



# \$30 & UNDER UMN LUNCH MENU

Price per person. Includes tax and service fees.  
Includes 1 beverage: Iced tea or lemonade.

## - HOT BUFFETS -

\$30

*Served with seasonal vegetables, locally-made bread and Hope Creamery butter*

Your Choice of 1 Entrée and 1 Side

Tuscan Herb Infused Pot Roast (GF, DF)

Local grass-fed beef chuck roast braised with rosemary, sage, chili, and red wine.

Sesame Crusted Salmon (GF, DF)

Wild Pacific salmon crusted with black and white sesame seeds. Pan-seared and drizzled with sesame ginger tamari sauce.

Pan-Seared Salmon with Seasonal Relish (GF, DF)

Wild Pacific salmon, pan-seared and served with fresh seasonal relish. Summer options may include heirloom tomatoes, ground cherries, and fresh basil. Fall and winter options may include fresh fennel, citrus, and pomegranate.

Wild Salmon with Tarragon, Leek, and Mushroom Cream Sauce (GF)

Pan-seared salmon with a delicate cream sauce.

Chicken in Roasted Heirloom Tomato Sauce (GF)

Pan-seared boneless, skinless chicken breast marinated with rosemary and garlic, baked in roasted heirloom tomato sauce, and topped with mozzarella and parmesan.

Seared Polenta with Seasonal Vegetable Ragout (GF)

Parmesan polenta topped with a ragout of seasonal vegetables. In the spring, think roasted mushrooms and asparagus. In the summer, heirloom tomatoes, roasted eggplant, and zucchini. Fall and winter options may include butternut, hubbard, or acorn squash with sage.

Spinach and Wild Mushroom Ravioli

Topped with roasted seasonal vegetables. Served with parmesan cream sauce.

Savoy Cabbage Rolls with Heirloom Tomato Sauce (GF, DF, V)

Savoy cabbage leaves stuffed with local wild rice and roasted vegetables. Topped with heirloom tomato sauce.

Coconut Curry Vegetables with Cilantro Chutney (GF, DF, V)

Seasonal vegetables simmered in orange-scented coconut curry sauce. Served with cilantro chutney.

## - SIDE SELECTIONS -

Potatoes

*Mashed* (GF)

*(Skin-on red, Yukon, or Sweet Potato)*

*Roasted* (GF, DF, V)

*(Red, Yukon, or Sweet Potato)*

Soft Polenta (GF)

Rich cornmeal finished with parmesan and butter.

Roasted Root Vegetables (GF, DF, V)

Seasonal root vegetables such as beets, parsnips, and onions, roasted with olive oil and garlic.

White Rice or Brown Rice (GF, DF, V)

Extra Side of Seasonal Vegetables (GF, DF, V)

If you prefer not to serve a starch, we can offer a second seasonal vegetable to complement your buffet.

Simple Green Salad (GF, DF, V)

Mixed greens with champagne vinaigrette.



## - HEALTHY BOWL BUFFET -

\$30

*Allow your guests to build their own healthy, hearty bowl  
GF and DF, can be made vegan upon request*

Your Choice of 2 Grains or Beans  
and 2 Proteins

*Includes carrots, broccoli, grape tomatoes, mixed greens,  
pepitas, champagne vinaigrette, and chimichurri sauce*

### Grain and Bean Choices

*Chickpeas*

*Lentils*

*Brown Rice*

*Black Beans*

*Heirloom Beans*

### Protein Choices

*Braised Chicken*

*Braised Turkey*

*Spiced Ground Turkey*

*Seared Tofu (V)*

## - SANDWICH BUFFET -

\$28

### Sandwich Buffet

Turkey, grilled vegetables, roast beef, or ham with a variety of cheeses. Served on grilled ciabatta with lettuce, tomato, and red onion.

*Includes assorted cookies and fresh fruit.*



## - PLATED LUNCH ENTRÉES -

\$30

*Served with locally-made bread and  
Hope Creamery butter*

Your Choice of 2 Entrées

### Minnesota Beef Bolognese over Penne Pasta

Grass-fed beef with carrot, onion, garlic, and tomatoes served over penne pasta with seasonal vegetables.

### Vegetarian Bolognese over Pasta (DF)

Vegetable bolognese with mushrooms, carrots, onions, and tomatoes served over penne pasta with seasonal vegetables.

### Ferndale Market Adobo Turkey over Rice and Beans (GF, DF)

Turkey thighs marinated in mild adobo sauce with garlic, mild ancho chili, cider vinegar, and cumin. Served over rice and black beans.

### Grilled Ginger Tamari Chicken

#### Skewers over Rice Noodles (GF, DF)

Two marinated chicken skewers served over rice noodles with shredded carrot, cabbage, radish, and ginger tamari sauce.

### Roasted Yam Bowl (GF, DF, V)

Roasted spiced yam with chickpeas, sautéed greens, roasted onions, and tahini maple dressing.

### Quinoa Bowl (GF, DF)

Grilled chicken, Minn tofu, or grilled vegetables with quinoa, mixed greens, broccoli, radish, cabbage, carrots, champagne vinaigrette, and chimichurri.  
*Can be made vegan upon request.*

### Salmon Niçoise Salad (GF, DF)

Seared wild salmon over mixed greens with lemon aioli, tomato, green beans, potatoes, olives, and lemon vinaigrette.

### Steak and Blue Cheese Salad

Grilled grass-fed flat iron steak with U of M blue cheese, roasted shallots, tomatoes, and oyster mushrooms over mixed greens with champagne vinaigrette.