surcharge applies.

## PLATED LUNCH ENTREES

Lunch Entrees are served with Your Choice of Garden Salad, Greek Salad, or Caesar Salad, Fresh Baked Rolls and Butter, Regular and Decaffeinated Coffee, Ice Tea and Your Choice of One Vegetable from the following - Fresh Steamed Broccoli, Trio of Steamed Broccoli, Cauliflower, and Carrots, Fresh Green Beans or Sautéed Carrots and Parsnips.

Desserts are not included; please refer to our Desserts Menu.

### CHICKEN POT PIE

Chicken, Vegetables and Potatoes topped with a Buttery Puff Pastry Crust baked to a golden brown and served with Fresh Tropical Fruit garnish.

**\$13.95**

### ITALIAN COVERED CHICKEN

Grilled Chicken Breast Baked with a Marinara Sauce and Italian Three Cheeses Topping and served over Fettuccini with Tomato Basil Sauce

**\$14.50**

### SAN LUIS CHICKEN

Grilled Boneless Chicken Breast topped with Assorted Julienne Peppers, Monterey Jack Cheese and Red Pepper Coulis, served with Oven Roasted New Potatoes

**\$14.75**

### HAWAIIAN ISLE CHICKEN

Char Grilled Chicken Breast with Teriyaki Glaze on a Grilled Pineapple finished with Tropical Fruit Chutney, served with Island Rice

**\$14.75**

### CHICKEN CARBONARA

Grilled Chicken Breast sliced and tossed with Tri-Colored Tortellini Pasta, Roma Tomatoes, Pancetta Bacon and a Creamy Pesto Alfredo Sauce, topped with Grated Parmesan Cheese

**\$14.95**

### BEEF OR VEGETABLE LASAGNA

Beef and Ricotta Cheese or Garden Vegetable Lasagna

**\$13.95**

### BANG BANG CHICKEN AND SHRIMP

Mildly Spiced Thai dish of Chicken and Shrimp with Oriental Vegetables, served over Jasmine Rice

**\$13.95**

### BEEF STROGANOFF

Tender Beef Tips slowly cooked in a Creamy Stroganoff Sauce served over Fettuccini Noodles

**\$14.25**

### FLANK STEAK

Marinated Flank Steak, grilled and sliced, served with Hunters Sauce and Garlic Mashed Potatoes

**\$14.75**

### APPLE STUFFED PORK LOIN

Marinated Loin of Pork Grilled and topped with Fresh Apple Stuffing, served with Roasted New Potatoes

**\$14.95**

### JAMAICAN JERK MAHI MAHI

Pan seared Mahi Mahi Fish Filet rubbed with Jerk Seasonings, finished with a Lime Coconut Cream Sauce, served with Island Rice and Stewed Okra, garnished with Plantains.

**\$14.95**

### COCONUT BREADED FISH

Coconut Breaded Fresh Fish Filet with a Vanilla Burre Blanc Sauce, served with Rice Pilaf

**\$14.95**

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## LUNCH BUFFETS

Lunch Buffets are served with a Crisp Garden Salad, Seasonal Fresh Fruit Salad, Warm Rolls and Butter, Regular and Decaffeinated Coffee, Ice Tea, Water, Assorted Desserts and Your Choice of Two Starches and One Vegetable from the following - Stuffed Potatoes, Scallop Potatoes, Oven Roasted Potatoes, Mashed Potatoes, Jasmine Rice, or Herb Seasoned Rice, and Green Beans Almondine, Tomato Provincial, Steamed Broccoli or Trio of Steamed Broccoli, Cauliflower, and Carrots.

### BUFFET SELECTION

Choose One, Two or Three Entrees from the following:

#### POULTRY:

Chicken Parmesan, Country Fried Chicken, Garlic and Herb Baked Chicken, Chicken Pot Pie, Grilled Chicken with Wild Mushrooms and Rosemary Sauce, Grilled Chicken Breast with a Tarragon Dijon Cream Sauce, Chicken Milano with Chablis Sauce, Oven Roasted Turkey with Gravy.

#### BEEF:

Sliced Roast Beef with Espagnole Sauce, Beef Stroganoff, Beef Tips with Pearl Onions in a Burgundy Wine Sauce, Pepper Steak, London Broil, Salisbury Steak with a Roasted Onion Sauce.

#### PORK:

Sweet & Sour Pork, BBQ Pork, BBQ Spare Ribs, Sliced Pork Loin with Apple Stuffing.

#### SEAFOOD:

Baked Catch of the Day El Greco Style, Grilled Salmon with a Fire Roasted Red Pepper Sauce, Fried Catfish with Tartar Sauce, Jerk Rubbed Mahi Mahi with a Lime Coconut Cream Sauce, Fried Grouper Fingers

#### PASTA:

Beef Lasagna, Vegetarian Lasagna, and Tri Colored Cheese Tortellini with Chicken in an Alfredo Cream Sauce, Penne Pasta with Pink Vodka Sauce (Roma Tomatoes, Artichoke Hearts, Black Olives and Parmesan Cheese)

**One Entrée Buffet \$15.25 • Two Entrée Buffet \$16.25 • Three Entrée Buffet \$17.25**

#### Add Soup to your Lunch Buffet

Italian Wedding, Chicken Noodle, Black Bean or French Onion Soup.

**\$2.95**

## SPECIALIZED LUNCH BUFFETS

Warm Rolls and Butter, Ice Tea, Coffee and Water accompany the following buffets.

### COUNTRY BBQ

Homemade Coleslaw  
Southern Style Potato Salad  
Country Fried Chicken  
BBQ Pork Spare Ribs  
Baked Beans  
Corn On The Cobb  
Assorted Homemade Pies

**\$15.50**

### OLD MEXICO

Tomato, Cucumber, Onion and  
Bell Pepper Salad  
Tropical Fruit Salad  
Taco Seasoned Ground Beef  
Chicken Fajitas with Onions and Peppers  
Refried Beans  
Spanish Rice  
Corn and Flour Tortilla Shells  
Toppings: Sour Cream, Salsa, Tomatoes,  
Shredded Lettuce, Cheddar Cheese  
Key Lime Pie & Cinnamon Crisps

**\$15.95**

### LITTLE ITALY

Caesar Salad  
Antipasto Salad  
Chicken Parmesan  
Penne Pasta with Italian Sausage  
Peppers, Onions and Marinara Sauce  
Italian Seasoned Vegetables  
Linguini with Alfredo Sauce, Garlic  
Bread  
Tiramisu & Cheese Cake

**\$15.50**

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