

# Luncheon Menu

By The Atlantic Club Caterers



The  Atlantic Club  
*"Expanding Wellness, Extending Life"*

1904 Atlantic Avenue | Manasquan, NJ

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

# Boxed lunches

---

*Served with Appropriate Dressing,  
Side Salad, Chips, Cookies, whole fruit  
and your choice of Beverage (Iced Tea, Water, Coke, Diet Coke or Sprite)*

## *Healthy Veggie- \$11.95*

Balsamic grilled eggplant, zucchini and squash with tomato & mozzarella on healthy bread

## *Ham or Turkey Ciabatta - \$12.95*

with Swiss cheese, lettuce & tomato

## *Chicken Caesar - \$13.95*

Sun-dried tomato wrap with shaved parmesan

## *Homemade Chicken or Tuna Salad - \$13.95*

Sun-dried tomato wrap with lettuce and tomato

## *Avocado Greens - \$11.95*

Avocado, cucumber, onion, tomato, hummus, and arugula on multigrain flatbread

# Light Luncheon Buffet

---

*Minimum of 20 guests / Served from 11:30 -3:30*

*\$18.95*

## Choice of Salad

Fresh Garden Salad with Balsamic  
& Ranch Dressing

Traditional Caesar Salad with Parmesan  
Cheese & Croutons

## Assorted Sandwiches & Wraps (Choice of 3)

Chicken, Tuna or Egg Salad on Focaccia with Lettuce & Tomato  
Oven Roasted Turkey & Swiss Cheese Sandwich with Lettuce & Tomato  
Balsamic Chicken Sandwich with Grilled Vegetables & Mozzarella Cheese  
Classic Chicken Caesar Wrap  
Avocado Greens Wrap (An Atlantic Club Favorite)  
Grilled Vegetable Sandwich with Spinach and Balsamic glaze  
Southwest Chicken Wrap  
Mediterranean Chicken Wrap with Arugula, tomato, olives & Feta Cheese

## Includes

Deli Pickles  
Cookie & Brownie Platter  
Fresh Sliced Fruit Platter  
Iced Tea, Soft Drinks, Water  
Freshly Brewed Coffee, Decaffeinated  
Coffee and Hot Tea

# Deluxe Luncheon Buffet

---

*Minimum of 20 guests / Served from 11:30 -3:30*

*\$19.95*

## *Soup Du Jour*

## *Choice of Salad*

Fresh Garden Salad with Balsamic  
& Ranch Dressing

Traditional Caesar Salad with Parmesan  
Cheese & Croutons

## *Choice of Accompaniment*

Pasta Salad  
Macaroni or Salad  
Cucumber Salad  
Coleslaw  
Hummus Platter

## *Assorted Sandwiches & Wraps* (Choice of 5)

Chicken, Tuna or Egg Salad on Focaccia with Lettuce & Tomato  
Oven Roasted Turkey & Swiss Cheese Sandwich with Lettuce & Tomato  
Balsamic Chicken Sandwich with Grilled Vegetables & Mozzarella Cheese  
Classic Chicken Caesar Wrap  
Avocado Greens Wrap an Atlantic Club favorite  
Grilled Vegetable Sandwich with Spinach and Balsamic glaze  
Southwest Chicken Wrap  
Mediterranean Chicken Wrap with Arugula, tomato, olives & Feta Cheese  
California Turkey Wrap

### *Includes*

Deli Pickles  
Cookie & Brownie Platter  
Fresh Sliced Fruit Platter  
Iced Tea, Soft Drinks, Water  
Freshly Brewed Coffee, Decaffeinated Coffee  
and Hot Tea

# Executive Hot Luncheon Buffet

*Minimum of 25 guests / Served from 11:30 - 3:30 \$24.95 & Kids Under 12 \$12.95*

## Choice of Salad

Fresh Garden Salad with Balsamic & Ranch Dressing  
Traditional Caesar Salad with Parmesan Cheese and Croutons

