

Wednesday

Breakfast

QUAKER ROAD CONTINENTAL BREAKFAST

Fresh Baked Blueberry Muffins, Flaky Croissants, Assorted Danish Whole Wheat and Country White Breads, Plain and Cinnamon Raisin Bagels
Vermont Creamery Butter, Jams, Cream
Cheese Cold Cereals with Milk
Selection of Low Fat Yogurts
House Made Dried Fruit, Nuts and Organic Oats
Granola Sliced Fresh Fruits and Seasonal Berries
Assortments of Whole Fruit
Orange, Grapefruit, Cranberry and Apple Juices
Regular and Decaffeinated Coffee and
Assorted Teas

Break

Muffins/Danish/croissants/fruit/coffee/tea

Lunch

FALMOUTH HEIGHTS DELI

Garden Broccoli Potage, Shredded Vermont Cheddar and Croutons on the
Side Organic Baby Iceberg "Wedge" Salad, Great Hill Blue Cheese, Red Onion,
Smoked Bacon

Hand Picked Mixed Greens, Baby Tomatoes, Cucumbers, Shaved Carrot, Narragansett Feta Cheese,
Greek Dressing Pickled Vegetable Relish, Fire Roasted Peppers, Cured Olives, Cornichon
Bread and Butter Pickles, Kosher Dill Pickles, Pepperoncini, Pickled Baby Vegetables
Honey Roasted Turkey Breast, Vermont Cheddar, Vine Ripe Red and Yellow Tomato,
Leaf Lettuce, Bermuda Onion, Herb Ranch Mayonnaise on a Fresh Bulky Roll
Cured Ham, Baby Swiss, Vine Ripe Red and Yellow Tomato,

Bermuda Onion, Dill Pickle, Leaf Lettuce, Dijon Aiolo on

Marble Rye

Pesto Grilled Free Range Chicken, Local Goat Cheese, Fire Roasted

Pepper Mayo, Vine Ripe Red and Yellow Tomato Leaf Lettuce on a Fresh

Bulky Roll

Cesar Salad "Wrap", Hearts of Romaine, Creamy Peppercorn Dressing

Country Croûtons, Baby Tomatoes, Cured Olives, Shaved Parmesan Cheese on flour

tortilla Individual Cape Cod Potato Chips

Blondies and Fudge Brownies

Regular and Decaffeinated Coffee and Assorted Teas or Assorted Soft Drinks and Waters

PM Break

The Bar Break - Spicy Bar Snacks, White Cheddar Popcorn, Pretzels

Dinner

GEORGES BANK

Warm Crusty Rolls with Vermont Creamery Butter Cape Cod Clam Chowder

Organic Field Greens Salad, Baby Shrimp, Cucumbers, Sweet Tomatoes, Lemon Vinaigrette

Hearts of Romaine Caesar Salad, Shaved Parmesan, Croutons, Grape Tomatoes, Cured Olives,
Creamy Peppercorn Dressing

Balsamic Grilled Portobello "Steaks", Watercress Salad, Honey Shallot Vinaigrette

Sautéed Mussels, Shallots, Sliced Garlic, Chardonnay, Herb Butter

Herb and Panko Crusted Georges Bank Haddock, Roasted Asparagus, Lemon Butter

Spicy Coconut Shrimp, Zucchini, Bell Peppers, Steamed Jasmine Rice

Shallot and Thyme Grilled Petite Sirloin Steak, Peppercorn Jus Assorted Finger Pastries

Regular and Decaffeinated Coffee and Assorted Teas

Thursday

Breakfast

Hotel buffet

Break

Fruit/muffins/croissants/Danish/coffee/tea

Lunch

THE TEATICKET

Warm Crusty Rolls with

Vermont Creamery Butter

Cape Cod Clam Chowder

Organic Field Greens Salad, Hubbardston Goat Cheese, Black Walnuts, Cape Cranberries, Buttermilk Herb Dressing Baby Iceberg "Wedge" Salad, Vine Ripe Tomatoes, Crispy Smoked Bacon, Red Onions, Great Hill Blue Cheese Dressing

Grilled East Coast Salmon, Melted Tomatoes, Lemon Tarragon Butter Sauce

Thyme and Shallot Roasted Free Range Chicken, Balsamic Roasted

Field Mushrooms, Natural Jus Penne Pasta Tossed with Roasted

Zucchini, Fire Roasted Peppers, Baby Spinach, Mushroom Crème

Garden Vegetable Ratatouille

Roasted Fingerling Potatoes, Sea Salt, Fresh Herbs

Warm Berry Crisp, Brown Butter Oatmeal Topping,
Vanilla Chantilly Cream Regular and Decaffeinated
Coffee and Assorted Teas

PM Break

Ice cream favorites

Social (Little Italy)

DOMESTIC AND IMPORTED ARTISANAL CHEESES

Fresh and Dried Fruits,
Seedless California Grapes
Nuts and Assorted
Crackers

Ricotta Cheese Tortellini Tossed with Pesto Cream Sauce, Garden Broccoli, Baby
Tomatoes, Shaved Parmesan Cheese

Cavatappi Pasta Tossed with Roasted Tomato, Basil Pomodoro Sauce, Fresh Buffalo Mozzarella
Wild Mushroom Ravioli Tossed with Mushroom Madeira a la Cream Sauce, Baby Spinach Leaves,
Roasted Zucchini, Fire Roasted Peppers, Thyme Roasted Free Range Chicken
Served with Warm Garlic Bread, Shaved Parmesan Cheese, Crushed Red Peppers, Roasted Garlic
Oil

Caesar Salad

Mini Pastries

Friday

Breakfast

Hotel Breakfast

Lunch

SEA CREST SOUP, SANDWICH & SALAD

Clam Chowder

Spring Field Greens, Organic Baby

Spinach, Hearts of Romaine Garden

Tomatoes, Cucumbers

Goat Cheese, Blue Cheese,

Narragansett Feta Cheese

Dried Fruits, Blueberries,

Strawberries

Walnuts, Almonds

Balsamic Vinaigrette, Citrus Vinaigrette, Peppercorn

Dressing, Buttermilk Ranch Roasted Chicken Salad

East Coast Salmon

Creamy Chick Pea Hummus

Portobello Mushroom Steaks

Quinoa with Aromatic Vegetables, Madras Curry and

Salt Brined Sheep's Milk Cheese Wrap, Buns, Rolls, Fresh

Pita Bread

Assorted Cookies and Brownies

Naturally Brewed Iced Tea and Olde Fashioned Lemonade