



### BREAKFAST SELECTIONS

**Basic Beginnings \$7.99/person** Assorted Pastries served with Gourmet Coffee, Decaf Coffee, Hot Tea Service and Water. Assorted Pastries 190 - 520 cal • Coffee, Decaf, Tea, Water 0 cal per 8 oz serving

**Quick Start \$10.99/person** Assorted Muffins, Danish and Scones served with Fresh Seasonal Sliced Fruit, Fresh Orange Juice, Gourmet Coffee, Decaf Coffee, Hot Tea Service and Water. Assorted Muffins 190 - 520 cal • Assorted Danish 200 - 430 cal • Scones 390 - 410 cal • Sliced Fruit 40 cal per 2.5 oz serving • Orange Juice 220 cal • Coffee, Decaf, Tea, Water 0 cal per 8 oz serving

**Yogurt Parfait Bar \$8.99/person** Low Fat Yogurt, Fresh Berries, Granola, Assorted Breakfast Parfaits, Gourmet Coffee, Decaf, and Hot Tea. Yogurt 100 cal per 4 oz serving • Fresh Berries 20 cal per 1 oz serving • Granola 50 cal per 1 oz serving • Assorted Pastries 190 - 520 cal • Coffee, Decaf, Tea, Water 0 cal per 8 oz serving

### A LA CARTE BREAKFAST ITEMS

#### Assorted Bagels

With Butter, Cream Cheese & Preserves  
170 - 360 cal  
\$17.79/dozen

#### Assorted Muffins

190 - 152 cal  
\$16.99/dozen

#### Cinnamon Rolls

240 cal  
\$13.99/dozen

#### Assorted Scones

390 - 410 cal  
\$13.99/dozen

#### Miniature Muffins

80 - 120 cal  
\$12.99/dozen

#### Individual Yogurts

100 cal  
\$1.49 each

#### Granola Bars

190 cal  
\$1.29 each

#### Gourmet Regular Coffee

0 cal per 8 oz serving  
\$14.99/gallon

#### Gourmet Decaf Coffee

0 cal per 8 oz serving  
\$14.99/gallon

#### Hot Tea

0 cal per 8 oz serving  
\$9.99/gallon

#### Orange Juice

220 cal per 8 oz serving  
\$15.99/gallon

#### Apple Juice

220 cal per 8 oz serving  
\$15.99/gallon

### DELI & SANDWICH SELECTIONS

#### Brown Bag Lunch \$9.99/person

Your Choice of Oven Roasted Turkey Breast, Smoked Ham or Italian Sandwich served with Fresh Seasonal Fruit, Potato Chips, Gourmet Cookies and Soda or Bottled Water.

Turkey Breast Sandwich 490 cal • Smoked Ham Sandwich 380 cal • Italian Sandwich 420 cal • Fresh Seasonal Fruit 35 cal per 2.5 oz serving • Potato Chips 140 - 160 cal • Gourmet Cookie 390 cal per 2 cookies • Soda or Bottled Water 0 - 170 cal

#### Classic Deli Display \$12.99/person

Oven Roasted Turkey Breast, Smoked Ham and Sliced Roast Beef served with Swiss and Cheddar Cheese, Lettuce, Tomato, Red Onion, Pickle Spears, Assorted Breads and Rolls, Pasta Salad, Kettle Chips and Assorted Gourmet Cookies. Includes Lemonade and Ice Water.

Turkey Breast 30 cal per 1 oz serving • Smoked Ham 35 cal per 1 oz serving • Sliced Roast Beef 35 cal per 1 oz serving • Swiss & Cheddar Cheese 60 cal per 1 oz serving • Assorted Breads & Rolls 120 - 380 cal each • Pasta Salad 300 cal per 4 oz serving • Kettle Chips 240 cal per 1.25 oz serving • Gourmet Cookie 390 cal per 2 cookies • Lemonade or Ice Water 0-90 cal per 8 oz serving

#### Classic Bistro Box \$12.99/person

Your Choice of Classic Turkey Club, Grilled Chicken Caesar Wrap, or Garden Vegetable

& Boursin Baguette served with Pasta Salad, Potato Chips, Gourmet Cookies and Soda or Bottled Water.

