



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

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

THE CONTINENTAL

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

EXECUTIVE CONTINENTAL

House Baked Blueberry, Cranberry-Orange & Banana Nut Muffins
Assorted Bagels with Cream Cheese
Seasonal Sliced Fresh Fruit Display Yogurt with Granola
Smoked Salmon with Condiments
Orange, Grapefruit & Cranberry Juices Coffee & Tea Service

SUNRISE BREAKFAST

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

LA COCINA BUFFET

Scrambled Eggs Applewood Smoked Bacon & Breakfast Sausage
Seasoned Potatoes
French Toast with Warm Berry Compote & Connecticut Maple Syrup

OR

Oat Meal Bar with Accompaniments
Dried Cranberries, Golden Raisins, Sliced Almonds, Brown Sugar, Cinnamon & Cream

House Baked Blueberry, Cranberry-Orange & Banana Nut Muffins
Assorted Bagels with Cream Cheese
Seasonal Sliced Fresh Fruit Display Yogurt with Granola
Orange, Grapefruit & Cranberry Juices Coffee & Tea Service

LUNCH

BOX LUNCH

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

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, Shredded Leaf Lettuce
BBQ Ranch Dressing & Pepper Jack Cheese wrapped in a Flour Tortilla

Grilled Chicken

Grilled Chicken Breast, Tomato, Shredded Leaf Lettuce, Grilled Red Pepper and Swiss Cheese in a Flour Tortilla

Roast Beef

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

Turkey Club

Roasted Turkey with Crisp Bacon, 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 Vegetable

Roasted Pepper, Eggplant & Zucchini and Urban Roots Lettuces, Roasted Tomato with Hummus on Focaccia

Grilled Portobello Mushroom

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

INDIVIDUAL ENTRÉE SALADS

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

Classic Tuna Niçoise

Fancy White Albacore Tuna with Green Beans, New Potatoes & Olives all displayed upon on a bed of Romaine & Green Leaf Lettuce with Balsamic Vinaigrette

Greek Salad

Mixed Greens with Kalamata Olives, Tomatoes & Feta with Balsamic Vinaigrette

Raspberry Chicken Salad

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

Oriental Chicken Salad

Julienne Bok Choy, Water Chestnuts & Snow Pea Pods with Crispy Wonton Strips with Hoisin Dressing

The Italian Salad

Genoa Salami, Pepperoncini Peppers, Red Onions, Black Olives, Grilled Red Peppers, Chopped Egg, Tomato Wedges, Cucumber and Croutons over a bed of Greens with Ranch Dressing or Italian Vinaigrette

(minimum of 4 of any one selection)

SANDWICH DISPLAY

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

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

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

SOUP & SALAD BUFFET

Choose any one of our standard soup varieties

Urban Roots Green Salad with Ranch Dressing & Balsamic Vinaigrette
Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish

Traditional Albacore Tuna Salad Chicken Salad with Red Flame Grapes
Home-Style Egg Salad Roasted Vegetable Quinoa Salad
Artisan Dinner Roll Assortment

Fresh Fruit Salad Assorted House Baked Cookie

All Soups are served with Oysters Crackers

Pumpkin Squash, Cream of Potato, Tomato Wild Rice, Southwestern Black Bean
Vegetable Minestrone (vegan), Chicken Noodle, Cheddar Broccoli, Chicken Tortilla
Chicken Corn Chowder, New England Clam Chowder, Beef with Barley

LIGHT LUNCH

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

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

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

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

FAR EAST

Spicy Thai Chicken Stir-Fry with Shiitake Mushrooms
Ginger-Mandarin Pork Tenderloin Medallions

Asian Vegetable Fried Rice White Rice & Brown Rice
Sesame Broccoli
Spicy Cucumber Salad with Sweet Soy Chili Vinaigrette

Authentic Milk Bread Dinner Rolls
Fresh Fruit Kabobs Macaroons & Fortune Cookies

PARMIGIANO BUFFET

Urban Roots Green Salad with Caesar Dressing & Italian Vinaigrette

Hand-Cut and Breaded Chicken Breast Baked with Our Own House Made Marinara Sauce
Traditional Meat Lasagna Vegetable Lasagna
Sautéed Green Beans with Lemon Olive Oil Drizzle
Artisan Dinner Rolls with Butter

Fresh Fruit Salad
Assorted House Baked Cookies, Fruit Bars & Dessert Bars

SOUTHERN TRADITIONS

Classic Carolina pulled pork with slider rolls
Buttermilk Fried Chicken
Vegetarian Baked Beans Three Cheese Macaroni & Cheese
Fresh Fruit Salad House-Made Cole Slaw

Honey Corn Bread Muffins
Seasonal Fruit Cobbler

THE SIMPLE MEDITERRANEAN

Grilled Sliced Chicken Breast, served platter-style at room temperature, topped with Artichoke,
Roasted Tomato and Capers Relish

Lebanese Grilled Shrimp Salad with Couscous, Roasted Tomato & Urban Roots Pesto Dressing Drizzle
Hearty Greek Salad with Kalamata Olives, Crumbled Feta, Grape Tomatoes, Cucumber and Olive Oil Dressing
Orzo Salad with Arugula, Toasted Pine Nuts, Oregano and Lemony Vinaigrette

Grilled Flatbread with Tzatziki Sauce
Baklava

MACARONI & CHEESE BAR or BAKED POTATO STATION

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
Butter	Buttermilk Ranch Dressing		

Fresh Fruit Salad
Assorted House Baked Cookies, Fruit Bars & Dessert Bars

BREAKS

SWEET & SALTY

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

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

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

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

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

Sparkling & Spring Waters

Assorted Sodas & Diet Sodas

ROOM CHARGES

Please contact the Director of Events and Catering for room rates.

AUDIO VISUAL

In house technicians are available for your event at an additional charge

PARKING

Ample on-site parking is included with every TCC event; valet service is available