

elements kitchen

Light Buffet Luncheon

(No dairy or white sugar/flour; low sodium)

Buffet Lunch

Quinoa salad with olives, house dried tomatoes, toasted pignoli, and sweet basil
on spring greens

with white balsamic vinaigrette

Tender chicken breast with crushed tomatoes, garlic, and lemon

Pan seared Atlantic salmon with olive oil, shallots, and fresh dill

Grilled marinated Mediterranean vegetables

Brown rice salad with baby arugula, dried cranberries and apricots

Seasonal vegetable sauté with garlic and shallots

Dessert

Coconut halva cake

Honey granola nuggets

Fresh fruit salad with toasted pecans

Assorted sodas, water, and teas