

## LUNCH BUFFETS

### Amore Mio Lunch Buffet

Mama Mia Minestrone Soup  
Caesar Salad Romano – A Basket of Crisp,  
Chopped Romaine with Croutons, Parmesan &  
House-Made Dressing  
Panzanella Salad with Vine Ripe Plum Tomatoes,  
Chopped Herbs, Olive Oil & Sherry Vinegar  
Tossed with Garlic Crostini  
Fresh Rolls & Butter  
Crisp-Crusted Chicken Breast Filled with Soft  
Goat Cheese, Sun-Dried Tomatoes, Roasted  
Garlic & Pesto  
Three-Cheese Pasta Purses & Prawns sauteed  
with Garlic-Butter & White Wine  
Chef's Selection of Roasted Vegetables  
Chef's Selection of Cannolis & Petit Fours  
Coffee, Decaffeinated Coffee and Assorted Teas  
\$29.95

#### Upgrade Your Buffet with an Antipasto Display

Including Prosciutto, Genoa Salami, Sweet  
Capicola, Provolone, Fresh Mozzarella,  
Pepperoncini, Marinated Vegetables & Olives  
\$9.50

### New England Fisherman's Lunch Buffet

New England Clam Chowder  
(Upgrade to Lobster Bisque for \$1.95)  
Mixed Baby Greens with House Dressings  
Cracker Crumb Crusted Cod with White Wine  
Butter Sauce  
Egg-Battered Breast of Chicken with Pomodoro  
Sauce  
Corn on the Cob  
Roasted Potatoes  
Fresh Rolls & Butter  
Warm Apple Crisp with Whipped Cream  
Coffee, Decaffeinated Coffee and Assorted Teas  
\$35.95 per person

Add Lobster Salad Croissant Sandwiches for  
\$9.95

### Primo Pizza Lunch Buffet

Grilled Vegetable Display of Portobello Mushrooms,  
Asparagus, Artichokes, Bell pepper Medley & Seasonal  
Vegetables  
Caesar Salad Romano – A Basket of Chopped, Crisp  
Romaine with Croutons, Parmesan & House-Made  
Dressing

#### Pizza Selection – Choose 2 Pizzas, or add an additional variety for \$4.50 per person

**Margarita** – Topped with Zesty House-Made Tomato  
Sauce, Juicy Tomatoes, Fresh Mozzarella, Fresh Basil &  
Chopped Herbs

**Provençal** – Topped with Basil Pesto Sauce, Roasted  
Vegetables, Parmesan & Chopped Herbs

**Rustica** – Topped with Zesty House-Made Tomato  
Sauce, Smoked Chicken, Minced Garlic, Juicy Tomatoes,  
Pepperoncini, Mozzarella & Drizzled with Extra Virgin  
Olive Oil

**Classica** – Pizzeria Style with Pepperoni & Sausage over  
Tomato Sauce & Mozzarella

Chef's Choice of House-Made Dessert  
Coffee, Decaffeinated Coffee and Assorted Teas  
\$24.95

### Shanghai Lunch Buffet

Egg Drop Soup  
Crispy Vegetarian Spring Rolls with Sweet & Sour  
Dipping Sauce  
Vegetable & Crispy Noodle Salad with Sesame Dressing

#### Choose Two Entrees:

Beef Stir-Fry with Colorful Mild Peppers  
Glazed Prawns with Flavors of Orange & Ginger  
Sweet & Sour Cashew Chicken  
Baked Honey-Roasted Pork Bun Dim Sum  
(We will prepare one per person)

Steamed Jasmine Rice  
Hot & Spicy Lo Mein Noodle Stir-Fry  
Fortune Cookies & Chef's Dessert Creation  
Coffee, Decaffeinated Coffee and Assorted Teas  
\$36.95 per person

Upgrade to three entrees for \$6.95

Upgrade to all four entrees for \$9.95

*Please add an additional \$3.00 per person for groups less than 20 guests.*

*Pricing is subject to a 20% service charge and applicable CT sales tax. All prices are subject to change and will be guaranteed 90 days in advance..*

