# LUNCH



#### **SERVING STYLE**

### **Buffet:**

- **Self-Serve Buffet** Catering staff will set up for guests to serve themselves. Ideal for drop-off catering. Be mindful of portion control. Items may run out prior to all guests being served.
- **Staff-Served Buffet** Catering staff will set up and serve guests. Serving portions will be controlled. Staff charges will apply.

Priced per person. Inquire for pricing

#### **PROTEINS:**

Pan Seared Salmon.......with creamy lemon butter sauce
Butter Garlic Shrimp.......simply prepared
Grilled Chicken Breast.......with choice of 1 sauce (brown gravy, cajun cream sauce or marinara)
Crispy Chicken Breast......with choice of 1 sauce (white pepper gravy or marinara)
Bone-In Chicken......thighs and/or drums......smoked, baked, smothered or caribbean jerk
Baked Ham.....sliced with brown sugar maple glaze
Pulled pork......with homemade BBQ sauce and brioche rolls
Smoked Brisket......with homemade BBQ sauce

#### SIDES:

S Cheese Mac & Cheese.......topped with toasted breadcrumbs

Potato Puree.......Yukon Gold potatoes blended with butter, cream and a little garlic
Roasted Sweet Potatoes......with garlic and chili
Chef's Saffron Rice.......Chef's seasoning blend and saffron - vibrant color and bold taste
Rice Pilaf......steamed with onions, garlic and stock
Dirty Rice......ground beef, peppers, onions and cajun seasoning
Rice & Peas.......Caribbean style
Simple Pasta.......choice of 1 sauce (pesto, marinara, garlic butter, olive oil and herb)
Broccoli......steamed or roasted......with garlic and shallots
Green Beans.....steamed or sauteed......with garlic and shallots
Roasted Cauliflower......traditionally seasoned
Roasted Brussels Sprouts......with garlic and shallots
Roasted Vegetable Medley.....seasonal vegetables with rosemary and thyme
Coleslaw......traditionally prepared
BBQ Baked Beans.......Chef's special recipe, with ground beef and bacon. No-meat option

#### **PASTA ENTREES:**

available upon request

Shrimp & Grits......with andouille sausage and jalapeño stone ground cheese grits

Jambalaya Pasta.....chicken, andouille sausage, peppers and onions in a cajun tomato sauce

Alfredo Pasta.....creamy parmesan sauce (vegetable, chicken or shrimp)

Tuscan Pasta.....spinach and sun dried tomatoes in a creamy tomato sauce (veg., chicken or shrimp)

Pasta Primavera......broccoli, peas, red bell pepper, zucchini and squash in a light cream sauce

#### **SALADS:**

**Garden**.....spring mix, cherry tomatoes, shredded carrots, cucumber and croutons. Choice of 2 dressings

Caesar......chopped romaine, parmesan cheese, croutons and homemade dressing
Greek......kalamata olives, red onion, tomatoes, cucumber and feta cheese with homemade oregano dressing

**Salad Dressing Choices:** Red Wine Vinaigrette, Champagne Vinaigrette, Lemon & Herb Vinaigrette, Balsamic Vinaigrette, Ranch, Blue Cheese, Oregano & Olive Oil

Individual Boxed Lunch options on next page...

# LUNCH



#### PLATTER/INDIVIDUALLY PACKAGED OPTIONS

Ideal for small group orders. Inquire for pricing

Chicken Salad......on croissant

#### **SANDWICHES:**

Available as **Platter** (select up to 4, sandwiches only), **Boxed Lunch** (1 sandwich, chips or pasta salad and fruit) or **Premium Boxed Lunch** (1 sandwich w/ chips, pasta salad and fruit)

Roast Beef......lettuce, tomato, provolone and horseradish mayo on hoagie roll
T.B.A.....roasted turkey, bacon, avocado and chipotle mayo on hoagie roll
B.L.T.....crispy bacon, lettuce, tomato and mayo on hoagie roll
Italian.....salami, ham, pepperoni, provolone, lettuce and tomato on hoagie roll
Caprese.....mozzarella, tomato, basil and basil pesto spread on ciabatta
Veggie Wrap.....spinach, tomato, carrots, cucumber provolone cheese and hummus on spinach wrap
Southwest Wrap.....lettuce, tomato, black bean, corn, avocado, monterey jack cheese and

