2018/19 HEALTHY MENU

All pricing is per person, unless otherwise noted. Delivery fees may apply, please inquire. Pricing is valid through June 30, 2019. Menus are subject to change. Menu pricing is subject to 9% NH Meal Tax & 19% Service Charge.

HEART HEALTHY CONTINENTAL

$11.00

15 Person Minimum
($2.00 per person charge if count is under minimum)

Fresh Fruit Platter
Assorted Whole Grain & Fruit Muffins with Jam
Whole Wheat Bagels with Light Cream Cheese
Unsweetened Orange & Cranberry Juices
Coffee and Tea
Non-Fat Milk

HEART HEALTHY BREAKFAST BUFFET

$17.50

15 Person Minimum
($2.00 per person charge if count is under minimum)

Fresh Fruit Platter
Cage Free Scrambled Eggs
Sliced Whole Grain Mustard & Honey Glazed Cured Ham
Whole Grain Berry Pancakes with NH Maple Syrup
Oven Roasted Potatoes
Coffee and Tea
Non-Fat Milk
Unsweetened Cranberry and Orange Juices

GRANITE STATE BREAKFAST

$20.00

15 Person Minimum
($2.00 per person charge if count is under minimum)

Chef’s Choice Meat and Vegetarian Frittata Made with Cage-Free Eggs
Multi Grain Pancakes with Wild Blueberries
North Country Smokehouse Bacon
Roasted Potatoes with Rosemary and Sea Salt
New Hampshire Maple Syrup
Unsweetened Orange Juice and Cranberry Juice
Coffee, Tea and Decaf

Healthy starts here!
HEART HEALTHY BOXED LUNCH

Citrus Marinated Breast of Chicken topped with Grilled Vegetable Medley
White Bean Quinoa Carrot Salad (VEGETARIAN OPTION)
Bed of Field Greens and Cherry Tomatoes
Light Vinaigrette Dressing
Multi Grain Roll
Whole Fruit
Low Fat Organic Yogurt
Bottled Water

HEART HEALTHY DELUXE DELI BUFFET

Mixed Green Garden Salad with Light Vinaigrette
Whole Grain Pasta Salad
Freshly Sliced All Natural Turkey and Roast Beef
Grilled Vegetable Medley
Whole Wheat Rolls and Assorted Hearty Breads
Sweet Potato Chips
Herb Dijon Mustard, Country Mustard and Dill Pickle Chips
Unsweetened Iced Tea and Cucumber-Mint Infused Iced Water

A La Carte!

AVAILABLE W/ YOUR DELI BUFFET

Albacore Tuna Salad $3.50
Organic House Made Hummus $3.00
PLANT-FORWARD OPTION #1

Black Bean and Vegetable Soup with Olive Oil and Rosemary
Chopped Romaine Salad with Grape Tomatoes, Artichoke Hearts, Cauliflower, Shredded Carrots; Creamy Tarragon-Vidalia Onion Dressing
Marinated Chicken Breasts with Gochujang-Infused, Roasted Local Tomato Sauce
Eggplant and Legume Tagine Over a Bed of Moroccan Couscous
Turmeric and Black Pepper Roasted Potatoes
Baby Carrots with Mint and Sea Salt
Assorted Whole Grain Rolls and Butter
Iced Water and Unsweetened Iced Tea with Lemon & Sugar (on the side)

PLANT-FORWARD OPTION #2

Baby Kale with Roasted Butternut Squash, Slivered Almonds, Cucumbers, Sun-Dried Tomatoes and Lemon-Pomegranate Molasses Vinaigrette
Berbere and Honey Broiled Petite Salmon Filets Over a Bed of Sautéed Spinach
Braised Organic Garbanzo Beans with Vegetables, Apricots, Cumin and Coriander
Saffron-Cilantro Rice
Seasonal Vegetables with Herbed Olive Oil
Assorted Whole Grain Rolls and Butter
Iced Water and Unsweetened Iced Tea with Lemon & Sugar (on the side)

HEALTHY LUNCH MENU

Chopped Romaine Salad with Herb Infused Navy Beans, Scallions, Tomatoes, Multi Grain Croutons; Orange-Mint Vinaigrette
Baked Haddock with Capers, Bell Peppers and Lemon
Grilled Chicken Breast with Spicy Ancho Mole
Gemelli Pasta Tossed with Roasted Mushrooms, Eggplant, Peas and Fresh Basil Infused Olive Oil
Wild Grain Blend with Sauteed Vegetables and Fresh Herbs
Seasonal Vegetables with Toasted Almonds
Assorted Whole Wheat Rolls and Whipped Butter
Iced Water and Unsweetened Iced Tea with Lemon & Sugar (on the side)
2018/19 HEALTHY MENU

