

## lunch

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## ESSENCE

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## Plated Lunches

### all entrees include

soup or salad, assorted bread basket and sweet creamery butter, dessert and freshly brewed coffee, decaffeinated coffee and bigelow tea selection

### soups

steak and potato soup

garden vegetable soup with cranberry beans and pesto oil

hearty lentil soup with roast fennel and pinenuts

new england style clam chowder accompanied by garlic croutons

slow roast tomato with basil crème fraiche and pecorino cheese

chef's housemade soup of the day *(max 30 ppl)*

### desserts

florida key lime pie

fresh strawberries with chantilly crème

new york cheesecake with fresh strawberries

chocolate indulgence cake with raspberry coulis and chocolate sauce



### salads

petite caesar salad with focaccia croutons

market salad: baby field greens, roma tomato and english cucumbers

steakhouse salad: beefsteak tomatoes, crumbled bacon and bleu cheese dressing

spinach salad: fresh spinach leaves with tomatoes, mandarin orange segments and sweet red onion vinaigrette

grilled seasonal vegetables with sliced yellow tomatoes, saga bleu cheese, balsamic syrup (additional \$3.00)

marinated hearts of palm and fresh mango, citrus vinaigrette (additional \$3.00)

## Plated Entrées

**breast of chicken** | \$21.50  
accompanied by brown rice, asparagus tips and english peas, citrus tarragon sauce

**grilled chicken breast** | \$20.50  
spicy couscous, glazed carrots, fennel-apple marmalade, cumin jus

**roulade of chicken breast** | \$21.95  
stuffed with baby spinach, sun-dried tomatoes and artichokes, served with steamed broccoli rabe, light thyme jus

**top sirloin (usda prime)** | \$25.95  
with yukon garlic mashed and grilled asparagus

**grilled petite filet mignon** | \$29.95  
caramelized shallots and cognac demi glace, yukon garlic mash, tobacco onions

**roasted loin of pork** | \$20.95  
sliced loin of pork over smoked gouda mashed potatoes, sautéed crimini mushrooms and wilted baby spinach

**grilled fresh atlantic salmon** | \$21.95  
with french green beans, basmati rice, red pepper coulis

**ginger grilled mahi mahi** | \$22.95  
over asian soba noodles with oriental vegetables, hoisin sauce



## Light Luncheon Selections



**steak salad** | \$20.95  
flat iron steak grilled to perfection, chopped romaine, roma tomatoes, asparagus spears and fresh mozzarella cheese, peppercorn dressing (carb conscious)



**turkey wrap** | \$18.95  
shaved turkey, crisp garden lettuce and vine ripe tomato with no fat ranch dressing in a whole wheat tortilla, served with fresh fruit (low fat)



**asian chicken** | \$19.95  
breast of chicken, julienne red and green peppers, snow peas, carrots, napa cabbage, water chestnuts, asian soba noodles and ginger vinaigrette (low cholesterol)

**caesar salad** | \$15.95  
crisp romaine and focaccia croutons  
with grilled chicken | \$18.95 with gulf shrimp | \$20.95  
with blackened salmon fillet | \$21.95

## Light Luncheon Selections

### mediterranean salad | \$18.95

herb marinated chicken breast served over orzo grains with sun-dried tomatoes, kalamata olives, feta cheese, roasted red peppers and artichoke hearts, balsamic and roasted garlic vinaigrette

### oriental chicken salad | \$18.95

asian spiced chicken breast over a bed of napa cabbage, garnished with orange segments, bean sprouts, crispy rice noodles, snow peas and red peppers, ginger and sesame vinaigrette

### churrasco salad | \$19.95

grilled skirt steak served on a bed of baby greens, garnished with fresh jicama, hearts of palm and red & yellow tomatoes, cilantro lime vinaigrette, fried sweet potato shoestrings

### chicken salad wrap | \$17.95

chicken salad with green apple and walnuts in a whole wheat tortilla, chilled pasta primavera



### cobb salad | \$18.95

grilled chicken breast and fresh garden greens with avocado, crumbled applewood bacon and maytag bleu cheese, sherry walnut vinaigrette

### club wrap | \$17.95

shaved turkey and swiss, bacon, lettuce, tomato and wasabi mayonnaise, served with fresh fruit garnish and kettle chips

