MICHAEL'S ON MAIN CAFÉ AT
TRIANGLE PLAZA CATERING MENU INFORMATION

Contact Chef Alan

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We are excited to showcase a few changes:

- Healthier Options
- Gluten Free Options
- More Variety
- Lighter Options
- À la carte Price Points

The overwhelming change is with the à la carte selections that are priced sensitive and allow you to customize your buffet within your budget.

We believe this is our most varied menu. We have managed to make these enhancements without increasing our prices.

Thank You.
Michael’s on Main Café Group

BREAKFAST
Our Create Your Own Morning Breakfast Selections

Start off your Meeting with our Mini Breakfast Continental
An Assortment of Fresh Baked Muffins, New York Bagels, Fresh Baked Scones, Mini Croissants and Pastries
Butter, Jams and Cream Cheeses (to include Low-Fat and No-Fat Cream Cheese)
Fresh Seasonal Chopped Fruits and Berries
Bowl of Yogurt and Granola
Carafes of Orange and Cranberry Juice
Freshly Brewed Coffees
Gourmet Herbal Teas

The Healthy Continental
Fresh Seasonal Fruits and Berries combined with a Homemade Yogurt Dressing
Low-Fat Granola
Hot Oatmeal with Brown Sugar and Raisins
Carafes of Skim Milk
Assorted New York Bagels and Low-Fat Cream Cheese
Fresh Fruit Kabobs with a Berry Dipping Sauce
Our Create Your Own Morning Breakfast Selections

On Expo French Toast Celebration
Watch Our Chef Create a Variety of French Toast Specialties!
Cinnamon Bread, Cinnamon Raisin Swirl Rolls, Apple Nut and Traditional French Toast
Surrounded by Fresh Seasonal Fruits and Berries
  Warm Maple Syrup
  Whip Cream
  Crisp Virginia Bacon
Your Choice of Grilled Pork or Turkey Sausage Links
New York Style Bagels with Cream Cheese, Butter and Jams
  Assortment of Freshly Baked Fruit Muffins
  Carafes of Orange and Cranberry Juice
  Freshly Brewed Coffees
  Gourmet Herbal Teas

Country Breakfast
Scrambled Eggs
Breakfast Potatoes
Your Choice of Crispy Bacon or Sausage Patties or Turkey Sausage
  Assortment of Freshly Baked Fruit Muffins
  Hot Cakes with Maple Syrup
  Carafes of Orange and Cranberry Juice
  Freshly Brewed Coffees
Our Create Your Own Morning Breakfast Selections

Add on to your Morning Selections

Hot Healthy Oatmeal and Topping Bar

Our Egg White Scramble with
Grilled Garden Vegetables

Scrambled Eggs

Our Noteable Breakfast Strata

(stra-ta: An egg casserole layered with whole grain breads)
Minimum 8 Guests
- Western Style: Sautéed onions, peppers, Mozzarella cheese, mushrooms & ham
- Harvest Vegetable (Seasonal)

Our Noteable Breakfast Frittata

(fri-tah-tah: An egg casserole layered with fresh sliced potatoes)
Minimum 8 Guests
- Greek Style: Sautéed onions, peppers, spinach, tomatoes & Feta cheese
- Denver Style: Sautéed onions, peppers, ham & cheddar cheese

Our Noteable Breakfast Quiche

(keesh: a pie dish filled with egg custard)
Minimum 8 Guests
Choice of: Asparagus and Sun-dried Tomato, Spinach and Cheese, or Ham and Cheddar Cheese

Chef's Specialty Cinnamon French Toast

Breakfast Panini's
Choice of: Ham, Egg & Cheese OR Vegetable, Egg & Cheese

Breakfast Burritos
Choice of: Ham, Egg & Cheese OR Vegetable, Egg & Cheese

Applewood Bacon

Grilled Turkey Bacon

Maple Sausage Links

Grilled Turkey Sausage

Grilled Breakfast Potatoes

Cold Cereal with Milk

Granola Bars

Yogurt Parfaits with Berries and Granola

Assorted Yogurts

Whole Seasonal Fruit Pieces

Fresh Seasonal Sliced Fruits and Berries

Fresh Fruit Kabobs with a Berry Dipping Sauce

Sliced Strawberries with Brown Sugar and Cream

Cottage Cheese (32oz bowl)

Hard Boiled Eggs

New York Style Bagels and Cream Cheese
(to include low-fat options) Butter & Jams

Assortment of Freshly Baked Fruit Muffins

Assortment of Freshly Baked Danish Pastries

Freshly Brewed Coffee (Regular or Decaf)

Bottled Juice (Apple, Orange or Cranberry)

Tazo Tea

Chilled Soda and Bottled Water

Individual Milk (Whole, Skim or 2%)
Lunch

Create a Great Lunch of Soup, Sandwiches & Salads!

