



Conference Services

at the  
**INSTITUTE**  
FOR ADVANCED LEARNING AND RESEARCH

434-766-6700/iccsales3@ialr.org

**FOOD & BEVERAGE PROVIDED BY:**



## **SUNRISE BREAKFAST**

*Presented buffet-style. Freshly brewed coffee, chilled orange juice, herbal and non-herbal teas, fruit infused water included.*

Minimum guest count -12.

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### **THE CLASSIC CONTINENTAL (up to 2 hours)**

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- ❖ Seasonal sliced fresh fruit display OR yogurt with berries and house-made granola
  - ❖ Chef's choice pastry: Assorted fresh baked muffins, chocolate croissant, coffee cake, mini scones, cinnamon rolls, or biscuits with butter and assorted jellies.
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### **SIGNATURE BREAKFAST BUFFET (up to 2 hours)**

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- ❖ Seasonal sliced fresh fruit and berry display OR yogurt with berries and house-made granola
  - ❖ Chef's choice pastry: Assorted fresh baked muffins, chocolate croissant, coffee cake, mini scones, cinnamon rolls, or biscuits with butter and assorted jellies.
  - ❖ Hash browns, home fries, or O'Brien potatoes
  - ❖ Choose 1: Crispy bacon or pork sausage links
  - ❖ Choose 1: Fluffy scrambled eggs or broccoli cheddar quiche.
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\*11.3% tax additional

## BEVERAGE SERVICE

### BEVERAGE SERVICE (2 hours)

Minimum guest count - 12.

#### MORNING BEVERAGE SERVICE

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*Our morning beverage service includes freshly brewed regular and decaffeinated coffee, hot tea, assorted soft drinks, and fruit infused water.*

Sweet & unsweetened tea available upon request

\*Add Orange Juice

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#### AFTERNOON BEVERAGE BREAK

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*Our afternoon beverage service includes freshly brewed regular and decaffeinated coffee, freshly brewed sweet tea, assorted soft drinks, and fruit infused water.*

Hot tea and unsweetened iced tea available upon request

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#### CITRUS PUNCH (Receptions-up to 50 guests)

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- ❖ Citrus fruit punch
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#### WATER SERVICE

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- ❖ Pitcher water
- ❖ Pitcher of fruit infused water
- ❖ Bottled water
- ❖ Dispenser of water (serves 50)
- ❖ Dispenser of fruit infused water (serves 50)

**NEED SNACKS FOR YOUR MEETING ? CHECK OUT OUR FULL LIST OF SWEET AND SALTY SELECTIONS ON THE NEXT PAGE!**

\*11.3% tax additional

## À LA CARTE SELECTIONS

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### **A.M. Offerings:**

- ❖ Mini assorted muffins
- ❖ Mini assorted scones
- ❖ Mini vegetable quiche
- ❖ Scrambled egg muffins (veggie/cheese)
- ❖ Low-fat yogurt with homemade granola & berries (1 dozen min.)
- ❖ Breakfast sandwich (*minimum order 1 dozen per selection*)  
*Choice of 1: Biscuit, croissant, or english muffin*  
*Choice of 1: Fluffy scrambled eggs or egg and cheese*  
*Choice of 1: Pork sausage patty or bacon*

### **P.M. Offerings:**

- ❖ Assorted home-style cookies
- ❖ Brownies
- ❖ Vegetable cups with ranch dressing or hummus
- ❖ Pretzel bites with mustard
- ❖ Taco pinwheels
- ❖ Freshly popped popcorn
- ❖ Assorted gourmet dessert bars
- ❖ Decorated sheet cakes - *quarter, half, or full*
- ❖ Individual packaged items
- ❖ Mixed nuts (2-3 oz./person recommended)

\*11.3% tax additional

## GOURMET DIPS AND DISPLAYS

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### HOT DIPS (serves 50)

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- ❖ Warm spinach and artichoke dip with baguette rounds
  - ❖ Baked pimento cheese dip with pita chips
  - ❖ Crab dip with baguette rounds
  - ❖ Buffalo chicken dip w/tortilla chips
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### COLD DIPS (serves 50)

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- ❖ Seven layer dip (beef or vegetarian) with tortilla chips
  - ❖ Chips & dip - roasted red pepper hummus with pita chips
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### COLD DISPLAYS      *Small 15-39; Med 40-59; Large 60-75*

