

# Rachel's

SWEET AND SAVORY

## Breakfast

### Summer Bowl

roasted potatoes, onions, tomatoes, bacon, scrambled eggs, cheese and avocado

### Baked Banana Oatmeal (lc, gf, df)

baked banana oatmeal topped with pecans and maple syrup.

### Peach Mascarpone French Toast

stuffed French bread with peach mascarpone filling, topped with fresh whipped cream and maple syrup.

### Build your own Breakfast box (lc, gf, df, v)

#### **All boxes come with juice**

Choose your Main Course:  
scrambled eggs, omelet, bacon or sausage egg sandwich, frittata  
Choice one side: fruit, breakfast potatoes, bacon, or sausage

## A La Carte Items

### Lemon Avocado Toast

thick wheatberry toast with whipped lemon ricotta topped with avocado poached egg and micro greens.

### Pastry Tray (feeds 2-3)

assorted fresh baked pastries with jams and butter

### Fruit Tray

fresh seasonal fruit and berries

### Lox and Bagel Tray

smoked salmon served with capers, fresh sliced tomatoes, red onions, lemon wedges hard boiled eggs, fresh bagels and cream cheese.

### Strawberry Rhubarb Granola

#### Parfait (v, lc, gf)

homemade strawberry rhubarb compote topped with vanilla Greek yogurt and fresh strawberries berries, served with granola on the side.

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### **Sandwiches**

**\*Lunch boxes are available\***

#### Chicken Caesar Croissant

romaine lettuce with grilled chicken and Caesar dressing on a buttery parmesan croissant.

#### Traditional Club

turkey, ham, bacon, lettuce, tomato on wheat, mayo and mustard on the side.

#### Classic Chicken Salad

homemade chicken salad tossed with crispy bacon and celery on a Croissant.

#### Philly Hoagie

brioche hoagie roll with onions, peppers, sliced steak and mozzarella melted on top.

#### Pesto Turkey

sourdough bread, turkey, roasted red pepper, burrata, and pesto.

#### Green Monster

spring wrap with baby romaine, avocado, broccoli sprouts, cucumber and green goddess dressing.

### **Sides**

Deep River potato chips  
classic potato salad  
pesto caprese pasta salad  
fruit salad

### **Desserts**

lemon blueberry cookie  
camp fire cookie  
gluten free brownie  
lemon bar

### **Freshly Pressed Juices**

#### Morning Glow

carrots, mango, ginger, turmeric & orange

#### Green Juice

cucumber, romaine, green apple, turmeric & Lime

#### Purple Power

beets, red pear, purple carrots & lemon

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### Salads

#### Caesar Salad (gf, lc, v)

crisp romaine lettuce with homemade Caesar dressing topped with shredded parmesan cheese and croutons

#### BLTA Wedge Salad (gf, lc)

iceberg wedge with cherry tomatoes, crispy bacon, avocado and home-made croutons. Served with homemade buttermilk ranch

#### Prosciutto Salad

arugula, cantaloupe, burrata, blueberries and crispy prosciutto served with balsamic glaze

#### Strawberry Quinoa Salad (gf, v, df)

arugula, quinoa, cucumber strawberries, homemade pumpkin brittle avocado and feta with a jalapeno lime vinaigrette

#### Peach Salad (gf, lc, v)

spring mix with grilled peaches, blackberries and cucumber, topped with praline pecan goat cheese, served with a peach champagne vinaigrette

#### Protein Options:

Grilled chicken (6oz)

Grilled Salmon (6oz)

Shrimp skewer (10 pieces)

Beef Filet: (6oz)

### Individual Tapas

#### Roast Beef Sliders (gf,lc)

roasted beef with melted cheese on Hawaiian rolls with rosemary au jus dipping sauce.

#### Burrata cup (v)

burrata cup with melon balls and prosciutto topped with balsamic glaze, served with large crostini.

#### Firecracker Chicken bites (lc)

chicken bites tossed in firecracker sauce, served with veggie sticks and ranch.

#### Asian Chicken Salad

baked wontons filled with Asian slaw chicken salad topped with crusted peanuts.

### Shareables

#### Vegetable Crudit  (v,gf,lc,).

fresh vegetables that include baby carrots, English cucumbers, cherry tomatoes, bell pepper strips and served with ranch dressing.

#### Charcuterie Platter (gf, lc)

meats and cheeses, fresh and dried fruit, homemade jams or chutney, nuts and crackers.

#### Caprese Flat Bread (v, gf, df)

flatbread with pesto, cherry tomatoes, burrata and balsamic glaze.

#### Jumbo Shrimp Cocktail (gf, df)

served with lemon and spicy cocktail sauce.

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### Dinner

Comes with your choice of sides.

#### Poultry

Rosemary Pecan Crusted Chicken (lc,gf).

chicken breaded with pecan rosemary mixture and baked, served with a parmesan cream sauce

Basil Cream Chicken (lc,gf).

crispy pan seared chicken with basil pesto cream sauce.

Mushroom chicken (lc,gf).

sous vide chicken with a assorted mushroom demi glaze sauce.

Marry Me Chicken Meatballs

chicken meatballs in a sundried tomato basil sauce.

#### Beef

Burrata Filet (lc,gf).

grilled filet tipped with fresh burrata and drizzled with pesto and balsamic glaze

French onion Prime Rib (lc,gf).

prime rib topped with French onion sauce.

Beef Stroganoff

large pasta noodles in a mushroom cream sauce topped with sliced prime rib.

#### Seafood

Seafood Bake

shrimp, crab and scalloped in a cream sauce topped with breadcrumbs.

Stuffed Salmon

creamy spinach stuffed salmon topped with garlic butter compound

Spicy Shrimp Skewer and Grits Casserole

homemade roasted red pepper gouda grits topped spicy shrimp skewer

#### Vegetarian

Mushroom Stroganoff (v.,gf,lc).

assorted mushrooms in a cream sauce served over egg noodles.

Spaghetti Squash Parmesan (v).

roasted spaghetti squash and stuffed with ricotta spinach filling and topped with marinara sauce and mozzarella cheese.

### Starch Sides

pesto risotto

gouda mac and cheese

herb mash potatoes

rice pilaf

gnocchi

### Veggie Sides

peas with pancetta

green beans with almonds

roasted carrots with pistachios

sautéed corn onions

sautéed zucchini and squash

### Dessert

key lime pie

chocolate flourless torte

peach raspberry

shortcake