



TRAINING & CONFERENCE CENTER
HIGH QUALITY, HIGHER PURPOSE™
“Meet the Difference at the TCC”

All food is prepared and served by our on-site Culinary Arts Kitchen, La Cocina.

BREAKFAST

THE EYE OPENER \$6.00

House Baked Blueberry, Cranberry-Orange & Banana Nut Muffins
Assorted Bagels with Cream Cheese
Orange, Grapefruit & Cranberry Juices Coffee & Tea Service

THE CONTINENTAL \$7.50

House Baked Blueberry, Cranberry-Orange & Banana Nut Muffins
Signature Assortment of Warm Cinnamon Rolls and Scones
Assorted Bagels with Cream Cheese
Seasonal Sliced Fresh Fruit Display Yogurt with Granola
Orange, Grapefruit & Cranberry Juices Coffee & Tea Service

SUNRISE BREAKFAST \$11.00

Scrambled Eggs Applewood Smoked Bacon & Breakfast Sausage
Seasoned Potatoes
Assorted Bagels with Cream Cheese
Seasonal Sliced Fresh Fruit Display Yogurt with Granola
Orange, Grapefruit & Cranberry Juices Coffee & Tea Service

LUNCH

BOX LUNCH \$9.50

Includes Fresh Fruit Salad, Kettle Cooked Potato Chips and Freshly Baked Chocolate Chip Cookies.

Sandwich Varieties

Fancy Albacore Tuna Salad on Muti-Grain Grain Roll or Wrap
Chicken Salad with Red Flame Grapes on Artisan Wheat Roll or Wrap
Egg Salad on Wheatberry Bread or Wrap
Grilled Chicken with Lettuce & Tomato on Crusty Sourdough Roll
Smoked Ham & American Cheese on Dark Rye or Wrap
Roast Sirloin with Cheddar on Pretzel Roll or Wrap
Roasted Turkey Breast with Cranberry Chutney on Muti Grain Roll or Wrap

(minimum of 4 of any one selection)

SIGNATURE BOX LUNCH \$10.50

Includes House-Made Cole Slaw, Fresh Fruit Salad, a Dill Pickle Spear, Kettle Cooked Potato Chips and Freshly Baked Chocolate Chip Cookies.

Wrap Varieties

Smoked Chicken

Smoked Chicken Breast, Roasted Red Pepper, Leaf Lettuce, BBQ Ranch Dressing & Pepper Jack Cheese in a Flour Tortilla

Roast Beef

Thinly sliced Beef Sirloin with Chopped Lettuce, Cheddar Cheese, Diced Tomato in a Whole Wheat Tortilla

Turkey

Roasted Turkey Breast with Tomato and Romaine Lettuce in a Whole Wheat Tortilla

Grilled Vegetable

Roasted Pepper, Eggplant & Zucchini and Urban Roots Lettuces, Roasted Tomato with Hummus in a Spinach Tortilla

Signature Sandwich Varieties

Roast Beef

Caramelized Onion, Urban Roots Lettuces, Roasted Red Pepper on Pretzel Roll

Roasted Turkey Breast & Havarti Cheese

Romaine Lettuce & Cranberry Chutney on Multi-Grain Roll

Grilled Boneless Chicken Breast

Urban Roots Lettuce Blend and Tomato on Crusty Sourdough Rolls

Baked Ham

Swiss Cheese, Urban Roots Lettuce and Tomato on Marbled Rye

Grilled Portobello Mushroom

Balsamic Marinated Plum Tomato & Buffalo Mozzarella with Basil Pesto on Focaccia

INDIVIDUAL ENTRÉE SALADS \$11.00

Includes Fresh Fruit Salad, Crusty Sourdough Dinner Roll & Butter and Chocolate Chip Cookies

Chopped Salad

Flat Leaf Spinach & Romaine Lettuce tossed with Chopped Carrots, Celery, Broccoli, Peppers, Tomatoes, Olives, Scallions, Garbanzo Beans by Balsamic Vinaigrette

Cobb Salad

Grilled Chicken, Crumbled Bacon, Diced Tomato, Egg & Baked Ham with Grated Swiss on a Fresh Bed of Urban Roots Greens with Ranch Dressing or Balsamic Vinaigrette

Chicken or Shrimp Caesar Salad

Romaine Lettuce with Parmesan Cheese, Seasoned Croutons & Caesar Dressing topped with Grilled Chicken or Shrimp

Raspberry Chicken Salad

Chicken Breast over a bed of Baby Lettuces with Raspberries, Sugar Snap Peas & Candied Walnuts and Raspberry Vinaigrette

(minimum of 4 of any one selection)

SANDWICH DISPLAY \$11.50

Choose any Four Varieties of Our Wraps or Sandwiches

Urban Roots Green Salad with Ranch Dressing & Balsamic Vinaigrette
Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish
Individual Bags of Kettle-Style Potato Chips, Multi-Grain Chips & Pretzels
House-Made Cole Slaw Dill Pickle Spears
Fresh Fruit Salad Assorted House Baked Cookies, Lemon Bars & Blondie Bars

