



# Lunch

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## Catering and Banquet Center

Premier Caterer for Eastern NC

Phone 252.633.1193

2301 Neuse Blvd., New Bern, NC 28560



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## The Salad Bar

### STARTERS

- Fresh Fruit Salad Topped with Berries
- Rainbow Pasta Salad with Balsamic Vinaigrette
- The Flame's Rolls with Whipped Butter
- Mixed Green Garden Salad
- Fresh Caesar Salad with Caesar Dressing, Croutons and Parmesan Cheese



### TOPPINGS

- Cheddar and Mozzarella Cheese
- Bacon Bits
- Sliced Hard Boiled Eggs
- Chopped Tomatoes
- Onions
- Cucumbers
- Sliced Mushrooms
- Sunflower Seeds
- Homemade Fresh Seasoned Croutons

### DRESSINGS

- Ranch and Italian

### SWEETS

- Freshly Baked Chocolate Chip and Macadamia Nut Cookies

### BEVERAGES

- Regular & Decaffeinated Classic Gourmet Coffee
- Sweet and Un-Sweet Tea, Water

**Optional: Add Chef Smoke's Shrimp Bisque Soup!**

## Gourmet Pizza and Salad Buffet

### FEATURING

The Flame's House Salad with Choice of Two Dressings

**Chicago Style Pizza** Made with Crushed Tomatoes, Mozzarella, Sweet Italian Sausage, Pepperoni, Bell Pepper and Onion

**Mediterranean Pizza** Made with Sun Dried Tomatoes, Artichoke Hearts, Wilted Spinach, Olives, Grated Asiago, Mozzarella and Provolone Cheeses

**Pepperoni Pizza** Made with Pepperoni, Green Bell Pepper, Button Mushrooms, Fresh Basil, and Shredded Mozzarella

Freshly Baked Chocolate Chip and Macadamia Nut Cookies, or Freshly Baked Brownies

Regular & Decaffeinated Classic Gourmet Coffee, Sweet and Un-Sweet Tea, Water

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## Design a Deli Buffet

### CHOOSE THREE

Roast Beef  
Turkey Breast  
Honey Smoked Ham  
Genoa Salami  
Corned Beef  
Pastrami

### CHOOSE TWO

Cheddar  
Swiss  
Monterey Jack  
Provolone

### CHOOSE TWO

Dill Redskin Potato Salad  
Italian Pasta Salad  
Mustard Potato Salad  
Pesto Tortellini  
Pasta Salad  
Macaroni Salad  
The Flame's Tossed Salad



Includes Breads, Condiments, and Dessert of Freshly Baked Cookies or Brownies  
Regular & Decaffeinated Classic Gourmet Coffee, Sweet and Un-Sweet Tea, Water

### Optional:

Add Chef Smoke's Shrimp Bisque Soup, Hearty Vegetable Soup or Chicken Noodle Soup

## Taco and Fajita Bar

Grilled Chicken Strips with Peppers and Onions  
Seasoned Angus Ground Beef  
Black Bean Dip and Spanish Rice

Taco Shells, Flour Tortillas, Tri-Colored Chips

Chopped Tomatoes, Diced Onions, Chopped Romaine Lettuce  
Shredded Cheddar Cheese, Sliced Black Olives,  
Sour Cream, Guacamole, Salsa

Freshly Baked Cookies or Brownies

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## Lunch Buffet

Two Entrée or Three Entrée Options

Buffet Includes The Flame's Rolls with Whipped Margarine

### CHOOSE ONE SALAD

- Fresh Mixed Green Garden Salad with Grape Tomatoes and Sliced Cucumbers
- Caesar Salad
- Fruit Salad with Pineapple, Cantaloupe, Honeydew, and Grapes

### CHOOSE TWO OR THREE ENTREES

- Grilled Salmon with Lemon Beurre Blanc Sauce
- Asian Flank Steak over Egg Noodles
- Grilled Pork Tenderloin Medallions with Hunters Sauce
- Southern Fried Chicken
- Southern Baked Chicken
- Boneless Beef Short Ribs in a Bourcuignonne Sauce with Mushrooms
- Beer Battered Fried Shrimp
- Vegetable Baked Ziti
- Chicken Supreme with Smoked Bacon, Mozzarella Cheese and Mushrooms over Rice Pilaf
- Chicken Roma Stuffed with Spinach, Mushrooms, Pine Nuts, and Mozzarella with a Sun Dried Tomato Cream Sauce
- Herb Crusted Chicken Penne Alfredo with Fresh Steamed Vegetables
- Classic Chicken Parmesan with Mozzarella



