



CONFERENCE BREAKS

MORNING BREAK / CONTINENTAL BREAKFAST

Coffee, Decaffeinated Coffee, Assorted Tea, Assorted Juices

Quiche (vegetable & meat) – V

Strudel (vegetable & meat) – V

Mini Frittata (vegetable & meat) – V, GF

Yogurt – GF & Granola

Breakfast Breads – GF, Vegan, DF

Fresh Fruit Display – V, GF, DF,

Quinoa Muffins – V, GF, DF

AFTERNOON BREAK

Coffee, Decaffeinated Coffee, Assorted Tea, Assorted Sodas, Assorted Seltzers, Bottled Water

Pretzels & Corn Chips – GF, DF

Granola Bars, V, DF

Whole Fruit – GF, V, DF, Vegan

Cabot Cheese Snacks – GF, V

Hummus & Vegetables (carrots, celery, sliced peppers, cucumbers & crackers)

Cookies & Brownies – GF

VT Meat Sticks – GF, DF

Trail Mix – V

Make Your Own Trail Mix (peanuts, cashews, raisins, craisins, M&M's, flake coconut) V, GF, DF



BUFFET LUNCH

BOX LUNCH

Turkey, ham, roast beef sandwiches with cheese, lettuce, tomato, mayonnaise and mustard, potato chips, dill pickle, whole fruit, cookies, bottled water – 50 people maximum (GF, DF, NF Options)

WORKING LUNCH

Option #1 Assorted gourmet sandwiches (RB w/ borsini, caramelized onions & roasted red pepper / turkey, bacon, cranberry mayo & cheddar / Caprese basil, tomato, mozzarella & balsamic glaze / ham, smoked gouda & maple mustard) , potato chips, dill pickles, cookies & brownies, whole fruit, coffee, tea – 50 people maximum (GF Options)

Option #2 Assorted Wraps (chicken salad w/ lettuce / vegetable & hummus, spinach, shredded carrots, tomatoes & peppers / turkey BLT / tuna salad w/lettuce), potato chips, dill pickles, cookies & brownies, whole fruit, coffee, tea – 50 people maximum (GF Options)

DELI BOARD BUFFET

garden salad, assorted cold cuts & cheeses, assorted breads, tuna salad, lettuce, tomato, mayonnaise, spicy & yellow mustards, pickles, chips, hummus & crackers, cookies & brownies, whole fruit – minimum 50 people (GF, V & DF options)

BARBECUE LUNCH BUFFET

appropriate condiments, garden salad, coleslaw, potato chips, hot dogs, cheeseburgers, hamburgers, veggie burgers, watermelon, assorted pies, iced tea and lemonade GF, NF, DF, V

FAJITAS BUFFET

Southwest salad, tortillas, marinated chicken, marinated beef, beans & rice, sautéed peppers & onions, guacamole, salsa, shredded lettuce, sour cream, dessert display, fresh fruit

LUNCHEON BUFFET

mixed green salad, rolls & butter, chef's selection of fresh vegetable, rice or potato, dessert display, fresh fruit, coffee, tea

ENTREES

Grilled Teriyaki Chicken, GF, DF, NF

Grilled Chicken Breast, fresh herb sauce GF, DF, NF

Grilled Lemon Chicken Breast, GF, NF

Barbecue Chicken Breast, DF, NF

Chicken Marsala, GF, NF

Chicken Piccata, GF, NF, DF

Pistachio Crusted Chicken Breast, DF

Maple Mustard Salmon, GF, NF, DF

Baked Meat or Vegetable Lasagna, V, DF (GF Optional)

Oven Roasted Turkey, stuffing and gravy

Roast Pork Loin, spinach, raisins, pears, apple cream, GF

Pork Piccata, GF, NF, DF

Baked Ham, maple sugar glaze, GF

Beef Tips, onions & peppers, GF

Coffee Marinated Flank Steak, GF, NF, DF

Chicken Parmesan or Eggplant Parmesan, NF

Maple Mac & Cheese, V

Vegetable Stir Fry, chicken, beef, salmon, or tempeh, GF, V, DF

Black Bean Enchiladas, shredded chicken, beef, pork or tempeh

Bowtie Pasta w/ tempeh, broccoli & cashew pesto



BANQUET LUNCH

All entrée choices are served with fresh baked rolls & butter, garden salad, chef's selection of fresh vegetable, chef's selection of rice or potato, dessert, coffee & tea

ENTRÉE

Grilled Chicken Breast, chimichurri sauce, GF, DF

Grilled Chicken Breast, barbecue sauce, DF

Grilled Lemon Chicken Breast, GF, NF

Maple Mustard Salmon, GF, NF

Marinated Flank Steak, whiskey demi-glace, NF

Traditional Turkey Dinner, stuffing, gravy, cranberry sauce

Baked Lasagna, meat lovers or vegetable, NF, V

Vegetable Stir Fry choice of Beef, Chicken, Shrimp or Tofu, ginger-garlic soy sauce, DF, V, Vegan

Coconut Lentil Curry, served over rice, GF, DF, V, Vegan

Black Bean Enchilada, shredded chicken, beef, pork or tempeh, served with Spanish rice, GF, NF, V

