



Luncheon Menu

*(HP) – Manna’s Healthy Picks

Box Lunch (A) \$6.95 *(HP)

A simple and fast meal to serve, an individually packed luncheon including: choice of sandwich or luncheon salad with cheese, side salad, lite fresh fruit and fresh baked cookie.

Sandwiches

(on assorted breads and rolls)

Turkey, Baked Chicken, Chicken Almond Salad,
Club, Tuna, Shrimp, Grilled Chicken, Grilled Beef,
Grilled or Roasted Vegetables

Luncheon Salad

with assorted rolls

Box Lunch (B) \$6.95 – Choice of sandwich, seasonal whole fruit, fresh baked cookie and bag of chips.

Box Salad (C) \$6.95 – salad with choice of meat, seasonal whole fruit, fresh baked cookie and bag of chips.

Box Chicken Caesar salad (D) \$6.95 – Chicken breast Caesar salad, dressing, seasonal whole fruit, fresh baked cookie and bag of chips.

Box Chinese Chicken Salad (E) \$6.95 – Chinese chicken breast salad, dressing, seasonal whole fruit, fresh baked cookie and bag of chips.

Box Wrap (F) \$7.95 – Assorted sandwich Wrap, seasonal whole fruit, fresh baked cookie and bag of chips.

Execu Box Lunch (G) \$7.95 - \$12.95 – ask for details.

Half Sandwich Buffet \$9.95 *(HP)

Assorted sandwiches cut in half, wrapped and labeled (optional), salad of the day, fresh seasonal fruit, assorted chips and fresh baked cookies

California Rolled Wraps \$10.95 *(HP)

Regional Exotic Sandwich, selections of wrap filling available.

All wraps are rolled with fresh sliced and cut ingredients like local lettuce leaves, Northern California tomatoes, and regionally grown cucumbers, salad of the day, fresh seasonal fruit, assorted chips and fresh baked cookies.

- Rolled by the Sea (Tuna)
- Rolling in the Wild Hay (Chopped Beef)
- Rolling to Petaluma (Chicken)
- Rolled Over (Turkey)
- On a Roll (Smoked Ham)

Cold Cut Buffet \$10.95 *(HP)

A delicious and appetizing array of meats, tuna salad, chicken almond salad, cheeses, savory fresh breads and rolls, condiments, lettuce and tomatoes, salad of the day, assorted chips and homemade cookies and seasonal fresh fruit.

Decorative Bag Luncheon \$13.95 *(HP)

An elegant way to provide a fast luncheon to the distinguished members of your company when time is an issue. The tastefully selected decorative bag is packed with gourmet sandwich, California fresh fruit salad, specialty side salad and selected dessert. (Suggested sandwiches are chicken bagel and turkey Panini.)

Panini Sandwich Buffet \$13.95 *(HP)

Assortment of sandwiches of your choice made with semi-Freddie's fresh baguette and gourmet spreads and fillings, such as Aioli, tomato-garlic pesto, fresh basil pesto, honey mustard and seasonal greens.

Suggested compliments:

Belgian potato salad (made without Mayo)
Italian Amaretto chocolate biscotti
Basket of whole fresh seasonal fruit

Petite of Sandwich Buffet \$13.95 *(HP)

Assorted sandwiches of your choice made on fresh Swedish rolls and whole-wheat dinnerrolls.

Suggested compliments:

Belgian potato salad, tossed green salad,
Petite fresh baked cookies and sliced fruit

Salad Bar Buffet \$13.95 *(HP)

Traditional salad bar with choice of baked chicken breast or tuna salad.



Hot Buffets

We offer a regionally and internationally diverse menu. We want to give you greater variety to select from. From traditional standards to ethnic inspirations, we take pride in offering the freshest and the best. Our approach to cooking is "California Centric"—fresh, beautiful and better. We use as many fresh ingredients as possible.

The following are some of the hot buffets that we offer. Our buffet format is designed to allow flexibility in creating a menu for your specific needs.

All hot buffets consist of fresh tossed green salad, select rolls or breads, sliced seasonal fruit, condiments and our fresh home baked cookies.

Grilled & Oven Delights \$12.95

A variety of grilled items are available to you. We marinate all items before grilling to give them that extra delightful taste. All grilled items are served with a nice dish.

Example:

Chicken Breast Cacciatore *(HP)
Parmesan Chicken Breast *(HP)
Cream cheese/Pesto Chicken Breast *(HP)
Country Captain Curry Chicken Breast *(HP)
Chicken Breast Fajita Taco *(HP)
Southwestern grilled chicken breast *(HP)

Teriyaki grilled chicken breast *(HP)
Cajun grilled chicken breast *(HP)
Rosemary baked Chicken *(HP)
Flat grilled chicken breast and onion *(HP)
The Potato Bar (chili con carne, chicken alfredo, vegetable, etc.) *(HP)
Flat grilled pork chop and onion *(HP)
Smothered pork chop
Smothered chicken
Meat loaf
Swedish meatball
Crispy Oven Baked fish in a bag (Pollock) *(HP)
Southern fried catfish

Kabobs \$12.95 *(HP)

We prepare our kabobs by marinating the meat first. All kabobs consist of mushrooms, onion, zucchini and colorful bell peppers.