Gourmet Sandwiches and Wraps
(Please choose a Maximum of 4 sandwich selections)

Your Buffet begins with Two Great Chef Specialty Salads
Select from: Fresh Seasonal Fruit Salad, Grilled Vegetable Salad, Mixed Green Salad, Carrot Raisin Cole Slaw, Red Skin Potato Salad or Pasta Salad

Handcrafted Sandwiches and Wraps to Include:
Hickory Smoked Turkey Breast, Havarti Cheese, Dijon Mayonnaise, Fresh Greens and Sliced Tomato on a Multi Grain Roll
Honey Baked Ham, Aged Swiss Cheese, Dijon Mayonnaise, Fresh Green Leaf Lettuce and Sliced Tomato on a Pretzel Roll
Fresh Albacore Tuna Salad, Fresh Munster Cheese, Fresh Green Leaf Lettuce and Sliced Tomato on Whole Wheat Bread
Hardwood Smoked Baron of Beef, Cheddar Cheese, Horseradish Sauce, Fresh Green Leaf Lettuce and Sliced Tomato on Ciabatta Roll
Seasonal Grill Vegetables, Fresh Mozzarella Cheese, Fresh Spinach and Basil Leaves and Sliced Tomato on Italian Roll or Tortilla Wrap (please specify)
Turkey, Craisins and Brie cheese, Green Leaf Lettuce and Sliced Tomato on a Honey Wheat Tortilla Wrap
Chicken Caesar Salad Wrap

Chicken Salad with Red Grapes, Sliced Toasted Almonds, Shredded Cheddar Cheese, Sliced Avocado, Fresh Green Leaf Lettuce and Sliced Tomatoes with a Salsa Ranch Dressing on a Whole Wheat Tortilla Wrap

Your Choice of Parmesan Chips or Baked Potato Chips
Kind of Healthy Cookies: Oatmeal Macadamia Nut

The Park Avenue
(Minimum 8 guests)

Provolone and Cheddar Cheeses, Sliced Roma Tomatoes, Sliced Avocado, Bacon and Grilled Chicken Breast on a Large Buttery Croissant
Shrimp Pasta Salad, Fresh Seasonal Sliced Fruit, Terra Chips
Kind of Healthy Cookies: Oatmeal Macadamia Nut
Lunch

“Build Your Own” Original Deli Sandwich Buffet

Your Buffet begins with Two Great Chef Specialty Salads
Sliced Smoked Breast of Turkey
Sliced Roasted Breast of Chicken
Sliced Honey Baked Ham
Fresh Grilled Vegetables
Tuna Salad

A Selection of Sliced Cheeses, Crisp Lettuce and Sliced Tomatoes
Assorted Fresh Bakery Breads and Rolls, Condiments
Your Choice of Parmesan Chips or Baked Potato Chips
A Selection of Freshly Baked Cookies

Add Chef’s Specialty Soup of the Day......... (additional charge)
Add Our Soon to be Famous Chicken Chili......... (additional charge)

Our Grab ‘N Go Lunch Bags Made Your Way

Your Choice of a Hand Crafted Sandwich or Wrap from below:

Hickory Smoked Turkey Breast, Havarti Cheese, Dijon Mayonnaise,
Fresh Greens and Sliced Tomato on a Multi Grain Roll

Honey Baked Ham, Aged Swiss cheese, Dijon Mayonnaise,
Fresh Green Leaf Lettuce and Sliced Tomato on a Pretzel Roll

Hardwood Smoked Baron of Beef, Cheddar Cheese, Horseradish Sauce,
Fresh Green Leaf Lettuce and Sliced Tomato on Ciabatta Roll