### vegetarian antipasto plate | \$18.95

balsamic grilled peppers and portobello mushroom, roma tomato, fresh mozzarella, olives, marinated artichoke hearts and orzo pasta salad, soft focaccia wedge

HARTFORD/WINDSOR AIRPORT MARRIOTT

28 Day Hill Road | Windsor | CT 06095

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## Working Buffet Lunch

your buffet, your way | \$24.95

individual bags of chips and pretzels

deli selection of garnishes and condiments

freshly brewed regular, decaffeinated coffee and selection of bigelow teas

### selection of two salads

chilled pasta primavera	fresh vegetable slaw	dilled new potato salad
grilled thai chicken salad	greek farmer's salad	

### selection of two sandwiches & more

imported prosciutto, hard salami, mozzarella cheese, roasted peppers and pesto on focaccia bread

albacore white tuna salad in pita pocket

roasted chicken cobb salad hero

herb and pepper roasted sirloin with boursin cheese and arugula greens on a potato hoagie roll

grilled vegetable sandwich with provolone cheese and sun-dried tomato aioli on ciabatta bread

chilled southern fried chicken

poached shrimp salad with dilled lemon dressing in a pita pocket

roasted turkey with caramelized onions, imported swiss cheese and herb dressing on focaccia bread

### selection of two desserts

granny smith apple strudel | chocolate chip cookies | whole fresh fruit  
double chocolate fudge brownies | chocolate dipped strawberries



### enhancements

chef's housemade soup of the day  
\$2 additional

## Buffet Lunches

### american buffet | \$24.95

fresh fruit salad

salad of seasonal greens, assorted dressings

vegetable crudite

selection of two entrees:

roast pork loin

roasted chicken breast, grain mustard sauce

north atlantic salmon with citrus butter

roast top sirloin of beef jardiniere

seasonal vegetables

roasted red skin potatoes

rolls & creamery butter

cheesecake brulee & big chocolate cake

coffee or iced tea



### baked potato and salad bar | \$21.95

garden fresh greens | assorted garnishes with dressings

soup of the day

freshly baked whole grain and wheat rolls, sweet creamery butter

colossal idaho bakers

selection of toppings:

grilled chicken, grilled skirt steak, spicy vegetable and bean chili, sautéed broccoli and cauliflower florets, grated cheese, green onions, sour cream, bacon and sweet creamery butter

seasonal fresh fruit

carrot cake

coffee or iced tea

## Buffet Lunches



### country picnic fair | \$23.95

homemade cole slaw  
macaroni salad  
fried chicken salad  
grilled hot dogs, hamburgers  
and chicken breasts  
or  
grilled mahi mahi and  
bbq chicken & ribs  
(additional \$8 per person)  
traditional garnishes  
and condiments  
corn on the cob  
roasted potato wedges  
southwestern baked beans  
sliced watermelon  
brownies, cookies  
coffee or iced tea

### southwestern | \$23.95

tortilla soup with cilantro pesto  
tomatilla, tomato, mozzarella  
and romaine salad  
cumin, sour cream cucumber salad  
black bean, roasted corn  
and cilantro salad  
nacho chips with roasted tomato  
salsa, margarita sour cream and  
guacamole  
marinated and grilled chicken  
and beef  
sautéed onions and green peppers  
warm flour tortillas  
cheddar and monterey jack  
cheeses  
mexican rice and beans  
cinnamon sugar tortillas  
coffee or iced tea

## Buffet Lunches

### southern lunch buffet | \$25.95

sweet potato soup

mixed green salad, watercress-pecan dressing

pole bean and vidalia onion salad

roasted corn, pepper and boiled peanut salad

buttermilk fried chicken

pan seared georgia mountain trout,  
pecan butter

pulled pork bbq sandwiches

"hoppin john" onion and sweet pepper  
casserole

yellow squash

homemade biscuits

cornbread with sweet creamery butter

warm peach cobbler with cinnamon  
whipped cream

strawberry shortcake

coffee or iced tea



### little italy | \$24.95

minestrone

caesar salad with garlic croutons

antipasto tray

vegetable lasagna

baked basil chicken ziti

classic chicken piccata

breadsticks with marinara

grilled vegetables

tiramisu, cannolis

coffee or iced tea

## Buffet Lunches

### spa buffet | \$27.95

yellow tomato gazpacho

white bean hummus with pita chips

poached asparagus, citrus vinaigrette

roasted eggplant and couscous salad

spinach, avocado, tangerine and grapefruit salad,  
coriander mint vinaigrette

oriental chicken salad, baby greens and herbs, thai peanut vinaigrette

grilled chicken caesar, hearts of romaine, low-fat caesar dressing

poached salmon with cucumber yogurt salad

fresh tropical fruit and berries, honey citrus yogurt

banana nut muffins

raspberry and lemon sorbets

coffee or iced tea



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included on deli lunch buffets