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- ❖ Farm fresh crudité with ranch dip
  - ❖ Seasonal sliced fresh fruit
  - ❖ Domestic cheese display with crackers
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\*11.3% tax additional

## ALL DAY PACKAGE AT INSTITUTE CONFERENCE CENTER

*Presented buffet-style. Minimum guest count - 12.*

**Sold as package only.**

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### CLASSIC CONTINENTAL BREAKFAST

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- ❖ Seasonal sliced fresh fruit display OR yogurt with berries and house-made granola
- ❖ Chef's choice pastry: Assorted fresh baked muffins, chocolate croissant, coffee cake, mini scones, cinnamon rolls, or biscuits with butter and assorted jellies
- ❖ Chilled orange juice
- ❖ Freshly brewed coffee, decaffeinated coffee, and hot tea
- ❖ Fruit infused water

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### MID-MORNING BEVERAGE SERVICE

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- ❖ Refresh coffee and fruit infused water
- ❖ Freshly brewed sweet tea
- ❖ Assorted soft drinks

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### LUNCH BUFFET (**Chef's Choice**)

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The lunch buffet includes a chef's choice of salad, 1 entrée, 2 sides, 1 dessert, and beverages.

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### AFTERNOON SNACK

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- ❖ Chef's choice sweet and salty snack
- ❖ Fruit infused water
- ❖ Freshly brewed sweet tea
- ❖ Assorted soft drinks

\*11.3% tax additional

## LUNCH ON THE RUN

### SIGNATURE SALADS

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*All salads are served with a toasted baguette, pasta salad, cookie, sweet tea and water.*

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#### SALAD:

- ❖ THE JULIUS  
Fresh romaine lettuce and grilled chicken breast topped with grated parmesan cheese, homemade croutons and served with traditional caesar dressing.

### SIGNATURE SANDWICHES

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*All boxed lunches include chef's choice of seasonal fresh fruit salad or pasta salad, bag of chips, cookie, sweet tea and water.*

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#### SANDWICHES:

- TURKEY  
❖ Shaved hickory smoked turkey breast with provolone cheese, served with shredded lettuce on a brioche bun.
- HAM  
❖ Thinly sliced deli ham with swiss cheese, served with shredded lettuce focaccia.
- CHICKEN SALAD  
❖ Chef's recipe chicken salad with celery and grapes, served on a croissant with shredded lettuce.
- THE SMART STACK (Vegetarian)  
❖ Grilled portobello mushrooms, roasted red peppers, and cucumbers topped with garbanzo spread in a chef's choice wrap.

Add soda

Minimum of 5 per selection.

\*11.3% tax additional

## **LUNCH ON THE RUN (Cont.)**

### CHEF SPECIALTY SALADS

- ❖ THE DIRECTOR  
Seared chicken breast on a bed of organic spring mix. Topped with fresh strawberries, blueberries, cran-raisins, toasted almonds, shaved carrot, and feta cheese. Served with cranberry citrus vinaigrette.
- ❖ THE CHAIRMAN  
Tossed organic greens topped chicken salad and diced tomato.

\*11.3% tax additional



## **LUNCH -SERVED SALADS**

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*All salads are served with a toasted baguette, light dessert, sweet tea and water.*

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❖ **ASIAN STEAK SALAD**

Field Greens Tossed with an Orange Balsamic Dressing and Finished with Mushrooms, Carrots, Snow Peas, Cucumbers, Tomatoes and Marinated Steak Garnished with Chow Mein Noodles.

❖ **AVOCADO BLT CHOPPED SALAD**

Chopped Romaine Tossed in a Sriracha Lime Dressing with Chopped Bacon, Roma Tomatoes, Avocado, Croutons, Shredded Jack Cheese and a Marinated Chicken Breast.

❖ **MEDITERRANEAN SALAD**

Chopped Romaine Tossed in a Balsamic Vinaigrette with Kalamata and Green Olives, Red Onion, Tomatoes, Roasted Red Peppers and Feta Cheese.

With Chicken

With Salmon or Shrimp

❖ **CRISPY CHICKEN AND MANGO SALAD**

Field Greens Tossed in an Asian Sesame Dressing with Roasted Almonds, Cherry Tomatoes, Mango and Pineapple, Toasted Sesame Seeds and finished with a Lightly Breaded Chicken.