DESSERT

Tuxedo Cake, GF, NF

Lemon Cake

Strawberry Cake

Carrot Cake

Fresh Fruit Compote, GF, NF, DF



HORS D' OEUVRES

TABLED HOT SELECTIONS

Vegetable or Spicy Chicken and Cashew Spring Rolls

Italian Cocktail Meatballs

Sweet & Sour Cocktail Meatballs

Crispy Coconut Shrimp, dipping sauce

Miniature Crab Cake, remoulade

Chicken Wings, mild, hot or barbecue

Crab Rangoon, dipping sauce

Falafel Cakes, tzatziki sauce

Toasted Ravioli, dipping sauce

Cauliflower Buffalo Bites

Pork Pot Stickers, coconut curry sauce

BUTLERED HOT SELECTIONS

Assorted Baked Phyllo Cups

(brie & fig, goat cheese & roasted red pepper, blue cheese & caramelized onions)

Stuffed Mushroom Caps, fennel sweet Italian sausage

Stuffed Mushroom Caps, sautéed vegetables, bread crumbs

Spanakopita

Scallops Wrapped in Bacon

Bacon Wrapped Dates, stuffed with blue cheese

Arancini, andouille sausage, lobster or butternut squash

Polenta Porchetta Rounds

Miniature Beef Wellington

DISPLAYED COLD SELECTIONS

Crudités Display, herbed dip

Cheese Board,

(sliced local & imported cheese, honey, mustards, almonds & assorted crackers)

Ice Shrimp Display, tangy cocktail sauce

Antipasto Platter,

(pepperoni, prosciutto, soprosetta, provolone, mozzarella balls, pepperoncini, stuffed peppers, olives)

Tuna Tar-Tar

Hummus Display

(pita chips, celery, carrots, cucumbers & peppers)

Grilled Vegetable Display, balsamic glaze, baguette slices

Caprice Skewers

Cucumber - Smoked Salmon Canape, horseradish cream



BUFFET DINNER

Dinner buffets are served with fresh baked rolls & butter, choice of soup or salad, chef's selection of fresh vegetable, chef's selection of rice or potato, coffee & tea

SOUP & SALAD

Tuscan Vegetable GF, DF, NF, Vegan
New England Clam Chowder, NF
Corn Chowder, V, NF
Tomato Maple Bisque GF, NF, Vegan
Thai Vegetable Soup, V, GF, DF, NF
Fiesta Chicken Soup, GF, NF, DF
Mixed Garden Salad GF, DF, NF, Vegan
Spinach Salad, GF
Greek Salad V, DF, NF
Caesar V

ENTRÉE

Roasted Turkey, brie cream, raisins, arugula
Grilled Chicken Breast, chimichurri sauce, GF, NF
Chicken Marsala, mushroom wine sauce GF, NF
Chicken Piccata, lemon, capers, herbs GF, NF, DF
Pistachio Crusted Chicken Breast DF
Teriyaki Steak Tips, sautéed onions and peppers
Baked Brown Sugar Ham, pineapple cherry sauce GF
Roasted Pork Loin, blood orange glaze, GF, DF, NF
Side of Salmon, maple mustard sauce, GF, DF, NF
Stuffed Sole, crabmeat, citrus beurre blanc, NF
Coffee Marinated Flank Steak, Cipollini onion, mushroom, sweet pepper demi-glace, GF, DF, NF
Stuffed Manicotti, ricotta, spinach, basil alfredo or red sauce, V, NF
Quinoa Sautee, roasted beets, sweet potato GF, DF, NF, Vegan
Vegetable Lo-Mein, chicken, beef, shrimp or tempeh V, GF, DF, NF
Black Bean Enchilada, shredded chicken, beef or pork, tempeh V, GF, NF,

CARVED SELECTIONS

Steamship Round of Beef (120 person min), horseradish cream, GF, NF
Prime Rib, natural beef au jus GF, DF, NF
Beef Tenderloin, brandy cream sauce GF, NF
VT Maple Cured Ham, maple mustard GF, NF, DF
Roasted Turkey, savory pan gravy, NF

GF – Gluten Free, NF – Nut Free, DF – Dairy Free, V – Vegetarian, Vegan



BANQUET DINNER

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SOUP & SALAD

Tuscan Vegetable GF, DF, NF, Vegan
New England Clam Chowder, NF
Corn Chowder, V, NF
Tomato Maple Bisque GF, NF, Vegan
Thai Vegetable Soup, V, GF, DF, NF
Fiesta Chicken Soup, GF, NF, DF
Mixed Garden Salad GF, DF, NF, Vegan
Spinach Salad, GF
Greek Salad V, DF, NF
Caesar V

ENTRÉE

Grilled Sattler Chicken Breast, fresh herb sauce, GF, NF
Grilled Sattler Chicken Breast, fresh lemon, GF, DF, NF
Stuffed Chicken Breast, goat cheese, sundried tomato, smoked gouda, puff pastry, NF
Grilled Chicken Saltimbocca, prosciutto, provolone, herb butter, GF, NF
Roast Prime Rib of Beef, natural Au Jus, GF, DF, NF
Filet of Beef, red wine demi-glaze GF, DF, NF
Traditional Filet of Beef, béarnaise sauce, NF
French Pork Chop, bourbon glaze, sweet peach sauce, NF
Fillet of Salmon, maple-mustard, GF, DF, NF
Fillet of Salmon, teriyaki sauce, DF
Blackened Scallops, mango coulis, coconut curry rice, GF, DF
Scallops Provencal, tomato, spinach, white wine, GF, NF
Stuffed Shrimp, crabmeat, butter sauce, NF
Korean Barbecue Tofu, polenta GF, DF, NF, Vegan
Polenta and Grilled Portabella, spinach, tomato, balsamic figs, GF, DF, NF, Vegan
Phyllo Purse, potatoes, portabella, squash, zucchini, tofu, sautéed kale, V, DF, NF

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