[www.TheSpaAtNorwichInn.com](http://www.TheSpaAtNorwichInn.com)

## LUNCH BUFFETS CONTINUED

### Southwestern Flair Lunch Buffet

Three Bean with Bacon Soup

Roasted Corn & Cucumber Salad with Flavors of Cilantro,

Roasted Red Bell Pepper & Citrus Vinaigrette

Festive Fajita Bar with Warm Flour Wraps

#### Choose Two Fillings:

Spicy Ground Beef

Spiced Flame-Roasted Chopped Steak

Citrus Marinated Chicken Breast

Grilled Miso Marinated Chopped Portobello Steak (Vegan)

Accompanied with a Saute of Onions & Peppers,  
Chopped Scallions, Chopped Ripe Olives, Cheddar,  
Jalapeno Peppers, Salsa, Guacamole & Sour Cream

Chef's Selection of Roasted Vegetables

Spanish-Style Rice Pilaf

Cinnamon Churros with Chocolate Fondue Dipping Sauce

Coffee, Decaffeinated Coffee and Assorted Teas

\$32.95 per person

**Upgrade to three fillings for \$8.50**

**Upgrade to all four fillings for \$9.95**

**\*Corn Shells Provided as a Courtesy Upgrade Upon  
Request for Gluten-Free Guests**

### Submariner Soup or Salad Lunch Buffet

#### Choose One of the Following:

Soup of the Day

Mixed Baby Greens with Tomato, Cucumber & Purple

Onion with Chef's Choice of Two Dressings

#### Sub Selections

*(Based on One Sub per Five Guests)*

Genoa Salami with Provolone & Pepperoncini

Capicola with Provolone & Pickled Cherry Peppers

Shaved Cured 81 Ham with Swiss

Deli-Sliced Turkey with Swiss

Roasted Vegetable Medley with Balsamic Tofu

Mayonnaise (Vegan)

Freshly Baked Cookie Assortment

Coffee, Decaffeinated Coffee and Assorted Teas

\$21.95 per person

*Choose Three Subs for Groups of 12-18*

*Choose Four Subs for Groups of 18-22*

*Choose Five Subs for Groups of 23-27*

*Select Any Variety for Groups Greater Than 30*

### Executive Deli Buffet

Soup of the Day

*(Upgrade to New England Clam Chowder for \$2.95)*

Fresh Fruit Medley

Caesar Salad Romano – A Basket of Crisp, Chopped

Romaine with Croutons, Parmesan & House Made

Dressing

#### Choose Three of the Following Assorted Prepared Sandwiches on House-Made Bread:

Deli-Sliced Roasted Prime Rib with Herbed Cream Cheese

Spread on French Bread

Grilled Portobello Mushroom and Hummus Panini

Griddle-Toasted Grilled Chicken Breast & Swiss Cheese

on Light Rye

Griddle-Toasted Cured Ham & Brie on Pumppernickel

Butter-Grilled American Cheese on Hardy White or Wheat

Chef's Dessert Creation

Coffee, Decaffeinated Coffee and Assorted Teas

\$27.95 per person

**Upgrade to four varieties for \$3.95**

**Upgrade to all five varieties for \$5.95**

### Deli Buffet

Soup of the Day

*(Upgrade to New England Clam Chowder for \$2.95)*

Marinated Vegetable Medley & Pasta Salad

Baby Greens with Tomato, Cucumber & Purple Onion

Chef's Choice of Two House Dressings

#### Selection of Deli Meats

#### Choose Three of the Following:

House Roasted Prime Rib, Turkey Breast, Tuna Salad,

Hummus (Vegan), Cured Ham

Accompaniments to include:

Swiss, Cheddar, Provolone & American Cheeses

Traditional Condiments and an Assortment of House-Made

Breads & Rolls

Chef's Dessert Creation

Coffee, Decaffeinated Coffee and Assorted Teas

\$23.95 per person

**Upgrade to four meats for \$3.95**

**Upgrade to all five meats for \$5.95**

*Please add an additional \$3.00 per person for groups less than 20 guests.*

*Pricing is subject to a 20% service charge and applicable CT sales tax. All prices are subject to change and will be guaranteed 90 days in advance..*

