



Luncheon Menu Options

❖ Salad (choose 1)

- Classic Garden Salad with cherry tomatoes, diced carrots, dried cranberries and thinly sliced cucumbers on a bed of romaine lettuce. Served with oven toasted garlic croutons and an assortment of homemade dressings
- Caesar Salad with freshly grated parmesan cheese. Served with oven toasted garlic croutons and creamy Caesar dressing
- Spinach Salad with boiled egg, bacon and bleu cheese crumbles on a bed of tender baby spinach leaves with a mustard vinaigrette dressing
- Mediterranean Orzo Salad with garlic, fresh basil, olives, sun dried tomatoes, feta and artichokes in a pesto vinaigrette dressing
- Cucumber, tomato, fresh basil, artichokes and sliced onion salad
- Caprese Salad with tomato, fresh mozzarella, fresh basil and balsamic drizzle

❖ Entrées

(Served with freshly baked rolls with whipped butter)

- Jerked chicken breast with pineapple mango salsa
- Blackened chicken breast with garlic butter and a Cajun sauce
- Chicken Wellington with mushroom duxelles and balsamic reduction
- Chicken Parmesan topped with marinara sauce (Grilled or Pan Seared)
- Southern style fried chicken (bone in)
- Grilled lemon chicken kabob or breasts with chimichurri sauce
- Baked Tuscan Chicken with Spinach and Sun-Dried Tomatoes
- Southwest Chicken bake with green chiles, roasted corn, black beans, roasted cilantro and Monterey jack cheese
- Chicken fettuccini alfredo topped with freshly grated parmesan cheese
- Authentic Italian Lasagna (meat or vegetarian) topped with fresh mozzarella cheese
- Italian Spaghetti with a classic marinara or meat sauce (Add Meatballs or Sausage \$2pp)



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- Cheese Tortellini with sun dried tomatoes, garlic, onion, bell peppers, baby spinach and parmesan in a pesto cream sauce (Vegetarian)
- Garlic butter orzo with asparagus, mushroom, squash, parmesan, parsley and ground pepper (Vegetarian)
- Stuffed Portobello Mushroom Cap (Vegetarian)
- Traditional Meatloaf with tomato gravy
- Garlic and rosemary encrusted roast beef in gravy with a creamy horseradish sauce (add \$2pp)
- Mini Hamburger or Cheeseburger sliders
- Slow braised pot roast with potatoes, carrot, celery & mushroom (add \$2pp)
- Mustard and herb crusted pork loin
- Fried or Pan Seared Pork chop with pan gravy and caramelized onions
- Creole BBQ shrimp over cheese grits (add \$1pp)
- Hand bread fried catfish fillets with lemon tartar sauce, served with jalapeno and original hushpuppies (add \$1pp)
- Blackened catfish fillets with a spicy remoulade sauce, served with jalapeno and original hushpuppies (add \$1pp)
- Asian smoked salmon fillet with an orange-ginger glaze (add \$2pp)
- Pesto encrusted salmon with lemon cream sauce (add \$2pp)
- Fresh Salmon with a Lemon Tarragon Cream Sauce (add \$2pp)

- ❖ Accompaniments (choose 2)
 - Garlic mashed potatoes with rich brown gravy
 - Garlic and rosemary herb roasted potatoes
 - Twice baked potato casserole topped with cheese and bacon
 - Loaded potato salad with bacon, cheddar, sour cream and scallions
 - Sweet potato casserole topped with a sprinkling of brown sugar and toasted marshmallows
 - Fried corn with peppers and onions
 - Mexican street corn: topped with butter, cilantro and cojito cheese
 - Carrot soufflé
 - Squash Casserole
 - Honey-chipotle Carrots
 - Creole dirty rice with sausage, pepper and onions
 - Wild rice pilaf



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- Broccoli and cheese
 - Freshly cut green beans
 - Homestyle green beans with bacon, onions and garlic
 - Roasted vegetable medley
 - Italian spinach
 - Roasted Brussel sprouts, cauliflower or broccoli with garlic, onion, parmesan and lemon zest
 - Braised Brussel sprouts with bacon, onion, bleu cheese and pear balsamic reduction
 - Baked Macaroni and Cheese
- ❖ Beverages
- Iced tea (sweet & un-sweet)
 - Lemonade
 - Bottled Water (add .50pp)
- ❖ Dessert (Additional \$2 per person)
- Assortment of freshly baked cookies and double fudge brownies
 - New Orleans Style Bread Pudding
 - Strawberry Shortcake with whipped crème
 - Banana Foster's pudding encrusted with vanilla wafers
 - Chocolate, Peach, Apple, or Blackberry cobbler
 - Triple Chocolate cake with raspberry coulis
 - NY Cheesecake topped with fresh fruit compote
- ❖ Cost
- One Entrée \$15 Per/Person + tax (no dessert)
 - Dual Entrée \$18 Per/Person + tax (no dessert)
 - \$30.00 Delivery Fee
 - Dinner portions will require additional fees.

Notes

- Heart and Soul will deliver and setup food in aluminum pans.
- Heart and Soul will provide all foam or paper plates/bowls, cups, napkins, and cutlery. Plastic disposables are available at \$2pp and China/glass rentals can be arranged.
- Client will provide any tablecloths, tables, chairs, floral arrangements, and centerpieces.
- Ice is available at an additional charge.



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- Wire racks & sterno available at a separate fee of \$8.00 per set.
- Full-service events will incur additional labor fees & 18% Service charge.