



## LUNCHEON SALADS

Salads may be prepared in individual boxes, on disposable platters, or on Avalon decorative platters.

### **Mediterranean Salad**

Marinated, grilled chicken breast, grilled asparagus, zucchini, squash and mushrooms, crisp romaine with a creamy feta dressing

\$8.75

### **Grilled Coriander Flank Steak**

Toasted, coriander-seasoned, rare flank steak, topped with salsa verde and served with a side of crisp cauliflower salad with olives and capers

\$9.40

### **Classic Greek**

Vegetarian Greek salad with romaine, feta, cucumber, tomato Calamata olives, artichoke hearts and a zesty oregano vinaigrette

*Add grilled chicken - \$2.75*

\$8.20

### **Layered Cobb Salad**

Chopped, Springer Mountain chicken, Dietz & Watson Black Forest ham, tomato, avocado, crumbled blue cheese, watercress and Romaine, local farm fresh eggs, crumbled bacon and a Dijon-chive vinaigrette

\$9.50

### **Tomato and Avocado Salad with Lime-Herb Dressing**

Served over a bed of fresh, chopped, romaine with cucumber, sweet pepper, scallions, pimiento-stuffed olives and crumbled feta

*Add grilled chicken - \$2.75*

\$9.20



## **LUNCHEON SALADS**

### **Local Vegetarian Salad**

Mt. Gilliad Farms sweet potatoes, Peace River green beans, Roma tomatoes, new potatoes, Carlton Farm eggs, Nicoise olives and pickled okra served on local greens, topped with a lemon-shallot dressing

*Add line-caught tuna - \$2.95*

*\$7.90*

### **Freshly baked artisan rolls and butter**

*\$.95*



## SANDWICHES, SIDES AND DESSERT

### SANDWICHES

Honey Dijon Grilled Chicken  
Grilled Flank Steak and Brie  
Classic Ham and Swiss  
Smoked Chicken Salad  
Smoked Turkey

*Priced at \$6.50 per sandwich*

#### **Avalon Club**

Smoked turkey, prosciutto, avocado, Muenster and sprouts

#### **Grilled Portobello**

Provolone, caramelized onion and arugula (V)

#### **Tuna and Caper Salad**

Grilled French baguette with olive oil and lemon

#### **Grilled Chicken and Roasted Red Pepper Sandwiches**

With cilantro, almond relish on whole wheat

#### **Roast Beef Sandwich with a Blue Cheese Dressing**

Roasted peppers, arugula, sliced onion on whole grain bread

#### **Chili Marinated Pork Sandwiches**

Avocado, queso fresco and chipotle peppers on brioche buns

#### **Big Tomato, Basil and Goat Cheese Sandwiches**

On fresh foccacia with yellow bell peppers with an herb vinaigrette (V)

#### **Cuban Sandwiches with Zucchini Pickles**

On a ciabatta roll with lemon aioli

#### **Shrimp Sandwiches**

With tarragon-caper mayonnaise on soft sandwich rolls

#### **Banh mi**

Vietnamese chicken sandwich with pickled radish, carrots, cucumber  
cilantro all served on a grilled baguette

*Priced at \$6.95 per sandwich*

*(V) vegetarian*

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[www.avaloncatering.com](http://www.avaloncatering.com)



## SANDWICHES, SIDES AND DESSERT

### SIDES

#### **New Potato Salad**

New potatoes with fresh herbs, scallion, balsamic vinegar and olive oil

#### **Skinny Slaw**

With yogurt, lemon juice and just a touch of mayo

#### **Latsa Pasta**

With broccoli, red peppers, artichokes and parmesan

#### **Broccoli English Pea Pasta**

With creamy buttermilk dressing and fresh basil

#### **My Mom's Potato Salad**

Classic salad with yellow mustard and sweet pickle relish

#### **Fresh Fruits in Season**

Local Southeastern fruits in season

#### **Pesto Pasta**

Penne pasta with fresh pesto and a tomato basil salsa

#### **Summer Rice Salad with a Goat Cheese Dressing**

Featuring crunchy summer peppers, fresh corn, creamy goat cheese, fresh herbs

#### **Haricot Verts and Red Onion Salad with Pesto**

Crisp local beans tossed with a savory dressing and sweet onion

*Priced at \$2.80 per serving*



## SANDWICHES, SIDES AND DESSERT

### DESSERTS

Fudgy Chocolate Brownies  
Chocolate Mudslide Cookies  
Wedding Cookies  
Butter Cookies with Cloves  
Lemon Cookies  
Tollhouse Cookies  
Gingersnaps

*Priced at \$2.75 per serving*

Almond Cake  
Carrot Cake  
Rich Chocolate Cake with Butter Cream  
Pound Cake  
Strawberry Shortcake  
Fresh Fruit Tarts

*Priced at \$38.00 per cake*

### BEVERAGES

Bottled Water – \$1.25 per guest  
Pellegrino and Panna Water – \$4.00 for 1 litre  
Sweetened and Unsweetened Tea – \$10.00 per gallon  
Assorted Organic Spritzers - \$1.75 per guest  
Assorted Izzie Sparkling Juices - \$1.80 per guest  
Lemonade, Raspberry Lemonade, Caramelized Lemonade – \$12.00 per gallon  
Assorted Soft Drinks – \$1.40 per guest  
Ice – \$3.50 per bucket  
Regular and De-caf Coffee Service – \$2.20 per guest  
Assorted Tazo Tea – \$2.20 per guest



## FEATURED, SEASONAL, BOXED LUNCHES

### **Farm Fresh Boxed Lunch (V)**

Leek and pancetta tart with Sparkman's dairy cream,  
Steamed, Peace River green beans tossed in olive oil with Celtic sea salt,  
Small, side green salad with vinaigrette  
Choice of dessert

\$15.90

### **Locally Grown Executive Boxed Lunch**

Springer Mountain grilled chicken breast with a coriander-cumin rub,  
Cucumbers with yogurt and mint, carrot-honey salad, roasted, pickled beets  
Bed of Oakview Farms greens,  
Butter cookies and melon

\$18.90



## THINGS TO KNOW WHEN ORDERING:

Orders must be placed 24 hours in advance. Rush orders are subject to a 20% surcharge.  
All cancellations require 24 hour notice during regular business hours.  
Any late cancellations are subject to a 50% surcharge of the total invoice.

We require a minimum order of 5 for each menu item.

All lunches are available in standard boxed lunches, compostable boxes, disposable platters or Avalon decorative serving platters.

We also offer compostable cups, plates, cutlery and recycled napkins @ .50 per guest

Please note that there is a \$30.00 delivery charge for all orders inside the perimeter.  
There is an additional charge of \$15.00 for equipment pick up

We require a minimum of 15 guests for lunches.