### CHOOSE TWO VEGETABLES AND ONE STARCH

#### VEGETABLE

- Green Beans
- Honey-Glazed Baby Carrots
- Roasted Vegetable Medley
- Broccoli, Cauliflower, Carrots
- Buttered Corn

#### STARCH

- Roasted Redskin Potatoes
- Cheesy Garlic Mashed Potatoes
- Asiago Scalloped Potatoes
- Wild Rice Pilaf
- Penne Pasta Marinara

### CHOOSE ONE DESSERT

- |                      |                       |                     |
|----------------------|-----------------------|---------------------|
| Strawberry Shortcake | Double Chocolate Cake | Marble Cake         |
| Lemon Cake           | Carrot Cake           | Classic Yellow Cake |
| Pineapple Cake       | Praline Bread Pudding | Red Velvet Cake     |

Regular & Decaffeinated Classic Gourmet Coffee, Sweet and Un-Sweet Tea, Water

**Optional: Add Chef Smoke's Shrimp Bisque Soup!**

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## Seated Luncheon

All selections are accompanied by Chef's complimenting Fresh Vegetables and Starch, The Flame's Rolls with Whipped Margarine and Specialty Dessert

Regular & Decaffeinated Classic Gourmet Coffee, Sweet and Un-Sweet Tea, Water



Rolled Chicken Breast Stuffed with Andouille and Smoked Gouda

Mahi-Mahi with Mango Pomegranate Sauce

Roasted Medallions of Beef with Mushroom Brandy Sauce

Chicken Roma with Spinach, Pine Nuts, Mozzarella and Sun Dried Tomato Cream Sauce

Boneless Beef Short Ribs served in a Puff Pastry Shell with a Button Mushroom Sauce

Grilled Shrimp Classico with Fresh Basil and Tomatoes in a Garlic-Butter Sauce

Bourbon Pork with Caramelized Bourbon Apple Chutney

Chicken Cordon Bleu Made with Ham and Swiss Cheese

Chicken Supreme with Smoked Bacon, Mozzarella Cheese and Mushrooms

Roasted Chicken Stuffed with Spinach & Mushroom Risotto with Garlic Lemon Sauce

Roasted Chicken with Thyme Jus

**Optional: Add Chef Smoke's Shrimp Bisque Soup!**

Combination Plates Available Upon Request. Please call for a custom proposal.

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## Boxed Lunches

### SELECTION OF SANDWICHES

Walnut Chicken Salad Croissant with Lettuce and Tomato

Croissant Club - Thinly shaved fresh Turkey, Ham and Swiss Cheese stacked with Lettuce and Tomato

Chicken & Portobello Mushroom Sandwich on a Hoagie Roll  
With Swiss cheese, Lettuce and Tomato

Deli Stack - Salami, Ham, Roast Beef, Swiss and Cheddar Cheese on a Hoagie Roll

Classico Hoagie - Cured Ham, Provolone Cheese, Sliced Tomatoes, Yellow Peppers and Shredded Lettuce  
With Olive Oil and Basil Dressing

Pita Wrap with Grilled Chicken, Pesto and Olive Oil, Sliced Tomatoes and Swiss Cheese

Italian Style Foccia Bread with Herb Cream Cheese, Sliced Ham, Swiss Cheese and Spinach Leaf

Italian Style Foccia Bread with Smoked Turkey and Havarti Cheese with Sun Dried Tomato Cheese Filling

Roast Beef Club Sandwich with Swiss Cheese

Triple Decker Classic Club on Wheat



### Each Sandwich Includes The Following:

- Herb Pasta Salad or Potato Salad or Fresh Cut Fruit
- Bag of Potato Chips
- Freshly Baked Cookie
- Mustard and Mayonnaise

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