❖ **CLASSIC COBB SALAD**

Chopped Romaine with Bacon, Avocado, Tomatoes, Eggs, Black Olives, Cheddar Cheese, and Diced Marinated Chicken Breast with your choice of dressing.

❖ **HARVEST SALAD**

Field Greens Tossed in a Cranberry Vinaigrette with Candied Pecans, Diced Pears & Apples, Cranberries and Feta.

With Roasted Turkey or Chicken

❖ **CIDER SALMON SALAD**

Field Greens Tossed in a Cider Yogurt Dressing with Toasted Almonds, Carrots, Red Peppers, Cucumbers Finished with a Cold Poached Salmon.

❖ **CAJUN CHOPPED SALAD**

Field Greens Tossed in a Cajun Lime Dressing with Bacon, Roasted Corn, Red and Green Peppers Tomatoes, Cucumbers, Red Onions, Celery, Green Onion and Shredded Jack Cheese.

Cajun Chicken or Steak

Cajun Salmon or Shrimp

## SPECIALTY BUFFETS

Minimum guest count - 12.

### DELI

Choice of 1 Salad: creamy cole slaw, seasonal fruit salad or potato salad  
Potato chips  
Assorted breads and rolls  
Sliced roasted turkey, ham, and salami  
Assorted cheeses  
Condiments  
Assorted cookies or brownies  
Freshly brewed sweet tea  
Fruit infused water

\* Add Soup du Jour with Crackers

\*\*Add chef's recipe chicken salad

### OLD FASHIONED BBQ

Choose 1: Seasonal fruit salad, pasta salad or potato salad  
Rolls  
Ranch-style baked beans  
Choose 1: BBQ chicken, baked chicken, or southern fried chicken (max 100 people) OR BBQ beef brisket  
Choose 1: Hot apple crisp, peach cobbler, or banana pudding  
Freshly brewed sweet tea  
Fruit infused water

### MEXICAN FIESTA

Cilantro slaw  
Fiesta fruit salad  
Choose 1: Chicken or beef enchiladas OR Chicken or beef grilled fajitas (with grilled vegetables)  
Spanish rice  
Churros with cinnamon and Sugar  
Freshly brewed sweet tea  
Fruit infused water

### BACKYARD COOKOUT

\*11.3% tax additional  
NO SUBSTITUTIONS

Potato salad or creamy coleslaw  
Potato chips  
Ranch-style baked beans  
Grilled hamburgers  
Grilled hot dogs  
Condiments  
Assorted cookies or brownies  
Freshly brewed sweet tea  
Fruit infused water

### LITTLE ITALY

Choose 1: Pasta salad or Caesar salad with homemade croutons  
Choose 1: Vegetarian lasagna, meat lasagna or chicken cacciatore  
Roasted vegetable medley  
Rolls  
Mini cannoli's OR tiramisu  
Freshly brewed sweet tea  
Fruit infused water

### ASIAN

Choose 1: Asian slaw or house salad with homemade croutons  
Choose 1: Sesame chicken, sweet & sour chicken or General Tso's chicken  
Fried rice  
Steamed broccoli  
Fortune cookies  
Freshly brewed sweet tea  
Fruit infused water

## LUNCHEONS AND DINNERS

All lunches and dinners include a choice of a salad, two accompaniments, fresh baked rolls and butter, choice of dessert, freshly brewed sweet tea and fruit infused water. Dinner also includes: freshly brewed coffee, decaffeinated coffee, herbal and non-herbal teas. Minimum guest count - 12.

Dinner service starts at 2:00pm. \*11.3% tax additional

### BRONZE

Served with Market house or Caesar salad

#### Choose 1:

##### Chicken

- ❖ Baked chicken parmigiana  
(Pan seared chicken breast topped with house marinara and melted mozzarella cheese)
- ❖ Baked rotisserie chicken  
(Oven baked and rotisserie seasoned white and dark meat)
- ❖ Southern fried chicken (max 100 people)  
(Hand breaded and fried crispy white and dark meat)

##### Beef

- ❖ Home style meatloaf  
With onions and peppers. Topped with a tomato sauce.

