

THE *Essex*
VERMONT'S CULINARY RESORT & SPA™



**Catering Menus
2010**



Breakfast Buffets

THE CONTINENTAL

No minimum

Selection of Fruit Juices
Breakfast Pastries
Sliced Fresh Fruit Display
Coffee, Decaffeinated Coffee, Tea
\$9.50 per person

THE EARLY RISER

No minimum

Selection of Fruit Juices
Breakfast Pastries
Assortment of Breakfast Breads
Fruit Salad, House-made Granola & Yogurt
Coffee, Decaffeinated Coffee, Tea
\$11.50 per person

SUSTAINABLE ENERGY

Selection of Fruit Juices
Sliced Fresh Fruit Display
Oatmeal with Brown Sugar & Raisins
Bran Muffins
Vegetarian Egg-White Frittata
Coffee, Decaffeinated Coffee, Tea
\$13.50 per person

ENHANCEMENTS

Add any of these items to your breakfast

House-Made Granola & Yogurt	\$3.50 per person
Toast: White or Wheat	\$2.00 per person
Oatmeal with Raisins & Brown Sugar	\$3.00 per person
Breakfast Meat: Bacon, Ham, Sausage	\$3.00 per person
Smoked Salmon with Traditional Accompaniments	\$6.50 per person
Fresh Fruit Smoothie	\$4.50 per person

THE ESSEX

Selection of Fruit Juices
Breakfast Pastries
Sliced Fresh Fruit Display
Bagels, Smoked Salmon, Traditional
Accompaniments
Egg Soufflé
Maple Cured Bacon
Country Inn Potatoes
Coffee, Decaffeinated Coffee, Tea
\$16.50 per person

THE VERMONTER

Selection of Fruit Juices
Breakfast Pastries
Sliced Fresh Fruit Display
Country Inn Potatoes
French Toast with Vermont Maple Syrup
Scrambled Eggs
Maple Cured Bacon
Coffee, Decaffeinated Coffee, Tea
\$15.50 per person

A minimum of 25 people is required for all buffets and breakfast stations unless otherwise noted.

Please add to all food prices a 20% service charge and the appropriate Rooms and Meals tax in effect on the function date. All prices are subject to change.



Brunch Buffet

Selection of Fruit Juices

Fresh Fruit Display

Breakfast Pastries

Bagels, Smoked Salmon, Traditional Accompaniments

Frisee & Mixed Green Salad with Seasonal Fruit, Gorgonzola

Eggs Benedict

Country Inn Potatoes

Bacon and Sausage

Omelets to Order

Waffles with Vermont Maple Syrup

Roasted Chicken, Herb Jus, Seasonal Vegetable

Chef's Choice Dessert Display

Coffee, Decaffeinated Coffee, Tea

\$29.95 per person

ENHANCEMENTS

Add any of these items to your breakfast

Carving Action Station

Top Round of Beef	\$9.95 per person
Vermont Maple Cured Ham	\$7.95 per person
Prime Rib, Horseradish Sauce	\$13.95 per person
Leg of Lamb, Mint Sauce	\$10.95 per person

Crepe Action Station

Savory Scallop and Shrimp	\$10.50 per person
Chicken with Sherry Cream Sauce	\$9.50 per person
Seasonal Grilled Vegetable	\$8.50 per person
Mascarpone Fruit Compote	\$8.50 per person

Beverage Additions

Bloody Mary	\$6.00 per drink
Mimosa	\$6.00 per drink

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Plated Lunches

SOUP OR SALAD

(Please choose one for the entire group)

Vermont Cheddar Ale	Chilled Seasonal Gazpacho
Seasonal Vegetable Minestrone	Mesclun Greens, Daily Dressing
Caesar Salad	

HOT*

Petit Filet Mignon, Roasted Shallot Demi Glace, Fingerling Potatoes, Seasonal Vegetables	\$19.95
Roasted Atlantic Cod, Saffron Broth, Fingerling Potatoes, Wilted Greens, Leeks	\$17.95
Collection of Vegetables, Angel Hair Pasta, Garlic Essence, Bruschetta	\$13.95
Carved Top-Round Lamb, Israeli Couscous, Ratatouille	\$15.95
Pan-Seared Salmon, Tabbouleh, Seasonal Salsa	\$17.95
Chicken Statler, Bacon-Sherry Cream Sauce, Polenta, Seasonal Vegetables	\$16.95