[www.TheSpaAtNorwichInn.com](http://www.TheSpaAtNorwichInn.com)

# LUNCH ON THE GO

## Choose One of the Following:

- A** - Deli-Sliced Turkey, Ham or Portobello-Hummus Panini (Vegan)
- B** - Healthy Choice Chef's Salad of Baby Greens with Chopped Hard Egg White, Low-Fat Cheddar & Lean Deli Turkey Breast with House-Made Balsamic Vinaigrette
- C** - Marinated Vegetable Medley & Pasta Salad (Vegan)
- D** - Antipasto and Marinated Vegetable Medley & Pasta Salad with Morsels of Genoa Salami, Capicola, Proscuitto & Provolone

Gourmet Potato Chips  
Whole Fruit  
House-Made Cookies  
Bottled Water  
\$19.95 per person

**Upgrade to additional options for \$3.95 per person, per option**

# PLATED LUNCH

## Appetizers & Salads

*(Choice of One)*

Minestrone (Vegan)

Corn Chowder (Vegan)

Maple Roasted Butternut & Pecan Bisque (Vegan)

Chilled Tomato Gazpacho (only available Late Spring & Summer)

New England Clam Chowder (\$2.00 per person)

Lobster Bisque with Chopped Lobster Morsels (\$3.00 per person)

Crab Cakes with Spicy Remoulade Sauce

Trip of Shrimp Cocktail with Lemon & Cocktail Sauce

Hummus & Pita Points

House Salad with Chef's Choice Dressing

Baby Greens with Cranberry Dressing

Fall Salad of Roasted Butternut Squash, Walnuts, Cranberries & Goat Cheese

Cesar Salad with Shaved Parmesan & Anchovy Crouton

Sushi Duet of Sesame Lobster Salad & Pickled Vegetables with Pickled Ginger, Wakame, Wasabi & Soy

*Choice of two entrees at no additional charge. Please add \$3.95 for a choice of three.*

*Advance counts required 72 hours prior for all entrée choices.*

## Cold Entrees

Chicken Caesar Salad \$22.95

Grilled Spicy Shrimp Caesar Salad \$26.95

Poached Salmon with Baby Greens & Citrus Vinaigrette \$25.95

Petite Grilled Naturally-Raised Beef Tenderloin & Caprese Salad with Asparagus,  
Peppers, Balsamic Syrup & Truffle Oil \$29.95

Grilled Vegetable Sandwich with Tofu Emulsion Dressing (Vegan) \$20.95

New England Wrap with Grilled Chicken, Shredded Romaine,  
Sour Cream Dressing & Dried Cranberries \$21.95

## Hot Entrees

Crisp-Crusted Breast of Chicken with Natural Jus \$23.95

Chicken Picatta with Lemon-Caper Butter Sauce \$24.95

Duet of Crab Cakes with Citrus Remoulade \$28.95

Poached Salmon with a Fresh Dill Beurre Blanc \$25.95

Grilled Petite Filet with a Cabernet Reduction \$32.95

Flame-Roasted Swordfish with a Fresh Pineapple Salsa \$27.95

Eggplant Parmesan with Pomodoro Sauce \$20.95

## Dessert

Chef's Choice, Apple Crisp, Maple Flan, Carrot Cake, Chocolate Cake, Coconut Cake, Vanilla Cheesecake

Plated lunch entrees are accompanied with a chef's choice of starch and vegetable, fresh made rolls with your choice of whipped butter or vegetable tapenade, and freshly brewed coffee, decaffeinated coffee and assorted teas.

*Pricing is subject to a 20% service charge and applicable CT sales tax. All prices are subject to change and will be guaranteed 90 days in advance..*

[www.TheSpaAtNorwichInn.com](http://www.TheSpaAtNorwichInn.com)