##### Pork

- ❖ Italian herbed grilled pork chops with mushroom cream sauce  
(Seared pork chops seasoned with fresh basil and oregano. Topped with house mushroom cream sauce)
- ❖ Mustard glazed pork loin  
(Roasted loin of pork based with chardonnay dijon mustard and fresh herbs)

##### From the Sea

- ❖ Mediterranean tilapia  
(Pan seared fillet of tilapia with artichokes, cherry tomatoes, capers, and black olives in a white wine butter sauce)

##### Vegetarian

- ❖ Vegetable lasagna  
(Seasonal roasted vegetables in a house made lasagna with an alfredo sauce.)
- ❖ Penne primavera  
(House alfredo and fresh veggies tossed with penne, parmesan, and fresh herbs)

### SILVER

Served with Market house or Caesar salad

#### Choose 1:

##### Chicken

- ❖ Chef's chicken  
(Pan seared chicken breast with sundried tomato and shiitake cream sauce)
- ❖ Chicken marsala  
(Hand breaded airline chicken breast with a shiitake mushroom sweet marsala wine sauce)
- ❖ Chicken piccata  
(Pan seared airline chicken breast topped with capers and white wine and lemon burre blanc)
- ❖ Chicken napoli  
(Pan seared airline chicken breast with pancetta, garlic roasted baby bella mushrooms, and feta cheese chardonnay reduction)

## LUNCHEONS AND DINNERS (Cont.)

### Beef

- ❖ Sicilian beef roulade  
(Braised beef shoulder in tomato sauce stuffed with spinach and parmesan cheese. Sliced and served in medallions)

### Pork

- ❖ Cajun rubbed pork loin w/orange marmalade aioli  
(Brown sugar dry rubbed, roasted loin of pork served with a house made valencia citrus infused aioli)

### From the Sea

- ❖ Peach bourbon glazed salmon with fresh dill  
(Pan seared fillet of fresh salmon glazed with Jim Beam bourbon reduction and garnished with sprigs of fresh dill)

### Vegetarian

- ❖ Israeli couscous stuffed peppers  
(Tri-colored bell peppers stuffed with middle eastern couscous and baked with house marinara and shredded parmesan cheese)
- ❖ Seasoned rice with tofu and stir fry vegetables  
(Asian infused rice and tofu stir fried with snow peas, soy sauce, ginger, and a medley of fresh vegetables)

## **GOLD**

Served with Market house, Caesar, or organic spring mix salad

### **Choose 1:**

#### Chicken

- ❖ Chicken cordon bleu  
(Hand breaded chicken breast, stuffed with hickory smoked ham and swiss cheese. Served with piping hot mornay cheese sauce)
- ❖ Gouda baked chicken  
(Applewood smoked bacon-wrapped chicken breast stuffed with gouda cheese)

#### Beef

- ❖ Beef tenderloin medallions with caramelized onion in a red wine demi-glace  
(Hand carved filet of beef served with a caramelized onion red wine demi-glace)

#### Pork

- ❖ Bacon wrapped pork tenderloin with apricot glaze  
(House wrapped and seared pork tenderloin slow roasted and served with apricot glaze)

#### From the Sea

- ❖ Pan seared halibut with roasted red pepper cream sauce  
(Fresh seasoned and seared fillet of halibut served with a fire roasted pepper cream sauce. Garnished with fresh herbs)

## **PLATINUM**

Served with Market house, Caesar, or organic spring mix salad

### **Choose 1:**

#### Beef

- ❖ 6 oz. Filet mignon  
(Cleaned and prepared on-site. Pan seared and served medium-rare with house steak seasoning)

#### From the Sea

- ❖ Southwest crab cakes with cajun remoulade  
(Hand-made and prepared with fresh jumbo lump crab –grilled and served with cajun remoulade)
- ❖ Thai chili scallops with herbed compound butter  
(Skewered and seared. Served on a toasted baguette and drizzled with a sweet and spicy chili sauce and basil butter)

## ENTRÉE ACCOMPANIMENTS

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### ACCOMPANIMENTS

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**Choice of One:**

*Glazed carrots*  
*Fresh green beans*  
*Grilled balsamic zucchini*  
*Roasted broccoli*  
*Seasoned shoestring fries*  
*Fresh spinach & garlic sauté*  
*Sautéed zucchini*  
*Fresh roasted asparagus*  
*Roasted butternut squash*  
*Roasted shallot & brussel sprouts*  
*Chef's choice of seasonal vegetable*