COLD*

White Wine-Poached Salmon, Cucumber-Dill Yogurt, Grilled Seasonal Vegetables	\$16.95
Caesar Chicken Wrap, Pasta Salad	\$15.95
Fresh Mozzarella, Tomato & Mesclun Salad	\$13.95
Chicken Salad Croissant Sandwich, Potato Chips, Fruit Salad	\$15.95
Steak Sandwich with Watercress, Horseradish Mayo, Grilled Fingerling Potato Salad	\$16.95

All entrées include a choice of soup or salad, rolls & butter, coffee and tea

DESSERTS

Dessert Collage	\$6.75
Seasonal Fruit Cheesecake	\$5.75
Vermont Maple Pecan Tart with Cinnamon Chantilly Cream	\$5.75
Seasonal Fruit Shortcake with Chantilly Cream	\$5.75
Chocolate Flourless Cake with Crème Anglaise	\$5.75
Key Lime Tart	\$5.75
Mignardise Plates	\$5.75

***Group functions are allotted two entrée options or may choose from three entrée options at a \$2.50 per person surcharge.**

So that we may order and prepare our menu, entrée choices are due 72 hours prior to the event. If entrée choices are not received 72 hours prior, a \$5.00 per person surcharge will be added to the bill.

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Lunch Buffets

WORKING LUNCH

(minimum 10 people)

Chef's Selection of Soup
Pre-made Sandwich Board Collection
Assorted Breads, Wraps
Assorted Deli Meats & Cheeses
Choice of Roast Beef, Vermont Ham,
Smoked Turkey, Hummus
Seasonal Greens, Chef's Daily Dressing
Greek Pasta Salad
Kettle Chips
Assorted Dessert Bars
Coffee, Decaffeinated Coffee, Tea
\$17.95 per person

THE MEDITERRANEAN

Chef's Daily Soup
Greek Salad
Antipasti Collection
Penne with Broccoli, Garlic, Olive Oil
Chicken Piccata, Lemon, Capers
Grilled Flatbread
Baklava & Tiramisu
Coffee, Decaffeinated Coffee, Tea
\$18.95 per person

THE SOUTHWESTERN

Black Bean and Tortilla Soup
Vegetarian Taco Salad, Tomatoes, Green
Peppers, Tortilla Strips & Tequila Lime
Vinaigrette
Chili Relleno with Ranchero Sauce
Chicken Enchiladas, Spanish Rice,
Spicy Tomato Sauce
Key Lime Tart
Coffee, Decaffeinated Coffee, Tea
\$16.95 per person

HEALTH AND WELLNESS

Chef's Vegan Soup Selection
Spicy Carrot Salad, Raisins & Grapes
Gingered Cucumbers, Pickled Red Onions
Sesame-Seared Salmon, Sticky Rice Salad,
Soy Ginger Vinaigrette
Red Curry Chicken, Warm Asian Slaw
Crunchy Sweet Millet Rolls
Angel Food Cake Seasonal Fruit Compote
Coffee, Decaffeinated Coffee, Tea
\$19.95 per person

THE LONG TRAIL

Spinach Salad, Croutons, Red Onion,
Lemon, Olive Oil
Maple-Vinegar Beets, Vermont Chèvre
Long Trail-Braised Chicken, Wild Rice Pilaf
Grilled Flank Steak, Chimichurri Sauce
Seasonal Vegetables
Maple Cracked Wheat Rolls
Seasonal Frangipane Tart
Coffee, Decaffeinated Coffee, Tea
\$20.95 per person

PIZZA PARTY

(minimum 10 people)
Panzanella Salad
Antipasto Collection
Hand-Tossed Pizzas
Penne, Broccoli, Garlic Oil
Focaccia
Seasonal Fruit Cheesecake
Coffee, Decaffeinated Coffee, Tea
\$16.95 per person

A minimum of 25 people is required for all buffets, except where noted (working lunch and pizza party).