**ENTREE SALADS:** Individually packaged

**Garden**......spring mix, cherry tomatoes, shredded carrots, cucumber and croutons. Choice of 1 dressing

Caesar.....chopped romaine, parmesan cheese, croutons and homemade dressing.

chipotle mayo on spinach wrap......add grilled chicken for additional charge

**Greek**......kalamata olives, red onion, tomatoes, cucumber and feta cheese with homemade oregano dressing.

**Southwest**.....romaine, black beans, corn, tomatoes, avocado and tortilla strips with chipotle ranch dressing.

Add protein for additional charge: Grilled Chicken | Bacon | Shrimp

Salad Dressing Choices: Red Wine Vinaigrette, Champagne Vinaigrette, Lemon & Herb

Vinaigrette, Balsamic Vinaigrette, Ranch, Blue Cheese, Oregano & Olive Oil

**SOUPS:** Cup size portion

Tomato Basil.....served with crackers

Loaded Potato......bacon, cheddar cheese and green onion. Served with crackers

**Gumbo**......chicken and andouille sausage. Served with crackers

Vegetable.....served with crackers

**ENTREES:** Individually packaged

**TASTE OF ITALY** 

Alfredo Pasta......choice of 1 protein (chicken, shrimp or vegetable)

**Vodka Pasta**......choice of 1 protein (chicken or shrimp)

Spaghetti & Meatballs......homemade marinara sauce with beef meatballs

**Tuscan Pasta**.....spinach and sun dried tomatoes in a creamy tomato sauce. Choice of 1 protein (chicken or shrimp)

Cajun Chicken & Sausage Pasta.....cajun cream sauce, peppers, and onions

Chicken Parm.....crispy chicken breast, mozzarella cheese with marinara pasta

Shrimp Scampi Pasta......garlic butter lemon sauce over over pasta

Chicken Piccata.....pan seared chicken, lemon caper butter sauce with mashed potatoes

## **TASTE OF TEXAS**

Smoked Brisket.....with mac & cheese and baked beans Smoked Chicken.....with mac & cheese and baked beans Pulled Pork.....with mac & cheese and baked beans

### SOUTH OF THE BORDER

Beef Fajitawith spanish rice, pinto beans, flour tortillas and salsa
Chicken Fajitawith spanish rice, pinto beans, flour tortillas and salsa
Shrimp Fajitawith spanish rice, pinto beans, flour tortillas and salsa

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### PLATTER/INDIVIDUALLY PACKAGED OPTIONS (contd.)

Ideal for small group orders. Inquire for pricing

#### TRADITIONAL/COMFORT

**Shrimp & Grits**.....andouille sausage, cajun cream sauce, pepper, onions and stone ground grits

**Blackened Shrimp**......with cajun cream sauce, broccoli and loaded mashed potatoes (cheese, bacon and green onion)

**Crispy Ranch Chicken**.....with green beans and loaded mashed potatoes (cheese, bacon and green onion)

Balsamic Glazed Chicken......grilled breast with green beans and mashed potatoes
Blackened Chicken......grilled breast with demi glace, green beans and mashed potatoes
Crispy Chicken......crispy breast, white pepper gravy, broccoli and mac & cheese OR mashed potatoes

Butter Garlic Shrimp.......with broccoli and mashed potatoes
Roasted Chicken......with green beans and mac & cheese OR mashed potatoes
Chickpea Curry.....with white rice and garlic naan

This is just a preview of what Pangea Catering offers. My culinary training and experience extend far beyond the items listed. I specialize in a wide range of global cuisines, including but not limited to Italian, Caribbean, Mediterranean, Asian Fusion, Southern Comfort, Cajun/Creole, French, Nigerian, Mexican and South American.

If there is something you'd like, that you don't see listed above, please don't hesitate to ask.

My goal is to create the most unforgettable catering experience.

-Chef fer Ashade-