coffee or iced tea

## Deli Lunch Buffets

all american deli | \$22.95

housemade cole slaw & new fashion potato salad

albacore tuna salad

roast beef, turkey and ham

swiss, white and yellow cheddar cheeses

tomato, bermuda onion, lettuce, pickles, olives and peppers

mayonnaise and dijon mustard

sliced breads and rolls

individual bags of potato chips

pastry selection of the day

european deli | \$25.95

greek orzo salad & classic salad nicoise

assorted garnishes and condiments

roasted peppered sirloin, herbed breast of chicken,

copa de parma ham, pistachio mortadella

sliced cheese platter with aged gouda, english cheddar,

swiss and saga bleu cheeses

chef's selection of hearth style baked breads

individual european pastries

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included on deli bunch buffets

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## Deli Lunch Buffets

italian deli | \$25.95

white bean and roasted vegetable minestrone

tomato buffalo mozzarella salad

antipasto bar with roasted peppers, olives, sardines, grilled asparagus, portobellos, pepperoncinis, balsamic vinaigrette

sliced beef tenderloin, cappicola, prosciutto, pesto chicken, genoa salami, pepperoni

horseradish cream, red pepper aioli, basil mayonnaise, grain mustard

provolone and mozzarella cheeses

focaccia, ciabatta and rosemary breads

pasta primavera

tiramisu

chocolate almond biscotti

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## Deli Lunch Buffets

west coast deli | \$26.95

asparagus almond salad with citrus vinaigrette

yukon gold potato salad

crisp julienne vegetable slaw

sonoma field greens with roma tomatoes, asiago croutons

boar's head roast beef, black forest ham, smoked peppered turkey, roasted portobellos, smoked salmon

gouda, provolone muenster, smoked cheddar and imported swiss cheeses

roma tomatoes, sprouts, bibb lettuce, cherry peppers

selection of artisan breads, baguettes, rolls

dijon and grain mustards, sun-dried tomato aioli, chipotle mayonnaise

mini pastries, chocolate dipped strawberries

included on deli lunch buffets

coffee or iced tea

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## Deli Lunch Buffets

new york deli | \$24.95

macaroni salad • sweet cole slaw

sliced pastrami, corned beef, salami and smoked turkey  
egg and tuna salad

sliced cheddar, swiss and muenster cheeses

whole dill pickles, sliced tomatoes, leaf lettuce

deli mustard, mayonnaise

freshly baked rye & pumpernickel breads,  
onion rolls & assorted bagels

individual bags of gourmet potato chips & pretzels

seasonal fruit

big chocolate cake and ny style cheesecake

included on deli bunch buffets

coffee or iced tea



## Lunch on the Run

all to go lunches include condiments, disposable flatware, chilled soft drinks, water and your selection of three accompaniments:

- kettle fried or baked potato chips
- terra® vegetable chips
- chef's pasta salad
- homestyle potato salad
- red delicious apple
- fresh fruit salad
- jumbo chocolate chip cookie
- fig newton® cookies

### deli | \$18.95

prosciutto, salami, mozzarella, roasted peppers and pesto on focaccia

### vegetarian wrap | \$17.95

flour tortilla filled with grilled vegetables, mozzarella, and sun-dried tomato aioli

### roast sirloin | \$19.95

herb & pepper roasted sirloin with boursin® cheese and greens on a potato hoagie roll

### ham and swiss | \$18.50

honey cured ham and imported swiss with grain mustard on ciabatta bread



### roast beef | \$19.50

boar's head roast beef, aged gouda cheese and horseradish sauce on low carb wheat grain bread



### smoked turkey | \$19.50

with lettuce, tomato and champagne mustard in a whole wheat wrap