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Rooms and Meals tax in effect on the function date. All prices are subject to change.*



Plated Dinners

SOUP OR SALAD

(Please choose one for the entire group)

Chef's Daily Selection of Soup Mesclun Greens, Daily Dressing Caesar Salad

APPETIZERS

Antipasto Platter—Roasted Peppers, Olives, Provolone, Capicola, Tomatoes, Cucumbers, Salami	\$8.75
Chilled Shrimp, Spicy Cocktail Sauce	\$8.25
Pan-Seared Scallops, Angel Hair Pasta, Roasted Red Pepper Sauce	\$9.25
Roasted Portabella Mushrooms, Peppers, Wilted Spinach, Lemon Pepper Beurre Blanc	\$7.25
Crab Cake, Spicy Rémoulade, Tropical Salsa	\$7.25
Sorbet Intermezzo	\$3.00

ENTRÉES*

Filet Mignon & Crabcake, Shallot Demi, Potato Puree, Seasonal Vegetables	\$36.95
Roasted Chicken & Sautéed Shrimp, Lemon Parsley Jus Lié, Crispy Capers, Classic Risotto, Seasonal Vegetables	\$29.95
Club Cut New York Sirloin, Shallot Cream Sauce, Tobacco Onions, Garlic Mashed Potatoes, Seasonal Vegetables	\$33.95
Maine Lobster, Drawn Butter, Saffron Poached Potatoes, Grilled Asparagus	Market Price
Pork Tenderloin, Cider Reduction, Red Cabbage, Sweet Potato Hash	\$27.95
Roasted Chicken Statler, Aromatic Juices, Ricotta Risotto, Sautéed Spinach and Tomato	\$24.95
Roast Duck, Cherry Glaze, Wild Rice, Seasonal Vegetables	\$32.95
Seared Salmon, Pinot Blanc-Shallot Pan Jus, Classic Risotto, Wilted Greens	\$27.95
Eggplant Rollatini, Mediterranean Orzo, Wilted Spinach	\$19.95

**All entrées are accompanied by a soup or salad, rolls and butter, coffee and tea*

DESSERTS

Dessert Collage	\$6.75
Double Chocolate Mousse Dome with Seasonal Coulis	\$5.75
Chocolate Flourless Cake with Crème Anglaise	\$5.75
Seasonal Frangipane Fruit Tart with Chantilly Cream	\$5.75
Cheesecake with Crème Anglaise	\$5.25
Vanilla Crème Brûlée	\$5.25
Mignardise Plate	\$4.50

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Dinner Buffets

THE CHAMP

Soup du Jour
Mesclun Green Salad, Chef's Daily Dressing
Roasted Red Potatoes, Onions, Capers,
Extra Virgin Olive Oil
Herb & Parmesan-Crusted Baked Tilapia

-or-

Grilled Chicken Statler, Jus Lié,
Seasonal Vegetables
Oregano Garlic-Rubbed Pork Loin
Rolls & Butter
Flourless Chocolate Torte
Classic Cheesecake
Coffee, Decaffeinated Coffee, Tea
\$30.95 per person

THE ADIRONDACK

Maple-Vinegar Beets, Vermont Chèvre Salad
Mesclun Green Salad, Chef's Daily Dressing
Horseradish-Encrusted Salmon, White Wine,
Rice Pilaf, Seasonal Vegetables
Roasted Pork Loin, Cider Sauce, Onion-
Apple Compote,
Carved New York Sirloin of Beef,
Horseradish Sour Cream
Rolls & Butter
Chocolate Mousse
Frangipane Fruit Tart
Coffee, Decaffeinated Coffee, Tea
32.95 per person

THE TRATTORIA

Caesar Salad with Garlic Croutons
Chef's Collection of Antipasti
Chicken Piccata, Classic Risotto, Broccoli
Sautéed Shrimp, Garlic, Olive Oil,
Pasta with Wilted Greens
Focaccia & Breadsticks
Tiramisu, Cannoli
Coffee, Decaffeinated Coffee, Tea
\$29.95 per person

THE MANSFIELD

Rustic Mushroom Soup
Romaine Salad, Spiced Nuts,
Gorgonzola, Maple Balsamic Vinaigrette
Roasted Salmon, Peppercorn Sauce
Potato Gratin, Seasonal Vegetables
Roasted Statler Chicken, Aromatic Spices
Rolls & Butter
Seasonal Pies
Coffee, Decaffeinated Coffee, Tea
\$27.95 per person

BBQ BUFFET

Green Salad, Chef's Daily Dressing
Coleslaw
Baked Potato Bar
Corn on the Cob
Barbequed Chicken
Grilled New York Sirloin,
Caramelized Onions
Corn Bread
Fudge Brownies
Fruit Shortcake
Coffee, Decaffeinated Coffee, Tea (iced or hot)
\$29.95 per person

A minimum of 25 people is required for all buffets.