Seasonal Grill Vegetables, Fresh Mozzarella Cheese, Fresh Spinach
and Basil Leaves and Sliced Tomato on an Italian Roll or Tortilla Wrap (please specify)
Turkey, Craisins, Brie Cheese and Green Leaf Lettuce on a Honey Wheat Tortilla Wrap
Grilled Breast of Chicken Caesar Salad Wrap

Includes Kettle Chips, Fresh Baked Cookie and a Chef Created Salad
Themed Luncheon Buffets
(Minimum 10 guests apply; Additional charge if ordered for dinner)

Healthy Choice
Breast of Chicken Stuffed with Artichokes, Roma Tomatoes & Shallots
Mushrooms and Spinach in a Marsala Wine Reduction Sauce
Breast of Turkey Scaloppini topped with our “Soon to be Famous” Roasted Red Pepper Garlic Aioli Sauce and Brown Rice Pilaf
Steamed Broccoli
Field Greens Salad with a Low Fat Dressing
Dinner Rolls, Heart Healthy Promise Spreads
Fresh Seasonal Fruits

Our Chicago Pizza Buffet
(includes 4 pieces of pizza per guest)
Pick two salads from the following..
- House Garden Salad Bowl and Dressings
- Caesar Salad Bowl
- Chopped Salad Bowl

16 inch Freshly Baked 3-Cheese Pizza
16 inch Freshly Baked Cheese and Pepperoni Pizza
16 inch Freshly Baked Cheese and Italian Sausage Pizza
16 inch Freshly Baked All-Vegetarian Pizza
16 inch Freshly Baked Supreme Pizza
Garlic Breadstick Basket
Assorted Biscotti and Italian Cookie Tray

Tuscany
Tossed Caesar Salad with Homemade Croutons
Italian Chopped Salad
Italian Style Roast Beef ‘N Peppers
Cheese Lasagna (or)
Baked Vegetarian Style Mostacoli
Rosemary and Olive Oil Roasted Bone on Chicken
Grilled Italian Vegetables
Toasted Garlic Bread
Finished with Italian Cookies

Little Italy
Italian Salad with a Lemon Herb Parmesan Dressing
Grilled Shrimp and Asparagus Risotto With Asiago Cheese and Sautéed Spinach
Homemade Lasagna
Chicken Breast Vesuvio with Rosemary Potatoes and Steamed Broccoli
Buttered Bread Sticks and Ending with Tiramisu for Dessert!
Add Minestrone Soup.......(additional charge)
Add Cheese Lasagna.......(additional charge)
Add Anti-Pasto Platter.......(additional charge)

South of the Border
Tex-Mex Vegetable Salad
Marinated Steak and Chicken Fajitas
Sautéed Onions and Green Peppers
Warm Flour Tortillas
Spanish Rice & Refried Beans and Cheese
Homemade Tortilla Chips
Sour cream, Shredded cheese, Shredded lettuce, Homemade salsa and guacamole
Churros with Cinnamon and Sugar

Kansas BBQ
Tangy Coleslaw and Mustard Potato Salad
Watermelon Wedges
Tender Barbecue Beef Brisket and Southern Fried Chicken
Corn Cobbettes
Potato Rolls and Butter
Peach Cobbler

(Additional charge if ordered for dinner)
LUNCH BUFFET ALTERNATIVES
Lunch Buffet Alternatives

We have created your Buffet Alternatives with more variety, healthier selections and even more budget minded.
SELECT FROM THE OPTIONS BELOW:

1 Salad, 1 Entrée, 2 Sides and Dessert
2 Salads, 1 Entrée, 2 Sides and Dessert
2 Salads, 2 Entrées, 2 Sides and Dessert

Greens N’ Things Salads

Tossed Garden Salad that is surrounded by a selection of fresh garden vegetables and presented with a choice of dressings to include low-fat selections

Caesar Salad with fresh parmesan cheese, homemade croutons and creamy Caesar dressing

Roma tomato, fresh basil and fresh mozzarella, marinated in a basil vinaigrette dressing

Three cheese tortellini salad tossed with fresh garden vegetables and garden herbs, along with a touch of red wine vinaigrette dressing

California Cobb Salad of fresh seasonal greens that are surrounded by crumbled bacon, an array of diced tomatoes, egg wedges, diced avocado, sliced cucumbers and complimented with a homemade ranch dressing

