



Mid Tier Menu

Continental Breakfast

Assorted Danish, muffins, yogurts, cold cereals, fresh cut fruits, and bagels with butter, jelly, and cream cheese

Hot breakfast

Homemade sausage gravy with buttermilk biscuits served with home fries

French Toast with syrup, pork sausage patties and shredded hash browns

Fluffy buttermilk pancakes, scrambled eggs, and bacon

Scrambled egg and cheese casserole, home fries, and buttermilk biscuits

Bacon egg and cheese biscuits with tater tots

Sausage egg and cheese burritos with home fries



Mountain Valley
A unique meeting and retreat center



Lunch

Choice of Beef or Chicken Tacos - Beef or Chicken Tacos with hard shells and soft tortillas, lettuce, tomatoes, shredded cheese, sour cream, and salsa. Served with Mexican rice, and roasted corn. Vegetarian Option: Black Bean Tacos

BBQ Chicken Breast Sandwich or Marinated Grilled Chicken Sandwich – Group choice of BBQ Chicken Breast or Marinated Grilled Chicken on potato roll, served with macaroni and cheese and southern green beans. Vegetarian Option: Vegetarian chicken with BBQ sauce

Soup and Sandwich – Choice of Tomato Basil, Chicken Noodle, Andouille Kale, or Vegetable soup served with assorted deli sandwiches and chips. Vegetarian Option: Hummus and vegetable sandwich

Wraps – Group choice of Grilled Chicken Bacon Ranch or Club Wrap with lettuce and tomato in a flavored tortilla served with potato salad, chips, and fruit salad

Baked Potato Bar – Fresh baked potatoes served with chili, diced chicken, broccoli, shredded cheese, bacon bits, sour cream, and butter

Gen Tso's Chicken – Battered chicken tossed in Gen Tso's sauce served with Asian vegetables, vegetable egg rolls, and fried rice. Vegetarian Option: Vegetarian Chicken

Build Your Own Caesar – Caesar salad served with chicken, shrimp, tofu, croutons, grilled vegetables, and Parmesan

Dessert – Cookies, Brownies, Lemon Bars, Pound cake with Berries, Strawberry Shortcake.

**Dessert pairings will be Chef's choice unless requested by customer*





Dinner

Smothered Chicken – Chicken breast topped with sautéed mushrooms and onions, a honey mustard sauce, and melted cheddar cheese. Served with roasted red potatoes and sautéed green beans. Vegetarian Option: Vegetarian chicken with sautéed mushrooms and onions, a honey mustard sauce, and melted cheddar cheese

Stuffed Shells – Ricotta stuffed shells with marinara sauce and melted cheese, served with broccoli and bread sticks

Beef (or Chicken) and Broccoli – Choice of beef or chicken and broccoli in a Mongolian sauce. Served with Asian noodles and vegetables. Vegetarian Option: Tofu and broccoli

Pulled Pork – House smoked pork served with scalloped potatoes and southern green beans, and corn muffins. Vegetarian Option: BBQ Jack fruit

Chicken Tortellini Alfredo – Tortellini Alfredo with chicken served with garden vegetables and bread sticks. Vegetarian Option: Tortellini Alfredo with tofu

Homemade Meatloaf – Homemade meatloaf served with mashed potatoes and gravy, and seasonal vegetables. Vegetarian Option: Vegan meatballs

Herb Roasted Chicken – Slow roasted herb marinated chicken served with roasted red potatoes and seasonal vegetables. Vegetarian Option: Vegetarian chicken

Desserts- Boston Cream Pie, Apple Pie, Blueberry Pie, Cherry Cobbler, Pound Cake with Berries, Strawberry Shortcake, Chocolate Cake.

Dessert pairing with be chef choice unless requested by customer