## Assorted Sandwiches & Wraps (Choice of 3)

Chicken, Tuna or Egg Salad on Focaccia with Lettuce & Tomato  
Oven Roasted Turkey & Swiss Cheese Sandwich with Lettuce & Tomato  
Balsamic Chicken Sandwich with Grilled Vegetables & Mozzarella Cheese  
Classic Chicken Caesar Wrap  
Avocado Greens Wrap (an Atlantic Club favorite!)  
Mediterranean Chicken Wrap with Arugula, Tomato, Olives & Feta Cheese

## Choice of Starch

Five Grain Rice Pilaf  
Roasted Red Bliss Potatoes  
Penne alla Vodka

## Choice of Vegetable

Balsamic Marinated Grilled Vegetables  
String Beans Almandine  
Steamed Vegetable Medley

## *Choice of Hot Entrée*

### *Chicken Francaise*

Egg battered chicken breast medallions in a lemon white wine sauce

### *TAC Chicken*

Marinated grilled chicken, layered with eggplant, zucchini, squash & tomato in au jus topped with crumbled goat cheese

### *Chicken Scampi*

Searched chicken breast, spinach, artichokes & cherry tomatoes in a garlic white wine sauce

### *Herb Roasted Pork Loin*

Sliced thin topped with a wild mushroom Madera demi

### *Spinach Eggplant Lasagna*

Egg battered eggplant layered with sauteed spinach, ricotta, mozzarella and marinara

### *Eggplant Rolatini*

A delicious blend of italian cheeses, wrapped in egg battered eggplant layered with mozzarella and marinara

## *Includes*

Deli Pickles

Cookie & Brownie Platter

Canolis

Fresh Sliced Fruit Platter

Iced Tea, Soft Drinks, Water

Freshly Brewed Coffee, Decaffeinated Coffee and Hot Tea

# Spa Luncheon Buffet

---

*Minimum of 20 guests / Served from 11:30 - 3:30*  
*\$17.95*

## *Soup Du Jour*

## *Choice of Salad*

Fresh Garden Salad with Balsamic & Ranch Dressing  
Mediterranean Salad

## *Choice of Accompaniment*

Cucumber Salad  
Healthy Slaw  
Hummus Platter  
Bruschetta Platter



## *Assorted Wraps & Platters*

**(Choice of 3)**

Chicken, Tuna or Egg Salad Platter with Lettuce & Tomato

Mediterranean Chicken Platter with Grilled Vegetables & Feta Cheese

Oven Roasted Turkey & Swiss Cheese Roll-ups with Lettuce & Tomato

Avocado Greens Roll-up

Grilled Vegetable, fresh Mozzarella & Spinach Roll-up with Balsamic Glaze

## *Includes*

Deli Pickles

Fresh Sliced Fruit Platter

Angel Food Cake with Strawberries & Whipped Cream

Unsweetened Iced Tea & Fruit Infused Water

Freshly Brewed Coffee, Decaffeinated Coffee and Hot Tea

# Afternoon Breaks

---

## Zen Break - \$9.95

Yogurt  
Trail mix  
Roasted mixed nuts  
Dried fruit  
Whole fresh fruit  
Green tea  
Bottled water & iced tea

## Afternoon Tea Break - \$10.95

Miniature scones served with butter & jelly  
Tea sandwiches  
**(3 pieces per person)**  
Chicken salad  
Cucumber & dill  
Tuna salad  
Smoked salmon  
Fresh fruit with honey-yogurt dipping sauce  
Regular & decaffeinated coffee  
Assortment of regular & herbal tea

## *Nutrition Break - \$10.95*

Hard Boiled Eggs

Assorted Nutritional Bars

Fresh vegetable crudités Hummus

Bruschetta with whole grain Chips

Whole Fresh Fruit

Bottled Water & Iced tea

## *The Ice Cream Social - \$10.95*

**(1-hour of attendant service)**

Premium vanilla ice cream

Sugar cones

Traditional toppings:

Fresh bananas

Fresh strawberries

Chocolate sauce

Caramel sauce

Chopped nuts

Real whipped cream

Maraschino cherries

Bottled Water & Iced teas



*Call The Atlantic Club Caterers for more info*  
**(732) 223-2100 ext. 476**