Turkey Club 490 cal • Chicken Caesar Wrap 600 cal • Vegetable & Boursin 570 cal • Pasta Salad 300 cal per 4 oz serving • Potato Chips 140 - 160 cal • Soda or Bottled Water 0 - 170 cal

#### Gourmet Sandwich Display \$14.99/person

An Assortment of Grilled Chicken Caesar Wraps, Garden Vegetable & Boursin Baguettes, and Classic Turkey Club Sandwiches served with Fresh Seasonal Fruit, Kettle Chips with French Onion Dip, Pasta Salad and Assorted Gourmet Cookies. Includes Lemonade and Ice Water.

Chicken Caesar Wrap 600 cal • Vegetable & Boursin 570 cal • Turkey Club 490 cal • Fresh Seasonal Fruit 35 cal per 2.5 oz serving • Chips & F. Onion Dip 290 cal per 2.25 oz serving • Pasta Salad 300 cal per 4 oz serving • Gourmet Cookie 390 cal per 2 Cookies • Lemonade or Ice Water 0-90 cal per 8 oz serving

## GRILL OUT SELECTIONS

### Laker Backyard BBQ \$13.99/person

Grilled Chicken Breast and BBQ Pulled Pork with Lettuce, Sliced Tomatoes, Diced Onion, Pickle Spears, Sliced American Cheese, Condiments and Fresh Bakery Buns, served with Baked Beans, Coleslaw, Fresh Seasonal Fruit, Kettle Chips, Brownies, Lemonade and Ice Water.

Grilled Chicken Breast 120 cals per 3 oz serving • BBQ Pulled Pork 200 cals per 3 oz serving • Garnish Tray 10 cals each • Bakery Buns 160- 270 cals • Sliced American Cheese 60 cals per 1 oz serving • Kettle Chips 240 cals per 1.25 oz serving • Seasonal Fruit 35 cals per 2.5 oz serving • Baked Beans 160 cals per 4 oz serving • Coleslaw 160 cals per 3 oz serving • Brownie 250 cals per 2.25 oz serving • Lemonade or Ice Water 0-90 cals per 8 oz serving

### Stadium Style Tailgater \$14.99/person\*

\* Add Grilled Chicken Breast for \$1.49 per person

Quarter Pound Hamburgers and Grilled Bratwurst with Lettuce, Sliced Tomatoes, Diced Onion, Pickle Spears, Sliced American Cheese, Condiments and Fresh Bakery Buns, served with Potato Salad, Kettle Chips, Fresh Seasonal Fruit, Cookies, Lemonade and Ice Water.

Quarter Pound Hamburger 330 cals • Grilled Bratwurst 430 cals • Garnish Tray 10 cals each • Bakery Buns 160- 270 cals • Sliced American Cheese 60 cals per 1 oz serving • Kettle Chips 240 cals per 1.25 oz serving • Seasonal Fruit 35 cals per 2.5 oz serving • Potato Salad 330 cals per 4 oz serving • Gourmet Cookie 390 cals per 2 cookies • Lemonade or Ice Water 0-90 cals per 8 oz serving

### The Alumni Selection \$15.99/person

Grilled Chicken Breast and Italian Sausage with Sautéed Peppers with Lettuce, Sliced Tomatoes, Diced Onion, Pickle Spears, Sliced American Cheese, Condiments and Fresh Bakery Buns, served with Fresh Seasonal Fruit, Kettle Chips, Buttered Corn on the Cob, Pasta Salad, Brownies, Lemonade and Ice Water.