Fresh seasonal fruit and berry salad

Traditional antipasto salad

Greek Salad with red onions, feta and kalamata olives

Creamy coleslaw with carrots and raisins

Homemade red skin potato salad

Pasta salad with fresh vegetables
Lunch Buffet Alternatives

**Entrées - Beef**

**Rotisserie Roasted Strip Loin of Beef**
Slow roasted, hand sliced and complimented with a mushroom Merlot sauce

**Beef Medallions, Marsala Style**
Medallions of Beef Tenderloin sautéed with mushroom caps and finished with a marsala wine sauce

**Beef Tenderloin Tips, Burgundy**
Braised beef tips simmered with leeks and fresh mushrooms

**Chianti Braised Short Ribs of Beef**
Choice Beef Short Ribs simmered in a Chianti wine sauce with country vegetables

**Beef Steak Gorgonzola**
Grilled Medallions of Beef tossed in a light alfredo sauce and sprinkled with crumbled gorgonzola cheese

**Sliced Slow Roasted Brisket of Beef**
Complimented with a Kansas City BBQ sauce

**Stuffed then Roasted Tenderloin of Beef**
Beef tenderloin stuffed with fresh spinach, herbs and cheese
Lunch Buffet Alternatives

**Entrées - Poultry**

**Asiago Cheese Stuffed Chicken Breast**
Boneless breast of chicken stuffed with diced tomatoes, spinach and asiago cheese and drizzled with a light cream sauce

**Breast of Chicken, Picatta**
Boneless breast of chicken dipped in a parmesan cheese and egg batter, then sautéed and accompanied with a white wine and caper sauce

**European Style Apricot Chicken**
Grilled breast of chicken glazed with an apricot citrus sauce

**Breast of Chicken Alfredo**
Grilled breast of chicken tossed with fettuccine and fresh basil alfredo sauce

**Breast of Chicken, Parmigianino**
Parmesan encrusted breast of chicken, sautéed and topped with a marinara sauce and mozzarella cheese

**Breast of Chicken Francaise**
Boneless breast of chicken, sautéed then topped with a lemon cream sauce

**Breast of Chicken, Mediterranean**
Boneless breast of chicken sautéed with fresh spinach, tomatoes, artichokes, Kalamata olives, feta cheese and finished with a white wine sauce

**Bourbon Pecan Chicken Encrusted Chicken Breast**
Complimented with a bourbon apricot sauce

**Italian Style Chicken Vesuvio, Bone-In**
Complimented with roasted potatoes and a white wine garlic sauce
Lunch Buffet Alternatives

**Entrées - Seafood**
- Grilled Lemon Herb Tuna Steak
- Grilled Fresh Salmon Filet with a Teriyaki Glaze or a Lemon Butter Sauce
- Fresh Char-Grilled Halibut with a Fresh Mango Salsa
- Parmesan Cheese Encrusted Tilapia Complimented with a Basil Cream Sauce
- Tilapia Provençal
  - Broiled Tilapia with a white wine lemon garlic and diced roma tomato sauce
- Broiled Shrimp Dijon

**Entrées - Pork**
- Roasted Loin of Iowa Pork
  - Complimented with a rosemary peppercorn sauce
- Slow Smoked Memphis Style Pork
  - Complimented with a Sweet Baby Ray’s BBQ sauce
- Grilled Tenderloin of Pork
  - Complimented with a bourbon BBQ sauce

**Entrées - Vegetarian**
(for one person or entire group)
- Penne Pasta with Grilled Vegetables and a Marinara Sauce
- Garden Vegetable Lasagna (available for a group only)
- Tri-Colored Cheese Tortellini in an Alfredo or Marinara Sauce
- Vegetable and Rice Jambalaya
- Portabella Mushroom Ravioli tossed in a Tomato Vodka Sauce
- Angel Hair Pasta with a Tomato, Asparagus and Garlic Aioli Sauce
- Linguine and Marinara Sauce
- Eggplant Parmesan
Lunch Buffet Alternatives