**Choice of One:**

*Yukon gold cheddar mashed potatoes*  
*Baked Idaho or sweet potato*  
*Wild rice pilaf*  
*Mashed sweet potatoes*  
*Roasted fingerling potatoes*  
*Roasted potato medley*  
*Basil orzo*  
*Roasted sweet potatoes*  
*Black beans and rice*  
*Vegetable risotto*  
*Garlic mashed potatoes*  
*Baked macaroni and cheese*

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### DESSERT

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**Choice of One:**

- ❖ Carrot cake
- ❖ Chocolate mousse pie
- ❖ Crème brulee cheesecake
- ❖ Raspberry white chocolate cheesecake
- ❖ Traditional cheesecake with fresh seasonal berries
- ❖ Lemon berry mascarpone cake (May-September)
- ❖ Orange cream cheesecake (May-September)

Specialty dessert available

- ❖ Salted caramel vanilla crunch cake
- ❖ Chocolate spoon cake
- ❖ Cake truffles
- ❖ Chocolate torte
- ❖ Chocolate mousse cake

## BUILD-YOUR-OWN RECEPTION

(2 hours)

*Minimum guest count - 25.*

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### BRONZE

Domestic cheese display with assorted crackers  
Choose 1: Farm fresh crudité with ranch dip OR seasonal sliced fruit  
Mini cocktail meatballs (BBQ or sweet and sour)  
Mini finger sandwiches (ham, turkey, and chicken salad)  
Fresh baked home-style cookies  
Sweet tea  
Fruit infused water

### SILVER

Domestic cheese display with assorted crackers  
Choose 1: Farm fresh crudité with ranch dip OR seasonal sliced fruit  
Choose 1: Chipotle maple bacon wrapped chicken bites OR chipotle pineapple chicken skewers  
Choose 1: Ham and cheese pinwheels or mini cocktail meatballs (BBQ or sweet and sour)  
Choose 1: Spinach and artichoke dip with pita chips OR baked pimento cheese dip with pita chips  
Assorted gourmet dessert bars  
Sweet tea  
Fruit infused water

### GOLD

Domestic cheese display with assorted crackers  
Choose 1: Farm fresh crudité with ranch dip OR seasonal sliced fruit  
Curry chicken salad tartlets  
Vegetable spring rolls w/plum sauce  
Choose 1: Bacon wrapped scallops OR mini southwest crab cakes w/cajun remoulade  
Choose 1: Ham and cheese pinwheels or mini cocktail meatballs (BBQ or sweet and sour)  
Assorted mini cheesecake bites  
Sweet tea  
Fruit infused water

### Add-On:

Nacho bar: tortilla chips, ground beef, nacho cheese, sliced jalapeños, diced tomatoes, shredded lettuce, salsa and sour cream

Jumbo shrimp cocktail served with house-made cocktail sauce

### CARVING STATIONS (Add on only)

served with rolls and appropriate condiments.

- ❖ Roast turkey breast – *serves 75*  
with cranberry and orange mayonnaise and creamy dijon mustard
- ❖ Brown sugar rubbed pork loin with chipotle dijonaise – *serves 75*
- ❖ Roast prime rib of beef – *serves 50*  
with horseradish mayonnaise and au jus

\*11.3% tax additional

## BEER, WINE AND LIQUOR

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	HOUSE WINES	DOMESTIC BEERS
	Chardonnay	Budweiser
	Merlot	Bud Light
	Cabernet Sauvignon	Michelob Ultra
	Pinot Grigio	Coors Light
	Moscato	Yuengling
		Keg
Host Bar	Ask for cost	Ask for cost
Cash Bar	Ask for cost	Ask for cost

LIQUOR	HOUSE BRANDS
Bourbon	Jim Beam
Gin	Tanqueray
Rum	Bacardi Silver
Scotch	Dewar's
Vodka	Absolut
Whiskey	Jack Daniels
Tequila	Jose Cuervo Gold
Brandy	E & J
Host Bar	Ask for cost

\*Domestic/Craft

Served in our high quality plastic-ware. Specialty beer & wine available at additional cost.

1 bartender per 100 guests