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Executive Dinners

All menus include a reception hour featuring:

Passed Hors D'oeuvres:

Curried Chicken Salad in a Pastry Shell
Marinated Mozzarella Bruschetta

Stationary Hors D'oeuvres:

Selection of Domestic and Imported Cheeses Garnished with Fruit

Boston Bibb Salad, Spiced Nuts, Blue Cheese with Maple Balsamic Dressing

Dinner Entrées

(Select One)

OPTION ONE

Filet Mignon & Crabcake, Caramelized Shallot Demi Glace, Potato Purée, Seasonal Vegetables
\$52.95 per person

OPTION TWO

Roasted Chicken & Sautéed Shrimp, Lemon Parsley Jus Lié, Crispy Capers,
Risotto, Seasonal Vegetables
\$46.95 per person

OPTION THREE

Braised Short Ribs & Seared Chicken Breast, Gnocchi, Tobacco Onions,
Sweet Peas & Carrots
\$48.95 per person

Meals concluded with Dessert Collage

All meals are accompanied by rolls & butter, coffee and tea.

Alcohol is not included in menu price.

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Dessert Buffet

Lemon Meringue Baguettes

Mini Cupcakes

Chocolate Paté

Chocolate Cups with White Chocolate Mousse

Almond Frangipane

Cream Puffs

Chocolate Éclairs

Mini Fruit Tarts

Mini Cheesecakes

Chocolate-dipped Strawberries (seasonal)

Assortment of Chocolate Truffles

Opera Cakes

Mini Key Lime Tarts

Three Desserts for \$5.95 per person

Four Desserts for \$7.95 per person

Five Desserts for \$9.95 per person

Add Coffee, Decaffeinated Coffee, and Tea for an additional \$2.00 per person.

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Stationary Hors D'oeuvres

STATIONARY

**Baked Brie with Pecans en Crôte,
Garnished with Fruit, Served with
French Baguette**
\$3.95 per person

Sliced Fresh Fruit Display
\$4.50 per person

**Charcuterie Display Featuring a Selection
of Pâtés, Mousses and Saucisson Served
with Assorted Chutneys & Melba Toast**
\$8.95 per person

Selection of Finger Sandwiches
\$4.50 per person

**Selection of Domestic and Imported
Cheeses with Crackers, Garnished with
Fruit**
\$6.95 per person

**Vegetable Crudité Display
Served with Roasted Onion Crème Fraîche**
\$4.50 per person

**Italian Antipasto Display, Assorted Meats,
Cheeses, Olives, Roasted Red Peppers,
Crackers**
\$8.95 per person

**Collection of Vermont Artisan Cheeses &
Chutneys, Crackers**
\$9.95 per person

**Basket of Tuscan Bread & Flatbreads
Served with Extra Virgin Olive Oil, Roasted
Garlic, Olive Tapenade**

\$5.25 per person

ACTION STATIONS

(prices per person, designed for two hours of service)

Carving Station with Assorted Breads, Rolls

Tenderloin of Beef, Béarnaise Sauce	\$18.50
Vermont Maple-Cured Ham	\$9.95
Top Round of Beef, Sauce Bordelaise	\$8.95
Rosemary-Garlic Leg of Lamb, Mint Jus	\$11.95
Roasted Turkey Breast, Cranberry Relish	\$9.95
Pork Loin, Cider Reduction	\$8.95
Prime Rib, Horseradish Sauce	\$15.95

Caesar Salad Station—Fresh Romaine, Asiago Cheese, Croutons & Caesar Dressing

Hand-Tossed	\$6.50
Grilled Breast of Chicken	\$8.50
Sautéed Shrimp	\$9.95
Grilled Beef	\$10.25

