



LUNCH MENUS



Lunch is only available for attendees who pre-purchased the Lunch Package. Lunch tickets can be redeemed at the lunch stations in the Exhibit Hall or at the Lunch & Learn Sessions in Governor's C. Lost tickets cannot be replaced.

TUESDAY, SEPTEMBER 15TH

Cobb Salad with Grilled Chicken

Romaine Lettuce, Diced Chicken, Egg, Bacon, Cherry Tomatoes, Cheese Served with Buttermilk Dressing

Served with Gourmet Chocolate Chip Cookie, Potato Chips and Whole Fruit

Roast Beef & Provolone Sandwich

Herbed Roast Beef Topped with Leaf Lettuce and Tomato on Multigrain Bread

Served with a Gourmet Chocolate Chip Cookie, Potato Chips and Whole Fruit

Chicken Tinga Rice Bowl

Chicken Tinga, Cilantro Rice, Cumin Scented Black Beans, Roasted Peppers & Onions, Salsa Verde, Jalapeños

Italian Veggie Pasta Bowl (V)

Penne Pasta, Roasted Tomatoes, Squash, Broccoli, Alfredo, Black Pepper

Rice Noodle Salad (VG/GF)

Sesame Crusted Tofu, Kale, Carrot Radish Slaw, Tomato, Cucumber, Sesame Seeds, Tamari Ginger Vinaigrette

Served with a Gluten Free/Vegan Dessert, Potato Chips and Whole Fruit

WEDNESDAY, SEPTEMBER 16TH

Sliced Grilled Chicken Caesar Salad

Shredded Parmesan, Croutons, Baby Heirloom Tomatoes, with Creamy Caesar Dressing

Served with a Gourmet Chocolate Chip Cookie, Potato Chips and Whole Fruit

Roasted Portobello Supreme Sandwich (V)

Marinated and Grilled Portobello Mushrooms, Roasted Red Peppers, Arugula, Kalamata Olive Tapenade and Basil on a Bun

Served with a Gourmet Chocolate Chip Cookie, Potato Chips and Whole Fruit

Ropa Vieja Cuban Beef Bowl

Chili Braised Sirloin, Jasmine Rice, Sofrendo, Cilantro, Jalapeños, Crispy Plantains

Chicken Parmesan Cutlet Bowl

Chicken Cutlet with Parmesan Breadcrumbs, Breading, San Marzano Tomato Basil Sauce, Cavatappi, Fresh Mozzarella, Parmesan

Cajun Vegetable Jambalaya (VG/GF)

Creole Vegetables, Blackened Tofu, Wild Rice Pilaf

THURSDAY, SEPTEMBER 17TH

Quinoa Mixed Greens & Grains (V)

Roasted Butternut Squash and Brussels Sprouts, Dried Cranberries, Pickled Onions, Pumpkin Seeds and a Honey Poppy Seed Vinaigrette

Served with a Gourmet Chocolate Chip Cookie, Potato Chips and Whole Fruit

Croissant Chicken Salad Sandwich

Southern Chicken Salad with Leaf Lettuce and House-Made Pickle Relish on a Butter Croissant

Served with a Gourmet Chocolate Chip Cookie, Potato Chips and Whole Fruit

Chicken Tortilla Soup Rice Bowl

Roasted Poblano Tomato Broth, Chicken Thighs, Rice, Black Beans, Roasted Corn, Avocado, Tortilla Strips, Cilantro, Cotija Cheese

Braised Beef Short Rib Osso Buco

Slow-braised in the Traditional Osso Buco Style, Served with Potato Gnocchi, Wild Mushrooms and Chianti Demi-Glace

Mediterranean Tofu Wrap (VG/GF)

Herb-Marinated Tofu, Baby Tomato, Cucumber, Chickpeas, and Pickled Onions on a Gluten-Free Wrap

Served with a Gluten Free/Vegan Dessert, Potato Chips and Whole Fruit

V = Vegetarian, VG = Vegan, GF = Gluten-free