BUILD YOUR OWN SALAD BAR \$12.00

Urban Roots Mixed Greens Baby Kale and Spinach Blend
Grilled Chicken Breast Traditional Albacore Tuna Salad Home-Style Egg Salad
Steamed Broccoli Cucumbers Grape Tomatoes Garbanzo Beans
Shredded Carrots Diced Roasted Sweet Potato Beets Crumbled Feta
Buttermilk Ranch Dressing Balsamic & Italian Vinaigrettes
Crusty Sourdough Rolls Assorted House Baked Cookies

THE DELI BOARD \$12.50

Smoked Turkey Breast, Baked Ham & Roast Beef Albacore Tuna Salad Home-Style Egg Salad
American, Swiss and Provolone Cheeses
Mayonnaise, Mustard, Lettuce, Tomatoes & Onions
Sour Cream-Dill Potato Salad Cole Slaw Quinoa & Lentil Salad Dill Pickle Spears
Artisan White & Wheat Breads, Croissants, Multi-Grain Rolls & Pretzel Rolls
Fresh Fruit Salad Assorted House Baked Cookies, Fruit Bars & Dessert Bars

LIGHT LUNCH \$13.75

Deep Dish Quiche – Please Select Two
Lorraine, Cheddar & Broccoli, Ham & Cheddar, Spinach & Mushroom, Boursin & Sundried Tomatoes
Urban Roots Green Salad with Ranch Dressing & Balsamic Vinaigrette
Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish
Fresh Fruit Salad Assorted House Baked Cookies

THE GARDEN \$16.50

Urban Roots Green Salad with Ranch Dressing & Balsamic Vinaigrette
Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish
Seared Marinated Chicken Breast sliced and served platter-style at room temperature
Herbed Sautéed Shrimp Quinoa & Lentil Salad
Roasted Vegetable Display including Red Peppers, Eggplant, Squash, Zucchini, Red Onion & Asparagus
Artisan Dinner Rolls & Petite Croissants with Whipped Butter
Fresh Fruit Salad Assorted House-Baked Cookies, Fruit Bars & Dessert Bars

ITALIAN FAVORITES - \$18.00

Chicken Piccata
Boneless Breast of Chicken sautéed in Lemon Caper Beurre Blanc
Vegetable Lasagna Panino
*Roasted Vegetables in a Blend of Ricotta, Parmesan & Fresh Herbs
rolled in Lasagna Pasta with Mozzarella & Marinara Sauce*
Broccoli Spears Drizzled with Garlic Infused Olive Oil
Caesar Salad with Grated Parmesan Cheese & Homemade Croutons
Assorted Dinner Rolls, Focaccia & Soft Bread Sticks
Miniature Dessert Display of Mini Cannoli, Fruit Tarts and Cream Puffs

TACO BAR \$16.00

Crisp Taco Shells & Flour Tortillas
Seasoned Beef, Chicken & White Fish
Shredded Cheddar, Diced Tomatoes, Shredded Lettuce, Chopped Green Onions, Sour Cream, Salsa
Spanish Rice with Fresh Scallion & Tomato
Vegetarian Refried Beans topped with Shredded Cheddar Cheese
Roasted Corn & Black Bean Succotash
Plain & Jalapeno Cornbread Muffins
Fresh Fruit Salad
Baked Cookies, Fruit Bars Assorted House & Dessert Bars

MACARONI & CHEESE BAR or BAKED POTATO STATION \$14.50

Choose Three-Cheese Macaroni & Cheese OR Entrée Size Baked Russet Potatoes
Urban Roots Green Salad with Ranch Dressing & Balsamic Vinaigrette
Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish
Southwestern Style Chili Seared Diced Chicken Crispy Bacon Steamed Broccoli
Shredded Cheddar Cheese Green Onion Chopped Tomato Sour Cream
Fresh Fruit Salad Assorted House Baked Cookies, Fruit Bars & Dessert Bars

BREAKS

SWEET & SALTY \$6.50

Assorted Individual Bags of Snacks to include:
Pretzels, Corn Chips, Popcorn, Multi Grain Chips, and Kettle Cooked Potato Chips
Mixed Nuts Variety of Snack Size Candy Bars Soft Drinks & Bottled Waters

HEALTH NUT \$7.00

Individual Bags of Organic Almonds, Cashews, Trail Mix and Tropical Delight Mix
Assorted Granola Bars, Protein Bars, Energy Bars and Cereal Bars
Fresh Fruit Salad Bottled Juices & Waters

COOKIE AND BARS \$5.50

House Baked Oatmeal Raisin, Chocolate Chip, Sugar and White Chocolate Macadamia Nut Cookies
Lemon Bars Raspberry Crumble Bars Brownies and Blondies
Soft Drinks & Bottled Waters

ICE CREAM SUNDAE BAR \$4.50

Vanilla & Chocolate Ice Cream
Chocolate, Strawberry & Warm Caramel Sauces
Oreo Cookie Crumbles Walnuts M&Ms Stemmed Maraschino Cherries
Rainbow & Chocolate Sprinkles Whipped Cream

SHORTCAKE STATION \$5.50

House-Made Buttermilk Biscuits
Strawberries Peaches In-Season Mixed Berries
Whipped Cream and Crème Fraiche

BEVERAGE SERVICES for all events

Freshly Brewed, Locally Roasted Coffee & Gourmet Tea Service - \$1.50 per person

Sparkling & Spring Waters \$1.25 each

Assorted Sodas & Diet Sodas \$1.25 each