Grilled Chicken Breast 120 cals per 3 oz serving • Italian Sausage w/ Sautéed Peppers 430 cals • Garnish Tray 10 cals each • Bakery Buns 160- 270 cals • Sliced American Cheese 60 cals per 1 oz serving • Kettle Chips 240 cals per 1.25 oz serving • Seasonal Fruit 35 cals per 2.5 oz serving • Buttered Corn on the Cob 120 cals • Potato Salad 330 cals per 4 oz serving • Brownie 250 cals per 2.25 oz serving • Lemonade or Ice Water 0-90 cals per 8 oz serving

### Lazy Summer Cookout \$15.99/person

Quarter Pound Hamburgers and Crispy Fried Chicken with Lettuce, Sliced Tomatoes, Diced Onion, Pickle Spears, Sliced American Cheese, Condiments and Fresh Bakery Buns, served with Macaroni & Cheese, Potato Salad, Kettle Chips, Fresh Seasonal Fruit, Brownies, Lemonade and Ice Water.

Quarter Pound Hamburger 330 cals • Crispy Fried Chicken 200 cals per 3 oz serving • Sliced American Cheese 60 cals per 1 oz serving • Garnish Tray 10 cals each • Bakery Buns 160- 270 cals • Macaroni & Cheese 260 cals per 4 oz serving • Potato Salad 330 cals per 4 oz serving • Kettle Chips 240 cals per 1.25 oz serving • Seasonal Fruit 35 cals per 2.5 oz serving • Brownie 250 cals per 2.25 oz serving • Lemonade or Ice Water 0-90 cals per 8 oz serving

### Ultimate Grill Out \$18.99/person

Quarter Pound Hamburgers, BBQ Pulled Pork, and Grilled Chicken Breast with Lettuce, Sliced Tomatoes, Diced Onion, Pickle Spears, Sliced American Cheese, Condiments and Fresh Bakery Buns, served with Baked Beans, Buttered Corn on the Cob, Coleslaw, Kettle Chips, Fresh Seasonal Fruit, Brownies, Lemonade and Ice Water.

Quarter Pound Hamburger 330 cals • BBQ Pulled Pork 200 cals per 3 oz serving • Grilled Chicken Breast 120 cals per 3 oz serving • Garnish Tray 10 cals each • Bakery Buns 160- 270 cals • Sliced American Cheese 60 cals per 1 oz serving • Buttered Corn on the Cob 120 cals • Kettle Chips 240 cals per 1.25 oz serving • Coleslaw 160 cals per 3 oz serving • Seasonal Fruit 35 cals per 2.5 oz serving • Brownie 250 cals per 2.25 oz serving • Iced Tea or Ice Water 0-50 cals per 8 oz serving

### Smokehouse Buffet \$19.99/person

BBQ Pulled Pork and Sliced Beef Brisket with Lettuce, Sliced Tomatoes, Diced Onion, Pickle Spears, Sliced American Cheese, Condiments and Fresh Bakery Buns, served with Macaroni & Cheese, Baked Beans, Potato Salad, Cornbread Muffins, Kettle Chips, Coleslaw, Brownies, Iced Tea and Ice Water.

BBQ Pulled Pork 200 cals per 3 oz serving • Sliced Beef Brisket 300 cals per 3 oz serving • Garnish Tray 10 cals each • Bakery Buns 160- 270 cals • Sliced American Cheese 60 cals per 1 oz serving • Macaroni & Cheese 260 cals per 4 oz serving • Baked Beans 160 cals per 4 oz serving • Potato Salad 330 cals per 4 oz serving • Cornbread Muffin 120 cals • Kettle Chips 240 cals per 1.25 oz serving • Coleslaw 160 cals per 3 oz serving • Brownie 250 cals per 2.25 oz serving • Iced Tea or Ice Water 0-50 cals per 8 oz serving

### The Great Steakout \$30.99/person

Chef Grilled New York Strip Steak and Grilled Chicken Breast served with Potato Salad, Tossed Green Salad with Assorted Dressings, Rice Pilaf, Mixed Summer Vegetables, Rolls & Butter, Apple Pie, Iced Tea and Ice Water.

New York Strip Steak 570 cals per 8 oz serving • Grilled Chicken Breast 120 cals per 3 oz serving • Potato Salad 330 cals per 4 oz serving • Tossed Green Salad 50 cals per 3.5 oz serving • Mixed Summer Vegetables 210 cals per serving • Roll & Butter 110 cals • Apple Pie 410 cals per 5.5 oz serving • Iced Tea or Ice Water 0-50 cals per 8 oz serving