Side Selections
Garlic Red Skin Mashed Potatoes
Wild Mushroom Rice Pilaf
Brown Rice
Vegetable Couscous
Buttered Corn
Roasted Red Skin Potatoes with Parsley and Butter
Parsley Bow Tie Pasta with an Aioli Sauce
Asparagus and Fresh Garden Vegetable Risotto
Freshly Grilled Garden Vegetables, drizzled with Olive Oil and Garlic
Whole Green Beans Almandine
Lemon Zested Broccoli Spears

Dessert Selections
Your Buffet is complimented with our Homemade Cookies or Bakery Bars

You can upgrade your dessert selection for an additional $3.95 per guest
Choose from the following:
  Eli’s Turtle Cheesecake ‘n Berries
  Cream Cheese Smothered Carrot Cake
  Flourless Chocolate Torte with a berry sauce
  Key Lime Pie with whip cream
  Granny Apple Cobbler with vanilla ice cream
  Fresh Strawberry Shortcake with whip cream
  Caramelized banana’s over vanilla ice cream
  To Die For Chocolate Cake
Afternoon Snacks

**Take Me Out To the Ballgame**
- Warm Soft Pretzels with Honey Mustard Dip
- Homemade Popcorn
- Ice Cream Bars
- Make Your Own Nachos with Homemade Tortilla Chips, Nacho Cheese and Jalapeño Peppers

**Dipping Time**
- Homemade Tortilla Chips with Salsa and Guacamole
- Toasted Pita Triangles with Roasted Red Pepper Dip
- Potato Chips and French Onion Dip
- Terra Chips
- Assorted Fresh Vegetable Crudité with a Sour Cream Dip

**The Chocolate Lover**
- Chocolate Dipped Rice Krispie Treats, Strawberries and Pretzel Rods
- Homemade Chocolate Chip Cookies
- Assorted Candy Bars
- Bakery Bars

**The Health Nut**
- Fresh Seasonal Fruit Salad
- Low Fat Yogurt and Granola
- Low Fat Pretzel Twists
- Power Bars

**The Sophisticate**
- Gourmet Cheese and Cracker Platter, garnished with Berries and Grapes
- Vegetable Crudité with a Creamy Herb Dip
- A Variety of Mini Sandwiches or Wraps
- With a Variety of Fillings
### Afternoon Snacks À la carte

Please ask your Meeting Planner about our ‘volume discount’ for 50 guests and over.

<table>
<thead>
<tr>
<th>Whole Fresh Fruit</th>
<th>Homemade Tortilla Chips &amp; Homemade Salsa</th>
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<tbody>
<tr>
<td>Gourmet Cheese and Cracker Display</td>
<td>Homemade Tortilla Chips, Salsa &amp; Guacamole</td>
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<tr>
<td>Gourmet Cheese and Cracker Platter with Fruit</td>
<td>Sourdough Bread Bowl with a Creamy Artichoke Dip</td>
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<tr>
<td>Freshly Popped Popcorn</td>
<td>Traditional Garlic Hummus with Pita Chips</td>
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<tr>
<td>Popcorn Trio</td>
<td>Roasted Red Pepper Hummus with Pita Chips</td>
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<tr>
<td><em>Buttered, Caramel and Cheddar Cheese</em></td>
<td>Vegetable Crudité with Ranch Dip</td>
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<tr>
<td>Pretzel Twists</td>
<td>Roasted Red Pepper Dip with Pita Triangles</td>
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<tr>
<td>Soft Pretzels with Honey Mustard Dip</td>
<td>Traditional Antipasto Platter</td>
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<tr>
<td>Chocolate Dipped Pretzel Rods</td>
<td>Traditional Tomato Bruschetta with Garlic Toast Points</td>
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<tr>
<td>Deluxe Mixed Nuts</td>
<td>Artichoke Bruschetta</td>
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<tr>
<td>Snack Mix</td>
<td>Freshly Brewed Coffee (Regular &amp; Decaf)</td>
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<tr>
<td>Assorted Candy Bars</td>
<td>Bottled Juices</td>
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<tr>
<td>Noteable Cookies</td>
<td>Assorted Soda &amp; Bottled Water</td>
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<tr>
<td><em>Chocolate Chip, White Chocolate Macadamia Nut, Oatmeal Raisin and Peanut Butter Cookies</em></td>
<td>Milk (Whole, Skim or 2%)</td>
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<tr>
<td>Rich Chocolate Fudge Brownies</td>
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