Example:

Byzantine chicken kabob

(Curry, garlic, parsley, oregano, and thyme marinade)

Argentine beef kabob w/Spanish rice

(Zesty roasted chili pepper marinade)

Vegetarian option \$12.95 *(HP)

Example:

Linguine al marinara primavera

Artichoke mushroom quiche

Florentine quiche

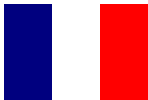
Vegetable kabob

Basil frittata w/sundried tomato

Penne pasta al pesto

Stuffed eggplant

Stuffed zucchini



French Impressions

Quiches \$12.95 (seafood price/seasonal)

We offer the traditional quiche Lorraine, Florentine quiche, three mushrooms and onion quiche, artichoke quiche, and seafood quiche. We offer some variations: chicken tomato basil sausage quiche, chicken basil spinach quiche, Cajun sausage quiche, Italian sausage quiche, and salmon and prawn quiche.

Beef Bourguignon with Rice \$14.95

Diced lean beef, baby mushrooms, fresh herbs, onion, and garlic. Served with herb rice.

Chicken Dijonnaise with Rice \$12.95

Choice of chicken breast or assorted chicken parts marinated with fresh herbs, garlic and onion braised herb oil, white wine and Dijon mustard. Served with chive rice.



Pasta

Tomato Garlic Pesto Penne Pasta with Chicken \$12.95 *(HP)

Sautéed seasonal vegetable, fresh basil, and cream and parmesan cheese

Lasagna / Penne Pasta / Spaghetti / Tortellini \$12.95

Choice of pasta dish, select a sauce from the following:

(Request garlic bread to make it more Italian)

Pesto chicken *(HP)

Beef marinara *(HP)

Chicken Alfredo

Shrimp Alfredo (\$12.95)

Vegetarian *(HP)

Casseroles

Chicken Pasta Primavera \$12.95 *(HP)

Sliced skinless chicken, mushroom cream sauce, tri-color pasta, mushroom, zucchini, peas, and cheese, topped with French pastry.

Tuna Primavera \$12.95

Dolphin-free chunk white tuna, mushroom cream sauce, tri-color pasta, mushrooms, zucchini, peas, and cheeses, topped with French pastry.

Southern Beef Spaghetti \$12.95

Zesty well-seasoned lean beef, sauce, onions, peppers, mushrooms, spaghetti noodles, southern spices and cheddar cheese.

Tex Mex Tamale Pie Casserole \$12.95

No longer a seasonal treat, the taste and wholesome texture of our tamale pie is available to you all year-round.

Uno Mexicano



We offer the best of the real deal, as goes “North Americana Mexicano” la comida (food). We use traditional ingredients and lots of baskets of fresh produce to create the fresh, fulfilling and festive experience that comes when enjoying a Mexican meal. We are happy to inform you that we also offer a “lite” healthy variation of classic Mexican dining – we cook with olive and cottonseed oils and the beans are not refried in fat.

We offer in each buffet a selection of beans, Spanish style rice, shredded greens, diced tomato, cheeses, sour cream, chips and salsa, tortillas, fruit, and dessert.

The following is a list of some of the exciting Mexican items we offer:

Starting at \$12.95

Enchiladas: beef, chicken, cheese vegetarian
The Festival Trio: tacos, burritos, and tostada
Taquitos: beef, chicken, peppers, onions and deep-fried flautas grande
Arroz con pollo mole

Special Features

Passole
Jumbo Chimichanga



Asian Variations

We offer a variety of Asian style food items for you to select for your group. As in the classic Asian cooking tradition, we use lots of fresh vegetables and sauté them to be served crisp. We do not use MSG in preparing our meals. We offer buffets that are healthy, refreshing and beautiful.

All buffets consist of fresh oriental style tossed green salad with citrus vinaigrette dressing. Seeded rolls, fresh sliced orange, fruit tray, and peanut-almond petite cookies.

The following is a list of some of the exciting Asian items we offer:

Starting at \$12.95

Broccoli Beef
Mongolian beef
Chicken or pork adobo
Chicken Teriyaki *(HP)
Szechwan Chicken Breast
Sweet 'n' sour chicken
Chinese curry chicken
(All served with steamed rice)

Special Features

Satay: Thai chicken, beef, prawn *(HP)
(Served with peanut sauce, soy and roasted pepper seed sauce)
Asian Fried rice
Choice of Shrimp, BBQ Pork, or Vegetable
Asian chow mein
Choice of Shrimp, Beef, Chicken, Vegetable
Egg rolls
Choice of Shrimp, or Vegetable
Pot stickers
Choice of Pork & Cabbage, or Shrimp, Pork, and Cabbage
Dim sum

Chicken and vegetable with ponza sauce

Special Curry Selections

Served with selections of fillets of meat cut into cubes, combined with fresh vegetable served with steamed jasmine rice, plain yogurt, mango chutney

Chicken, tomato and eggplant curry
Tiger prawns tomato and eggplant curry
Beef, tomato and eggplant curry

Japanese Cuisine

Bento Box

Served with choices of Chicken, Beef, or Salmon Teriyaki

Sushi Luncheon Buffet

Sushi Individual Box

*** Note: Items served with Shrimp will incur a surcharge**



Soulful Tradition

We offer you a chance to share the glorious and soulful culinary tradition of the south with those who are special to you – this is “down home, let’s get together cooking!”

To help keep hearts healthy and up to beat, we prepare all traditionally fried foods in naturally lite vegetable oils.

Let us help you smooth out your busy day with a little of the “Big Easy”

“... Like an old sweet song....this food will stay on your mind”

We offer for your selection, various side items that will work well together with entrees of your choice to make a buffet, such as cold slaw, iced potato salad, corn bread muffins, head lettuce salad.

Starting at \$12.95

Southern fried chicken
Country fried pork chops
Deep-fried catfish
Deep-fried Cajun creamy catfish
Baked BBQ chicken
Roast beef with garden vegetables

Special Features

Home made sweet potato pie
Peach cobbler
Mustard greens with ham hocks
Classic gumbo