WEB MENU

20 Person Minimum
($2.00 per person charge if count is under minimum)

CHIPS AND DIP

Option #1 $7.25
House-Made Blue Corn Chips with Organic Grilled Poblano-Avocado Hummus
Iced Water and Assorted Canned Diet Sodas

Option #2 $9.75
House-Made Blue Corn Tortilla Chips with Smoky Black Bean Dip and Local Tomato and Grilled Corn Salsa
Iced Water and Assorted Canned Diet Sodas

HEART HEALTHY BREAK $8.25
Agave and Spice Mixed Nuts
Pretzels with Honey Country Mustard
Blue Corn Tortilla Chips and Local Tomato Salsa
Iced Water

NATURE Trail Break

Apples
Granola Bars
Assorted Stonyfield Yogurts
Iced Water

Local Apples (when available) $9.00

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HEART HEALTHY DELUXE BBQ

Mixed Green Garden Salad with Low Fat Vinaigrette
Southwestern Style Roasted Corn, Black Bean and Local Tomato Salad with Chili & Lime
Marinated BBQ Chicken Breast
Tamari & Honey Glazed Salmon Filet
Garlic-Herb Marinated Grilled Vegetables
Herb Roasted Sweet Potatoes
Multi Grain Rolls and Whipped Butter
Sliced Seedless Watermelon
Iced Tea and Iced Water with Lemon

Lunch Price $24.75
Dinner Price $29.50

Angel Food Cake

Home-Made Angel Food Cake Served with Sliced Fresh Strawberries and Low Fat Organic French Vanilla Yogurt

Add $3.50

25 Person Minimum
($5.00 per person charge if count is under minimum)
2018/19 HEALThY MENU

HEALTHY UNH - ITALIAN BUFFET

Mediterranean Three Bean Soup
Medley of Greens with Marinated Olives, Red Grape Tomatoes, Sliced Cucumbers, Shaved Parmesan and Red Wine Vinaigrette
Grilled Chicken Parmesan
Whole Grain Pasta with Fresh Grilled Vegetables, Herbs and Olive Oil
Rosemary Focaccia Bread
Unsweetened Iced Tea & Iced Water

Lunch $18.50
Dinner $20.50

HEALTHY UNH - ASIAN SPA BUFFET

Miso Soup
Baby Spinach Salad with Ginger Lime Dressing, Toasted Sesame Seeds and Cucumber and Carrot “Flowers”
Grilled Hoisin Beef with Peppers and Broccoli
Spicy Thai Marinated Chicken with Red Curry and Coconut Milk
Stir-Fried Vegetables with Black Beans
Scallion and Lemongrass Brown Rice
Unsweetened Iced Tea & Iced Water

Lunch $26.00
Dinner $28.50

HEALTHY UNH - EXECUTIVE BUFFET

Wild Mushroom and Barley Soup
Baby Spinach Salad with Dried Cherries, Manchego Cheese, Cucumbers, Toasted Walnuts and Orange Poppy Seed Dressing
Marinated Chicken with Citrus and Fresh Thyme
Grilled Marinated Pork Loin with Smoked Tomato Bordelaise
Grilled Portobello Mushroom Halves with Brown Rice, Grilled Vegetable and Sun-Dried Tomato Stuffing
Multi Grain Pilaf
Seasonal Vegetable Medley
Whole Wheat Rolls with Butter
Unsweetened Iced Tea & Iced Water

Lunch $27.00
Dinner $30.00

25 Person Minimum
($5.00 per person charge if count is under minimum)
HEALTHY HINTS OF MOROCCO

Lunch $32.00  
Dinner $34.75

Baby Spinach with Oranges Sections, Hard Boiled Eggs,  
Cured Black Olives; Mango-Thyme Vinaigrette
Beef Tagine with Tomatoes, Onions and Caramelized Prunes
Grilled Marinated Chicken Breast with Lemon,  
Mint and Toasted Pine Nut Oil
Spaghetti Squash with Harissa Spiced Butter
Basmati Rice with Roasted Red Onions
Seasonal Vegetables
Assorted Whole Grain Rolls and Butter
Iced Water and Unsweetened Iced Tea with Lemon & Sugar (on the side)

HEALTHY UNH-INDIAN BUFFET

Lunch $32.75  
Dinner $37.50

Spiced Carrot and Ginger Soup
Mixed Greens with Blanched Asparagus, Dried Apricots,  
Diced Local Apples and Lemon Curry Vinaigrette
Seafood Medley in a Light Saffron Cream
Masala Chicken (tomatoes, onions, paprika, cumin, garlic)
Grilled Tofu with Lime, Paprika and Cumin
Basmati Rice with Raisins, Peas and Sliced Almonds
Steamed Cauliflower and Carrots
Unsweetened Iced Tea and Iced Water