Fajita Station—Flour Tortillas, Grilled Peppers & Onions, Tomatoes, Cheese, Sour Cream, Salsa & Guacamole

Chicken	\$9.50
Beef	\$10.50
Shrimp	\$13.50
Vegetarian	\$7.50

Pasta Station—Two Types of Pasta, Three Types of Sauces, Medley of Vegetables and Assorted Cheeses

Chicken	\$9.50
Chicken & Beef	\$10.50
Shrimp	\$13.50
Vegetarian	\$7.50

There is a \$50 attendant's fee for each Action Station.

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Passed Hors D'oeuvres

Chilled

Filet Mignon Crostini, Tarragon Mustard	EACH ITEM
Chilled Shrimp, Spicy Cocktail Sauce	\$3.50 PER PIECE
Smoked Salmon, Brioche Toast, Crème Fraîche	
California Roll, Wasabi, Pickled Ginger	
Chilled Duck Confit Salad	
Country Pâté, Toasted Baguette, Whole Grain Mustard, Brandied Fruit	
Vegan Shitake Mushroom Pate, Wonton Crisp	
Blue Cheese Mousse in Endive, Candied Walnuts, Grape Slices	EACH ITEM
Curried Chicken Salad, Profiterole	\$3.50 PER PIECE
Seasonal Grilled Bruschetta	
Potato Gaufrettes, Vermont Chèvre Mousse	
Deviled Egg, Jalapeño Relish	

Hot

Steamed Shrimp Dumpling, Sweet Soy	EACH ITEM
Crab Cake, Ré-moulade	\$3.50 PER PIECE
Scallops Wrapped in Bacon	
Shrimp Fritter	
Seasonal Soup Shooter	
Beef Sliders, Blue Cheese, Caramelized Onions	
Crab Rangoon Tootsie Rolls, Sweet Soy	
Chicken Satay, Peanut Sauce	EACH ITEM
Barbecued Pork Crostini	\$3.50 PER PIECE
Mini Grilled Beef Kabobs	
Pommes Frites, Three Sauces	
Chicken Fingers, Dipping Sauce	
Fried Ravioli, Marinara	
Mini Grilled Vegetable Kabobs	
VT Bacon and Gruyère Quiche	
Asian Vegetable Dumpling, Ginger Essence	

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Break Selections

ICE CREAM SHOP

Two Flavors of Ice Cream
Chocolate and Caramel Sauce
Assortment of Toppings
Coffee, Decaffeinated Coffee, Tea
\$8.50 per person

ENGLISH TEA BREAK

Tea Cookies
Miniature Scones
Assorted Stash Teas
\$6.50 per person

ENERGY BREAK

Spiced Mixed Nuts
Granola Bars
Fresh Whole Fruit
Coffee, Decaffeinated Coffee, Tea
\$7.50 per person

CHEESE BOARD

Domestic & Imported Cheeses
Dried Fruits, Artisan Breads
Assortment of Nuts
Sparkling Water
\$8.25 per person

AFTERNOON BREAK

Cookies and Brownies
Fresh Whole Fruit
Coffee, Decaffeinated Coffee, Tea
\$6.50 per person

APPLE BREAK (Seasonal)

Hot or Cold Apple Cider
Apple Chips
Assorted Breakfast Breads
Apple-Cinnamon Tea
\$6.25 per person

MOVIE THEATER BREAK

Popcorn
Soft Pretzels, Dijon Mustard
House Made White and Dark Chocolate Bark
Assortment of Soda
\$7.50 per person

THREE-BREAK SPECIAL

MORNING BREAK

Selection of Fruit Juices
Pastries, Breakfast Breads,
Butter and Jam
Coffee, Decaffeinated Coffee, Tea

COFFEE BREAK

Coffee, Decaffeinated Coffee, Tea

AFTERNOON BREAK

Cookies and Brownies
Fresh Whole Fruit
Coffee, Decaffeinated Coffee, Tea
\$14.25 per person

*You may add assorted sodas or bottled water for \$2.00 each, charged upon consumption.
A minimum of 10 people is required for all for all break selections.*

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